The past two years have been very exciting for the Exercise Science and Health Promotion (ESHP) program at Florida Atlantic University. Under the leadership of Dr. Sue Graves, the department has been attracting quality students who are preparing to pursue careers in health and wellness. As of Spring 2011, the department has six full-time faculty, an instructor, and three visiting faculty. Additionally, there are 17 adjuncts and 17 time faculty who contribute to the ESHP program.

The ESHP department includes alumni and friends who keep the program informed of new developments within the field of health and wellness. The department currently has 17 undergraduate students and 17 graduate students. The undergraduate students are working on their Master’s Thesis while the graduate students have completed or are working on their Doctoral Thesis. The ESHP program is thriving, and the department has increased its enrollment by 25% in the past two years.

The ESHP program is composed of students from diverse backgrounds, including women, men, and students from various minority groups. The students are involved in various activities on campus, such as the Glam Doll Strut for breast cancer awareness, The Heart Walk for cardiovascular disease awareness, and The Pumpkin Run which promotes health and wellness at Florida Atlantic University (FAU).

The ESHP program has various research projects ongoing, including the Effect of Compression Stockings on Cycling, the Impact of Physical Fitness and Religiosity on Hooking, and the study of Moderate Trained Females. The program also has various student organizations, such as the Florida Alliance of Health, Physical Education, Recreation, and Dance (FAHPERD), the Exercise Science Club (ESC), and the Emb(race) Association for the Advancement of Women.

The ESC is a student organization that promotes health and wellness at FAU through various activities, such as community fitness events and campus-wide festivals. The club's main mission is to promote health and wellness at FAU and to provide opportunities for students to engage in these activities. The club is student-run and is supervised by Dr. Tina M. Penhollow.

The Emb(race) Association for the Advancement of Women is a student organization that promotes diversity on campus through various activities, such as awareness events and networking opportunities. The club is student-run and is supervised by Dr. Brooke Bailey.

In addition to the student organizations, the ESHP program has various research projects ongoing, including the study of Moderate Trained Females, the Effect of Compression Stockings on Cycling, and the Impact of Physical Fitness and Religiosity on Hooking.

The ESHP program is committed to providing high-quality education and research opportunities for students who are interested in pursuing careers in health and wellness. The program is continually expanding its research projects and student organizations to provide students with opportunities to engage in various activities and to gain valuable experience in the field of health and wellness.
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.
Freiderike Feil: Effect of Compression Stockings Post Exercise on Muscle Damage.