

Contact: Rachel Boon

**FACULTY PRESENTATION: IS EXERCISE MEDICINE? DOSING FOR METABOLIC AND
BRAIN HEALTH**

Action requested: Receive the presentation.

Presenter:

Richard K. Shields, PT, PhD, FAPTA

Gary L Soderberg Endowed Professor in Physical Therapy

Chair & Department Executive Officer

Department of Physical Therapy & Rehabilitation Science

The University of Iowa



Presenter Biography: Dr. Shields is Professor and Chair of the Department of Physical Therapy and Rehabilitation Sciences within the Carver College of Medicine at the University of Iowa. Dr. Shields managed the acute spinal cord injury program at the University of Iowa for several years. He developed lines of research related to how various doses of stress impact tissue health in people with central nervous system injury. His work strives to improve the health quality of individuals who suffer from reduced activity from paralysis, obesity, injury or age. His research has been funded by the National Institutes of Health, the Department of Veterans Affairs and several private foundations. Dr. Shields has published over 140 scientific papers and has delivered over 200 scientific presentations. He has received several recognitions including the 48th Mary McMillan Lecture Award and the Regents Award for Faculty Excellence.