

### Welcome Letter from the Interim Chair, Dr. Deena Wener

I am honored to be serving as the Interim Chair for the Department of Exercise Science and Health Promotion. It has been a pleasure getting to know about the department and its many and varied activities. I have enjoyed, especially, getting to know the ESHP faculty, staff, and students. Although I have been at FAU for twenty-three years, I had no idea how active and exciting the department was. I have had a steep learning curve, but feel that I am gaining a good grasp of the all the wonderful activities going on in the department. Thank you for your patience and understanding as I continue to learn. I look forward to my continuing relationship with ESHP. One of the things I have enjoyed most is meeting students in the department. I hope to meet more of you over the coming year. My office is in the College of Education building, room 417, if you would like to come up and introduce yourself.

## WELCOME & FAREWELL—FACULTY AND STAFF



**Leslie Cribbs, MS**

Leslie is in her first year as a full-time instructor in the Department of Exercise Science and Health Promotion. She teaches the Leadership 2 and stress management classes. She was a visiting instructor last

year. She received her Bachelor's degree in Kinesiology from Michigan State University in 2010. 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, graduating in August 2012. She eventually would like to continue her education and pursue a PhD in the future. Her passions include horseback riding and spending time with her two adorable dogs.

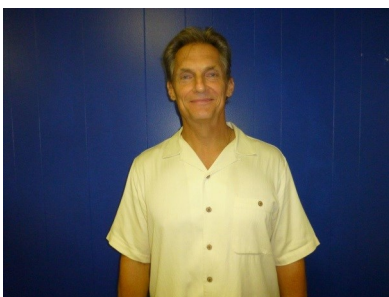
teaching the kinesiology, advanced strength and conditioning, and biomechanics classes. Coach Pyka has been the head strength and conditioning coach for the Florida Panthers Hockey Team, the New England Patriots Football Team, the University of Massachusetts at Amherst and Tulane University. He received his master's degree in exercise physiology at the University of Tennessee. His bachelor's degree was in Kinesiological Sciences at the University of Maryland.



**Jiuli Zhang, MS, MD**

Dr. Zhang was the full-time laboratory manager for the department. She has decided to leave her position at the end of this month. She coordinated all of the faculty and student

research while maintaining the labs. She also worked as a lab manager for the FAU Department of Biological Sciences. She did receive a master's degree in Food Science and Human Nutrition from the University of Missouri. Previously, she worked at the University of Texas Southwestern Medical Center in Dallas, Texas. Her M.D. is from the University of Qingdao in China. She was a physician in Shandong, China, prior to moving to the United States. She will be missed!



**Coach Ian Pyka, MS, CSCS**

Coach Pyka is also in his first year as a full-time instructor within our department. He was a visiting instructor the past three years. He is

## Exercise Science and Health Promotion Faculty



Dr. Michael Zourdos, Dr. Michael Whitehurst, Dr. Robert Zoeller, Chris Boerum, Anita D'Angelo-Herold, Dr. Phil Huang, Dr. Sue Graves, Dr. Tina Penhollow, Coach Ian Pyka, Dr. Michael Hall, Dr. Don Torok (Associate Dean), Dr. Deena Wener (Interim Chair), Dr. Jiuli Zhang (laboratory manager). Not pictured, Leslie Cribbs.

