



Yes! I know someone who would like to serve on the Washington Science Olympiad Board of Directors. (Self-nominations are acceptable, even encouraged!)

Name: Tanya LaPier _____

Affiliation: Central Valley HS Science Olympiad Coach

Address: 601 N. Holiday Hills Dr. _____

City, State, Zip: Liberty Lake, WA 99019 _____

E-Mail: tlapier@gmail.com Phone: (509) 280-6342

Besides nomination form, please provide a letter of intent and a resume that includes Science Olympiad activities.

Please return nomination form, letter of intent, and resume to:

Sue Murphy, State Director
Washington Science Olympiad
15112 W 3rd Addition Rd.
Cheney, WA 99004
E-Mail: statedirector@washingtonscienceolympiad.com
FAX: 509-359-6867

Board Term: 3 years, starting upon June election. Quarterly meetings primarily held via teleconference.

Application Deadline: 60 days prior to Annual Meeting in June (approximately mid-April). Applications may be submitted any time prior to the deadline.



EASTERN WASHINGTON UNIVERSITY

start something **big**

Tanya K. LaPier, PT, PhD, CCS
Distinguished Professor
Physical Therapy Department
310 N Riverpoint Blvd., Box T
Spokane, WA 99202

April 29, 2021

To the Washington State Science Olympiad Board:

I am interested in serving a term on the Washington State Science Olympiad Board. I have been involved with Science Olympiad for over a decade as a parent, assistant coach, head coach, invitational coordinator, and event supervisor at the high school, middle school, and elementary school level. From these experiences, I believe that Science Olympiad provides students valuable opportunities to be exposed to and gain knowledge in STEM areas that are not provided in a typical curriculum. I have also been involved with other STEM organizations including First Lego League Robotics, Science Bowl, Biology Olympiad, International Science and Engineering Fairs, and Jr. Science and Humanities Symposium.

My professional background has primarily been in university and hospital settings. I have worked as a physical therapist for the past 30 years and as a professor for the past 27 years. My areas of expertise are physiology, research methods, exercise science, pharmacology, and patient care (cardiovascular and pulmonary, critical care, therapeutic exercise). I have also held a number of professional positions that require good organizational and communication skills (Associate Editor, Research Chair, Task Force Member) as outlined in my abbreviated CV.

Sincerely,
Tanya LaPier

TANYA L. KINNEY LAPIER, PT, PhD, CCS

updated 1/25/2021

Eastern Washington University Department of Physical Therapy
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Spokane, WA 99202-1675
(509) 280-6342
tlapier@mail.ewu.edu

EDUCATION

Idaho State University, Pocatello, ID
May 1994-May 1998
Physiology, PhD, May 1998

State University of New York at Buffalo, Buffalo, NY
August 1991-September 1993
Exercise Science, MS, September 1993

Ithaca College, Ithaca, NY
September 1986-August 1990
Physical Therapy, BS, Magna Cum Laude, 1990

LICENSE INFORMATION

WA #PT00009753 (active)

NY # 011751-1 (inactive)

ID # RPT-791 (inactive)

ME # PT00001041 (inactive)

PROFESSIONAL EXPERIENCE

2010-present **DISTINGUISHED (FULL TENURED) PROFESSOR**
Department of Physical Therapy
Eastern Washington University, Spokane, WA

2006-2010 **DISTINGUISHED (ASSOCIATE TENURED) PROFESSOR**
Department of Physical Therapy
Eastern Washington University, Spokane, WA

2003-2006 **DISTINGUISHED (ASSISTANT) PROFESSOR**
Department of Physical Therapy
Eastern Washington University, Spokane, WA

2001-2003 **ASSOCIATE PROFESSOR**
Physical Therapy, Exercise & Nutrition Sciences
State University of New York at Buffalo, Buffalo, NY

2000-2001 **PROFESSOR (tenured)**
Department of Physical and Occupational Therapy
Idaho State University, Pocatello, ID

PEER-REVIEWED PUBLICATIONS

Kinney LaPier TL, Johnson Z, Watek DR. Content Validity of the Heart Surgery Activity Questionnaire: A New Disease-Specific Functional Outcome Measure. *Phys Ther* 2020;1003 (abs). <http://aptaapps.apta.org/abstracts/abstract.aspx?abnum=QUMyMHwxMDAzLmh0bWw=>

El-Ansary D, **Kinney LaPier T**, Adams J, Gach R, Triano S, Katijahbe MA, Hirschhorn A, Mungovan S, Lotshaw A, Cahalin LP. Sternal precautions and activity guidelines following cardiac surgery via median sternotomy: current evidence-based perspectives. *Phys Ther* 2019;99:1587-1601.

