

**CURRICULUM VITA**  
**Barbara C. Belyea PT, MS, CSCS**  
Department of Physical Therapy, Ithaca College  
Ithaca, New York 14850  
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**Education**

**Formal**

Ithaca College, Ithaca, New York  
1978 - 1982  
Physical Therapy, B.S.; Cum Laude

Ithaca College, Ithaca, New York  
1990 - 1994  
Corporate Communication, M.S.

**Continuing Education**

Back Injury Prevention and Management  
Boston, MA, December 1987

Foundations of Clinical Orthopedics  
Institute of Graduate Physical Therapy  
Washington, DC, December 1989

Spinal Mobilization  
Educational Opportunities  
Boston, MA, December 1990

Kin-Com Training Seminar  
Chattanooga, TN, April 1991

Annual Conference of American Physical Therapy Association  
Boston, MA, June 1991

Manual Techniques for Lower Extremity Sports Injuries (DSFR)  
Syracuse, NY, October 1991

McConnell Patellofemoral Pain Treatment  
Daytona Beach, FL, February 1992

Orthopaedic Section Home Study Course: Lower Extremity  
March 1992

Advanced McConnell Patellofemoral Pain Treatment  
Washington, DC, October 1992

**Continuing Education** (con't)

McConnell Approach to the Problem Shoulder  
Worcester, MA, March 1994

Clinical Use of Iontophoresis, Southern Tier District Meeting  
Ithaca, NY, September 1994

Leadership Workshop/Student Conclave, NYPTA  
Rye, NY, October 1994

Topics in Geriatrics, Southern Tier District Meeting  
Elmira, NY, November 1994

Balance Disorders, Southern Tier District Meeting  
Cortland, NY, March 1995

Work Hardening, Southern Tier District Meeting  
Ithaca, NY April 1995

World Confederation of Physical Therapists  
Washington, DC, June 1995

New York American Physical Therapy Association Issues  
Southern Tier District Meeting  
Ithaca, NY October 1995

Creating a Computer-Based Presentation  
Center for Educational Technology, Ithaca College  
Ithaca, NY December 1995

Thoracic Outlet Syndrome, Southern Tier District Meeting  
Vestal, NY September 1996

Surgical Interventions in the Spine, Southern Tier District Meeting  
Ithaca, NY, November 1996

Taking Charge of Wound Management  
Buffalo, NY, April 1997

Strength Training Designs, Southern Tier District Meeting  
Johnson City, NY, May 1997

Motor Control and Motor Learning: Impact on Functional Outcome  
Measures  
Ithaca, NY, June 1997

**Continuing Education** (con't)

Manual Therapy of the Shoulder/Spine, Southern Tier District Meeting  
Elmira, NY, October 1997

Combined Sections Meeting of American Physical Therapy Association  
Boston, MA, February 1998

Technology and Teaching at Ithaca College - Foundation and Futures  
Faculty Development Workshop, Ithaca College  
Ithaca, NY, January, 1998

A Conference on Osteoporosis and Osteoarthritis  
Ithaca College Gerontology Institute  
Ithaca, NY, May 1998

New York Physical Therapy Association Annual Conference  
Rochester, NY, October 1998

Wound Management for Physical Therapy Educators  
Seattle, WA, February 1999

Essentials of Aging  
Finger Lakes Geriatric Educational Center  
Ithaca College, January – April 1999

Integrating the Guide into the Classroom  
NYS Academic Administrators Special Interest Group/Retreat  
Albany, NY April 1999

American Physical Therapy Association National Conference  
Washington, DC, June 1999

Mulligan System of Mobilization  
Southern Tier District of APTA  
Ithaca, NY, October 1999

Combined Sections Meeting, American Physical Therapy Association  
New Orleans, LA, February 2000

Aging with Grace: Pathway to Quality Living  
Charlottesville, VA, March 2000

Exercise Strategies for Muscle Imbalances  
Rochester, NY, April 2000

**Continuing Education** (con't)

Contemporary Topics on the Foot and Ankle  
American Physical Therapy Association Home Study Course  
July 2000