## ESHP Faculty Information

- Gomes, R.V., Ugrinowitsch, C., **Zourdos, M.C.**, Santos, M., Aoki, M.S. (2013). Does Carbohydrate Supplementation Maximize Tennis Match Play Performance? *Journal International Society of Sports Nutrition*. In Press.
- Hall, M.**, Bergman, R., and Nivens, S. (2013). Worksite Health Promotion Participation: A Study to Examine the Determinants of Participation. *Health Promotion Practice*, (In Press). **Dr. Hall** also received an \$8000 grant for the FAU Tobacco Free Campus Initiative from the Florida Department of Health.
- Hoffman EP, Gordish-Dressman H, McLane VD, Devaney JM, Thompson PD, Visich P, Gordon P, Pescatello LS, **Zoeller RF**, Moyna NM, Angelopoulos TJ, Pegoraro E, Cox GA, Clarkson PM. Alterations in osteopontin modify muscle size in females in both humans and mice. *Med Sci Sports Exerc*. 2013 Jun;45:1060-1068.
- Huang, C-J.**, Acevedo, E.O., Mari, D.C., Randazzo, C., Shibata, Y. (2013). Glucocorticoid Inhibition of Leptin- and Lipopolysaccharide-induced Interleukin-6 Production in Obesity. *Brain, Behavior, and Immunity* (In Press).
- Huang, C-J.**, Beasley, K.N., Acevedo, E.O., Robert L. Franco, R.L., Jones, T.L., Mari, D.C., Shibata, Y. (2013). Chitin Enhances Obese Inflammation *Ex Vivo*. *Human Immunology* (In Press).
- Huang, C-J.**, Franco, R.L., Evans, R.K., Mari, D.C., & Acevedo, E.O. (2013). Stress-induced Microvascular Reactivity in Normal-weight and Obese Individuals. *Applied Physiology, Nutrition, and Metabolism*. (In Press).
- Huang, C-J.**, Webb, H.E., Beasley, K.N., McAlpine, D.A., Tangsilsat, S.E., Acevedo, E.O. (2013). Cardiorespiratory Fitness Does Not Alter Plasma Pentraxin 3 and Cortisol Reactivity to Acute Psychological Stress and Exercise. *Applied Physiology, Nutrition, and Metabolism* (In Press).
- Huang, C-J.**, **Zourdos, M.C.**, Jo, E., Ormsbee, M.J. (2013). Influence of Physical Activity and Nutrition on Obesity-related Immune Function. *The Scientific World Journal* (In Press).
- Penhollow, T.**, & Rhoads, K. (2013). Preventing obesity and promoting fitness: An ecological perspective. *American Journal of Lifestyle Medicine*. Accepted for publication.
- Sprouse C, Gordish-Dressman H, Lipof JS, Moeckel-Cole S, Patel RR, Adham K, Larkin JS, Hubal MJ, Kearns AK, E. Funda Orkunoglu-Suer EF, Clarkson PM, Thompson PD, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, **Zoeller RF**, Hoffman EP, Tosi LL, Devaney JM. *SLC30A8*. (2013). Non-synonymous variant is associated with recovery following exercise and skeletal muscle size and strength. *Diabetes*. In Press.
- Young, M., Denny, G., **Penhollow, T.**, Palacios, R., & Morris, D. (2013). Hiding the word: Examining the relationship between a new measure of religiosity and sexual behavior. *Journal of Religion and Health*, 52. Accepted for publication.

# ESHP LABORATORIES

## BODY COMPOSITION



## HUMAN PERFORMANCE



## MUSCLE



## BIOCHEMISTRY



# FLORIDA ATLANTIC UNIVERSITY™

## EXERCISE SCIENCE AND HEALTH PROMOTION



## ESHP CLUB

The Exercise Science and Health Promotion (ESHP) Club promotes exercise science and health among our Florida Atlantic University students and the surrounding community. We focus on social events, athletic meets, health/fitness promotion & community outreach. Whether you are an Exercise Science major or not, the ESHP club is open to you! Join us at all our events, seminars & sporting meets!

This year our executive members have been successful at reaching our goals of conserving our traditional events and participating in more health promotion outreach. Our Social Brunches, Ropes Course Events, Cigarette Butt Clean-Ups and Canoe Trip dates are secured and on the calendar so stay tuned for them! We have managed to raise \$538 for the American Heart Association this year and earned an \$8,000 grant to promote the adoption of a Tobacco-Free policy at Florida Atlantic University.

### Future events:

Thursday, October 24, @ 5:00 p.m.

Wednesday, November 6 @12:30 p.m.

Wednesday, November 20 @ 2:00 p.m.

Friday, November 22 @ 10:00 a.m.

Tuesday, December 3 @ 11:00 a.m.

