Welcome from the Department Chair

The department just underwent an internal/external review carried out by representatives from FAU and the University of Memphis. Preliminarily and given the skyrocketing growth of the undergraduate program (> 1200 students), we expect the review team to validate the department’s need for space and staff. To that end, we are happy to report that FAU President, John Kelly, has agreed to house ESHP in the new Athletic/Academic Complex (ground breaking not yet announced). The department will have approximately 15,000 square feet of office and laboratory space as well as classroom/auditoriums in the new facility.

In terms of scholarship, ESHP Faculty have had another exceptional year. Collectively, we have published more than 25 research studies in noted scientific journals. Importantly, while faculty, who are active researchers tend to deliver current and cogent lectures, their research frequently attracts students who are interested in the “scientific method”. Specifically, we have more than a dozen under/graduate students currently involved in faculty-sponsored research studies with several of these studies active collaborations with faculty from the Colleges of Medicine, Science, Nursing and Engineering.

In closing, I would like to wish all our upcoming spring graduates continued success and congratulation. Please contact me, if you are on campus or have questions concerning our programs. We do want to keep in touch, not only with our current students, but with our alumni.

Research “Fish” Lab

The fish lab focuses on testing various exercise protocols and has the ability to record metabolic activity at rest (basal metabolism) as well as during exercise. All of this is achieved through the use of a Brett-type swimming tunnel (Loligo Systems Inc., Denmark), which has the capability to simulate an open, closed, or a flow-through respiratory system. Along with performance measurements, biochemical evaluation can be observed through the use of histology in addition to blood analysis to draw unique correlations between exercise procedures and physiological changes that occur within fish.

Currently, the lab is being utilized to evaluate the effect of two exercise protocols on heart muscle in native common Koi fish (Cyprinus Carpio). Specifically, one exercise protocol is characterized by bouts of chronic excessive endurance exercise (CEEE), while another method known as high intensity interval exercise (HIIE) requires sessions of intermittent work-rest intervals. In short, the purpose of this study will be to compare the effects of training methods (CEEE vs. HIIE) on cardiac muscle via histology and the measurement of circulating biomarkers (e.g., troponin and CK-MB) in Koi. This study is still in the piloting phase and will be fully executed in the summer of 2016.
Graduate Assistants, Spring 2016

(Back row): Chris Latimer, Danielle Aromashodu, Adam Sayih, Peter Ferrandi, Jake Goldsmith, Mike Haischer, Andrew Rothermel, Bobby Varieur, Dan Cooke, and Kristin Mendez.

(Front row): Arun Maharaj, Grace Thompson, Carolyn Dias-Karch, and Lauren Smith.

Former Students Working On M.S. Degrees

Brandon Fico, BS, 2015, Florida Atlantic University
Danielle Aromashodu, BS 2014, Florida Atlantic University
Arun Maharaj, BS 2014, Florida Atlantic University
Diana Pardo, BS 2013, University of Florida
Noah Tennebaum, BSE 2013, University of Florida
New Graduate Assistants, Spring 2016

Ryan Byrnes, BSE
Exercise Science & Health Promotion
Florida Atlantic University
rbyrnes2012@fau.edu
First Aid & CPR

Tasha Harper, BS
Cheasapeake, Virginia
Molecular Biology/Technology
Palm Beach Atlantic University
lharper2015@fau.edu
First Aid & CPR

Mike Haischer, BS
Grafton, Wisconsin
Exercise Physiology
Marquette University
Mhaischer2015@fau.edu
Health Fitness for Life

Peter Ferrandi, BS
Boston, Massachusetts
Economics
Florida Atlantic University
pferran1@fau.edu
Research—Labs

Bobby Varieur, BS
Theills, New York
Mechanical Engineering, Manhattan College
Rvarieur2015@fau.edu
First Aid & CPR
Nicole Rosemond  
(M.S. ’14)  
Founder and executive director, All Things New Wellness Concepts.

Chaynea Fox-Sampson  
(B.S.E. ’10)  
“I am very excited to inform you that I have a NEW HOME at Keiser University in Fort Lauderdale, FL. In my new role as Community Relations Coordinator, I have the privilege of speaking to high school students about their transition out of high school and furthering their education, as well as representing Keiser University in our local community.”

Manuela Loebig  
(M.S. ’14)  
Now working as a Health Coach for Blue Cross and Blue Shield of Western New York at their Sacramento, California site.
Dr. Zourdos’ son, Zachary, was born November 8, 2015.