Physical Work Performance Evaluation  
ErgoScience Inc, August 2000

Foot Biomechanics and Orthotic Therapy  
Rochester, NY, September 2000

Disorders of the Knee  
American Physical Therapy Association Home Study Course  
July 2000

American College of Sports Medicine Mid-Atlantic Region Annual  
Scientific Meeting  
Split Rock, PA, November 2000

Sports Medicine Symposium  
Syracuse, NY, March 2001

American College of Sports Medicine Annual Conference  
Baltimore, MD, June 2001

Combined Sections Meeting, American Physical Therapy Association  
Boston, MA, February 2002

Functional Movement Screen  
Ithaca College, March 2002

Introduction to Pilates  
Syracuse, NY, October 2002

Grant Symposium: Where the Money Is and How to Get It.  
Ithaca College, May 2002

American College of Sports Medicine Annual Conference  
San Francisco, CA, May 2003

**Continuing Education** (con't)

Evidence-Based Physical Therapy Practice: What PTs Need to Know  
Conshohocken, PA  
April 2004

Functional Training and Rehabilitation: Designing and Implementing an  
Individualized Program.  
Boston, MA, May 2004

The Senior Athlete: Portrait of the Possible  
Long Island, NY; October 2004

**Licensure Information/Registration Numbers**

Licensed as a physical therapist in New York, Number #007416-1

**Professional Certifications**

Physical Work Performance Evaluation certification  
ErgoScience Inc, August 2000

Certified Strength and Conditioning Specialist (CSCS)  
National Strength and Conditioning Association  
June 2002

**Employment and Positions Held**

Staff Physical Therapist/Clinical Instructor  
Our Lady of Lourdes Memorial Hospital  
Binghamton, New York  
1982-1986

Staff Physical Therapist/Coordinator of Clinical Education  
The Hospital  
Sidney, New York  
1986 - 1989

Professional Staff/Clinician  
Ithaca College, Ithaca, NY  
1989 - 1994

Clinical Instructor  
Ithaca College, Ithaca, NY  
1994 - 1995

Clinical Assistant Professor  
Ithaca College, Ithaca, NY  
1995 – 2004

**Employment and Positions Held (con't)**

Director, Ithaca Planning Unit  
Ithaca College, Ithaca, NY  
1998 – 2002

Clinical Associate Professor  
Ithaca College, Ithaca, NY  
2004- present

**Publications**

**Book Chapters**

Belyea B, Greenberger H, “Orthopaedic Physical Therapy” In: Pagliarulo MA, ed. Introduction to Physical Therapy. St. Louis: Mosby; 1996.

Belyea B, “Orthoses for the Knee: The Patellofemoral Joint” In: Nawoczenski, DA and Epler ME, ed. Orthotics in Functional Rehabilitation of the Lower Limb. Philadelphia: Saunders, 1997.

Belyea B, Greenberger H: “Musculoskeletal Physical Therapy” In: Pagliarulo MA, ed. Introduction to Physical Therapy, 2<sup>nd</sup> edition. St. Louis: Mosby, 2000.

**Refereed Journals**

Greenberger H, Wilkowski T, Belyea B: Comparison of Quadriceps Peak Torque Using Three Different Isokinetic Dynamometers. *Isokinetic and Exercise Science*, Vol. 4(2): 70 - 75, 1994.

**Submitted for Review**

Sigg JA, Belyea B, Ives, J: Jumping and landing differences across age and gender in elementary school children. Submitted to *Women in Sports and Physical Activity Journal*, May, 2004.

**Manuscript in Preparation**

“The Effects of Deep Heat, Cold, Active Exercise and Stretching on Hamstring Flexibility”, co-authored with John Sigg, PT, PhD.

**Submitted (not accepted)**

Belyea B, Sigg JA: Functional changes resulting from Hyaluronic Acid Injections in Osteoarthritis: a case report. Submitted to *Physical Therapy*, July 2001.

**Submitted (not accepted)**

Sigg JA, Belyea B, Ives, J: Jumping and landing differences across age and gender in elementary school children. Submitted to *J Sports Med and Phys Fitness*, April, 2003.