Cleary KK, **Kinney LaPier TL**. Patient perceptions of exercise health, and quality of life three, six, and twelve months after coronary artery bypass surgery. *Physiother Theory & Practice*. 2015;31(5):337-46.

Kinney LaPier TL. Functional deficits at the time of hospital discharge in patients following coronary artery bypass surgery - a pilot study. *Cardiopulm Phys Ther J*. 2014;25(4):98-105.

Swanson LB, **Kinney LaPier TL**. Upper extremity forces generated during activities of daily living: implications for patients following sternotomy. *J Acute Care Phys Ther*. 2014;5(2):70-76.

Kuehl AL, **Kinney LaPier TL**. Assessment of Kinesiophobia and use of music therapy in the acute care setting: a case report. *J Acute Care Phys Ther*. 2014;5(2):89-97.

Dean E, Al-Obaidi, Dornelas De Andrade A, Gosselink R, **Kinney LaPier TL**, et al. The second physical therapy summit on global health: developing an action plan to promote health in daily practice and reduce the burden of non-communicable diseases. *Physiotherapy Theory Prac*. 2014;30(4):261-275.

Kinney LaPier TL, Waitt M. Utility of the Late Life Function and Disability Index as an outcome measure in patients participating in outpatient cardiac rehabilitation: a preliminary study. *Physiother Canada*. 2012;64(1):53-62.

Dean E, Dornelas De Andrade A, O'Donoghue G, **Kinney LaPier TL**, et al. The first physical therapy summit on global health: implications and recommendations for the 21st century. *Physiotherapy Theory Prac* 2011;27:531-547.

Cahalin L, **Kinney LaPier TL**, Shaw D. Sternal precautions: is it time for change? Precautions versus restrictions- a review of the available literature and recommendations for revision. *Cardiopulm Phys Ther J* 2011;22(1):5-15.

Cleary KK, Beadle C, Woolman J, **Kinney LaPier TL**. Exercise Adherence, behavior change readiness and self-motivation in patients with cardiovascular disease. *J Acute Car Phys Ther*. 2011;2(2):55-63.

Kinney LaPier TL, Cleary K, Kidd J. Exercise self-efficacy, habitual physical activity, and fear of falling in patients with coronary heart disease. *Cardiopulm Phys Ther J*. 2009;20(4):5-11.
*Chosen as the Showcase article for the International Society of Physiotherapy Journal Editors

Kinney LaPier TL, Mizner R. Outcome measures in cardiopulmonary physical therapy: focus on the Late Life Function and Disability Instrument (LLFDI). *Cardiopulm Phys Ther J*. 2009;20(2):32-35.

Kinney LaPier TL, Wintz G, Holmes W, Cartmell E, Hartl S, Kostoff N, Rice D. Analysis of activities of daily living performance in patients recovering from coronary artery bypass surgery. *J Phys Occupational Ther Geriatrics*. 2008;27(1):16-35.

Kinney LaPier TL. Rehabilitation issues in patients recovering from coronary artery bypass surgery. *Cardiopulm Phys Ther J*. 2008;19(2):44-49.

Wintz G, **TL Kinney LaPier**. Functional status in patients during the first two months following hospital discharge for coronary artery bypass surgery. *Cardiopulm Phys Ther J*. 2007;18(2):13-20.

Kinney LaPier TL. Indicators of functional deficits after coronary artery bypass surgery. *J Cardiopulm Rehabil Prevent*. 2007;27:161-165.

Kinney LaPier TL. Functional status of patients during subacute recovery from coronary artery bypass surgery: cross-sectional analysis of multiple domains. *Heart Lung*. 2007;36(2):114-24.

Kinney LaPier TL. Psychometric evaluation of the Heart Surgery Symptom Inventory in patients recovering from coronary artery bypass surgery. *J Cardiopulm Rehabil*. 2006;26:101-106.

Kinney LaPier TL, Wilson B. Outcome measures in cardiopulmonary physical therapy: focus on the Heart Surgery Symptom Inventory. *Cardiopulm Phys Ther J*. 2006;17(2):77-83.

Kinney LaPier TL. Outcome measures in cardiopulmonary physical therapy: focus on the RAND 36-Item Health Survey. *Cardiopulm Phys Ther J*. 2005;16(4):14-20.