Former Students Working On PhDs

Rocky Blanco, M.S. 2015: University of Wisconsin
Chad Dolan, M.S. 2015: University of Houston
Justin Quiles, M.S. 2015: University of Alabama, Birmingham
Kirk Roberson, M.S. 2015: University of Miami
Thomas Mock, M.S. 2014: University of North Texas Health Science Center
Alex Klemp, M.S. 2014: Florida State University
Aaron Slusher, M.S. 2014: Virginia Commonwealth
Sam Buckner, M.S. 2013: University of Mississippi
Ryan Colquhoun, B.S.E. 2013: Oklahoma State University
Keith Brazendale, M.S. 2013: University of South Carolina
Kelley Rhoads, M.S. 2012: University of Arkansas
Stephanie Kurti, M.S. 2011: Kansas State University
Adam Berrones, M.S. 2010: University of Kentucky
Exercise Science and Health Promotion

Graduate Students

Dr. Joon Sung Park, Silla University of South Korea, and Jake Goldsmith.

Graduate assistants striking a pose with a couple of skeletons after photo shoot.

(Standing): Left to right—Bobby Varieur, Jon Dobson, Andrew Rothermel, and Dan Cooke.

(Kneeling): Left to right—Danielle Aromashodu and Carolyn Dias-Karch.

Arun Maharaj, Dr. Park, and Brandon Fico.
Exercise Science and Health Promotion

Undergraduate Students

PET 4404 class presentations, Fall 2015. From left to right: Giuseppe Barioli, Nicole Jamison, Justin Lee, and Abigail Jean-Claude.

Practicum Fall 2015. From left to right: Larry Striker, Marsha Dixon, and Bonnie Striker.

Undergraduate students discussing various self-test techniques during the clinic.

Students performing self-test exercises at NSCA clinic.

(Left to right): Danielle Aromashodu, Luis Espinoza, Dan Cooke, and Dulce Segales.

Former B.S.E. student, Steve Orris, CSCS, Head Strength Coach, Nova Southeastern University, speaking about Sports Nutrition for the College Athlete.
Exercise Science and Health Promotion

Club Information

Gustavo Filipe  
President

Quo-Hung Tran  
Treasurer

Rachel Wetzel  
Secretary

Carolyn Karch  
Vice President

Dr. Michael Zourdos  
Advisor

Upcoming Meetings

2nd Meeting: March 1st @ 9:30 - 10:30am (Speaker TBA/Tentative)

3rd Meeting: April 5th @ 9:30 - 10:30am  
(Speaker TBA/Tentative)

4th Meeting: April 12th @ 9:30 - 10:30am  
(Speaker TBA/Tentative)

Upcoming Events

1st Event: February 23rd - Team builder  
Ropes Course

2nd Event: March 22nd - CSCS informational; Presented by Graduate Assistants  
March - Month of elections; 2017 officers will be chosen at 2nd event

3rd Event: April 2nd - Surfers for Autism (Saturday)
FACULTY NEWS AND PUBLICATIONS

(Back row): Dr. Chun-Jung Huang, Chris Boerum, Dr. Robert Zoeller, Dr. Michael Whitehurst, Jared Hoare. (Front row): Michelle Papania, Dr. Tina Penhollow, College of Education Dean Valerie Bristor, Dr. Sue Graves,, Dr. Michael Hall, Anita D'Angelo-Herold.

