

Curriculum Vitae

A. PERSONAL

Madhura Phansikar
Department of Kinesiology and Community Health
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B. EDUCATION

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| Doctoral Candidate in Kinesiology (emphasis in Exercise Psychology) University of Illinois at Urbana-Champaign | 2017-Present |
| 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., & Mullen, S.P. (March 2019). Exploring Non-Recreational and Recreational Physical Activity Relationships with Cognition. Poster to be presented at the Annual Meeting for the Society of Behavioral Medicine. Washington D.C.

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 poster 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 poster 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 poster 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 poster 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.

D. PROFESSIONAL EXPERIENCE

Graduate Research Assistant

University of Illinois at Urbana-Champaign

2017-Present

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

University of Illinois at Urbana-Champaign

2017-2018

Kinesiology 247 Online: Introduction to Sports Psychology

Founding Board Member of the Graduate Student Association for Applied Health Sciences

University of Illinois at Urbana-Champaign

2018

Responsibilities include providing opportunities for networking and professional development, as well as managing social media presence.

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

Sean Mullen, PhD

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