Chauvin D, **Kinney LaPier TL**. Treatment of a chronic lower extremity ulcer with ultraviolet C light: a case report. *Acute Care Perspectives*. 2005;14(2):14-19.

Kinney LaPier TL. Outcome measures in cardiopulmonary physical therapy: focus on walk tests. *Cardiopulm Phys Ther J*. 2004;15:17-20.

Kinney LaPier TL. The framework of a cardiopulmonary physical therapy case report. *Cardiopulm Phys Ther J*. 2004;15(1):13-26.

Kinney LaPier TL. Influence of stance position and upper extremity support on volitional weight shifts in patients with hemiparesis. *Acute Care Perspectives*. 2003;12(3&4):7-12.

Kinney LaPier TL. Functional status during acute recovery following hospitalization for coronary artery disease. *J Cardiopulm Rehabil*. 2003;23:203-207.

Kinney LaPier TL. Methods for finding systematic reviews relevant to physical therapy: bridging research and clinical practice. *Cardiopulm Phys Ther J*. 2003;14(1):9-12.

INTERNATIONAL / NATIONAL PRESENTATIONS

INVITED

Course Presenter-“Evidence-based Promotion of Activity and Exercise for Patients Recovering from Median Sternotomy”

Australian Cardiac Rehabilitation Association
Melbourne, Australia ~ August 2020

Course Presenter- “Differential Diagnosis of Vital Signs Across Practice Settings”

American Physical Therapy Association NEXT Conference
National Harbor, MD ~ June 2015

Satellite Programme Education Session (1/2 day) - Cardiothoracic Surgery Precautions vs. Optimizing Rehabilitation: Future Directions for Patient Management Across Practice Settings”
16th International World Confederation for Physical Therapy Congress
Amsterdam, Holland ~ June 2011

Satellite Programme Education Session (1 day) - The Second Physical Therapy Summit on Global Health: Promoting Healthy Lifestyles to Reduce Disease Burden (*Group Facilitator*)
16th International World Confederation for Physical Therapy Congress
Amsterdam, Holland ~ June 2011

Course Presenter - Cardiovascular & Pulmonary Physical Therapy Considerations in Pediatric Populations”

13th Annual Advanced Clinical Practice in Pediatric Physical Therapy
Boise, ID ~ October 16, 2010

Online Continuing Education Course - Sternal Precautions”

American Physical Therapy Association Learning Center
Alexandria, VA ~ May 2010

Short Course- Sternal Precautions - What Do They Mean?”

American Physical Therapy Association Combined Sections Meeting
San Diego, CA ~ February 18, 2010

Short Course- Functional status and factors that influence exercise adherence in older adults recovering from coronary artery bypass surgery.

American Physical Therapy Association Combined Sections Meeting
Las Vegas, NV ~ February 12, 2009

Cardiopulmonary Program Track- Management of the Patient Recovering from Coronary Artery Bypass Surgery

American Physical Therapy Association National Student Conclave
San Jose, CA ~ October 18, 2008

Short Course- Management of the Patient Recovering from Coronary Artery Bypass Surgery- Emerging New Roles for Physical Therapists

American Physical Therapy Association Combined Sections Meeting
Nashville, TN ~ February 8, 2008

Seminar- Cardiovascular and Pulmonary Physical Therapy Considerations in Pediatric Populations
10th Annual Advanced Clinical Practice in Pediatric Physical Therapy Course
Indianapolis, IN ~ November 3, 2007

Seminar- Cardiovascular and Pulmonary Physical Therapy Considerations in Pediatric Populations
9th Annual Advanced Clinical Practice in Pediatric Physical Therapy Course
Seattle, WA ~ November 11, 2006

RESEARCH

Poster Presentation: “Evidence-Based Promotion of Activity for Patients Recovering from Cardiac Surgery Using Pectoralis Major Muscle Electromyography” K Cleary, S Sibley, N Moore, T LaPier
American Physical Therapy Association Combined Sections Meeting
February 2021 ~ Orlando, FL (Changed to virtual format due to COVID-19)

Platform Presentation: “Sternal Precautions: Can Older Patients Change Pectoralis Major Recruitment By Altering Movement Strategy During ADL” K Cleary, S Degn, L Biancosino, T LaPier
American Physical Therapy Association Combined Sections Meeting
February 2021 ~ Orlando, FL (Changed to virtual format due to COVID-19)

Platform Presentation- “Sternal Precautions: Does Altering Movement Strategy Reduce Pectoralis Muscle Contraction During Activities of Daily Living?” K Cleary, T Derrick, G Donovan, T LaPier
American Physical Therapy Association Combined Sections Meeting
Denver, CO ~ February, 2020 **Cardiovascular & Pulmonary Section Best Platform Award*

