

#### LETTER FROM THE CHAIR, Dr. Graves



Daniel Cane (Modernizing Medicine), co-founder of blackboard and GA's Chad Dolan, Jared Edward, Elizabeth Pittinger, and Nicholle Rosemond.

The 2013 Summer Term has started out great, as always. Three ESHP faculty were awarded several internal grants. Dr. Zourdos, Dr. Huang, and I were informed in May, we received the technology fee grants submitted in February (totaling, \$112, 285; \$80,000; \$132,292, respectively). With these particular grants, we are in the process of updating and ordering additional equipment for the ESHP laboratories for student and research use. For those of you unfamiliar with these grants, they are funded through student technology fees, which are awarded through an application process.

In May, our department graduated one of the largest undergraduate classes to date, 50 students. Many of them are pursuing additional degrees at this time. We had a great graduation celebration breakfast prior to the ceremony, where parents and other relatives attended.

Over the past few months, several previous students have visited us. To see what the past ESHP alumni are doing, please see the update within this newsletter. You will also see the faculty publications, presentations and abstracts, too.

ESHP faculty traveled to the American College of Sports Medicine Conference in Indianapolis, Indiana for presentations and conference meetings. These are listed in the faculty section of this newsletter. During the conference, I was selected to have a Level 3 mentoree through the ACSM Diversity Program. I am honored to be able to continue to participate in this type of national program.

One additional event to mention was the Awards for the Third Undergraduate Research Symposium, April 5, 2013. For the oral presentations, Bradford Day, Erin Connolly, and Tamara Estevez won first, second and third place, respectively. Alan Wilson placed first for his research poster. This event was the first one where ESHP undergraduate students participated.



Bradford Day



Erin Connolly



Tamara Estevez



Alan Wilson

If you have not been to campus lately, you may want to come and visit the conversion of GY 170. Many of you may remember this as the classroom where you took first aid/CPR class or met early in the morning for practicum. The department converted the room into our new 'strength' laboratory. Faculty and several graduate students are currently planning upcoming research with the new equipment.

As always, I do extend the invitation for you to come by for a tour, when you get the chance.

#### ESHP Outstanding Students for the 2012/2013 academic school year!



Samuel Buckner

Congratulations to the recipients Sam Buckner, graduate student, and Alan Wilson, undergraduate student, for the Department of Exercise Science and Health Promotion Outstanding Student Awards for the 2012/2013 academic school year. They received plaques at the College of Education Awards ceremony, May 2013.



Alan Wilson

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ESHP outstanding academic students

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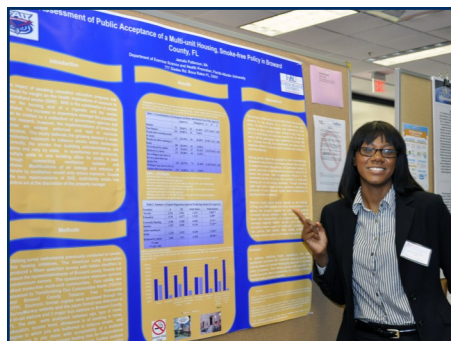
ESHP Adjuncts

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Graduate and Professional Student Association Research Day

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**OUR NEW GRADUATE ASSISTANTS**



John Crimmins  
Rochester, NJ



Chad Dolan  
Myrtle Beach, SC



Jared Hoare  
Rockhampton, Australia



Manuela Loebig  
Neuquen, Argentina



Zachary Nicholas  
Wellington, FL

**WELCOME**

## ESH P ADJUNCTS



**Gary T. Barrette, Ed.D.**, teaches Physical Education in the Elementary School course at the Jupiter Campus. Dr. Barrette, a native of Niagara Falls, N.Y., earned a doctoral degree from Columbia University (1978), a master's degree from the Pennsylvania State University (1969), and a B.A. from the College of Wooster, Ohio (1963). He is a community activist serving as the President of the Board for the Florence De George Boys & Girls Club in West Palm Beach, also serves as Vice Chair of Northwood GREENlife, and is Vice President of Elite Coaching Consultants, LLC. He is a resident of West Palm Beach, Florida and enjoys golf, swimming, and reading.



