

CURRICULUM VITAE

Name: Maria Jose Torres-Palsa, PT, DPT, PhD
Name of Institution: Florida Southern College

Education:

Degree: Doctor of Philosophy
Institution: The University of Toledo, Toledo, Ohio
Major: Exercise Science
Date awarded: May 2016

Degree: Doctor of Physical Therapy
Institution: The University of Toledo, Toledo, Ohio
Major: Physical Therapy
Date awarded: May 2011

Degree: Bachelor of Science
Institution: Belmont Abbey College, Belmont, North Carolina
Major: Exercise Science
Date awarded: May 2007

Licensure Information:

Florida Physical Therapy License: PT34255 (Active)
Ohio Physical Therapy License: PT013307 (Inactive)

Certifications:

- CITI Social and Behavioral Research (expires January 2026)
- Basic Life Support Provider (expires April 2027)
- Kinesiology Taping Practitioner (August 2018)

Employment and Positions Held:

Title/position: Associate Professor, Tenured 2025
Institution: Florida Southern College
City and State: Lakeland, Florida
Duration: August 2018 – Present

Title/position: Zumba instructor
Institution: Florida Southern College, Nina B. Hollis Wellness Center
City and State: Lakeland, Florida
Duration: August 2023 – Present

Title/position: Physical Therapist
Institution: University Hospitals Geauga Medical Center
City and State: Chardon, Ohio
Duration: November 2016 – August 2018

Title/position: Part-time Instructor, Kinesiology program
Institution: The University of Toledo
City and State: Toledo, Ohio
Duration: August 2015 – May 2016

Title/position: Physical Therapist
Institution: ProMedica Health System Flower Hospital
City and State: Sylvania, Ohio
Duration: July 2011 – September 2016

Title/position: Graduate Teaching Assistant, Kinesiology Program
Institution: The University of Toledo
City and State: Toledo, Ohio
Duration: August 2009 – May 2015

Title/position: Graduate Teaching Assistant, Doctor of Physical Therapy Program
Institution: The University of Toledo
City and State: Toledo, Ohio
Duration: August 2009 – May 2014

Title/position: Laboratory Assistant, Biology Department
Institution: Belmont Abbey College
City and State: Belmont, North Carolina
Duration: August 2005 – May 2007

Peer Reviewed Publications:

- **Torres-Palsa MJ**, Dominguez J. Implementation of plastinated specimens in a doctor of physical therapy human anatomy curriculum. *ASE*. 2025;00:1-9. doi:<https://doi.org/10.1002/ase.70043>
- **Torres-Palsa MJ**, Koziol MV, Goh Q, Cicinelli PA, Peterson J, Pizza FX. Expression of intercellular adhesion molecule-1 by myofibers in mdx mice. *Muscle and Nerve*. 2015;52:795-802.
- Dearth CL, Goh Q, Marino Joseph S, Cicinelli PA, **Torres-Palsa MJ**, Worth R, Pizza FX. Skeletal muscle cells express ICAM-1 after muscle overload and ICAM-1 contributes to the ensuing hypertrophic response. *PLoS ONE*. 2013;(8)3:e58486. doi: <https://doi.org/10.1371/journal.pone.0058486>

Peer Reviewed Scientific and Professional Presentations:

Presenter(s): **Maria Jose Torres-Palsa**

Title: Implementation of Plastinated Cadaveric Prosections in the Human Anatomy for Physical Therapy Curriculum Occasion.

Occasion: APTA Combined Section Meeting, Academy of Education Poster Presentation

Date: February 23, 2023

Presenter(s): Prisca Collins and **Maria Jose Torres-Palsa**

Title: Utilizing a Community-based Integrated Course Series to Teach Students about Social Determinants of Health.

Occasion: APTA Combined Section Meeting, Poster Virtual Presentation

Date: February-March 2021

Presenter(s): **Maria Jose Torres-Palsa** and Ariel Birchfield (Student of Physical Therapy)

Title: The Use of Plastinated Cadavers in the Human Anatomy for Physical Therapy Curriculum.

