

July 14, 2014

Volume 4, Issue 2

**Welcome Letter from the Department Chair:** Warm greeting during this very hot and humid summer semester. We are anticipating an exciting fall for the Exercise Science and Health Promotion Department. The search for a permanent department chair continues. We hope to conduct a successful search for a new Chair during the fall 2014 term. I am continuing to learn more and more about ESHP in my role as the interim chair. I am enjoying, most, working with the ESHP faculty and students. Several weeks ago, I had the pleasure and honor of attending three, very impressive theses presentations from our graduating master's students. They all defended their projects successfully. You will find information about those presentations, faculty research, and other happenings within the department in this newsletter. In fact, if you have any information to contribute to future newsletters, please let us know. We received some sad news about our ESHP family this term. **Ricardy Chery** of Riviera Beach, Florida, one of our current students, a junior, passed away, March 12, 2014. Also, **Phyllis Gutterman**, former ESHP senior secretary when the department was on the Davie Campus, passed away, April 7, 2014. Our condolences go out to both families. On a happier note, we wish success and congratulations to all of our summer graduates. **Deena Louise Wener, Interim Chair**

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### WELCOME TO OUR NEW ESHP GRADUATE ASSISTANTS



Evan Malone, BS  
University of Denver  
Denver, Colorado



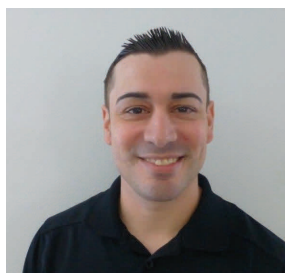
Grace Clifford, BS  
Coastal Carolina University  
Auburn, New York



Kirk Roberson, BS  
East Carolina University  
Williamston, North Carolina



Jenna Albert, BS  
University of Georgia,  
Cumming, Georgia



Ryan Roman, BS  
Florida Atlantic University  
Hollywood, Florida



Meghan Rohrbaugh, BS  
University of Central Florida  
Pompano Beach, Florida

# Student Involvement



Thomas Mock instructs Eric Diaz and Anita Maharaj in exercise testing laboratory.



Allison Koch collects data during class, while Eric Diaz shows the RPE for Anita Maharaj.



Thomas Mock observes Chelsey Polk obtaining a blood sample from Anita Maharaj. The sample was analyzed for lactate content.



Camerin Bhamme uses the lactate analyzer in the exercise testing laboratory.



## PowerLifting State Championship Meet

*These students were involved in the USA PowerLifting State Championship Meet, Boynton Beach, Florida, May 24, 2014. Tony, John, and Justin are master's students in the ESHP Program. Alex, Nick, and Tony competed, while Justin coached. John helped work the meet.*

Left to Right: Alex Frapart, Nick Sautter, Tony Krahwinkel, John Crimmins, and Justin Quiles

# Faculty News

**Hall, ME, Williams, Jr., RW, and Hunt, BH.** Assessment of attitudes regarding tobacco-free campus policy and secondhand smoke exposure among college students, faculty and staff. *American Journal of Health Education* (accepted for publication).



Dr. Michael Hall and Teresa Crane, COE Assistant Director of Information and Publication Services

**Dr. Phil Huang**, Assistant Professor, was recognized as a new American College of Sports Medicine Fellow at the annual conference in Orlando, Florida, May 20, 2014.

**Dr. B. Sue Graves**, Associate Professor, is currently the President-Elect for the Southeast American College of Sports Medicine. The annual meeting will be February 12-14, 2015, Jacksonville, Florida.

**Dr. Donald Torok**, College of Education Associate Dean, and ESHP's former department chair, was honored as "Champion Member of the Year" by the Tobacco Free Partnership of Broward County for 2013-14.



Faculty L to R: Dr. Zoeller, Dr. Torok, Coach Pyka, Mr. Boerum, Dr. Graves, Dr. Zourdos, Ms. Cribbs, Dr. Wener, Dr. Huang, Dr. Penhollow, Dr. Whitehurst, Dr. Hall, Ms. Wells, and Ms. D'Angelo-Herold.

