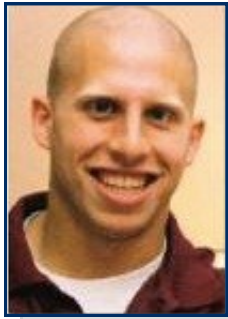


### Welcome Letter from the Chair, Dr. Graves.

The department is the sixth largest degree program at the university, so we were too not surprised with the 8% increase in the ESHP enrollment this fall. Our majors are very busy with their classes, participating in the ESHP Club activities, and volunteer opportunities. We are continuing to add state-of-the-art equipment to our biochemistry lab, too. The ESHP faculty are starting to initiate various research projects. If you have not been on campus lately, come visit us. Please enjoy our latest newsletter and keep in touch!

## WELCOME TO OUR NEW ESHP FACULTY



**Michael C. Zourdos, Ph.D.,  
CSCS**

Dr. Zourdos is in his first year as an Assistant Professor in our department. Prior to joining us, Dr. Zourdos earned his B.S. in December 2006 from Marietta College in Exercise

Science with a minor in sports management. Following graduation from Marietta, Dr. Zourdos attended Salisbury University earning his M.S. degree in Applied Health Physiology in 2008. Finally, Dr. Zourdos earned his Ph.D. from The Florida State University this past spring, under the guidance of Dr. Jeong-Su Kim. His dissertation was "Physiological Responses to Two Different Models of Daily Undulating periodization in Trained Powerlifters." Additionally, Dr. Zourdos served as the head coach of the FSU Powerlifting Team who won 2 USA Powerlifting (USAPL), Florida State championships, and one state collegiate championship during his tenure. Dr. Zourdos will be competing in the 74kg weight class in his first professional meet in March 2013 at the Arnold Sports Festival in Columbus, OH. Other athletic accomplishments include the completion of five full marathons.



**Leslie Cribbs, MS**

Leslie is in her first year as a visiting instructor in the Department of Exercise Science and Health Promotion. She received her Bachelor's degree in Kinesiology from Michigan State University in

2010. From there she moved to Florida to work on her Master's degree in Exercise Science & Health Promotion here. While attending FAU, she was a graduate assistant for several semesters. She eventually would like to continue her education and pursue a PhD in the future. Her passions include horseback riding, spending time with her two adorable dogs, and training for an upcoming marathon this winter.

**Dr. Michael Hall, Ph.D., CHES.** Dr. Hall has been on the faculty for three years, but just started his tenure-track line as an assistant professor this fall. He is teaching substance abuse and health promotion classes.

**Chris Boerum, MS, CSCS.** Mr. Boerum was on a visiting instructor line last year. This fall, he is a full-time instructor, teaching various classes, including advanced strength and conditioning, management principles, and introduction to ESHP.

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ESHP class

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Summer 2012 Graduation

# 2012 NSCA CONFERENCE

JULY 11 - 14, 2012 | PROVIDENCE, RI



Current ESHP students, Chad Dolan, Ryan Colquhoun, and former students, Ishan Orem, MS '09, and Robert Curran, MS '06.



Dr. Pablo Costa, MS '07, an assistant professor, California State-San Bernardino and Dr. Graves.



Current ESHP graduate student, Sam Buckner, and former ESHP students Jennifer Norton, MS '12, Joe Drake, MS '12, with Dr. Sue Graves, Dr. William Kramer University of Connecticut and current graduate ESHP student, Ryan Musille.



Juan Carlos Santana, MSE '94 finishes his NSCA conference presentation on MMA training.

# FLORIDA ATLANTIC UNIVERSITY™

## EXERCISE SCIENCE AND HEALTH PROMOTION



### Dr. Michael Hall

In the fall semester of 2012 Dr. Hall plans to examine the relationship between “perceived racial

discrimination” and involvement in negative health behaviors, such as, smoking, alcohol consumption, substance abuse, and sexual activity. The hypothesis is “perceived racial discrimination” acts as a stressor that is mediated by coping mechanisms linked to the negative health behaviors. Either his research assistants or Dr. Hall will be visiting classrooms to administer the questionnaire instrument for data collection. The findings from this research could be used to develop health promotion interventions to provide positive coping mechanisms to those who are dealing with racial discrimination. Anyone is interested in participating in the project or wants more information may contact Dr. Hall anytime.



Mr. Ben Barrick and Ryan Romans from Excel Sports Performance with Mr. Chris Boerum’s Advanced Methods of Strength & Conditioning class.



### Alfred Morris

Former FAU exercise science & health promotion undergraduate student and former FAU Running Back Alfred Morris had 96 Rushing Yards and 2 Touchdowns for the Washington Redskins in a 40 - 32 win over the New Orleans Saints.

# FLORIDA ATLANTIC UNIVERSITY™

## EXERCISE SCIENCE AND HEALTH PROMOTION



## ESHP CLUB

The first ESHP Club meeting of the new Fall 2012 semester was held on September 5th. The new club officers are President Luke Otfinowski, Vice President Brett Herman, Treasurer Melissa Dobrowsky and Secretary Letty Gonzalez. They discussed upcoming events.

