



Welcome to our latest newsletter to update you on the exciting Exercise Science and Health Promotion (ESHP) Department happenings. We appreciate the time you are taking to review the information in this newsletter.

The budget reductions from the Florida state government have reduced overall university funding, but not our growth. Summer 2012 semester started with excitement as we received the news the ESHP major is the sixth largest major on campus, ninth two years ago (tied with nursing). We have grown 30% the past two years and 14% this year. In fact, currently, we have over 700 undergraduate majors and 79 graduate students. Many of my colleagues in other similar programs across the United States are also showing unprecedented growth.

In addition, we do have several exciting announcements. The department received \$140,000 for four technology fee grants this past May. These FAU grants are made available from student tech fees to upgrade and purchase the newest technology.

Dr. Whitehurst obtained over \$100,000 to purchase a DEXA for the department, plus another \$20,000+ for other specialized equipment for the ESHP laboratory. These additions to the biochemistry area of our labs create new learning and research opportunities for students and faculty. I also obtained funding to purchase cameras to use in kinesiology and biomechanics classes for basic movement analysis with the Dart Fish programs.

As you can tell, we do have many exciting things occurring. Please keep in touch with us.

B. Sue Graves, Ed.D., FACSM, FISSN
Department Chair

INSIDE.....

TABLE OF CONTENTS

1 Letter from the Department Chair

4 Student Updates

6 ESHP Club information

8 Summer 2012 Internships

9 Alumni/Faculty News

3



Honors Convocation

4



Distinguished Alumnus

5



FAU Wellness Triathlon

6



Cigarette Clean Up

7



Spring 2012 Graduation

HONORS CONVOCATION

University Scholar



ESH P Chair, Dr. Sue Graves and Jessica Cravens

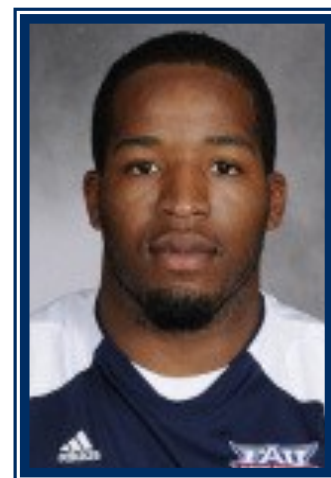
One of our students, Jessica Cravens, was awarded one of the eight undergraduate University Scholar Awards on April 16, 2012. She was the only undergraduate student receiving this award in the College of Education.



Rebecca Hallam, Dr. Sue Graves, Alfred Morris and Jessica Cravens.

Student Athletes of the Year

The "Student-Athlete of the Year" award recognizes the male and female who best represents community service, academic performance, and athletic accomplishment equally. Two senior record setters, running back Alfred Morris and women's distance runner for both cross country and indoor/outdoor track, senior Rebecca Hallam, were honored with this award. Morris finished atop the FAU all-time lists in rushing yards (3,529), rushing touchdowns (27), total



Alfred Morris



Rebecca Hallam with Mr. Hallam

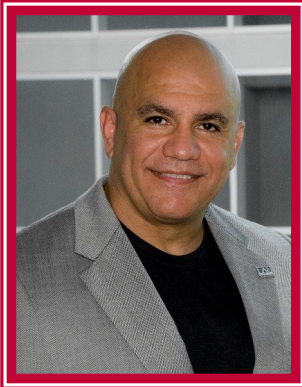
touchdowns (31), all-purpose yards (3,843), and earned off-season invitations to several bowls and, at this writing, signed with the Washington Redskins. At the last outdoor track meet, Hallam set the new FAU school record in the 5,000 meter run, breaking the record she previously set as a junior. She now holds both the FAU indoor and outdoor records.

2012

Distinguished Alumnus

College of
Education

Juan Carlos
Santana



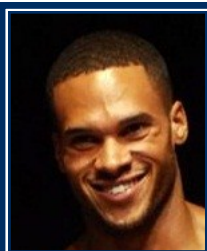
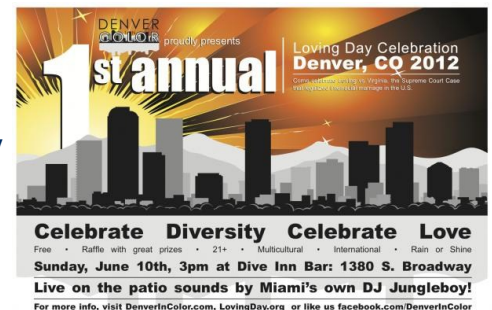
BS, 1993; M.Ed., 1994

Juan Carlos Santana is the director and CEO of the Institute of Human Performance in Boca Raton. His energetic approach to life and advanced knowledge of training and conditioning have made him a sought-after international speaker and consultant with more than 200 seminars and lectures presented in 15 countries, more than 200 articles and 15 books published on topics involving training methodologies and human performance, and more than 70 DVD titles.