## Alumni Update

**Joe Valentino**, MS, 2014, was recently hired as the FAU Athletics Department, Assistant Director of Strength and Conditioning. He begins July 1, 2014.

**Shoshanna Rahming**, BSE, Spring 2014, has been accepted into the physical therapy program at Florida International University, Fall 2014.

**Keith Brazendale**, MS, 2013, was selected as an American Kinesiology Association 2014 Masters Scholar. This faculty-nominated honor is given to a select number of students, who have demonstrated research their capability, held leadership positions, and have the potential for making a significant impact on the field.

**Michelle Papania**, MS, 2013, is continuing to work part-time as a FAU Supplemental Instruction Leader and tutor for anatomy & physiology and exercise physiology classes. She is still the program administrator for FACTS, LLC.

**Evan Platonas**, MS, 2013, is a physical education instructor for children at the Family and Children Services in Battle Creek/Kalamazoo area of Michigan. He also works for The Fitness Loft and is preparing for his upcoming wedding.

**Melissa Uftring**, BSE, 2013, started her master's degree at Louisiana Tech University in Ruston this past spring. She is a graduate assistant for Dr. David Szymanski in sports performance. Melissa is teaching undergraduate classes and doing strength and conditioning with the college's baseball team.

**Anthony Desposito**, BS, 2013, is a volunteer strength and conditioning coach this summer for the New York Yankees at their Tampa facility.

**Jennifer Norton**, MS, 2012, was hired in the FAU Athletics Department, as an Assistant Director of Strength and Conditioning. She started June 2 in her new position.

**Christopher Randazzo**, BSE, 2012, took time off to backpack through Europe.

**Erica Borows**, BS, 2012, works at Mote Wellness and Rehab, Inc. in Boynton Beach, Florida.

**Cinta Lourdes**, BS, 2011, was accepted into physical therapy school, University of Saint Augustine, Florida.

**Michael Grillo**, MS, 2011, teaches physical education at Paterson Elementary School in the Jacksonville, Florida area.

**Kanathy Haney**, MS, 2011, is working on her Ph.D. at the University of Miami, Department of Epidemiology and Public Health Services. Her article was just published with several other authors in the Disability and Health Journal, Part-based after school program to improve cardiovascular health and physical fitness in children with disabilities. She and her husband are expecting their first child (May 2014). She is also an adjunct at Palm Beach State.

## Alumni Update

**Alex Morgan**, BS, 2010, graduated, May 2014, from National University Whole Health Center, St. Petersburg, Florida with a chiropractic degree. He will be working in the Tampa, Florida area.

**Nikka Colorado**, BSE, 2008, is a registered yoga instructor in Raeford, North Carolina.

**Pablo Costa**, MS, 2007, just accepted an assistant professor's position in the Department of Kinesiology, California State University—Fullerton. He has spent the previous three years at the California State University —San Bernardino, Department of Kinesiology.

**Nina Markil**, BS, 2007, teaches yoga in the Jupiter Farms, Florida area. She is also a figure-skating coach at Palm Beach Ice Works.

**Mike "Vinny" Varrato**, MS, 2006, currently works as a performance specialist for the United States Navy, training active duty individuals for their by-yearly testing and daily work performance. He also trains their family members and other Department of Defense employees. His home is in New Jersey.

**Dorron Blumberg**, BSE, 2005, founded his own company, Athlete Growth. He published the Performance Playbook, October 2011. He lives in the Deerfield Beach, Florida area.

**Briana Varhalamas**, BSE, 2004, is a massage therapist and owns her own company, Revivify, Inc., in Boca Raton, Florida.

**Matt Armstrong**, BS, 2003, is the clinical instructor and director of the exercise science internship program at the Palm Beach Institute of Sports Medicine, Boca Raton, Florida. He received his physical therapy degree from Florida International University.