Occasion: Florida Physical Therapy Association Student Conclave, virtual presentation

Date: January 16, 2021

Presenter: Lucinda E. Bouillon, **Maria J. Torres-Palsa**, and Nancy A. Nuzzo.
Title: Paired Mentors with Mentee Model to Attract and Retain Novice Faculty Workforce
Occasion: Educational Leadership Conference, Bellevue, Washington, Poster Presentation
Date: October 18-20, 2019

Presenter(s): **Maria Jose Torres-Palsa**
Title: ICAM-1 in Skeletal Muscle Regeneration
Occasion: Kinesiology Graduate Student Research Symposium, University of Toledo, Ohio
Date: April 15, 2016

Presenter(s): **Maria Jose Torres-Palsa**
Title: Expression of intercellular adhesion molecule-1 by myofibers in mdx mice
Occasion: Kinesiology Graduate Student Research Symposium, University of Toledo, Ohio
Date: May 1, 2015

Presenter(s): **Maria Jose Torres-Palsa**
Title: Skeletal muscle fibers in dystrophin-deficient mice express intercellular adhesion molecule-1 (Poster Presentation)
Occasion: The 6th Annual College of Health Sciences Interprofessional Undergraduate and Graduate Student Research Forum, University of Toledo
Date: April 10, 2015

Presenter(s): **Maria Jose Torres-Palsa**
Title: Skeletal muscle fibers in dystrophin-deficient mice express intercellular adhesion molecule-1 (Poster presentation)
Occasion: Experimental Biology, San Diego, California
Date: April 26-30, 2014

Presenter(s): **Maria Jose Torres-Palsa**
Title: Potential effects of cryotherapy in the inflammatory response to exercise-induced muscle damage: A literature review (Poster presentation)
Occasion: The Robert Livengood Student Research Forum, University of Toledo, Ohio
Date: October 12, 2010

Non-Peer Reviewed Publications and Professional Presentations:

- **Maria Jose Torres-Palsa**. Learning in the World's Classroom. *APTA Magazine*. 2023;15(8): 58-64.

Presenter(s): Thomas Range, **Maria Jose Torres-Palsa**
Title: Pedagogy, Practice and Performance: Mobilizing culturally relevant practices in and out of the classroom
Occasion: Fall Faculty Forum, Florida Southern College
Date: August 18, 2023

Presenter(s): **Maria Jose Torres-Palsa**
Title: Creating Clear Expectations for Student Products
Occasion: Fall Faculty Forum, Florida Southern College
Date: August 19, 2022

Funded/In Review Grant Activity:

Authorship/participation: 2019 Catherine E Patla Community Awareness Grant, Dr. Prisca Collins, Dr. Nancy Nuzzo, **Dr. Maria Torres-Palsa**
Amount of funding awarded: \$13,640
Nature of project: Community Awareness Grant
Date and source: Florida Physical Therapy Association, August 2019

Current/Active Research Activity:

Authorship: Prisca Collins and **Maria Jose Torres-Palsa**
Nature: Utilizing a Community-based Integrated Course Series to Teach Students about Social Determinants of Health. FSC IRB 202303006
Abstract accepted, Physical Therapy Journal. Final submission April 1, 2024
Funding (external, grant, internal): N/A

Authorship: **Dr. Maria Jose Torres-Palsa**
Nature: Implementation of plastinated cadaveric prosections in the Human Anatomy for Physical Therapy Curriculum. FSC IRB 202301017
Funding (external, grant, internal): N/A

Authorship: Dr. Prisca Collins, Dr. Nancy Nuzzo, **Dr. Maria Torres-Palsa**.
Nature: Examining outcomes of a community-based physical activity program to promote healthy weight and healthy blood pressure. FSC IRB 201920-085.
Funding (external): Catherine E Patla Community Awareness Grant, Florida Physical Therapy Association.