Keith Brazendale, one of our ESHP Graduate Assistants, ran the Rock n' Roll San Diego Half Marathon in June 2012. He completed it in 1 hour and 27 minutes, finishing 118th out of the 17,600 participants. He was doing it to raise money for the Leukemia and Lymphoma Society. He trained with Team n' Training (TNT). As a group (around 30) raised \$157,000.



June 10, 2012, Channel 7 News in Denver interviewed former ESHP student, **Jason Davis, 2001, BSE**, of "Denver In Color" to promote Loving Day & Denver's 1st Annual Loving Day Celebration! Denver in Color and Loving Day are collaborating in an effort to fight racial prejudice by building multicultural awareness and acceptance. The website is www.denverincolor.com



Michael Lavelanet, an ESHP student, won 1st place in the NPC Diamond Natural Bodybuilding contest on April

14, 2012 in Boca Raton.

Ryan Colquhoun, an ESHP senior, received the National Strength and Conditioning Challenge Scholarship (\$1500) at the national conference, July 2012 at Providence, Rhode Island. Ryan is the first FAU student to receive this award.

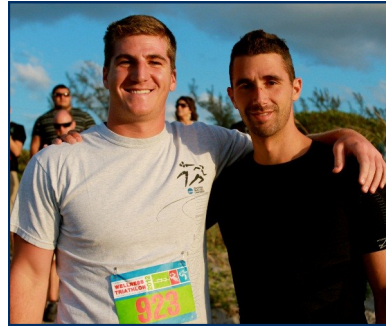


Darnell King

Friday, April 24th, 2012, the Fort Lauderdale Strikers Coach, Daryl Shore, asked Darnell, ESHP senior, to come to their preseason. He recently signed with the Fort Lauderdale Strikers. The Strikers are a professional soccer squad in the North American Soccer League.



Dr. Michael Whitehurst



ESHP GA's Ryan Musille and Brad Shiflet

Sunday April 15, 2012
.25 mile ocean swim
10 mile bike
3.1 mile run

FAU ESHP, consisting of Dr. Whitehurst, Ryan Musille, and Brad Shiflet, won 1st place.



The new logo for the ESHP Club is above. The new club officers are; President Luke Otfinowski, Vice President Brett Herman, Treasurer Melissa Dobrowsky, Secretary Letty Gonzalez. Check out our <http://www.facebook.com/pages/FAU-Exercise-Science-and-Health-Promotion-Club/121243954627343>



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



Kate Christian is an ESHP senior interning at the St. Louis Cardinals in Jupiter this summer. She is one of the two females working for the organization in strength and conditioning area for the minor leagues.



ESHP student, Michael Moreno, is the head coach for Top Soccer Volunteer helping kids with disabilities, January 2012 in Boca Raton.

PUBLICATION



Dr. Tina M. Penhollow, Assistant Professor in the ESHP Department, has authored her own textbook entitled "Points to Health: Theory and Practice of Health Education and Health Promotion" - Kendall Hunt Publishing. The textbook will be available on college campuses, Fall 2012.



Transforming Our Community's Health



Florida Atlantic University Student Club Hosts Cigarette Butt Cleanup on Campus Students collect over 10,000 cigarette butts

The Exercise Science and Health Promotion (ESHP) student club at Florida Atlantic University (FAU)-Boca Raton campus, the American Lung Association in Florida (ALAF), and Broward Regional Health Planning Council's (BRHPC's) Transforming Our Community's Health (TOUCH) initiative collected cigarette butts on campus.

Twenty-five students from FAU's Boca Raton campus have undertaken a cigarette butt cleanup to raise awareness of the often forgotten consequence of tobacco use. Over 10,000 cigarette butts were collected in 40 minutes. They were all collected outside of the FAU designated smoking areas. Average rate of clean up was 10 cigarette butts picked up per minute for each volunteer. After the cleanup, the students created a "Tobacco Free FAU" sign from the tobacco litter (see above photo).

