WELCOME From the Interim Department Chair

The department has had a great start to the spring semester. Our faculty has several ongoing research projects. Four master’s students are in the process of either starting their data collection or almost ready to defend their thesis. We do have many undergraduate students actively involved in research, too.

In December, our faculty met with the FAU President and Provost in regards to our continuing growth and need for additional space. We considered this meeting a great success in showcasing the department.

Many of our faculty are attending and presenting at several conferences soon, such as Southeast American College of Sports Medicine, American College of Sports Medicine, and the National Strength and Conditioning Association. We are also continuing our search for a new department chair.

I want to wish success and congratulations to our spring graduates. I personally know all of the undergraduates have worked very hard at their internships. Many of the graduate students are preparing to take their comprehensive examinations, soon.

If you have any information to contribute to future newsletters, please let us know. We do want to keep in touch, not only with our current students, but with our alumni. You can see all of the exciting information regarding the department’s research, presentations, and other happenings in this newsletter.
Graduate Assistants, Spring 2015

Danielle Aromashodu
Miami, Florida
BS, Florida Atlantic University
daromash@fau.edu

Eric Capell
Black Mountain, North Carolina
BS, Appalachian State University
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Ashley Zajdel
Muskego, Wisconsin
BS, University of Wisconsin, La Crosse
azajdel2014@fau.edu
Sonya Friend-Uhl  
(Former ESHP Adjunct)  
Is currently the Physical Wellness Director in Cool Springs, Maryland. She continues to work for Star Trac as their Lead Master Trainer.

Mercedes Levesque  
(B.S. ’13)  
Working as a strength coach at Impact Sports Performance, Boca Raton, Florida.

Sara Schade  
(B.S. Education ’97 and M.S. 2000)  
Working as a clinical Account consultant at Health Care Service Corporation in Richardson, Texas.

Jae Song  
(M.S. ’14)  
Working as a full-time athletic trainer at Bethune Cookman, Daytona Beach, Florida. His primary roles is working with the Football team.

Casey Engels  
(B.S. ’13)  
Working with Health Fitness at Toyota Motor Manufacturing, Georgetown, Kentucky.

Brad DeForest  
(B.S. ’09)  
Recently accepted a position as a research associate at the University of Miami, Miller School of Medicine.

Jenifer Trappello Hamilton  
(B.S. Education, ’98)  
Became one of the six “stars” Inducted into the September 2014 Broward Education Foundation Hall of Fame, a Distinguished Alumni Award. Jennifer is, currently, the Athletic Director for Stranahan High School, Fort Lauderdale, Florida. She was a 1992 graduate of the school.

Ryan Colquhoun  
(B.S. Education ’13)  
Has been accepted in Oklahoma State University’s Ph.D program. Currently, he is completing his graduate assistantship at the University of South Florida in Exercise Science.

Diana Pardo  
(B.S. Education ’13)  
Working as a group fitness instructor and fitness associate at the University of Florida.
Exercise Science and Health Promotion

Graduate Students

October 2014
Chad Dolan’s Thesis Proposal on The Influence of Time–Equated Training Programs on Muscle Hypertrophy, Strength, and Body Composition

September 2014
Graduate students, Nick Farley and Ashley Zaidel, teaching at Practicum

February 2015
Elizabeth Pittinger’s Thesis Proposal on The Effect of Menopausal Status on Substrate Utilization on Younger Women During Submaximal Exercise

January 2015
Rocky Blanco’s Thesis Proposal on Temporal Response of Creatine Kinase and Fibroblast Growth Factor–21 to High and Low Repetition Resistance Training Programs
Exercise Science and Health Promotion

Undergraduate Students

October 2014
Glam Doll Strut for Breast Cancer Awareness
(left to right): Leslie Cribbs, Marie Wells, Liz Pittinger, Anita D’Angelo-Herold, Peggy Donnelly, Tina Penhollow, Laura Canteri, and Brittany Kimmons

March 2015
Sunni Biernstein, Alicia Balbier, and Chelsey Polk interning at Holy Cross Hospital

October 2014
Breast Cancer Awareness Walk at Mizner Park
(Top row): Ally Gaier, Antoine Robinson, Brittany Ann, Haley Pews, Gustavo Felipe (Bottom row): Jasmine Delva, and Jessica Roark

January 2015
Rope’s Challenge Course
Left to Right (top row): Christopher Lyles, Gustavo Felipe, Jasmine Delva (bottom row): Antoine Robinson
Florida Atlantic University Undergraduate Research Grant