**Other Publications**

“Sound of Music Could Mean Cry for PT Help” Invited interview in *Advance for Physical Therapists*, 1991; 2(39):16-17.

Invited Review of “How to Be Happy on Crutches” videotape. *Phys Ther*. 1994; 74(10):994.

“Changes Spur Reliance on Compliance” Invited interview in *Advance for Physical Therapists*, 1995;6(44):8,23.

Invited Review of “Laboratory Manual to Accompany Therapeutic Modalities in Sports Medicine”, Ed. 3. *Phys Ther*. 1995;75(11):1040.

Invited Review of “Effects of Corrective Taping of the Patella on Patients with Patellofemoral Pain”. *Phys Ther*. 1998;78(6):650.

Ithaca College Department of Physical Therapy Student Manual, May 1998.

Physical Therapy Department web page, created and maintained, May 2000 – 2003

Invited Review of “Effect of McConnell Taping on Perceived Pain and Knee Extensor Torques during Isokinetic Exercise Performed by Patients with Patellofemoral Pain Syndrome”, *Phys Ther*, 2000;80(10):1050-1051.

**Media Portfolio** (Audio-Video and Computer-assisted learning modules)

“Physical Therapy at Ithaca College,” a 7 minute informational video and slide-tape presentation developed in 1990. The program highlights the curriculum and student life of physical therapy students at Ithaca College used at presentations at various Ithaca College programs.

“Musicians are Athletes, Too,” a 5 minute instructional video developed in 1991 as part of a multi-media presentation at an American Physical Therapy Association national conference. The video is also used as a patient education tool when treating musicians in the Ithaca College Occupational Therapy and Physical Therapy Clinic and in the annual Ithaca College Performing Arts Symposium.

**Media Portfolio** (con't)

Instructional series of 5 videos developed for use in Physical Agents for Physical Therapists (#670-31500). 1994

Goniometry: A Computer –Assisted Learning Module.  
1995

Manual Muscle Testing: A Computer-Assisted Learning Module. 1996

Core Strengthening exercise booklet. Spring 2004

**Grant Activity**

Instructional Development Fund, Ithaca College, 1989  
Awarded \$510 for attendance at “Foundations of Clinical Orthopedics” course

Instructional Development Fund, Ithaca College, 1990  
Awarded \$400 for attendance at “Basic Spinal Mobilization” course

Instructional Development Fund, Ithaca College, 1992  
Awarded \$745 for attendance at “Patellofemoral Pain Syndrome” course

Special grant from Capital Contingency Fund, Ithaca College, 1994.  
Awarded \$3,030 to purchase video equipment in order to develop instructional video stations for Physical Agents for Physical Therapists (#670-31500).

Instructional Development Fund, Ithaca College, 1994.  
Awarded \$603 for attendance at “McConnell Treatment of the Problem Shoulder”.

Center for Educational Technology Grant, Ithaca College, 1996.  
Awarded \$3,500 for development of computer instruction module: Manual Muscle Testing.

Gerontology Institute, Ithaca College, 1996.  
Awarded \$3,500 for conducting “Interdisciplinary Health Care Team Communication for Geriatric Rehabilitation: An Analysis of Communication Outcomes”; co-awarded with Elizabeth Begley, MA, CCCSLP, and Ellen Bonaguro, PhD.

Center for Educational Technology Grant, Ithaca College, 1998.  
Awarded \$679.00 for the purchase of Director 6.0 software to allow for development of interactive instructional modules on the Internet.

Instructional Development Fund, Ithaca College, 1999.  
Awarded \$800 for attendance at “Wound Management for Physical Therapy Educators”.

**Grant Activity** (con't)

Gerontology Institute Small Grant, Ithaca College, 2000.

Awarded \$750.00 for attendance at "Aging with Grace: Pathway to Quality Living" conference.

Instructional Development Fund, Ithaca College, 2002.

Awarded \$293.00 for attendance at "An Introduction to Pilates" workshop.

New Initiative Fund, Ithaca College, 2003-2004

Awarded \$6,850.00 for development of Northeast Training Center for Senior Athletes; co-awarded with Betsy Keller, PhD, John Sigg, PT, PhD.