Platform Presentation- “Feedback Training Improves Ability to Perform Functional Mobility Tasks with Sternal Precautions” A LaPier, K Cleary, T LaPier
American Physical Therapy Association Combined Sections Meeting
Denver, CO ~ February, 2020

Poster Presentation- “Pectoralis Major Muscle Activity During Upper Extremity Range of Motion Exercises – Are Post-Sternotomy Limitations Necessary?” K Cleary, S Bawden, K Howell, T LaPier
American Physical Therapy Association Combined Sections Meeting
Denver, CO ~ February, 2020

Poster Presentation- “Pectoralis Muscle Activity During Ambulation Using an Assistive Device: Implications for Sternal Precautions”
American Physical Therapy Association Combined Sections Meeting
Washington DC ~ January, 2019

Poster Presentation- “Pectoralis Muscle Activity During Upper Extremity Exercise: Implications for Sternal Precautions”
American Physical Therapy Association Combined Sections Meeting
Washington DC ~ January, 2019

Poster Presentation- “Physiotherapists’ Description and Perceptions of Wound Protection and Arm Activity Restrictions Following Median Sternotomy: An International Perspective”
American Physical Therapy Association Combined Sections Meeting
New Orleans, LA ~ February, 2018

Platform Presentation- "Optimizing Portable Pulse Oximeter Measurement Accuracy and Consistency During Exercise"
American Physical Therapy Association Combined Sections Meeting
New Orleans, LA ~ February, 2018

Poster Presentation- "Physiotherapists' Description and Perceptions of Functional Mobility Restrictions Following Median Sternotomy: An International Perspective"
American Physical Therapy Association Combined Sections Meeting
San Antonio, TX ~ February, 2017

Poster Presentation- "Effects of Nail Polish on Accuracy of Pulse Oximetry Measurements"
American Physical Therapy Association Combined Sections Meeting
San Antonio, TX ~ February, 2017

Platform Presentation- "Accuracy of New-Generation Handheld ECG Devices Compared to Traditional 3-lead Electrocardiogram"
American Physical Therapy Association Combined Sections Meeting
Anaheim, CA ~ February, 2016

Poster Presentation- "Does Finger for Pulse Oximetry Measurements Make a Difference?"
American Physical Therapy Association Combined Sections Meeting
Anaheim, CA ~ February, 2016

Poster Presentation- "Accuracy of Heart Rate Measurements at Rest Obtained with 10 Different Pulse Oximeters"
American Physical Therapy Association NEXT Conference
National Harbor, MD ~ June, 2015

Poster Presentation- Accuracy of Measurements Obtained with 10 Different Pulse Oximeters: A Pilot Study **abstract scored among the top 8 and was a finalist for the Section's Outstanding Poster Award*
American Physical Therapy Association Combined Sections Meeting
Indianapolis, IN ~ February, 2015

Poster Presentation- Upper Extremity Forces Generated During Instrumental Activities of Daily Living: Implications for Patients Following Sternotomy
American Physical Therapy Association Combined Sections Meeting
Las Vegas, NV ~ February, 2014

Poster Presentation- Efficacy of Teaching Physical Therapy Examination and Interventions Using Virtual Patients
American Physical Therapy Association Combined Sections Meeting
Las Vegas, NV ~ February, 2014

Poster Presentation- Upper Extremity Forces Generated During Activities of Daily Living: Implications for Patients Following Sternotomy.
American Physical Therapy Association Combined Sections Meeting
San Diego, CA ~ January 2013

Poster Presentation- Rehabilitation for a Patient with Mitochondrial Disease: Common Impairments, Uncommon Etiology
American Physical Therapy Association Combined Sections Meeting
San Diego, CA ~ January 2013

Platform Presentation- Risk Factors Associated with Sternal Complications in Patients Following Open Heart Surgery and Implications for Activity Precautions
American Physical Therapy Association Combined Sections Meeting
Chicago, IL ~ February 2012

Platform Presentation- Efficacy of Teaching Critical Care Diagnostic and Medical Equipment Using an Audio-video Self-paced Format
American Physical Therapy Association Combined Sections Meeting
Chicago, IL ~ February 2012

Poster Presentation- Characteristics of Patients with Poor Functional Outcomes 1 Year Following Coronary Artery Bypass Surgery.
American Physical Therapy Association Combined Sections Meeting
Chicago, IL ~ February 2012