**Zumbathon @ Boca Campus, Recreation Center**

**4th Meeting, Pool deck, Field House 11**

**Great American Smokeout Day , Cigarette Butt Clean Up with Peer Education Team**

**Canoe Outfitters (Riverbend Park), Jupiter, Florida**

**Final Brunch**

### Current Executive Board

Club Advisor

President

Vice President

Secretary

Treasurer

**Dr. Tina M. Penhollow, PhD, MCHES**, tpenholl@fau.edu

**Latisha “Lety” Gonzalez**, lgonza74@gmail.com

**Michael Maselli**, mmaselli@fau.edu

**Ally Gaier**, agaier@fau.edu

**Jon Gamboa**, jgamboa@fau.edu



The FAU Exercise Science and Health Promotion Club, in cooperation with Tobacco-Free Florida, is working to create tobacco-free FAU campuses. With support from the American Lung Association of Florida, and in partnership with Tobacco-Free Florida and the Florida Health Department, we combat secondhand smoke by educating Florida Atlantic University (FAU) students, faculty and staff about the financial and health benefits of going tobacco-free. Take some time to explore for yourself how dangerous tobacco can be to you and your loved ones and what you can do to quit today! For more information, go to [Tobaccofreeflorida.com](http://Tobaccofreeflorida.com).



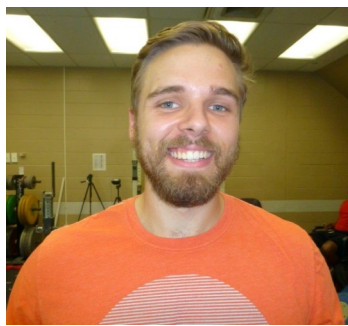
Fall 2013 Graduate Assistants

L to R, front row, Elizabeth Pittinger, Samantha Nivens, Manuela Loebig; second row, Zachary Nicholas, Thomas Mock, Rocky Blanco; third row, Dr. Zhang (ESHP Lab manager), Justin Quiles, Alex Klemp, Jared Hoare, Rus Camire, Evan Platonas, Nicholle Rosemond, Rebecca Hallam, Jamala Patterson; back row, Chad Dolan, Paul Roller, Dr. Robert Zoeller (graduate coordinator), John Crimmins. Not in photograph, Joseph Valentino, Aaron Slusher, Eric Capell.

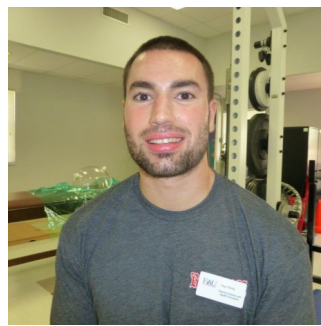
# WELCOME TO OUR NEW GRADUATE STUDENTS Fall 2013



Eric Capell, BS  
Appalachian State University  
Black Mountain, NC



Justin Quiles, BS  
Florida State University  
Lake Grove, NY



Paul Roller, BS  
East Stroudsburg University  
Shenadoah, PA



Rebecca Hallam, BSE  
Florida Atlantic University  
Hamilton, Ontario, Canada

Competitive graduate assistantships are available, generally, each semester. We have GA positions available in these areas: swimming, jogging, aerobics, Pilates, First Aid, Health, Fitness for Life classes, weight training, exercise physiology labs, exercise testing labs, research, athletic training, and strength and conditioning. How to Apply: If interested, please send updated resume to Dr. Robert Zoeller, and complete the GA application online, [www.coe.fau.edu/eshp](http://www.coe.fau.edu/eshp).