**Christine Brooks, Ed.D.**, teaches a new course for FAU entitled Coaching Track and Field. She grew up in New Zealand and moved to the U.S. in 1970 to pursue her MS in biomechanics from Penn State University. She completed her doctorate at University of North Carolina, Greensboro. After completing that, she spent 14 years at the University of Michigan in the School of Kinesiology. She lives with her husband in Cocoa Beach, Florida. She currently swims, bikes, and enjoys lovely beach walks. Her main hobby is teaching online courses.



**Jason Jerome, M.S.**, teaches the Care & Prevention of Athletic Injuries course for FAU since 2012. He is originally from Aurora, IL. He earned his Master's Degree in Sports Medicine from the University of Miami in 2006. He served as a Core Training specialist for the Miami Hurricane Athletic Department, working with numerous alumni from the NFL and MLB. He currently is the owner and Director of Athletic Development for Impact Sports Performance, a premier sports performance/sports medicine facility in Boca Raton, FL. Prior to his work in the Boca area, he was employed by the University of Miami, responsible for rehabilitating Olympic, professional, and collegiate athletes from various sports, including football, track and field, and volleyball.

## ESH P ADJUNCTS

**Heather C. LaJoie**, Ph.D., has been an adjunct professor for the past nine years. She teaches Weight Management classes at Florida Atlantic University. She received her Associate of Arts degree from The University of Florida, Bachelor's of Science Degree from Florida State University, and Master's Degree and Ph.D. in Health Studies from The University of Alabama. As a Florida native, she was born and raised in West Palm Beach, Florida. She enjoys serving the community, as both a volunteer and consultant, for the School District of Palm Beach County and Palm Beach County Health Department. Her two passions have always been the education and medical fields.



**Melissa Lee**, M.S., M.B.A., teaches Stress Management and has taught for FAU since 2002 on and off. She obtained her three degrees from FAU. She is originally from South Florida. Her current full-time position is Operating Room Medical Device Sales/Clinician for St. Jude Medical Spinal Cord Stimulation. She enjoys living in downtown West Palm Beach where she walks to everything!



**Juan Carlos Santana**, M.Ed., CSCS, has taught the Combative Athlete Training class at the Boca Campus since 2012. He is a native from Cuba and was raised in Miami. He graduated from FAU in 1993, BS, and in 1994, M. Ed. He is the CEO of Institute of Human Performance in Boca Raton. He loves teaching "all things training" all over the world. He is proud to be the 2012 Exercise Science and Health Promotion FAU Alumni of the Year recipient.

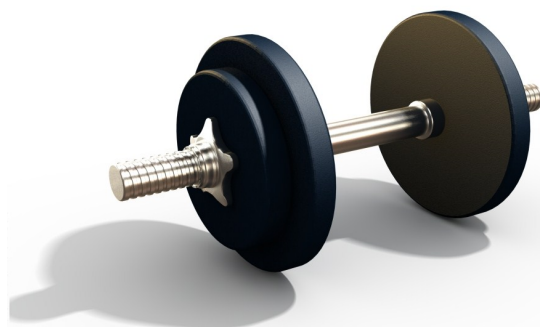


**Dara Wittenberg**, M.S., teaches the Coaching Endurance Athletes course at the Boca Campus. She is an undergraduate from NC State and a graduate from the fabulous FAU. She is originally from London, England. Her full-time position is being a multisport endurance coach with TriCoachDara.com. She has taught for Exercise Science and Health Promotion since 2011. She loves to travel, Nepal in 2012, climbing Grand Teton in 2013 and maybe Cambodia to Angkor Wat by bicycle in November. She loves to run and ride long distances. Her cat named Boo keeps her in line, when she is at home.