WELCOME TO OUR NEW GRADUATE ASSISTANTS SUMMER 2012



Russel Camire
Foxboro, MA



Joseph Lopez
Chaddsford, PA



Ole Midtbo
Leikanger, Norway



Elizabeth Pittinger
West Memphis, AR



Evan Platonas
Royal Oak, MI



Markous Samaan
Manalapan, NJ



Aaron Slusher
Cincinnati, OH



Frank Witkowski
Plattsburgh, NY



Dr. Robert Zoeller
Graduate Coordinator

CONGRATULATIONS SPRING 2012 GRADUATES

MASTER'S DEGREE

Nicole Armstrong, Jennifer Bentley
 Pasqua Boggs, Christopher Childs
 Joseph Drake, Courtney Gardiner
 Arielle Gaydosh, Meghan Helbick
 Korey Kilsdonk, Anthony Mack
 Jennifer Norton, Kelley Rhoads
 Evan Roszkowski , Alison Rusak

BACHELOR'S DEGREE

Amy Alvarez
 Chris Athans
 Faria Bathol
 Stephanie Barker
 Thomas Benso
 Jason Blackman
 Christy Bosley
 Liam Bryant
 Meghan Brown
 Cathryn Council
 Jessica Cravens
 Lloni-Rae Crooks
 Lydia Emanuel
 Lisa Finocchietti
 Michael Friedland
 Abby Glisson
 Megan Guthrie
 Briann Hodovanich
 Rebecca Hallam
 Samuel Herrera

BACHELOR'S DEGREE

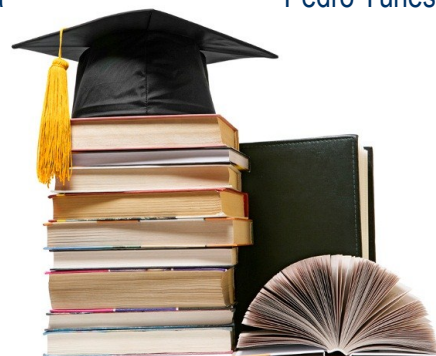
Kerline Jean
 Gabriel Johnson
 Ron Johnson
 Tiffany Kasa
 Bryan Koudim
 Gabriel Leiva
 Erica Milch
 Kyle Moran
 Josephine Obi
 Nathalia Poses
 David Rotondo
 Analise Sherman
 Nicole Smartt
 Danielle Smiley
 Ryan Spinelli
 Diego Torres-Malaga
 Stephanie Vigliotti
 Rob Wall
 Ariel White
 Pedro Yunes



ESHSP faculty & students, prior to graduation ceremony, May 2012.



Undergraduate student ,Thomas Benson.



Summer 2012 Interns



Brittany Kimmons	American Lung Association, Fort Lauderdale
John O'Sullivan Nikolai Goodyear Callie Kolins Madison Ness Jordan Thatcher	Boca Raton Orthopaedic Group
Jenny Dai	Boca Trauma & Rehabilitation
Christine Jenkins	Broken Sound Fitness Center, Boca Raton
Jessica Haley	Florida Power & Light, Juno Beach
Jessica Plas	Florida Power & Light, Miami
Kim Barbarino	Covenant Village of Florida, Plantation
Alexis Karpodinis Adler Marchand Audrey Wellen Omar Arguello Amanda Mizell Sabita Sharma Jannean Burke	Davis Therapy, Boca Raton Regional Hospital
Thomas Duane Tamas Schuchanek	FAU Strength and Conditioning, Boca Campus
Darnell King	FAU Athletic Training Room, Boca Campus
Shieka Blake Keyshar Belizaire	Holy Cross Hospital, Fort Lauderdale
Chelsea DiClaudio	Jupiter Medical Center
Isaac Crespin	Miami Project to Cure Paralysis, Miami
Austin Daniel Mark Deeb	My Speed Trainer, Margate
Eddie Oscar	Memorial Hospital, Hollywood
Michael Moreno	Peter Blum Family YMCA, Boca Raton
Katelynn Highsmith	Physiotherapy Associates, Bowie, Maryland
Melanie Copeland	Select Physical Therapy, Miami
Kate Christian	St. Louis Cardinals, Strength & Conditioning, Jupiter
Tiffany Wills	The Polo Club of Boca Raton
Harrison Randazzo	Ultimate Speed, Jupiter
Nicholle Rosemond	University of Miami-Herbert Wellness Center, Coral Gables
Ezekiel Murphy Jason Briscoe Joey Patterson	YMCA, Boynton Beach