**Internships  
 Fall 2013\***

Freddy Rodriguez	Boca Raton Orthopedic Group	Devon Preece	Holy Cross Hospital
Daniela Schiano	Boca Raton Orthopedic Group	Ximena Goddard	Jupiter Medical Center
Melissa Dobrowsky	Boca Raton Regional Hospital	Tanina Marinenko	Jupiter Medical Center
Justin Raymond	Boca Raton Regional Hospital	Craig Fisher	Life of Purpose Treatment Center
Maria Aleksinko	Boca Trauma & Rehabilitation	Emily Carles	Memorial Hospital West Fitness
Ricardo Hildago	Boca Trauma & Rehabilitation	Antonio Cedeno	Memorial Hospital West Fitness
Chantale Smith	Boca Trauma & Rehabilitation	Katelyn Benedit	Nova Southeastern University
Matthew Held	Bommarito Performance	Melissa Uftring	Nova Southeastern University
Alysia Naples	Bommarito Performance	Orlando Villacis	Nova Southeastern University
Sherif Abdel-Al	Cora Health Rehabilitation	Brittany Freeman	Palm Beach County Parks/Recreation
Terrance Reid	Central Palm Medical Group	Matthew Baker	Palm Beach County Parks/Recreation
Diana Pardo	Duke University	Courtney Siemer	Palm Beach Institute of Sports Medicine
Imani Bailey	FAU Recreation Center	Ivan Valencia	Plantation Medical Rehabilitation
Gregory Edma	FAU Recreation Center	John Van Dine	Polo Club Boca Raton
Greg Carvana	FAU Strength and Conditioning	Taylor Reckert	Professional Athletic Performance
Mercedes Levesque	FAU Strength and Conditioning	Allison Talana	Select Medical Physical Therapy
Adam Stern	FAU Strength and Conditioning	Ashley Bernier	Spine and Sport Institute
Melita Simplice	Golden Orthopedic	Eric Forero	Tropical Chiropractic
Matthew Morse	Holy Cross Hospital	Courtney Dolnick	Weston Medical Rehab
Danielle Pfeffer	Holy Cross Hospital	Remie Theodore	YMCA Boca Raton
Ashley Pittman	Holy Cross Hospital		*Updated as of October 10, 2013

# CONGRATULATIONS

## August 2013 Graduates

### B.S. DEGREE

Casey Marie Allen  
Matthew David Baker  
Alixandra Baldini  
Melissa Ben-Haim  
Christopher C. Cardoso  
Layton Zane Cocks  
Kristian Brian Donev  
Marjorie Danielle Eldira  
Maria Nicole Evans  
John Gregory Jones  
Alejandra Lamardo  
Annie Lee  
Christine E. Limpabandh  
Jomarie Dayap Mauricio  
Natalie Alejandra Maya  
Elizabeth Marie Mendes  
Tiffany Lynn Petry  
Diego A. Rabarozzi  
Xavier M Rodriguez

### B.S.E. DEGREE

Kirsten Kyuryon Attipoe  
Nicole C. Barreto  
Hugo Botero  
Michael Alan Calhoun  
Matthew Edward Chotiner  
Shantee K. Cooley  
Rebecca Desir  
Hanan Elmasary  
Alexandria Grace Fogarty  
Simone Monique Forbes  
Lynnsey Sarah Gaines  
Michael Robert Jean-Baptiste  
Nicole Lauren Kuss  
William R. Lagrosa  
Joao DeJesus Lazarin  
Winston Amerik McAdoo  
Ryan Patrick McBride  
Thomas John Miskela  
Britton Neil  
Cortney L. Norwood  
Steven R. Payne  
Stephanie Alessandra Rappel  
David Marcus Siegel  
Rachel Ann Simons  
Noah Harris Tenenbaum  
Remie Theodore

### MASTER'S DEGREE

James T. Benzel  
Keith Brazendale  
Carmen Brigham  
Zac Brookman  
Samuel Buckner  
Tyane Deal  
Ole Midtbo