## ESHIP SUMMER 2013 INTERNSHIPS

Adolph & Rose Levis	David Alper	Davis Therapy	Elizabeth Mendes
Alliance Health & Injury Center	Nicole Barreto	FAU Athletic Training Room	Joao Lazarin
American Lung Association	Annie Lee	FAU Athletic Strength and Conditioning	Noah Tenenbaum
Boca Raton Orthopedic Group	Kristian Donev	FPL (NextEra Health & Wel Being)	Casey Allen
Boca Raton Orthopedic Group	Thomas Miskela	Golden Orthopedic	Lori Manali
Boca Raton Regional Hospital	Rebecca Desir	Holy Cross Hospital	Maria Evans
Boca Raton Regional Hospital	William Lagrosa	Holy Cross Hospital	Alixandra Baldini
Boca Raton Regional Hospital	Winston McAdoo	Holy Cross	Tiffany Petry
Boca Trauma & Rehab	Hugo Botero	Memorial Health Care System	Melissa Benhaim
Boca Trauma & Rehab	Hanan Elmasry	Memorial Hospital West	Christine Limpabandh
Bommarito Performance Systems	James Andriella	Miami Dolphins	John Jones
Bommarito Performance Systems	Shantee Cooley	Motorola - Wellness Center	Alexandria Fogarty
Bommarito Performance Systems	Simone Forbes	Motorola - Wellness Center	Alejandra Lamardo
Bommarito Performance Systems	Michael Jean-Baptiste	Palm Beach County Parks & Rec	Michael Calhoun
Bommarito Performance Systems	David Siegel	Palm Beach Institute of Sports Medicine	Stephanie Ferro
Broward Health and Wellness Center	Edmond Haney	Plantation Medical Rehab and Wellness	Kirsten Attipoe
Broward Health and Wellness Center	Rachel Simons	Select Medical Physical Therapy	Natalie Maya
Central Palm Medical Group	Jomarie Mauricio	St. Andrews Country Club	Britton Neil
Cora Health Rehabilitation	Nicole Kuss	Synergy Systems Scandinavian	Ryan McBride
Cora Health Rehabilitation	Cortney Norwood	Tropical Chiropractic and Wellness	Lynnsey Gaines
Covenant Village of Florida	Stephanie Rappel	Tropical Chiropractic and Wellness	Diego Rabarozzi
David Posnack JCC	Christopher Cardoso	Tropical Chiropractic and Wellness	Matthew Chotiner
Davis Therapy	Layton Cocks	Weston Medical Rehab	Xavier Rodriguez
		YMCA - Boca Raton	Marjorie Eldira
		YMCA - Boynton Beach	Steven Payne



Amanda Otero-Palacios and Kyle Allicandro at their internship site, Nova Southeastern University Strength and Conditioning, during Spring 2013.

**MASTER'S DEGREE**

Laura Canteri  
Joseph Lopez  
Taylor Miksell  
Jessica Rhoades  
Frank Witkowski



Graduate students Taylor Miksell, Laura Canteri, Frank Witkowski and Joseph Lopez, May 6, 2013, before their graduation.

**BACHELOR'S DEGREE**

Gabrielle Adams  
Kyle Alicandro  
Courtney Amendola  
Nicholas Becker  
Alyssa Boren  
Stephanie Colasanti  
Ryan Colquhoun  
Erin Connolly  
Anthony Desposito  
Widlin Dieujuste  
Chad Dolan  
Jeffrey Doyle  
Tiffany Erdman  
Juan Flores  
Stacy-Ann Gaynor  
Haimanot Geleta  
Ashley Gibson  
Angelina Giust  
Dianna Grimm  
Martin Haider  
Zachary Hobrock  
Kelsie Hoy  
Dorothy Huynh  
Crystal Jozwicki  
Eric Kessler

**BACHELOR'S DEGREE**

Ryan Klopfer  
Matthew Koch  
Ashley Lantes  
Joshua Lide  
Willem Mars  
David McAlpine  
Jessica Molosh  
Dagion Mullings  
Michala Nowak  
Amanda Otero-Palacios  
Chelsea Paletti  
Joseph Paquin  
Akash Patel  
Amanda Pelco  
Philippe Renaud  
Brittney Roberts  
Bianka Romero  
Priscilla Sapp  
John Saxton  
Leana Simione  
Amanda Singleton  
Alexander Tavarez  
Alex Warila  
Kimberly Wolf  
Courtney Zwetsch



Undergraduate students prior to their graduation ceremony on May 6, 2013 on the Boca Raton campus. First row: Kelsie Hoy, Jessica Molosh, Amanda Singleton, Crystal Jozwicki, Amanda Pelco, Alyssa Boren. Second row: Alex Warila, Joshua Lide, Martin Haider, Nicholas Becker, Eric Kessler, Matthew Koch, Chad Dolan, and Anthony Desposito.

