

Curriculum Vitae

A. PERSONAL

Madhura Phansikar
Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign
Exercise, Technology and Cognition Lab
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B. EDUCATION

Doctoral Candidate in Kinesiology (emphasis in Exercise Psychology) University of Illinois at Urbana-Champaign	2017-
Master of Arts in Applied Psychology University of Mumbai, India	2015-2017
Bachelor of Arts in Psychology St. Xavier's College, Autonomous, Mumbai, India	2012-2015

C. SCHOLARLY ACTIVITY

Abstracts:

Phansikar, M., Palac, D., Cohen, J. D., Bullard, T., North, J. R., Wilund, K., Wong, B., Mullen, S. P. (April, 2018). Complementary effects of exercise and heat therapy on mindfulness and cognition. A presentation to-be-presented at the annual meeting for the Society of Behavioral Medicine.

Mullen, S. P., Colmant, S., **Phansikar, M.**, Wong, B., & DeBerand, S. (April, 2018). State of the science of thermotherapy: Effects on cardiovascular functioning, mindfulness, and pain. A symposium to-be-presented at the annual meeting for the Society of Behavioral Medicine.

Mullen, S. P., Cohen, J., Palac, D., Bullard, T., **Phansikar, M.**, North, J., Wong, B., & Wilund, K. (April, 2018). A pilot RCT testing effects of steam-room usage after exercise on cardiovascular functioning among pre-hypertensive adults. A presentation to-be-presented at the annual meeting for the Society of Behavioral Medicine.

Cohen, J. D., Palac, D., Bullard, T., North, J. R., **Phansikar, M.** Mullen, S. P. (April, 2018). *Relationships among affect, memory, perceptions, and physical function in older adults with cancer*. A presentation to-be-presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.

North, J., Cohen, J., Palac, D., Bullard, T., **Phansikar, M.**, Wong, B., Wilund, K., & Mullen, S. P. (April, 2018). Increased sleep efficiency through heat therapy and exercise. A presentation to-be-presented at the annual meeting for the Society of Behavioral Medicine.

Tatke, N., **Phansikar, M.** (2016) Flexibility and Response Inhibition as a function of participation in Mallakhamb and Games. Presented at International Conference on Advances in Asian Medicine.

Debnath, A., **Phansikar, M.**, Puthillam, A., Sengupta, P. (2016) Cross Sectional Analysis of Attitudes Towards Gender Atypical Behaviour. Presented at International Conference on Women Studies & Social Sciences.

Debnath, A., **Phansikar, M.**, Puthillam, A., Sengupta, P. (2016) Acceptance of gender atypical negative behaviours: A Cross-sectional analysis. Presented at 26th Annual Conference of the National Academy of Psychology.

Other:

Phansikar, M., Gonsalves, W. (2016) Investigating Implicit Attitudes towards Hindu and Muslim Males and Females. Unpublished master's research project.

D. PROFESSIONAL EXPERIENCE

Graduate Research Assistant

University of Illinois at Urbana-Champaign

2017-

Exercise, Technology and Cognition Lab, under the direction of Dr. Sean Mullen. Research focuses on the understanding of factors facilitating long-term physical activity behaviour and self-regulation across the lifespan. Study responsibilities include administering neuropsychological, cognitive and fitness testing as well as data collection and analysis. Research projects include:

Cognitive Regulation Training and Exercise (CORTEX)-II Trial: Funded by the CORTEX-II was designed as a parent study of the CORTEX Trial to test the efficacy of a dual site (at-lab and at-home) 4-week pre-exercise booster training to enhance adherence and engagement to a 12-month exercise program among middle-aged adults (35-64 years).

Heat and Aerobic Training (HEAT-II/STEAM): STEAM implemented a randomized control trial to compare two groups that exercise for 14 weeks and receive either sauna treatment post-exercise or quiet sitting. The primary aims were to reduce blood pressure, inflammation, and psychosocial stress.

Graduate Teaching Assistant 2017-2018
University of Illinois at Urbana-Champaign
Kinesiology 247 Online: Introduction to Sports Psychology

Senior Coach for Mallakhamb 2010-2017
Shree Samartha Vyayam Mandir, Mumbai, India
Responsibilities included coaching competitive athletes for national level tournaments and coaching non-competitive Mallakhamb to students between 5 to 70 years of age and differently abled children, and organising large scale fitness camps.

E. REFERENCES

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