Platform Presentation- Perceptions of Exercise, Health, and Quality of Life in Patients with Poor Functional Outcomes During the First Year After Coronary Artery Bypass Surgery
American Physical Therapy Association Combined Sections Meeting
Chicago, IL ~ February 2012

Poster Presentation- Use of a Clinical Decision Making Algorithm to Determine Activity Progression in Patients Recovering from Median Sternotomy
American Physical Therapy Association Combined Sections Meeting
Chicago, IL ~ February 2012

Platform Presentation- The Predictive Value of the Timed-Up-and-Go on Disability in Older Patients 1-year After Coronary Artery Bypass Surgery
16th International World Confederation for Physical Therapy Congress
Amsterdam, Holland ~ June 2011

Poster Presentation- Does Age Influence Exercise Knowledge or Self-efficacy in Hospitalized Patients with Coronary Heart Disease?
16th International World Confederation for Physical Therapy Congress
Amsterdam, Holland ~ June 2011

GRANTS

Title: Promoting Adherence to Exercise by Facilitating Self-management of Health Behaviors in Under-served Patients with Cardiovascular Disease
Amount: \$33,606 Authorship: Cleary KK, Kinney LaPier TL
Date: 2007-08 Source: Washington State Higher Education Board

Title: Exercise Self-Management Program for Under-served Patients with Cardiovascular Disease
Amount: \$27,245 Authorship: Kinney LaPier TL, Cleary K
Date: 2006-07 Source: Washington State Higher Education Board

Title: Use of Oscillating Positive Airway Pressure to Prevent Pulmonary Complications in Patients Recovering from Spinal Cord Injury (SCI)
Amount: \$9,872 Authorship: Kinney LaPier, TL
Date: 2006-07 Source: Faculty Grants for Research and Creative Works

Title: Functional Status at the time of Hospital Discharge in Patients Following
Coronary Artery Bypass”

Amount: \$9,998 Authorship: Kinney LaPier, TL

Date: 2005-06 Source: Faculty Grants for Research and Creative Works

Title: Enhancing Cardiopulmonary Course Instruction with Electronic Technology

Amount: \$3,791 Authorship: Kinney LaPier, TL

Date: 2004 Source: Eastern Washington University Title III Grant

Title: Functional Status in Patients Recovering from Coronary Artery Bypass

Amount: \$9,791 Authorship: Kinney LaPier, TL

Date: 2004-05 Source: Faculty Grants for Research and Creative Works

SERVICE

- Associate Editor, *Journal of Acute Care Physical Therapy* 2014 – present
- Member, International Summit on Global Health Committee,
Word Confederation for Physical Therapy 2007 – 2017
- Manuscript, Abstract, Book & Grant Reviewer, *Multiple Organizations* 1995 – present
- Associate Editor, *Cardiopulmonary Physical Therapy Journal* 2001 – 2008
- Science Olympiad Coach, Central Valley High School and
Greenacres Middle School; Spokane Valley, WA 2010 – present
- Member, Eastern Washington Regional Science Olympiad
Board of Directors 2015 – present
- Reflections Coordinator for Liberty Lake Elementary, Greenacres
Middle School and Central Valley School District 2008 – 2018
- Volunteer Judge and Coach, Washington State FIRST Robotics 2012 – 2019

HONORS & AWARDS

- Cardiovascular & Pulmonary Section Best Platform Presentation, American Physical Therapy Association Combined Sections Meeting, 2020
- Acorn Award for Volunteer Service, Greenacres Middle School PTA, 2018
- Washington State Superintendents Service Award, 2017
- Central Valley School District Distinguished Service Award, 2012
- Acorn Award for Volunteer Service, Liberty Lake Elementary School, 2015
- Best Research Article of 2014, *Journal of Acute Care Physical Therapy*
- Keynote Speaker at the Eastern Washington University Student Research & Creative Works Symposium, 2009
- Recipient of Distinguished & Outstanding Faculty Award for Research/Scholarship/Creative Activity, Eastern Washington University, 2008
- Recipient of Graduate Faculty of the Year, Eastern Washington University, 2005
- Recipient of Cardiovascular & Pulmonary Section Best Poster Presentation, American Physical Therapy Association Combined Sections Meeting, 2003
- Recipient of Young Investigator Achievement Award, University at Buffalo, 2002
- Recipient of Annual Merit Award, Cardiovascular & Pulmonary Section, American Physical Therapy Association, 2001
- Recipient of Outstanding Researcher Award, Idaho State University, 2000