## ALUMNI UPDATE

**Isaac Crespin**, BS, 2012, after graduation is completing another internship at the Israel Sport Center for the Disabled, Ramat Gan, Israel.

**Chris Dorka**, MS, 2012, is now a personal trainer & nutrition instructor at The Wellness Forum in Columbus, Ohio.

**Laura Dery**, BS, 2011, has started a company, Armageddon Ambush – The Extreme Mud Run. She spends her time between Colorado and Florida.

**Reed D. Phinisey**, BSE, 2011, started this past fall as a graduate assistant for strength training & conditioning and the Personal Training Supervisor with Campus Recreation at University of Nebraska. Lincoln.

**Patrick Quinn**, MS, 2011, started a new position as Gatorade's Market Development Manager, G Force, South Florida.

**Corie Mae Callaluca**, 2010, was an FAU teaching graduate assistant. She completed her MS at the University of New Hampshire in Kinesiology. She is currently working in sports research at New Balance in the greater Boston, Massachusetts area.

**Erik Beiser**, BSE, 2009, MS from Louisiana Technology University, was recently promoted to the Strength and Conditioning Coordinator for the Minnesota Twins.

**Erica Goldstein**, MS, 2009, graduated from the Nutrition and Dietetics Program at the University of North Florida and was accepted into the Mayo Clinic Dietetic Internship Program, Jacksonville, FL.

**Gabriel Somarriba**, BSE, 2003, is still at the University of Miami and has joined the faculty in the Department of Pediatrics. He earned his doctorate of physical therapy and has his own clinic on the University of Miami campus while also splitting his time in research, as an Assistant Professor/Physical Therapist.

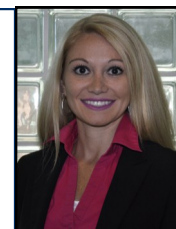
**Heather Watkins (Schueler)**, BSE, 1999 of Hollywood, FL, travels worldwide working on luxury yachts.

**Brian Findley**, MSE, 1993, published--Findley, B.W. & Bulik, R.J. (2013). The Relationship of Self Directed Learning Readiness to Knowledge-Based and Performance-Based Measures of Success in Third-Year Medical Students. International Journal of Self-Directed Learning.

## FACULTY UPDATE

### College of Education Scholar of the Year!

Congratulations to Dr. Tina Penhollow (Department of Exercise Science and Health Promotion) for receiving the College of Education Scholar of the Year Award, Associate Professor Rank, May 2013.



### Publications:

**Whitehurst, M.** High-Intensity Interval Training: An Alternative for Older Adults, American Journal of Lifestyle Medicine, September/October 2012 6: 382-386, first e-published on June 19, 2012  
doi:10.1177/1559827612450262.

**Hall, M.E., Blair, E.H., Smith, S.M., and Gorski, J.S.** (2013). Development of a Theory Based Safety Climate Instrument, Journal of Safety, Health and Environmental Research, 8(3), 58-69.



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]

Franco, R.L., Fallow, B.A., **Huang, C-J.**, Acevedo, E.O., Arrowood, J.A., & Evans, R.K., 2013. Forearm Blood Flow Response to an Acute Maximal Exercise Bout in Obese and Normal-weight Males. **European Journal of Applied Physiology** (Accepted).

Young, M., Palacios, R., & **Penhollow, T.** (2012). Measurement and design issues in the study of adolescent sexual behavior and the evaluation of adolescent sexual health behavior interventions. *American Journal of Sexuality Education*, 7, 429-444.

Naimo, M., **Zourdos, M.C.**, Wilson, J.M., Kim, J-S., Ward, E.G., Eccles, D.W., and Panton L.B. Contextual Interference Effects on the Acquisition of Skill and Strength of the Bench Press. (2012). In Press, *Journal of Human Movement Science*.

**Book Chapter:**

**Huang, C-J.**, Johnson, A., Herrick, J.E. 2013. Chapter 5: Lifespan Effects of Aging and Deconditioning. *American College of Sports Medicine's Resource Manual for Guideline for Exercise Testing and Prescription* (7th edition). Lippincott Williams & Wilkins: Philadelphia, Philadelphia, PA.