Alumni Update

- Anthony Mack**, M.S., C.S.C.S., Spring 2012, was appointed the women's assistant soccer coach at Florida Southern College, Lakeland, Florida. He is also applying for an adjunct position to teach physiology at the college.
- Flavia Periera (Melo)**, MS, 2011, married, Andre Melo, May 2012. She is the director of volleyball performance training at Athlete's Edge, Boca Raton
- Nikki Dzubay**, MS, 2011, married, June 2012.
- Stephanie Kurti**, MS, 2011, has accepted an instructor position this fall at Kansas State University to teach Anatomy and Physiology, Exercise Testing and Prescription, practicum, internship and advising.
- Eric Beiser**, BSE, C.S.C.S., 2009, Strength & Conditioning Coach for Minnesota Twins/Triple A team in Rochester, NY. Eric did complete his master's at Louisiana Tech University.
- Ashley Watson**, BSE, 2008, opened Watson Chiropractic in Hollywood Florida. Spring 2012.
- Michelle Mielke**, MS, 2004, will start as an Assistant Professor with Western Washington University in Bellingham, WA, Fall 2012. Dr. Mielke completed her Ph.D. at the University of Nebraska in exercise physiology, plus did additional training in nutrition there.
- Kristie Stevens**, 2002, now Stenger, is the Clinical Care Coordinator for the National Orthotics Program at **Hanger Clinic**, Davie, Florida.
- Jordan Moon**, MS, 2006, moved to Lexington Kentucky. **Sarah Tobkin-Moon**, (MS, 2006) his wife, starts her medical residency at the University of Kentucky in July. Jordan is the Research Institute Director for the supplement company MusclePharm (Denver, CO). He will be working mostly from home in Lexington and traveling to the MusclePharm facility in Denver regularly.

ESHP Faculty Presentations/Publications

- Whitehurst, M.** High-Intensity Interval Training: An alternative for older adults. *American Journal of Lifestyle Medicine*, (accepted, May 2012).
- Johnson MM, Kumi-Diaka KJ, **Zoeller R**, **Graves BS**, Merchant KT, and Hörmann VP, Hassanhi M, Functional Foods in Health Disease, Therapeutic Efficacy of Genistein-Cytoreg® combination in Breast Cancer cells, *Functional Foods*, 2012, 2(5):137-150 .
- Van Deveire KN, Scranton SK, Kostek MA, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, **Zoeller RF**, Thompson PD, Devaney JM, Gordish-Dressman H, Hoffman EP, Maresh CM, Pescatello LS. Variants of the Ankyrin Repeat Domain 6 Gene (ANKRD6) and muscle and physical activity phenotypes among European-derived American adults. *J Strength Cond Res*. 2012 Jul;26(7):1740-1748.
- 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 Sports Exerc*. 2012; 42 (Supplement) #641.
- B. Sue Graves**, FACSM, and **Anita D'Angelo**, HFS. Effects of a university-based exercise program intervention as compared to community dwelling seniors. Abstract presented at the American College of Sports Medicine's 49th Annual Meeting, June 2012, San Francisco, California.
- 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 Sports Exerc*. 2012; 42 (Supplement) #1822.
- Acevedo, E.O., Webb, H.E., **Huang, C.J.**, 2012. Cardiovascular Health Implications of Combined Mental and Physical Challenge. In Edmund O. Acevedo (Ed.), *The Oxford Handbook of Exercise Psychology*. Oxford University Press: New York, NY.
- Shibata, Y., M. Kogiso, **C.J. Huang**, M. Nouri-Shirazi, E. Mizoguchi, and C.K. Dorey (2012, May). Macrophage chitin binding proteins in phagocytosis and M1 activation in response to chitin microparticles. Paper presented at the Annual Meeting of The American Association of Immunologists, Boston, MA. *J. Immunol.* 188: 172.27.
- Huang, C.J.**, McAlpine D.A., Webb, H.E., Franco R.L., Tangsilat S.E., Beasley, K.N., Kamimori, G.H., Acevedo, E.O. (2012, May). Impact of Cardiovascular Fitness on Pentraxin 3 Levels in Response To Concurrent Stressors. Paper presented at the Annual American College of Sports Medicine Conference, San Francisco, CA.

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

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

Facebook page: 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

Visiting Instructor
Phone: 561-297-2994
E-mail: cboerum@fau.edu

Anita D'Angelo

Instructor
Phone: 561-297-3752
E-mail: aherold@fau.edu

Peggy Donnelly

Senior Secretary
Phone: 561-297-1301
Email: mddonne12@fau.edu

Dr. B. Sue Graves

Department Chair
Phone: 561-297-2790
E-mail: sgraves@fau.edu

Dr. Michael Hall

Visiting Instructor
Phone: 561-297-2420
E-mail: mhall61@fau.edu

Dr. Chun-Jung Huang

Assistant Professor
Phone: 561-297-1271
E-mail: chuang5@fau.edu

Dr. Tina Penhollow

Assistant Professor
Phone: 561-297-2643
E-mail: tpenholl@fau.edu

April Pinkney

Visiting Instructor
Phone: 561-297-1317
E-mail: apinkney@fau.edu

Ian Pyka

Visiting Instructor
Phone: 561-297-1284
E-mail: ipyka@fau.edu

Alexandra Schoenmakers

Secretary
Phone: 561-297-2938
Email: aschoenm@fau.edu

Dr. Michael Whitehurst

Professor
Phone: 561-297-2317
E-mail: whitehur@fau.edu

Dr. Robert Zoeller

Professor
Phone: 561-297-2549
E-mail: rzoeller@fau.edu