Welcome Letter from the Department Chair: As I assumed the role of interim department chair, I was immediately reminded of how much our department has grown in just a few years. We are one of the fastest growing departments at FAU with 1000+ undergraduate majors and approximately 60 master’s students. Our current goals include hiring a new department chair and expanding our research agenda. Regarding research, we have a number of experiments going on including animal and human investigations dealing with exercise-induced inflammation, skeletal/heart muscle damage and skeletal muscle hypertrophy. We are fortunate to have excellent laboratory facilities, including an exercise biochemistry lab and aquatic lab, where we house and exercise fish. Additionally, the department is proud to announce that five of our recent master’s students have been accepted into prominent Ph.D. programs around the country. Finally, ESHP and the College of Education are celebrating their 50 year anniversary. In closing, please welcome our newest faculty member, Elise Eifert, a specialist in health care provider behavior, who joins us from UNC-Greensboro.

Elise Eifert will graduate in December from the University of North Carolina at Greensboro with a Ph.D. in Public Health Education and Post-Baccalaureate Certificate in Gerontology. She is defending her dissertation, "Measuring Caregiver Identity: Scale Development and Validation", at the end of September. She has her MS in Health Promotion from Indiana University at Bloomington. Her BS is in Health Education from Southern Illinois University at Carbondale. Ms. Eifert served as an Alzheimer’s disease and dementia educator in Fort Myers, Florida for five years before returning to school to pursue her doctorate. Her research agenda focuses on how individuals transition from their former role into the family caregiver role, and how that transition effects identity and the use of home and community based services. She is a Certified Health Education Specialist and approved Elder Abuse trainer for the Federal Law Enforcement Training Center. In her free time, she enjoys being outdoors, craft beer, and listening to live music. She hopes to get her scuba diving certification now that she has returned to Florida.
Christopher Duguay, MS, 2014, accepted a position at IMG Academy, Bradenton, Florida, as an assistant strength and conditioning coach.

Anthony Desposito, BSE, 2013, starts this fall as the strength and conditioning graduate assistant at Wagner College, Staten Island, New York. He will be working with baseball and two other teams.

Elizabeth Mendes, BS, 2013, is a pharmaceutical sales representative for Quintiles, here in South Florida. She started this past June.

Martin Haider, BS 2013, is the fitness manager and tennis strength and conditioning coach at River Run Country Club, Cornelius, North Carolina.

Noah Tenenbaum, BSE, 2013, has been accepted into the master’s program at the University of Florida, Fall 2014. He will be assisting in the strength and conditioning area.

Nicole Armstrong (Frick), MS 2012, works as an athletic trainer for the Jacksonville (Florida) Orthopedic Institute.

Ryan Musille, MS, 2012, has been the program coordinator for the Health Fitness Corporation (FPL), Juno Beach, Florida, since January 2014.

Jaymie Brooks, BSE 2009, MS 2011, is a public health technician for the Air National Guard, Jacksonville, Florida.

Jeff Petak, BSE, 2004, works with One Beat CPR + AED, which is one of the largest distributors for Philips Healthcare (defibrillators and accessories). He is married and currently lives in Fort Lauderdale area.
Chris Dominguez, BS, Summer 2014, undergraduate internship at the Miami Project to Cure Paralysis, with Patti Burns, MS, 2003. Patti is a research associate. One of her recent studies is "Exercise treatment of obesity-related secondary conditions in adults with paraplegia."

**Cara (Sturla) Keating, BS, 2003,** received her Master’s of Physican Assistant from the University of Florida this summer. She has worked at Florida Hospital and lives in Lake Mary, Florida.

**Todd Collura, BSE, 2003,** and **P.J. Stawicki, BSE, 2005,** both certified Muscle Activation Technique specialists, are founders and owners of Muscle Activation of South Florida, Boca Raton.

**Joe Simone, BSE, 2003,** lives in the Atlanta area, and works for the county fire department. He did receive an MS degree at Georgia State University in exercise physiology. Additionally, he is back in school taking prerequisites for another degree. He has wedding plans for next fall.

**Valerie Mazza, BS, 2001,** has taught as an adjunct, at Appalachian State University. She owned the All Out Fitness Camp, Boone, North Carolina. In July, she competed in the Master’s National Bikini Show in Pittsburgh, Pennsylvania and recently moved to Chicago, Illinois.

Jennifer Troppello Hamilton and Kristi Watson Ricks, both 1998 graduates, toured the department, July 25, 2014. Jennifer is the Athletic Director and Softball Coach at Stranahan High School in Fort Lauderdale. Kristi is an occupational therapist at Nova Southeastern in Davie, Florida.

**Landon Agoado, BSE, 1999,** is a doctor of oriental medicine in Margate, Florida.

**Anders ‘Gar’ Finnvold, BS, 1999,** sells real estate in Delray Beach, Florida.

**Joshua Miller, BSE, 1998, MS, 2001,** received his doctorate in health sciences from AT Stills University in Mesa, Arizona, September 2014. He is an assistant professor at California State University, Bakersfield.