**Presentations/Abstracts:**

**Pittinger, E.S.**, Shibata, Y., Acevedo, E.O., Franco, R.L., Jones, T.L., **Huang, C-J.** (2013, May). In Vitro Leptin Elicits Greater Effects on Interleukin-6 Production in Obese Subjects, Independent of Glucocorticoid Sensitivity. Paper Submitted at the Annual American College of Sports Medicine Conference, Indianapolis, IN, May 2013.

Rhoads, K., & **Penhollow, T.** (April 2013). An educational tobacco intervention: Generic religiosity plus bible knowledge impacts college student driving behaviors. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Charlotte, NC.

Young, M., Denny, G., **Penhollow, T.**, & Donnelly, J. (April 2013). An educational tobacco intervention: The impact of the Health Belief Model on college students. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Charlotte, NC.

**Hall, M** and Bergman, R. (2013) Dialog with Your Children and Perceived Norms About Alcohol. American Association for Health Education/ American Alliance for Health, Physical Education, Recreation and Dance, AAPHERD Conference. Charlotte, NC. April 2013.

**Zourdos, M.C.**, E. Jo, A.V. Khamoui, B-S. Park, S-R. Lee, L.B. Panton, M.J. Ormsbee, D.D. Thomas, E. Ward, R.J. Contreras, and J-S. Kim. Novel Daily Undulating Periodization Model Produces Greater Performance Gains than a Traditional Configuration in Powerlifters. ACSM, Indianapolis, IN. May 2013.

Harold L, Ash GI Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, **Zoeller RF**, Devaney JM, Gordish-Dressman H, Thompson PD, Hoffman EP. Pescatello LS. A ghrelin genetic variant associates with physical activity. *Med Sci SportsExerc.* 2012; 44 (Supplement) #1822.

Hoffman EP, Devaney J, Thompson P, Zambraski E, Visich P, Gordon P, Gordish-Dressman H, Pescatello L, **Zoeller R**, Moyna N, Angelopoulos T, Clarkson P. Osteopontin: A complex genetic modifier of muscle size and muscle damage. *Med Sci SportsExerc.* 2012; 44 (Supplement) #641.

## ESHP CLUB

### FAU club finds over 5,000 cigarettes butts in an hour

When Florida Atlantic University's Boca Raton campus held "Butt Day", April 3, 2013, they invited Transforming Our Community's Health (TOUCH) partner American Lung Association (ALA) to aid in a clean up. What they found was cigarette butts – more than 5,100 of them, actually.

FAU's Exercise Science and Health Promotion Club (ESHP) Butt Day was a day to learn about the dangers of tobacco products and increase awareness for the need of a university-wide tobacco-free policy. While FAU currently has designated smoking areas, they do not have a smoke-free campus policy in place. The butt hunt found cigarette butts and cartons littered throughout the campus, the majority outside of the 19 designated smoking areas.



This was the second clean up ALA hosted on the Boca Raton campus in less than a year. Last July, the ESHP Club members picked up nearly 10,000 cigarette butts in 40 minutes, also outside of the designated smoking areas. Club President Luke Otfinowski was present for both clean ups.

"Events like this really bring the issue to light," Otfinowski said. "I hope this campus will eventually adopt a smoke-free campus policy."