**Krisi (Watson) Ricks**, BSE, 1998, works as an occupational therapist at the University School, Nova Southeastern University, Davie, Florida. Kristi is married to Damon Ricks. They have two sons.

**Gredys (Tarazona) Grable**, BSE, 2001, is the L.A. Fitness Operations Manager in Fort Lauderdale.

**Gary Lavin**, BSE, 1998, is the director/owner at Fitness Refined, Jupiter, Florida.

**Lee E. Brown**, MED, 1987, and Ed.D., 2000, is receiving the National Strength and Conditioning Boyd Epley Lifetime Achievement Award, July 2014.



Jennifer Norton, Assistant Director and Carson Randall, Associate Director, both FAU alumni, work in FAU Strength and Conditioning. Department.

# Current Student Information

## Graduate Students:

**Alex Klemp** is returning to his undergraduate alma mater, Florida State University, for his Ph.D. He will begin this fall. Dr. Jeong-Sue Kim will be his major professor in the Nutrition, Food and Exercise Sciences Department.

**Zachary Nicholas** was accepted for Fall 2014 at the University of Louisville to start on his Ph.D. in the Anatomical Sciences and Neurobiology Department.

**J. Thomas Mock** will be attending the University of North Texas Health Center in Fort Worth, Texas, this fall to start on his Ph.D.

**Aaron Slusher** has been accepted for the Ph.D. program at Virginia Commonwealth University.



Exercise Science and Health Promotion Master's students took Comprehensive Exams, April 26th, 2014.

L to R: Sara Burton, Maura Lopez, Dr. Zoeller (ESHP graduate coordinator), Joe Valentino, Donna Alexander, Jared Edwards, Nicolle Rosemond, Jordan Green.



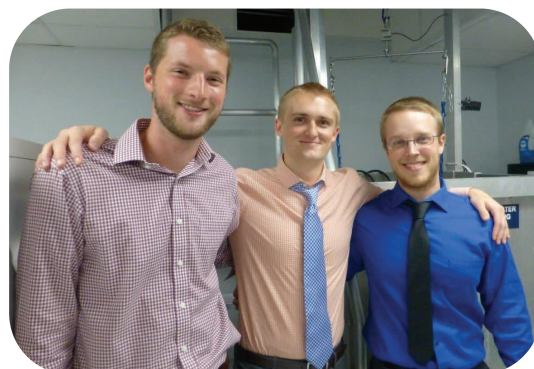
**Alex Klemp** was named the Outstanding Graduate Student for the Exercise Science and Health Promotion Department for 2013-14.

Alex Klemp with Interim Department Chair, Dr. Deena Wener

**Slusher, A.** Relationships of fibroblast growth factor 21 with inflammation and insulin sensitivity in response to acute exercise in obese individuals. Thesis Chair, Dr. Chun-Jung Huang; Committee Members, Dr. Michael Whitehurst and Dr. Robert Zoeller.

**Mock, T.** The effect of acute moderate-intensity and high-intensity interval exercise on serum brain-derived neurotrophic factor in recreationally trained males. Thesis Chair, Dr. Michael Whitehurst; Committee Members, Dr. Chun-Jung Huang and Dr. Michael Zourdos.

**Klemp, A.** The effects of high and low repetition DUP models with equated volume on strength and hypertrophy in trained males. Chair, Dr. Michael Zourdos; Committee Members, Dr. Robert Zoeller and Dr. B. Sue Graves.



***Congratulations*** to Aaron Slusher, Thomas Mock, and Alex Klemp, who successfully defended their theses!

# Current Student Information

## Undergraduate Students:



**Alyson Kushnick**, ESHP summer intern, with Brooks Price, former FAU master's student, Florida Power & Light NewEra Fitness Facility, Miami Florida.



**Tyler Rocklein**, a senior exercise science student, has been named to the Conference-USA Baseball All-Academic Team. Tyler has maintained a GPA of 3.60 while leading the Owls this season in RBI's, Doubles, and Triples.