Authorship: Dr. Lucinda Bouillon, **Dr. Maria Torres-Palsa**, Dr. Nancy Nuzzo
Nature: Paired mentors with mentee model to attract and retain novice faculty workforce.
Funding (external, grant, internal): N/A

Membership in Scientific/Professional Organizations:

Organization: American Association for Anatomy
Duration: December 2023- present

Organization: American Physical Therapy Association, Research Section, Education Section, Acute Care section, Anatomy SIG
Duration: January 2013 to March 2015, 2018-present

Consultative and Advisory Positions Held:

Title or nature: Manuscript reviewer: Comparative Study on the Effectiveness of Silicone and Polyester Plastinated Bovine Brains for Face-to-Face and Online Neuroanatomy Education
Agency: Anatomical Sciences Education Journal
Duration: June, 2025

Title or nature: Student Physical Therapy Organization Faculty Liaison
Agency: Student Physical Therapy Organization DPT Class 2025
Duration: August 2023 -December 2024

Title or nature: Student Physical Therapy Organization Faculty Liaison
Agency: Student Physical Therapy Organization DPT Class 2023
Duration: August 2021-December 2023

Community Service:

Title or nature: Physical Therapist
Agency: Lakeland Volunteers in Medicine (LVIM)
Duration: 2019 – Present

Title or nature: Physical Therapist
Agency: RunDisney Races: Walt Disney World Marathons
Duration: 2023 – Present

Title or nature: Volunteer
Agency: SPCA Florida, Lakeland
Duration: July 2021 – Present

Title or nature: Set up of water station and hand water to runners during race
Agency: Leading Edge Take Heart 5k, Lakeland, Florida
Duration: September 30th, 2023

Title or nature: Physical Therapist
Agency: Team Hope in Motion, Faith in Practice Medical Mission, Antigua, Guatemala
Duration: March 18th-March 25th, 2023

Title or nature: Panelist in “Anatomy from Diverse Planes: An Intercultural Career Panel”
Agency: Black in Anatomy
Duration: October 14th, 2021

Title or nature: Physical Therapist and Spanish Translator
Agency: Lake County Free Clinic, Painesville, Ohio
Duration: April 2018 to October 2018

Title or nature: Supervising Physical Therapist
Agency: University of Toledo Medical Mission, León, Nicaragua
Duration: August 10-18th, 2013

Title or nature: Supervising Physical Therapist
Agency: University of Toledo Medical Mission, León, Nicaragua
Duration: August 11-19th, 2012

Title or nature: Student Physical Therapist
Agency: Glass City Marathon, Toledo, Ohio
Duration: April 24, 2011

Title or nature: International Student Ambassador
Agency: University of Toledo, Toledo, Ohio
Duration: January 2011

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

College-wide

Dates: August 2022 – Present
Faculty Senate, Florida Southern College

Memberships: Voting Member, Parental Leave and Benefits Sub-Committee member
Secretary (elected August 2024)

Dates: January 2019 – Present
Graduate Council, Florida Southern College
Memberships: Voting Member

Dates: January 2019-2021
Department: Wellness Committee, Florida Southern College
Memberships: Member

School

Dates: August 2024 – Present
School of Physical Therapy Assessment Committee
Memberships: Member

Dates: February 2021 – Present
School of Physical Therapy Canvas (LMS) Sub-Administrator
Memberships: N/A

Dates: January 2019 – Present
School of Physical Therapy Community Engagement Committee
Memberships: Member

Dates: January 2019 – Present
School of Physical Therapy Social Media Digital Content Creator
Memberships: Co-Manager

Dates: Spring 2024
School of Physical Therapy 1st Year Faculty Peer Review of Teaching for Dr. Ray VanWye
Memberships: Member

Dates: Spring 2024
Ann Blanton Edwards School of Nursing and Health Sciences 3rd Year Faculty P Review of Teaching for Dr. Imke Casey
Memberships: Member