### OUR NEW ESHP CLUB OFFICERS FOR FALL 2013

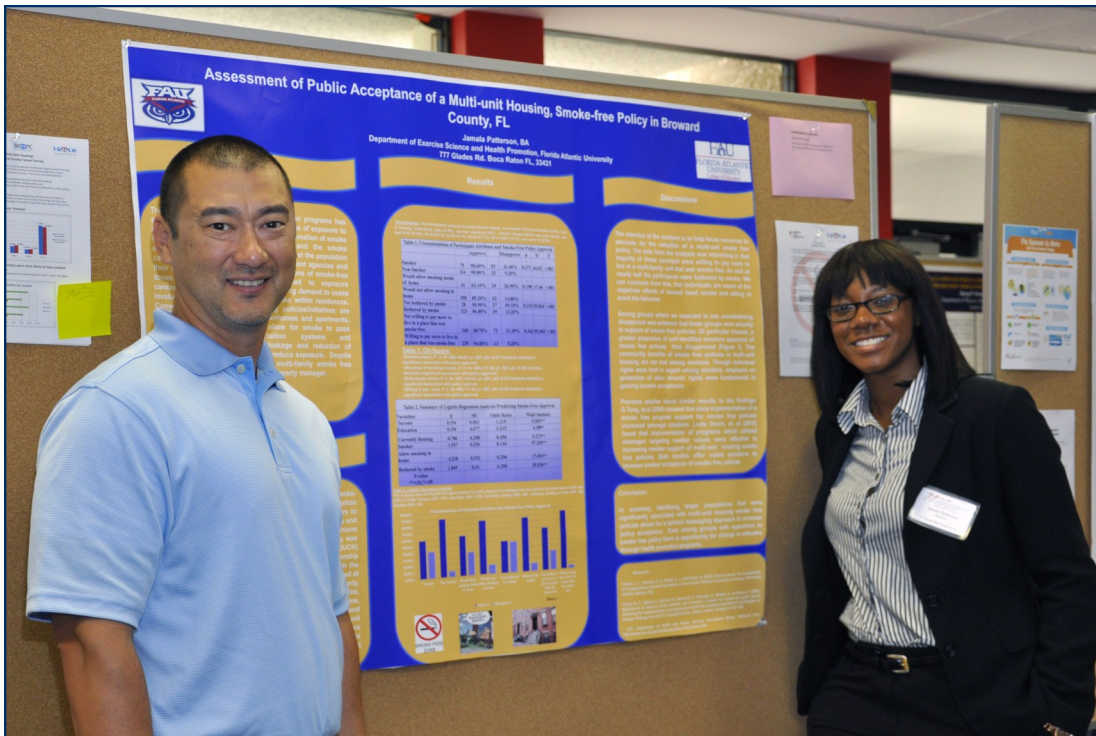


Welcome to our new ESHP Club Officers, President Latisha "Lety" Gonzalez, Vice President Brett Herman, Secretary Ally Gaier, and Treasurer Jon Gamboa.



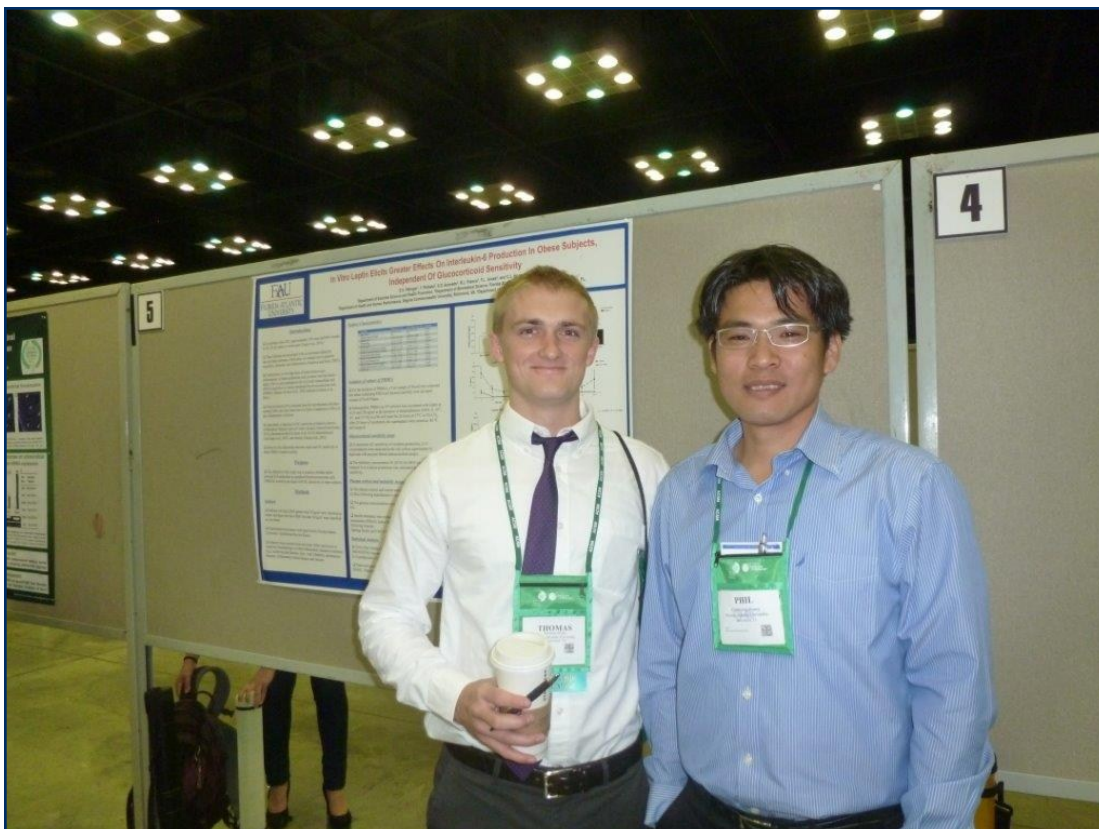
Our new ESHP Club shirts.