**Sandra (Pokraka) Buccieri Sprayberry, BSE, 1978,** teaches at Scott County Schools. She lives in Morton, Mississippi.

Tamsyn Carey, BSE, 1998, an ESHP alumnae. She also has her MBA from FAU in 2002. Currently, she is the development officer in the FAU College of Engineering and Computer Science. She is encouraging recruitment into engineering programs.
Graduate Students

Chad Dolan demonstrating the use of the ultrasound machine on fellow graduate assistant, Ashley Zajdel.

Harbour's Edge residents from Delray Beach, Florida came in for fitness assessments. Dorron Blumberg, former FAU undergraduate, works with them. L to R: Jean Erdheim, Gloria Rosenstein, John O'Shaughnessy, Dorron Blumberg, and Gerry Pagliaro; Graduate assistants, Chad Dolan and Tony Krahwinkel.

Graduate Assistant, Eric Capell, during his summer internship with the NFL team, St. Louis Rams.

Dr. Michael Zourdos, Jared Perlmutter, Tony Krahwinkel, Chad Dolan, Edwin Kasper, Tyler Dowling, and Ernest Vagus in the ESHP Muscle Lab.

Practicum Graduate Assistant, Nick Farley, Anita D’Angelo, ESHP Instructor, and Graduate Assistant, Ashley Zajdel.
Student Involvement

Undergraduate Students

Practicum students, Kelley Thune, Oscar Tellez, Ernest Vagas, Nicholas Voils, Ryan Roman, and Justin Stine, practice heart rates.

Practicum students, Noelle Vosthouris, Brian Williams, Vickie Wong, Troy Waters, Mr. Boerum (instructor), Ashley Weidner, and Silvio Zarate in the Human Performance Lab.

Practicum students, Noelle Vosthouris, Brian Williams, Vickie Wong, Troy Waters, Mr. Boerum (instructor), Ashley Weidner, and Silvio Zarate, practice underwater weighing.

Noelle Vosthouris, Ashley Weidner, and Vickie Wong practice the long jump in practicum.

ESHP Senior, Heather Shannon, co-authored an article, “A Full Gym Workout Without Ever Leaving Your Dorm” in the FAU University Press.


Dr. B. Sue Graves has two studies in progress.
· FAU concussion test battery—head injury assessment in football athletes
· Cognitive and physical activity assessments of older adults

Dr. Michael Hall, Assistant Professor, has received a grant from the Florida Department of Health, FAU Tobacco Free Campus Initiative 2014-2015.

Dr. Michael Zourdos did a radio interview on periodization on Physique Science Radio, hosted by Dr. Layne Norton. Dr. Zourdos also wrote an article about Daily Undulating Periodization on PR-Breaker, a website focused on personal record strength training. He is currently working on the following studies in the Skeletal Muscle Laboratory.
· Overreaching as a Method for Enhanced Muscle Performance: The Efficacy of Daily 1RM Training
· Novel RPE Scale for Resistance Training Measuring Repetitions in Reserve and Corresponding Velocities
· The Effects of High and Low Repetition Daily Undulating Periodization Models with Equated Volume and Strength and Hypertrophy in Trained Males
· Examination of Temporal Hormone and Myofiber Damage Response to Intensive Resistance Training Protocols

Denise Merrill is the most recent addition to our department, as our new secretary. In fact, September 15th was her official start day. She will be working with Peggy Donnelly to keep our department running smoothly. Originally, she is from Long Island, New York. She received her BA from the University of South Florida in business. Denise has resided in Boca Raton, Florida for thirty years. She has been married for 28 years, has three children, and enjoys running for her daily fitness. Please stop by the office to say hello. Welcome, Denise!
Chad Dolan speaking at the NSCA Conference in Las Vegas.

Dr. Zourdos giving his presentation at the NSCA Conference in Las Vegas.

L to R: Noah Tenenbaum, Chad Dolan, Alex Klemp, Leslie Cribbs, Ryan Colquhoun and Dr. Zourdos.
ESHP Club

Fall Events

Club Advisor: Dr. Michael Zourdos
President: Antoine Robinson, arobin53@fau.edu
Vice President: Gustavo Felipe, gfelipe2014@fau.edu
Secretary: Jasmine Delva, jdelva6@fau.edu

Mark your calendars

Palm Beach Heart Walk
27-Sep-14
ESHP Bowling Night
6-Oct-14
Ropes Challenge Course
16-Oct-14
3rd Meeting Location FH-11 Pool Deck
22-Oct-14
Breast Cancer Awareness Walk
25-Oct-14
Homecoming Parade
1-Nov-14
4th Meeting Location FH-11 Pool Deck
12-Nov-14
Finals Breakfast
21-Nov-14