## Alumni Update

- Frank Witkowski**, MS, 2013, ATC, CSCS, worked as a Strength & Conditioning Coach with the Minnesota Twins GCL in Fort Myers, Florida this summer.
- Ole Midtbo**, MS, 2013, is an adjunct for the FAU ESHP Department and training clients at a Bocaire Country Club.
- Sam Buckner**, MS, 2013, accepted a graduate assistant position at the University of Nebraska this fall to start his Ph.D. He has begun working on a study, "Effects of static stretching on power and strength in gymnasts."
- Keith Brazendale**, MS, 2013, is a first-year Ph.D. student at the University of South Carolina-Columbia.
- Ryan Colquhoun**, BS, 2013, is a teaching graduate assistant at the University of South Florida, assisting Dr. Bill Campbell, his major advisor, with RMR and other research.
- Courtney Gardiner**, MS, 2012, a physical education teacher at Henderson School, Boca Raton, Florida, was one of four teachers in the Florida Education System to receive a 2013-2014 Shine Award, District Teachers of the Year, from Florida Governor Rick Scott.
- Carson Randall**, BS, 2010 and MS, 2011, CSCS, CSCCA, is the assistant strength and conditioning coach for Florida Atlantic University. He works with football, men's and women's basketball, softball and volleyball.
- Holly West (Legare)**, BSE, 2008, is working as a nutrition coach at My Fit Foods, Houston, Texas.
- Justin Weiss**, BSE, 2008, is the strength and conditioning coach at Tampa Bay Rays Minor Leagues (Player Development), Port Charlotte, Florida and does individual and group training during the off season.
- Ashley A. Walter (Herda)**, BS, 2006, PhD, CSCS\*D, CCRP, is a Lecturer/Academic Program Associate for the Health, Sport, and Exercise Science Department of the Kansas University system at the Edwards Campus in Overland Park. She and her husband, Trent, had a daughter this past spring.
- Sarah E. Tobkin**, MS, 2006, married to Jordan Moon, MS, 2006. Sarah doing her M.D. residency in Kentucky.
- Will Mieding**, MS, 2006, currently, is the Sports Performance Director for Miracles Rehabilitation, Lafayette, Indiana. In 2007, he was a strength and conditioning coach for the Tampa Devil Rays' Double A team.
- Heather Merchant (Montoya)**, MS, 2004, founded Families Living Optimal Wellness (FLOW Coaching). She assists busy mothers with their fitness levels and finding balance in their lives in the South Florida area.
- Misty Becerra**, BS, 2004, works at the National Training Center, Clermont, Florida as an exercise/aquatic specialist.
- Carlye Barat (Fabrikant)**, MS, 2003, is the Wellness Manager at St. Lucie County School Board in Florida.
- Rachelle Ginsberg**, MS, 2003, is a real estate agent working with the Realty Masters Group in the South Florida and New York City markets. She continues to compete and place in the top 5% of races and triathlons.
- Nadine Williamson**, BS, 1998, is a registered nurse and dietitian. She works at the Shepherd Center, St. Joseph's Hospital, in the Atlanta area. She is married and has a daughter.
- Diane Vives**, BSE, 1997, CSCS, owns Vives Training Systems/Fit4Austin in Texas. She serves on the Under Armour Performance Training Council. She did complete her master's from California University of Pennsylvania in 2006.

**Florida Atlantic University**

**Exercise Science and Health Promotion Department**

**777 Glades Road, Field House 11**

**Boca Raton, Florida 33431**

**Main Office: 561-297-2938**

**Fax: 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)**

*"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**

**Mr. Chris Boerum**, Instructor  
Phone: 561-297-2994  
E-mail: [cboerum@fau.edu](mailto:cboerum@fau.edu)

**Ms. Leslie Cribbs**, Instructor  
Phone: 561-297-1023  
E-mail: [lcribbs1@fau.edu](mailto:lcribbs1@fau.edu)

**Ms. Anita D'Angelo-Herold**  
Instructor  
Phone: 561-297-3752  
E-mail: [aherold@fau.edu](mailto:aherold@fau.edu)

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

**Dr. B. Sue Graves**  
Associate Professor  
Phone: 561-297-2938  
E-mail: [sgraves@fau.edu](mailto:sgraves@fau.edu)

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

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

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

**Coach Ian Pyka**, Instructor  
Phone: 561-297-1284  
E-mail: [ipyka@fau.edu](mailto:ipyka@fau.edu)

**Dr. Deena Wener**  
Interim Department Chair  
Phone: 561-297-2938  
E-mail: [wener@fau.edu](mailto:wener@fau.edu)

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

**Dr. Jiuli Zhang**  
Laboratory Manager  
Phone: 561-212-5945  
E-mail: [jzhang11@fau.edu](mailto:jzhang11@fau.edu)

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

**Dr. Michael Zourdos**  
Assistant Professor  
Phone: 561-297-1317  
E-mail: [mzourdos@fau.edu](mailto:mzourdos@fau.edu)