**Lety Gonzalez**, a May 2014 graduate of the Exercise Science and Health Promotion, was named not only the department's, but also the Outstanding Undergraduate Student for the entire College of Education for 2013-2014.



Above: Lety Gonzalez and Dr. Wener.

Right: Lety Gonzalez and College of Education, Dean Valerie J. Bristor.



# American College of Sports Medicine Conference Poster Presentations, Orlando, Florida May 27-31, 2014

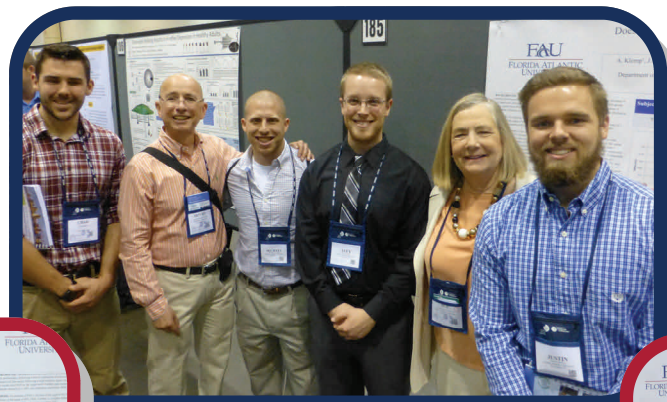
**C. Dolan, K.A. Schau, J.M. Quiles, A. Klemp, B. Day, S. Garcia Merino, B.S. Graves, FACSM, and M.C. Zourdos.**  
Comparison of Center of Pressure During the Squat Between Experienced and Novice Squatters.

**Klemp, J.M. Quiles, C. Dolan, K.A. Schau, J. Crimmins, B. Esagro, S. Garcia Merino, B.S. Graves, FACSM and M.C. Zourdos.** Does High Intensity Squatting Elicit Post Activation Potentiation On the Squat?

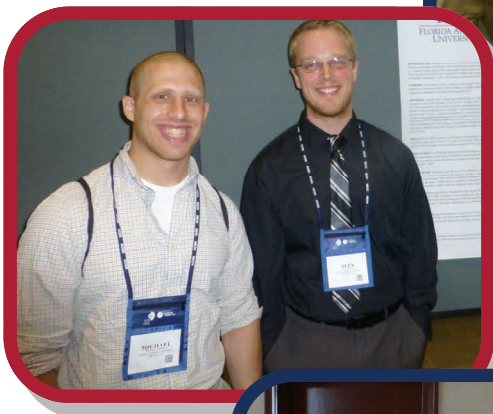
**A. L. Slusher, J. T. Mock, M. Whitehurst, FACSM, R. F. Zoeller, A. Maharaj, C. B. Fisher, C. Huang.** Relationship Between Brain-Derived Neurotrophic Factors and Substrate Utilization in Healthy Individuals.

**M.C. Zourdos, J.M. Quiles, A. Klemp, C. Dolan, K.A. Schau, J. Crimmins, B. Esagro, S. Garcia Merino, and B.S. Graves, FACSM.** A Comparison of Efficiency Between Experienced and Novice Squatters During High Intensity Squats.

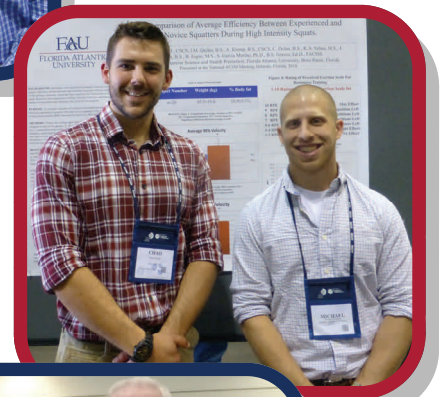
Below: Dr. Zourdos and Alex Klemp



Below: Chad Dolan and Dr. Zourdos



Above: Chad Dolan, Dr. Arturo Figueroa-Galvez from Florida State University, Dr. Zourdos, Alex Klemp, Dr. Graves, Justin Quiles



Dr. Graves (center) is with two former FAU faculty members, Dr. Kathy Campbell, Arizona State University and Dr. Timothy Lightfoot, Texas A & M University. Dr. Lightfoot was also department chair here.