For additional information regarding the club, please contact Luke Otfinowski at [lotfinow@fau.edu](mailto:lotfinow@fau.edu).



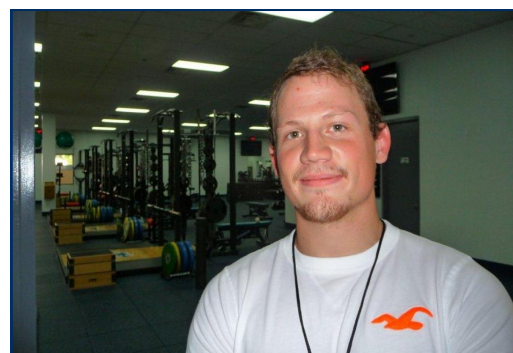
Left to right: Brett Herman, Luke Otfinowski, Dr. Penhollow, Letty Gonzalez, and Melissa Dobrowsky.



ESHP graduate student, Keith Brazendale, presented his thesis "Children's enjoyment and perceived competence in physical education and its effects on their physical activity participation outside of school" on July 31, 2012 at the Boca Raton campus.



ESHP Graduate student, Joseph Lopez, uses the new microscope in GY 152, ESHP Lab on the Boca Raton Campus.



ESHP Graduate student, Sam Buckner, at the Miami Dolphin's strength and conditioning facility, July 2012.



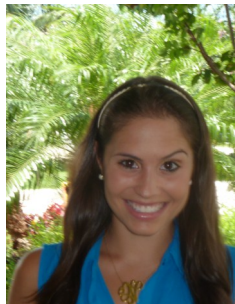
Mr. Ben Barrick and Ryan Roman from Excel Sports Performance with current FAU ESHP students from Mr. Boerum's Advanced Methods of Strength and Conditioning class last Summer.



# WELCOME TO OUR NEW GRADUATE ASSISTANTS FALL 2012



Austin Burns  
Las Vegas, NV



Natalie Diaz  
Miami, FL



Joseph Valentino  
Paramus, NJ



Dr. Robert Zoeller  
Graduate Coordinator

Competitive graduate assistantships are currently available. We have GAs in these areas: teaching undergraduate courses in swimming, jogging, aerobics, Pilates, First Aid, Health, Fitness for Life classes, weight training, exercise physiology labs, exercise testing labs.

How to Apply: If interested, please send updated resume to Dr. Robert Zoeller and complete the GA application online.

### Fall 2012 Interns



Gary Richardson	- American Red Cross
Kari De Young	- Boca Raton Orthopedic Group
Ray Nellissery	- Boca Raton Orthopedic Group
Ryan Rodriguez	- Boca Raton Orthopedic Group
Katrina Alba	- Boca Raton Regional Hospital
Justin Carter	- Boca Raton Regional Hospital
Brian Reategui	- Boca Raton Regional Hospital
Beria Joseph	- Boca Trauma & Rehab
Kathleen Smart	- Boca Trauma & Rehab
Graham Wilbert	- Boca Trauma & Rehab
Natalie Neel	- Boca West Country Club
Mary Romero	- Central Palm Medical Group
Chung Tran	- Central Palm Medical Group
Kelly Gill	- Coca Cola Company
Daphne Teneus	- Covenant Village of Florida
Brittany Adler	- Davis Therapy (Boca Raton Regional Hospital)
Erica Borrows	- Davis Therapy (Boca Raton Regional Hospital)
Kellie Cocks	- Davis Therapy (Boca Raton Regional Hospital)
Jong Lee	- Davis Therapy (Boca Raton Regional Hospital)
Grace Marie O'Dowd	- Davis Therapy (Boca Raton Regional Hospital)
Jennifer Sinner	- Davis Therapy (Boca Raton Regional Hospital)
Karyn Bishof	- FAU Athletic Training Room
Manuela Loebig	- FPL Juno Beach
James Alaboini	- Genetic Potential
Melissa Walters	- Golden Orthopedic
Brittany Buran	- Holy Cross Hospital
Tisha Gittens	- Holy Cross Hospital
Aisha Gary	- Holy Cross Hospital
Alexis Toohey	- Hunters Run Property
Megan Zimmerly	- Impact Sports Performance
Michael Lavelanet	- Institute of Human Performance
Daniel Shaff	- Institute of Human Performance
Rachel Crews	- Jupiter Medical Center
Aaron Morris	- Memorial Hospital—Health and Fitness
Fabrizio Miranda	- Midtown Athletic Club
Michael Marino	- My Speed Trainer
Eric Nochimson	- My Speed Trainer
George Baez	- Nova Southern University
Ryan Roman	- Nova Southern University/Strength & Conditioning
Nichols Sexton	- Nova Southern University/Strength & Conditioning
Ashley Cuneo	- Palm Beach Institute of Sports Medicine—Boca Raton
Richard Kerster	- Palm Beach Institute of Sports Medicine—Boca Raton
Elise Latessa Mocco	- Physiotherapy Associates
Caitlin Behr	- Plantation Spine & Sports Rehab
Chelsea Yeomans	- South Lake Hospital
Jamie Larkin	- St. Andrew Country Club
Tyler Wells	- Ultimate Athletes, Inc.
Jamie Milleman	- VPX
Amber Kirby	- YMCA Boca Raton
Fred Dural	- YMCA Boynton Beach
Steven Eiland	- YMCA Boynton Beach