**Scientific and Professional Presentations:**

"Role of Physical Therapy in Rheumatoid Arthritis."

Arthritis Foundation Forum

Northeastern New York Chapter

September 1988

"Musicians are Athletes, Too"

American Physical Therapy Association National Conference

Boston, Massachusetts, June 1991

"Musicians are Athletes, Too"

Invited Speaker, APTA, Finger Lakes District Meeting

Rochester, New York, October 1991

Comparison of Quadriceps Peak Torque Using Three Different Isokinetic Dynamometers" presented by Todd Wilkowski, SPT American Physical Therapy Association Combined Sections Meeting

San Antonio, Texas, February 1993

"Musculoskeletal Problems in Vocalists", presented by Karen Ellison, SPT,

American Physical Therapy Association New York State Conference,

Rochester, New York, May 1993

"The Relationship Between Communication and Patient Compliance in a Physical Therapy Setting"

World Confederation of Physical Therapists

Washington, D.C., June 1995

"The Relationship Between Physical Therapists' Communication and Patient Compliance",

Invited Speaker, New York State Conference of Speech Communication

Monticello, NY, October 1996

**Scientific and Professional Presentations:** (con't)

“From Paranoia to PowerPoint: A Computer Novice’s Journey into High-Tech Education”  
Institute for the Study of Post-secondary Pedagogy Annual Conference  
New Paltz, NY, November 1996

“Manual Muscle Testing: A Computer-Assisted Tutorial”  
Center for Educational Technology and Faculty Development Committee  
Workshop  
Ithaca College, November 1996

“The Effectiveness of BAPS Board Training on Individuals with Chronic Ankle Sprains”, presented by Jennifer Cuzzo, SPT and Kristen Ryan, SPT  
Combined Sections Meeting of the APTA,  
Dallas, TX, February 1997

“Communication in Health Care: The Importance of Communicative Education in Physical Therapy”, presented by Ashley Bucheit SPT, and Jennifer Gahre, SPT, Southern Tier District meeting of New York Physical Therapy Association  
Ithaca, NY March 1997

“Taping Techniques for Shoulder Dysfunction”,  
Invited Speaker, Southern Tier District Meeting  
Elmira, NY April 1998

“Computers in Physical Therapy Education: Classroom Presentation, Self-Instruction Modules, and the World Wide Web”  
Invited Speaker for continuing education course at NYPTA Annual Conference,  
Rochester, NY, October 1998

“A Comparison of Lower Extremity Kinematics and Kinetics During Ambulation with and without Patellofemoral Tape Intervention: A Pilot Study”  
presented by Melissa Gilbert, SPT, co-authored with John Sigg, PhD, SPT,  
New York Physical Therapy Association Annual Conference  
Rochester, NY, October 1998

“A Comparison of Lower Extremity Kinematics and Kinetics during a Functional Step-down with and without Patellofemoral Tape Intervention”, presented by physical therapy graduate student research team at Finger Lakes District meeting,  
Rochester, NY, May 1999

“Electrical Stimulation in Wound Management: An Internet-based Instruction Module” co-authored with Michael Buck, MS, PT, ATC;  
American Physical Therapy Association Annual Conference  
Washington, DC, June 1999

**Scientific and Professional Presentations** (con't)

“McConnell Approach to Treating Patellofemoral and Shoulder Dysfunction”  
Invited Speaker, Interdisciplinary Shop Talk  
Ithaca College, October 1999

“Functional Changes Resulting from Hyaluronic Acid Injections in Osteoarthritic Knees” co-authored with John Sigg, PhD, PT;  
Combined Section Meeting of American Physical Therapy Association  
New Orleans, LA, February 2000

"The effects of aquatic exercise on balance in older adults"; presented by Amy Cole, SPT and Rebecca Kent, SPT;  
Southern Tier District meeting of New York Physical Therapy Association;  
Ithaca, NY March 2001

"Kinetics and Kinematics of Vertical Jump in Elementary School-Aged Children", co-authored with Jeff Ives, PhD and John Sigg, PhD, PT  
American College of Sports Medicine Annual Conference  
Baltimore, MD June 2001