Dr. Donald Torok and Dr. Lee Brown, former ESHP student. Dr. Brown is at California State University—Fullerton.



# National Strength and Conditioning Association Accepted Presentations, Las Vegas, Nevada July 9-12, 2014

**Chad Dolan**, Evaluating Squat Attempt Velocities of Collegiate and Open Powerlifters as a Marker of Performance and Indicator of Success During Competition. Podium presentation.

**B. S. Graves**, J. Burnside, J. Kiddy, and **A. J. Krahwinkel**, Collegiate Football Players Concussion Assessment. Poster presentation.

**A. Klemp**, **C. Dolan**, **J.M. Quiles**, K.A. Schau, B. Esgro, E. Jo, and **M.C. Zourdos**. The Usefulness of Average Velocity of Opening Deadlift Attempts in Open and Collegiate Powerlifters During Competition as a Predictor of Performance. Poster presentation.

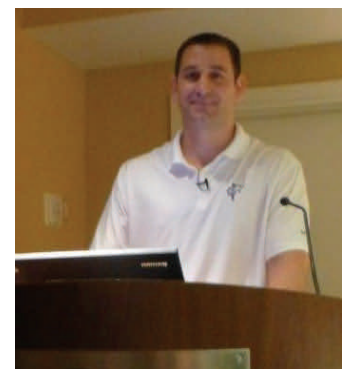
## International Society of Sports Nutrition Conference Clearwater, Florida, June 20-21, 2014



Dr. Jordan Moon, ESHP MS 2006, prior to his presentation, "Accurately tracking individual changes in fat and muscle mass." Dr. Moon is MusclePharm's research director.



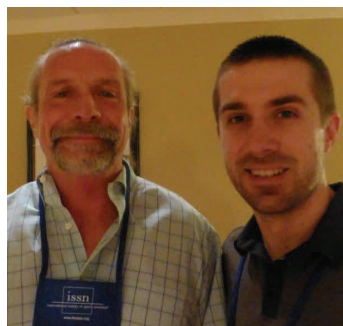
David Sandler, former ESHP faculty member, currently is President at StrengthPro, Director of Science and Education at iSatori, and CEO and Founder at the International Physique Professionals Association.



Steven Orris, ESHP BS 2000, presented "Nutrition for the college athlete--a practical view." He is the Director of Strength & Conditioning and an Adjunct Professor at Nova Southeastern University.



Juan Carlos Santana, BS 1993 and MED 1994, presented "Weight cutting strategies for elite mixed martial arts fighters."



Dr. Patrick Jacobs, former ESHP FAU faculty with Brian Klepacki, MS 2009, who works in Greenwich, Connecticut.



Stephanie Svoboda, MS 2009, DPT, is a physical therapist at Miami Children's Hospital.

# SUMMER 2014



L to R, front row: Grace Clifford, Jenna Albert, Manuela Loebig. Back Row: Ryan Roman, Kirk Roberson, Meghan Rohrbaugh, Dr. Zoeller, Eric Capell, Erin Connolly, Evan Malone, Zac Nicholas.

Not Pictured: Chad Dolan, Justin Quiles, Alex Klemp, Aaron Slusher, Thomas Mock, Rocky Blanco, Tony Krahwinkel, Paul Roller, Corina DeChiara, Jared Hoare.

Abbey Delray, a Lifespace Community, Delray Beach, Florida, came to the FAU ESHP lab for balance assessments. Former FAU ESHP student, Carmine Scandura, brought one group. He has been working there for several years. Two of our graduate students, Chad Dolan and Tony Krahwinkel, helped in the testing and kept us on time.