# CONGRATULATIONS SUMMER 2012 GRADUATES

## MASTER'S DEGREE

Brandon Anderson  
Lori Bourgeois  
Leslie Cribbs  
Jason DeLuca  
Chelsi Mundy  
Barbara Thomas



ESHP undergraduate student Jason Briscoe with Dr. Penhollow.



ESHP students prior to graduation ceremony, May 2012.



ESHP graduation celebration, May 2012.

## BACHELOR'S DEGREE

Omar Arguello  
Daniel Austin  
Kimberly Barbarino  
Keyshar Belizaire  
Shieka Blake  
Jason Briscoe  
Jannean Burke  
Katelyn Christian  
Melanie Copeland  
Isaac Crespin  
Jenny Dai  
Mark Deeb  
Chelsea DiClaudio  
Thomas Duane  
Nikolai Goodyear  
Megan Guthrie  
Katelynn Highsmith  
Christine Jenkins

## BACHELOR'S DEGREE

Alexis Karpodinis  
Brittany Kimmons  
Darnell King  
Callie Kolins  
Adler Marchand  
Amanda Mizell  
Michael Moreno  
Ezekiel Murphy  
Madison Ness  
Eddy Oscar  
John O'Sullivan  
Joseph Patterson  
Jessica Plas  
Christopher Randazzo  
Nicolle Rosemond  
Sabita Sharma  
Jordan Thatcher  
Audry Wellen  
Tiffany Wills





## Alumni Update

**Kate Christian**, BSE '12, started the master's program at San Francisco State University.

**Jennifer Norton**, MS '12, accepted the position of FAU assistant Golf Coach in August.

**Mike Alessi**, MS '09', Sport Performance Coach, Bommarito Performance Systems, North Miami Beach, Florida.

**Nikki Reifschneider**, MS '09, University of Miami, Assistant Director, Group Exercise and Community Classes.

**William Blackburn**, MS '09, Owner/Coach, CrossFit eXalted, Orlando, Florida and married Brittani Russell, BSE '09.

**Marni (Rakes) Sumbal**, MS '05, finished her 5th Ironman in Kona, Hawaii and 2nd Ironman World Championship, July 2012.

**Jan Calder**, MS '03, Preventive Health Analyst, Polk County School Board Employee Wellness Program, Lakeland, Florida.

**Brenda Spurlin**, 2001-2002 MS student, personal trainer/group fitness instructor, Mirasol Country Club, Cleveland/Akron (area), Ohio.

**Fran Guardo**, MED '96, is the Rehabilitation Director, the Paley Advanced Limb Lengthening Institute, located on the campus of St Mary's Medical Center, Palm Beach, Florida.

**Dr. Lee Brown**, MED '87, Professor, California State-Fullerton, and President-Elect, Southwest American College of Sports Medicine.

## ESHP Faculty Presentations/Publications

Book Chapter: Physical Activity and Fitness in the Prevention of Cardiovascular Disease, **Robert F. Zoeller**, PhD, In: Lifestyle Medicine, 2nd Edition: CRC Press; 2012.

**Hall, M.** "Dialog with Your Children and Perceived Norms About Tobacco." Accepted for an AAHE Research Coordinating Board Poster Session, 2013 AAHE/AAHPERD Convention in Charlotte, NC, April 23-27, 2013.

Markil N, **Whitehurst M.**, Jacobs PL, Zoeller RF. Yoga Nidra relaxation increases heart rate variability and is unaffected by a prior bout of Hatha Yoga, J Alternative Complementary Med. In Press.

Walsh S, Haddad CJ, Kostek MA, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, **Zoeller RF**, Seip RL, Bilbie S, Thompson PD, Devaney J, Gordish-Dressman H, Hoffman EP, Price TB, Pescatello LS. Leptin and leptin receptor genetic variants associate with habitual physical activity and the arm body composition response to resistance training. Gene. 2012 Sep 5. [Epub ahead of print]

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**Facebook page: [www.facebook.com/pages/FAU-Department-of-Exercise-Science-and-Health-Promotion/343365107553](http://www.facebook.com/pages/FAU-Department-of-Exercise-Science-and-Health-Promotion/343365107553)**

**Designed and Edited by Alexandra Schoenmakers**

*"The ESHP Department promotes and integrates scientific research, education, and practical applications of exercise science and health promotion to maintain and enhance physical performance, fitness, health, and quality of life."*

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