Students pose after the first club meeting: L to R; Gustavo Felipe, Ally Gaier, Antoine Robinson (front), John Dobson, Jasmine Delva, Kamal Lewis, and Carmen Morrissey Ruiz.
INTERNSHIPS, FALL 2014

Martelli, Jonathan
Catano, Andrea
Nyhart, Nicole
Fleck, Samantha
Lukacina, Christopher
Melim, Stephanie
Paz, Valeria
Petit-Jeune, Jose
Price, Ryan
Raghoonanan, Sharlene
Shah, Alioshka
Smith, Lucas
Toland, Brittany
Lilavois Jr., Guy-Marcel
Maskal, Jake
Cervantes, Giovanni
East, Merisha
Auguste, Nadia
Escalante, Efrain
Boudlal, Jordan
Mize, Nicholas
Weinberg, Sam
Young, Kaitlyn

Adolph & Rose Levis Jewish Com Ctr.
Advanced Healthcare
Advanced Healthcare
Boca Raton Orthopedic Group
Boca Raton Orthopedic Group
Boca Raton Regional Hospital
Boca Raton Regional Hospital
Boca Raton Regional Hospital
Boca Raton Regional Hospital
Boca Raton Regional Hospital
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Boca Raton Regional Hospital
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Boca Raton Regional Hospital
Boca Raton Regional Hospital
Holy Cross Hospital
Holy Cross Hospital
Holy Cross Hospital
Holy Cross Hospital
Holy Cross Hospital
Miami Project to Cure Paralysis
Midtown Athletic Club
Nova Southeastern
Nova Southeastern
Orthopedic Surgery Associates
Palm Beach Institute of Sports Medicine
Palm Beach Institute of Sports Medicine
Plantation Medical Rehab and Wellness
Plantation Medical Rehab and Wellness
Therapeutic Recreation
Tropical Chiropractic and Wellness
Tropical Chiropractic and Wellness
Weston Medical Rehab
Yampa Valley Med Center
YMCA Boca Raton
YMCA Boca Raton
YMCA Boca Raton
# Graduation, Summer 2014

## Undergraduate

<table>
<thead>
<tr>
<th>Name</th>
<th>Degree</th>
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<tbody>
<tr>
<td>Campbell, Anthony V.</td>
<td>BS</td>
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<tr>
<td>Cummings, Shannon M.</td>
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<td>Dalla Costa, Amber A.</td>
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<td>DeSalvo, Jessica M.</td>
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<td>Dominguez, Christopher A.</td>
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<td>Escobar, Diego A.</td>
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<td>Francois, Cledonat</td>
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<td>Gerbrandt, Sasha K.</td>
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<td>Gore, Elena D.</td>
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<td>Gyorfi, Thomas C.</td>
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<td>Jean-Guillaume, Khristee</td>
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<td>Kelly, Danielle S.</td>
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<td>Kramer, Nicole E.</td>
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<td>Kushnick, Alyson T.</td>
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<td>Mensale, Nicholas J.</td>
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<td>Parry, Sharonda S.</td>
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<td>Quintana, Maurissa A.</td>
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<td>Robinson, Tiara M.</td>
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<td>Smiley, Cara M.</td>
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<td>Urtula, Alyssa M.</td>
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<td>Valdez, Maria D.</td>
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<td>Abram, Richard E.</td>
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<td>Alper, David I.</td>
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<td>Angulo, Angela R.</td>
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<td>Santiago-Perez, Valentino</td>
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<td>Stallone, Joanna M.</td>
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<td>Walsh, Louis J.</td>
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<td>Yavarone, Charlotte A.</td>
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## Graduate

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<tr>
<td>Crimmins, John L.</td>
<td>MS</td>
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<td>Duguay, Christopher M.</td>
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<td>Edwards, Jared L.</td>
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<td>Hoare, Jared M.</td>
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<td>Klemp, Alex O.</td>
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<td>Mock, James T.</td>
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<td>Slusher, Aaron L.</td>
<td>MS</td>
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<tr>
<td>Song, Jae Hwan</td>
<td>MS</td>
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</tbody>
</table>

*Alex Klemp, John Crimmins, Dr. Sue Graves, Dr. Chung-Jung Huang, Dr. Don Torok, Dr. Robert Zoeller, Dr. Valerie Bristor, Mr. Chris Boerum, Ms. Marie Wells, Coach Ian Pyka, Ms. Peggy Donnelly, and Jared Hoare at the Summer 2014 ESHP Graduation Celebration.*
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Peggy Donnelly
Senior Secretary
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Email: eeifert@fau.edu

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E-mail: mhall61@fau.edu

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Assistant Professor
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Secretary
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E-mail: mwells7@fau.edu

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Interim Department Chair, Professor
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E-mail: whitehurst@fau.edu

Dr. Robert Zoeller
Professor
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E-mail: rzoeller@fau.edu

Dr. Michael Zourdos
Assistant Professor
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E-mail: mzourdos@fau.edu

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Facebook page: 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."