Dates: Fall 2023
School of Physical Therapy 2nd Year Faculty Peer Review of Teaching for Dr. Jose Dominguez
Memberships: Member

Dates: December 2021 – June 2022
School of Physical Therapy Faculty Search Committee for Assistant Professor
Memberships: Member

Dates: September 2021 – January 2022
Faculty Search Committee for Assistant Professor, Exercise Science Program, Ann Blanton Edwards School of Nursing and Health Sciences
Memberships: Member

Honors and Awards:

Title or nature: "Social Responsibility" ribbon for the poster titled "Utilizing a Community-Based Integrated Course Series to Educate Students about Social Determinants of Health".
Awarding agency: Health Policy and Administration Section, American Physical Therapy Association
Date: March 23, 2021

Title or nature: Outstanding Poster Presentation Award, 6th Annual College of Health Science Student Research Forum
Awarding agency: University of Toledo
Date: April 10, 2015

Title or nature: Graduate Student Tuition Scholarship
Awarding agency: University of Toledo
Date: 2009-2010

Title or nature: Diamante Latino Scholarship
Awarding agency: University of Toledo
Date: 2008

Title or nature: Outstanding Biology Student
Awarding agency: Belmont Abbey College
Date: 2007

Title or nature: Who's Who Among Students in American Universities & Colleges
Awarding agency: Belmont Abbey College
Date: 2007

Title or nature: Benedictine Scholarship
Awarding agency: Belmont Abbey College
Date: 2005-2007

Title or nature: Madeline H. Nichols Scholarship
Awarding agency: Belmont Abbey College
Date: 2005-2007

Continuing Education Attended:

- DPT Candidate Interactive Capstone Project Presentations, April 11, 2025
- Anatomy Connected Conference, March 28-31, Portland, Oregon
- Mechanism-Based Assessment and Clinical Reasoning for Persistent Pain, May 10, 2024. APTA Learning center, Online.
- DPT Candidate Interactive Capstone Project Presentations, April 19, 2024
- American Association for Anatomy: Anatomy Connected Conference, Toronto, Canada, March 22-25, 2024
- Bridging the Gap: Embedding Physical Therapists in Primary Care, March 13, 2024. APTA Learning center, Online
- Tales from the Crypt: Medical Errors, August 8, 2023
- 2023 Live Combined Sections Meeting of the American Physical Therapy Association, San Diego, California, February 22-25, 2023
- PT- Biophysical Agent Essentials- Electrotherapy, Accelerated Care Plus Corp, April 5, 2022

- Combined Sections Meeting, March 2022, Virtual
- Wheelchair Seating Assessment – November 5, 2021. Online, CE Broker.
- Ankle fracture: Treatment and Management – November 5, 2021. Online, CE Broker.
- PACER Series: Outpatient PT for Covid-19, Parts 1 and 2. September 21, 2021. APTA Learning center, Online.
- PACER Series: Covid-19 Specific Considerations. September 14, 2021. APTA Learning center, Online.
- PACER Series: Cardiovascular and Pulmonary Anatomy and Physiology. August 31, 2021. APTA Learning center, Online.
- Prevention of Medical Errors, Physical Therapy. August 31, 2021. Online, CE Broker.
- HIPAA and Telehealth. August 28, 2021. Online, CE Broker.
- Combined Sections Meetings, February 1-March 31, 2021.
 - CSM APTA Academy of Education Anatomy SIG- February 10, 2021
- Human Trafficking, July 30, 2020.
- Interprofessional Teaching and Collaborative Practice During COVID-19: A Community Conversation. April 23rd, 2020. Webinar, 1 Contact Hour.

Current Teaching Responsibilities:

- Primary Instructor, DPT 7110 Human Anatomy for Physical Therapy (Fall)
- Primary Instructor, DPT 7220 Physical Therapy Clinical Assessment II (Spring)
- Primary Instructor, DPT 7270 Neuroscience for Physical Therapy (Spring)