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
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7 Spring 2012 Graduation
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.

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 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.
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.

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.
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.

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.

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.

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

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.
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 Sluather
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 Kilson, Anthony Mack
Jennifer Norton, Kelley Rhoads
Evan Roszkowski, Alison Rusak

BACHELOR'S DEGREE
Amy Alvarez
Chris Athans
Farah Bathal
Stephanie Barker
Thomas Benso
Jason Blackman
Christy Bosley
Liam Bryant
Meghan Brown
Cathryn Council
Jessica Cravens
Loni-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

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

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


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


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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."