L to R: Chad Dolan, Alzira Schaal, Tony Krahwinkel, Ann Murray, Teri Naples, Carmine Scandura, and Phyllis Greisdorf.



L to R: Mike, George Johnson, Esther Kotchek, Gloria Galloway, Cathy Johnson, Chad Dolan, and Tony Krahwinkel.

# Five Years Ago...

The ESHP department returned to the Boca Raton Campus from the Davie Campus, May 2009. Everyone, including graduate students, worked very hard for this move to occur. Dr. Graves provided the photos below to remind everyone how much the ESHP labs have changed.



Secretary's office prior to the actual move.



Entrance to the Human Performance lab in Field House 11-A



View of the body composition lab.



The exercise physiology lab

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Also, five years ago, our friends from NSCA Japan came to Florida for a one-week conference.



Not only did they come to visit our program and learn the latest in strength and conditioning, but they also visited the Miami Dolphins team facilities in Davie, Florida, and were able to watch one of the practices.

### INTERNSHIPS SUMMER 2014

Stallone, Joanna	Adolph & Rose Levis JCC	Dunham, Daniel	FAU ESHP Strength & Muscle Lab
Kelly, Danielle	Alliance Health & Injury Center	Straub, Sam	FAU ESHP Strength & Muscle Lab
Wagner, Nicole	Alliance Health & Injury Center	Nesic, Martin	FAU Strength & Conditioning
Gore, Elena	Boca Raton Orthopedic Group	Urtula, Alyssa	Golden Orthopedic
Yavarone, Charlotte	Boca Raton Orthopedic Group	Au-Yeung, Andrea	Holy Cross Hospital
Gerbrandt, Sasha	Boca Trauma & Rehabilitation	Desalvo, Jessica	Holy Cross Hospital
Gomes, Luana	Boca Trauma & Rehabilitation	David, Courtney	Holy Cross Hospital
Gilbert, Kelly	Boca Trauma & Rehabilitation	Gonzalez Del Valle, Jennifer	Holy Cross Hospital
Kramer, Nicole	Boca Raton Regional Hospital	Abram, Richard	Institute of Human Performance
Santiago-Perez, Valentino	Boca Raton Regional Hospital	DeLong, Brooke	Jupiter Medical Center
Corrar, John	Bommarito Performance Systems	Rubel, Kyle	Matrix Rehabilitation
Rivera, Gabriel	Bommarito Performance Systems	Burns, Nancy	Memorial Hospital
Russell, Sarah	Broken Sound Club	Gonzalez, Michael	Memorial Hospital
Pierce, Melissa	Broward Health & Wellness Center	Jean-Guillaume, Khristee	Memorial Hospital
Parry, Sharonda	Broward Health & Wellness Center	Purrier, Tamara	Memorial Hospital
Escobar, Diego	Central Palm Medical Group	Shannon, John	Memorial Hospital
Markels, Daniel	City of Coconut Creek Parks & Recreation	Dominguez, Christopher	Miami Project to Cure Paralysis
Dalla Costa, Amber	Covenant Village of Florida	Kushnick, Alyson	NextEra Health & Well Being
Butz, Ryan	Cora Health Rehabilitation	Cicchino, Angela	Orthopedic Surgery Associates
Charles, Elson	Cora Health Rehabilitation	Cicero, Kylie	Orthopedic Surgery Associates
Dillon, Denise	Cora Health Rehabilitation	Tice, Desmond	Orthopedic Surgery Associates
Franklin, Ashni	Cora Health Rehabilitation	Lormejuste, Odnerse	Palm Beach County Parks & Recreation
Smiley, Cara	Cora Health Rehabilitation	Close, Daniel	Palm Beach Institute of Sports Medicine
Cummings, Shannon	David Posnack Jewish Community Center	Isaacs, Michell	Palm Beach Institute of Sports Medicine
Francois, CleDonat	Davis Therapy Center	Angulo, Angela	Plantation Medical Rehab and Wellness
Sheets, Kyle	Davis Therapy Center	Urrego, Michael	Plantation Medical Rehab and Wellness
Spack, Kathryn	Davis Therapy Center	Valdez, Maria	St. Andrews Country Club
Guintana, Maurissa	Davis Therapy Center	Campbell, Anthony	Tropical Chiropractic and Wellness
Duong, Duy	East Tennessee State	Gyorfi, Thomas	Tropical Chiropractic and Wellness
Seiden, Andrew	FAU ESHP Department, Dr. Whitehurst	Mensale, Nick	Ultimate Athletics, Inc.
Sierra, Alex	FAU ESHP Department, Dr. Whitehurst	Robinson, Tiara	YMCA Boca Raton
Wilson, Alan	FAU ESHP Department, Dr. Whitehurst	Trabulci, Joao	YMCA Boca Raton