"The effects of aquatic exercise on balance in older adults"; presented by Amy Cole, SPT and Rebecca Kent, SPT  
New York Physical Therapy Association Annual Conference  
Saratoga, NY October 2001

“Concepts and Clinical Applications in Electrotherapy”, Invited speaker at  
Clinical Education Conference for Clinical Educators  
Ithaca College, May 2002

“Core Stabilization”, Invited speaker at Southern Tier District meeting of New York Physical Therapy Association  
Ithaca College, October 2002

“Core Stabilization” Invited speaker at FF Thompson Health Rehabilitation  
Department  
Canadaigua, NY, February 2003

The Effects of Core Strengthening on the Female Cross Country Runner”;  
presented by Erin Boshe, SPT  
Southern Tier District meeting of New York Physical Therapy Association  
Ithaca, NY, March 2003

**Scientific and Professional Presentations** (con't)

“The Effects of Deep Heat, Cold, Active Exercise and Stretching on Hamstring Flexibility”, co-authored with John Sigg, PT, PhD  
American College of Sports Medicine Annual Conference  
San Francisco, CA, May 2003

“Injury Prevention in Firefighters”, Invited speaker at Ithaca Fire Department  
Ithaca, NY, June 2003

“Challenges of the Aging Foot”. Invited speaker with Deborah Nawoczenski, PT, PhD.  
Ithaca College Gerontology Institute – Workshop Series  
October 2003

“No Foot, No Horse: No Back, No Farrier”. Co-authored with Betsy Keller, PhD and John Sigg, PT, PhD.  
National American Farriers Convention  
Rochester, NY; February 2004

“The shoer’s back: Protecting your most important asses.  
21<sup>st</sup> Farrier’s Conference  
Cornell University, Ithaca, NY; November 2004

“Tennis SHOT” (Staying Healthy Over Time): A workshop for senior athletes to enhance performance and prevent injury.  
Stuart, FL; March 2005

**Membership in Scientific/Professional Honorary Societies**

American Physical Therapy Association  
1989 – Present

Orthopaedic Section  
1989 - Present

New York Chapter  
1989 - Present

Southern Tier District Physical Therapy Association  
1989 - Present

American College of Sports Medicine  
2000 – 2001, 2003 - Present

National Strength and Conditioning Association  
2002 - Present

**Positions Held in Scientific/Professional/Honorary Societies**

Appointed Manuscript Abstracter/Reviewer for Physical Therapy  
1992 - Present

Elected Tier Newsletter Editor  
Southern Tier District, New York Chapter  
American Physical Therapy Association  
1994 - 1998

Elected Vice-Chair  
Southern Tier District, New York Chapter  
American Physical Therapy Association  
1996-1997

Elected representative to Delegate Assembly,  
Southern Tier District, New York Chapter  
American Physical Therapy Association  
1997, 1998, 1999, 2001, 2003  
Teller Committee: 2003, 2004

HS&HP Interdisciplinary Journal Club  
2002-present

**Honors and Awards**

Excaliber Foundation Scholarship, 1981  
Phi Kappa Phi Honorary Society, 1981  
Oracle Society, Ithaca College, 1981  
Who's Who Among American College Students, 1982  
Academic Achievement Award, Roy H. Park School of Communication, 1994  
Nominated for Excellence in Teaching Award, Ithaca College, 1996  
New York Chapter, American Physical Therapy Association - Outstanding  
Service to District Award, 1997  
Who's Who Among American Teachers – 2004  
Oracle Society, Ithaca College – Faculty Inductee, 2004

**Services to the University/College/School on Committees/Councils/ Commissions**

**College**

All-School Centennial Committee, 1990 - 1992  
Partnership in Teaching Program, 1993- 2001  
Wheelchair Sports Camp Committee, 1994 – 1999  
Gerontology Institute Faculty Affiliate, 1999 - present  
Physical Therapy Consultant, Colbert Wellness Clinic, 2000-present  
voICes chorus member, 2001-present