## GRADUATE RESEARCH



Jamala Patterson's research with Dr. Hall on second-hand smoke in multi-family housing, won second place at the Fourth Annual Graduate and Professional Student Association, GPSA, research day, Spring 2013.

## CONFERENCE



ESHP Graduate student, Thomas Mock with Dr. Huang, at the ACSM conference in Indianapolis, IN, May 30, 2013.

**Florida Atlantic University**

**Exercise Science and Health Promotion Department**

**777 Glades Road, Field House 11**

**Boca Raton, Florida 33431**

**P: (561)-297-2938**

**F: (561)-297-2839**

**E-mail: [ESHPIinfo@fau.edu](mailto:ESHPIinfo@fau.edu)**

**Website: <http://www.coe.fau.edu/eshp>**

**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."*

## **ESHP Faculty and Staff**

### **Chris Boerum, MS**

Instructor  
Phone: 561-297-2994  
E-mail: [cboerum@fau.edu](mailto:cboerum@fau.edu)

### **Leslie Cribbs, MS**

Visiting Instructor  
Phone: 561-297-2938  
E-mail: [lcribbs@fau.edu](mailto:lcribbs@fau.edu)

### **Anita D'Angelo, MS**

Instructor  
Phone: 561-297-3752  
E-mail: [aherold@fau.edu](mailto:aherold@fau.edu)

### **Peggy Donnelly**

Senior Secretary  
Phone: 561-297-1301  
Email: [mdonne12@fau.edu](mailto:mdonne12@fau.edu)

### **B. Sue Graves, Ed.D.**

Department Chair  
Phone: 561-297-2938  
E-mail: [sgraves@fau.edu](mailto:sgraves@fau.edu)

### **Michael Hall, Ph.D.**

Assistant Professor  
Phone: 561-297-2420  
E-mail: [mhall61@fau.edu](mailto:mhall61@fau.edu)

### **Chun-Jung Huang, Ph.D.**

Assistant Professor  
Phone: 561-297-1271  
E-mail: [chuang5@fau.edu](mailto:chuang5@fau.edu)

### **Tina Penhollow, Ph.D.**

Associate Professor  
Phone: 561-297-2643  
E-mail: [tpenholl@fau.edu](mailto:tpenholl@fau.edu)

### **Ian Pyka, MS**

Visiting Instructor  
Phone: 561-297-1284  
E-mail: [ipyka@fau.edu](mailto:ipyka@fau.edu)

### **Alexandra Schoenmakers**

Secretary  
Phone: 561-297-2938  
Email: [aschoenm@fau.edu](mailto:aschoenm@fau.edu)

### **Michael Whitehurst, Ed. D.**

Professor  
Phone: 561-297-2317  
E-mail: [whitehur@fau.edu](mailto:whitehur@fau.edu)

### **Robert Zoeller, Ph.D.**

Professor  
Phone: 561-297-2549  
E-mail: [rzoeller@fau.edu](mailto:rzoeller@fau.edu)

### **Michael Zourdos, Ph.D.**

Assistant Professor  
Phone: 561-297-1317  
E-mail: [rzourdos@fau.edu](mailto:rzourdos@fau.edu)