## Graduation Spring 2014

### Undergraduate

		Vincent, Robyn A.	BS	Lavin, Alex M.	BSE
Acosta, Nicholas A.	BS	Whyte, Shaun J.	BS	Leon, Danielle M.	BSE
Casas, Jose M.	BS	Aromashodu, Danielle A.	BSE	McCann, Ryan P.	BSE
DeSouza, Ryan J.	BS	Bierman, Courtney L.	BSE	McGarry, Erin M.	BSE
Evertz, Laurin A.	BS	Blackburn, Max	BSE	Miller, Casey A.	BSE
Gonzalez, Latisha	BS	Bojko, Milushka M.	BSE	Pagliarioli, Alexa D.	BSE
Herman, Brett A.	BS	Bruno, Valeria M.	BSE	Pierre, Michelle S.	BSE
Lefebvre, Danielle L.	BS	Connors, Anthony M.	BSE	Port, Jason E.	BSE
Lopez, Omar F.	BS	Dixon, Valerie A.	BSE	Rahming, Shoshanna D.	BSE
Maharaj, Arun	BS	Durham, Christopher	BSE	Reid, Terrence L.	BSE
Maselli, Micheal A.	BS	Elkin, Shayna R.	BSE	Ricciardi, Christopher N.	BSE
Miller, Nicole A.	BS	Griffin, Colton P.	BSE	Rice, Lindsey K.	BSE
Oakley, Victoria S.	BS	Harrell, Rodney J.	BSE	Ruden, Chris	BSE
Otfinowski, Luke	BS	Hautamaki, Elizabeth K.	BSE	San, Robert E.	BSE
Peters, Matthew J.	BS	Hodges, Matthew R.	BSE	Seifel, Cassandra M.	BSE
Quiroz, Robert G.	BS	Howlan, Michael R.	BSE	Sember, Krystal L.	BSE
Thomas, Natasha D.	BS	Hunter, Kyle P.	BSE	Sherwood, Blaine W.	BSE
Tribin, Luis F.	BS	Johnson, Blake J.	BSE	Supko, Megan P.	BSE
Vega, Pablo E.	BS	Jones, Lawrence C.	BSE	Trebilcock, Alexander C.	BSE
				Van Dine, Jonathon D.	BSE
				Williams, Eric S.	BSE
				Williams, Paul A.	BSE

### Graduate

Burton, Sarah J.	MS
Green, Jordan F.	MS
Lopez, Maura R.	MS
Patterson, Jamala T.	MS
Rosemond, Nicholle D.	MS
Valentino, Joseph	MS



Spring 2014 Graduates: Front Row: Danielle Lefebvre, Danielle Leon, Lety Gonzales, Natasha Thomas, Lindsey Rice, Victoria Oakley, Krystal Sember, Michael Maselli, Pablo Vega. Back Row: Valeria Bruno, Arun Maharji, Luke Otfinowski, Chris Durham, Paul Williams, Eric Williams, Brett Hermon, Courtney Beirman, Alec Trebilcock.

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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."*