**Services to the University/College/School on Committees/Councils/ Commissions**

**College (con't)**

Relay for Life Committee, 2002 - present; Team Co-captain, 2003, 2004  
Search Committee for Director of Center for Student Leadership and  
Involvement, 2002-2003  
Planning and Priorities Committee, 2004-present  
Faculty Council, 2004-present

**School**

Health Awareness Committee, 1989 - 1991  
Executive Committee, 1992-93  
Facilities Planning Committee, 1996 - 1999  
Personnel Committee, 1997 – 2001,  
Chair, CNTE subcommittee, 2000-2001  
Steering Committee, 2001-2003  
Strategic Planning Coordinating Committee 2001- 2003  
Marketing and Recruitment Committee, 2004-present

**Department**

Coordinator of Parents' Weekend presentations, 1989-1993  
Peer Evaluation Form Committee, 1992, 2000  
Transfer Applicant Review Committee, 1999  
Representative at Discovery Days and Ithaca Today, 1990 - present  
Curriculum Committee, 1992 – 2002; 2004-present  
Student Physical Therapy Club Advisor, 1992 - Present  
Department of Physical Therapy Search Committee, Chair , 1992-1993  
50th Anniversary of Ithaca College Physical Therapy program, 1994-96  
Assistant to the Chair, 1994-1995  
Alumni Committee, Chair, 1997 - 2000  
Phon-a-thon representative, 1997  
Professional Behavior Committee, 1997 - 1998  
Computer Technology Committee, 1997 - 1999  
Learning Lab Coordinator, Fall 1997  
Musculoskeletal Task Force, 1998 – 2000  
Cardiopulmonary/Integument Task Force, 1998 – 2000  
Ad hoc CNTE Reappointment Committee, 1998  
Director, Ithaca Planning Unit, 1998 – 2002  
Management Team, 1998 – 2002  
HealthChat lecture series coordinator, 2000-2002  
Department WebMaster, 2000 - 2003  
Ithaca in Motion Coordinator – 2000 – present  
tDPT Task Force – 2002-2003  
Search Committee – 2003-2004  
Marketing and Recruitment, Chair – 2004-present

**Community Activities:**

Health Career Development for Youth - elected chairperson  
Sidney, New York  
1988 - 1989

Northeast School PTA  
Ithaca, New York  
Member 1989 - 1991  
Chairperson of Ways and Means Committee 1990-1991

South Hill School P.T.A.  
Ithaca, New York  
Member 1991 – 1995, Secretary 1991 – 1992, 1998 – present;

Special Olympics Medical Volunteer  
Ithaca, New York  
May 1992

Soccer Coach, Ithaca Youth Bureau  
Ithaca, New York  
1998-2002

South Hill School  
Science and Math Enrichment Committee 1999-2001

South Hill School Fun Fair, student volunteer coordinator  
1999-present

Ithaca High School Sports Booster Club  
Member 1999-present; parent representative to Executive Committee 2001-2002

Empire State Games Volunteer  
Binghamton, New York  
July 2000

Community Service Coordinator  
Ithaca Youth Hockey Association, Squirt Travel Team  
2002-present

Director, Ithaca Youth Hockey Association Winter Tournament  
January 2003-2005

Judge for Scrabble for Literacy, Literacy Volunteers of Tompkins County  
April 2003, 2004

**Clinical Practice**

Patient care and clinical supervision of physical therapy students at Ithaca College  
Occupation and Physical Therapy Clinic, 1989-present

McCune, Ainslie and Associates  
Ithaca, New York, Summer 1998, 1999, 2000

**Teaching Responsibilities in the Physical Therapy Program**

670-31400	Musculoskeletal Examination and Evaluation (1989-present)
670-31500	Electrotherapeutic Modalities and Physical Agents (1994 –present)
670-49900	Independent Study (1989-present)
670-46500	Soft Tissues and Peripheral Joint Examination and Mobilization (1997, 1998, 2000)
670-39900	Selected Topics: Just Tape It (1996) Computer Technology in Physical Therapy (1998) Women's Issues in Physical Therapy (1999-present) Clinical Grand Rounds (2000-present)
666-30000, 30001	Interdisciplinary Research (co-taught with John Sigg) 2004-present