Publications and Presentations


INTERNSHIPS, SPRING 2016

Tepper, Libby
Alliance Health & Injury Center

Miranda, Nayara
Advanced Healthcare

Sturgies, Sharae
American Lung Association

Francois, Ketly
Boca Babes OBGYN

Williams, Allison
Boca Babes OBGYN

Carrillo, Alexander
Boca Raton Orthopedic Group

Jamison, Nicole
Boca Raton Orthopedic Group

Silverman, Christine
Boca Raton Orthopedic Group

Gaviria, Pamela
Boca Trauma & Rehabilitation

Greenough, Christian
Boca Trauma & Rehabilitation

Mazzurco, Maria
Boca Trauma & Rehabilitation

Whitlatch, Jenna
Boca Raton Regional Hospital

Taylor, Barrissa
Boca Raton, Regional Hospital

Felipe, Gustavo
Bommarito Performance Systems

Hoff, Christopher
Central Palm Medical Group

Pascual, Habelardo
Central Palm Medical Group

Harrah, Lauren
Central Palm Medical Group

Barioli, Giuseppe
City of Coconut Creek Parks & Rec

Hoffman, Dana
City of Coconut Creek Parks & Rec

Delima, Luisa
CORA Health Rehabilitation

Moghadam, Mina
CORA Health Rehabilitation

Zaccardo, Tiffany
CORA Health Rehabilitation

Abad, Oday
Davis Therapy Center

Argott, Michael
Davis Therapy Center

Casey, Kathlene
Davis Therapy Center

Cecere, Paul
Davis Therapy Center

Parker, Nichole
Equinox

Bell, Michaela
FAU Athletic Training

Galinis, Andrea
FAU FAU Athletic Training

Taquanda Clark
FAU Campus Recreation

Larson, Peter
FAU Campus Recreation

Malfetti, Tianna
FAU Campus Recreation

Pena, Gabriel
FAU ESHP Dept, Dr. Whitehurst

FAU interns, Fall 2015, Elvy Buitrago, Anett Kovacs, Amber Briggs, and Paige Phillips at Boca Trauma & Rehab, with Dr. Fischer (bottom of photo).
<table>
<thead>
<tr>
<th>Name</th>
<th>Affiliation</th>
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<tbody>
<tr>
<td>Brinkman, Claire</td>
<td>FAU ESHP Dept, Dr. Whitehurst</td>
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<td>Paez, Hector</td>
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<td>Dodge, Katie</td>
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<td>Emslie, Claire</td>
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<td>Nieves Jr., Albert</td>
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<td>Harrington, Kyle</td>
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<td>Uhl, Miranda</td>
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<td>Kelaher, Connor</td>
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<td>Veta-Ball, Amber</td>
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<td>Bailey, Brooke</td>
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<td>Wright, Shemeika</td>
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<td>Nasser, Ibrahim</td>
<td>Plantation Medical Rehab &amp; Wellness</td>
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<td>Wisekal, Aleksandra</td>
<td>Premier Therapy Solutions</td>
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<td>Burke, Kayla</td>
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<td>Wetzel, Rachel</td>
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<td>Santoriello, Anthony</td>
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<td>Renelique, Barbara</td>
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<td>Villegas, Alejandra</td>
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<td>Hunt, Kathryn</td>
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</tbody>
</table>
Graduate Program

Master of Science
Nicholas A. Farley
Todd Lynn Hart
Seth Aaron Nack
Meghan Rae Rohrbaugh
Ryan C. Roman
Jasmine D’Naye Stephens
Kevin Vernet
Shannon Eve Woehler
Ashley Marie Zajdel

Undergraduate Program

Bachelor of Science
Shawn Wayne Abbott
Eivy Tatiana Buitrago
Jannelys Cruz
Alexandra Georgiadis
Kevin Gihon
Gina Marie Godinez
Barrington Samuel Henry Jr.
Roxana Horti Holst
Darren Richard Honeycutt
Emmanuella R. Isaac
Anett Kovacs
Alexandra Elizabeth Lehner
Kevin Javier Mahecha
Steven Maxwell Markelon

Bachelor of Science in Education
Michael J. Anderson
Alen Artun Arslanyan
Dema Raed Awad
Shequia Tamara Banks
Amber K. Briggs
Ryan Killian Byrnes
Pablo F. Caicedo
Samantha Leigh Cantwell
Eric Michael Cardoza
Lauren Elizabeth Clement
Taylor Rae Dash
Jasmine Delva
Danielle Rebecca Dunstan
BriAnna D. Friedrich
Michael Louis Garcia

John Tyler Gosling
Philip Christopher Guyett
Ellena Marisol Hidalgo
Jesse Lee Hoek
Heather Jonelle Huntemann
Michael A. Ibanez
Byron Arthur Knight
Cybille Laurie Lassegue
Stanese A. Layne
Guy Levy
Eric Jordan Marcus
Nicole Leora Marino
Jaime Martinez
Joanna Maya
Cara Maria Milo
Bukky Abidemi Oni
Jennifer Oura Machuta
Kyle Reid
Jimise Nicole Smith
David A. Stauber
Bret M. Sullivan
Michael Tore
Michael Anthony Vidal
Brandon Jerrell Vixamar
Nicole Marie Wasser
Ramon Rameish Whittaker
Alexander Zhitnitsky
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.