Chapters in Books


National Presentations


Southeast American College of Sports Medicine
Annual Conference · Jacksonville, Florida · February 12-14, 2014

Justin Quiles
Presentation on Volume-Equated Low and High Repetition Daily Undulating Periodization Models for Hypertrophy

Arun Maharaj
Presentation on Fibroblast Growth Factor 21 Expression and Insulin Resistance to Acute Aerobic Exercise in Obese Individuals

Graduate students Brittany McGregor, Tony Krahwinkel, and FAU Alumni Alex Klemp

Left to right (back row): Dr. Torok, Liz Pittinger, Ole Midtbo, Meghan Helbick, Dr. Graves, Brittany McGregor, Tamara Estevez, Elizabeth Blair, Diane Pardo, Chris Boerum, (front row) Summer Forbis, Keith Brazendale, Brandon Fico, Melissa Uftring, and Nick Book
SEACSM Presentations, February 12-14, 2015, Jacksonville, Florida

Effects of volume-equated high and low repetition daily undulating periodization models on maximal strength.

Volume-equated high and low repetition daily undulating periodization models for muscle hypertrophy.


National ACSM Presentations Accepted


EHSP Club

Spring 2015 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

First Club Meeting, ELDOA exercise demonstrations
(Left to Right): Jon Dobson, Barrington Henry, Ryan Lyew,
Kamahl Lewis, Lauren Lewkowicz, Jessica De Souza,
Michelle Escamilla, and Jasmine Delva

Breast Cancer Awareness Walk at Mizner Park
(Left to Right): Antoine Robinson, Brittany Ann,
Ally Gaier, Jessica Roark, Haley Pews, and
Gustavo Felipe
### Male Student Athletes

<table>
<thead>
<tr>
<th>Name</th>
<th>Sport</th>
<th>Major</th>
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<tr>
<td>Shane Blair</td>
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<td>Jeremy Faulk</td>
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<td>Joseph Gold</td>
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<td>Gregory Hankerson</td>
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<td>Byers Hickman</td>
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<td>Greg Joseph</td>
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<td>Christian Milstead</td>
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<td>Ryan Rickel</td>
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<td>Devin Santana</td>
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<td>Nathaniel Terry</td>
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<td>Garrett Thomason</td>
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<td>Vincent Warren</td>
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<td>Raekwon Williams</td>
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<td>Seth McGarry</td>
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<td>Brandon Rhodes</td>
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<td>Deniz Bokurt</td>
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<td>Jason Fitzgerald</td>
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<td>Jason Garcia</td>
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<td>Owen Mccorkle</td>
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<td>Ryan Price</td>
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<td>Hunter Swartsel</td>
<td>Men’s Soccer</td>
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<td>Ramon Whittaker</td>
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<td>Zandrix Acob</td>
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<td>Stefan Burnett</td>
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<td>Robert Dubuque</td>
<td>Men’s Tennis</td>
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FAU’s Baseball Team, ESHP Majors: Seth McGarry (Pitcher) and Brandon Rhodes (Pitcher)
**FAU’S Swimming and Diving Team Anett Kovacs was nominated as FAU Player of the Week**

Kovacs was FAU’s top performer in the team’s scrimmage against Princeton, earlier this semester. The senior claimed three first-place finishes on the day, finishing first in the 200 free with a final time of 1:54.04 and first in the 200 fly with a final time of 2:03.06. She concluded the meet with a first-place finish in the 500 free with a time of 4:56.97. Kovacs, currently, holds the school record for the 200 fly, finishing in 1:58.39 during the 2011-12 season.
<table>
<thead>
<tr>
<th>Name</th>
<th>Organization</th>
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<td>Johnson, Erica</td>
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<td>Amedy, Richard</td>
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<td>Book, Nicholas</td>
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<td>Davis, Alexander</td>
<td>Central Palm Medical Group</td>
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<td>Mesa, Andrea</td>
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<td>Croswell, Paige</td>
<td>City of Coconut Creek Fitness Center</td>
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<td>Lubevero, Anthony</td>
<td>Cora Health &amp; Rehab</td>
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<td>Limpabandh, Nicole</td>
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<td>Meyers, Brendan</td>
<td>Dynamic Fitness</td>
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<td>Blalock, Kalei</td>
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<td>Lane, Ronnie</td>
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<td>FAU Sports Medicine</td>
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<td>Milstead, Christian</td>
<td>FAU Strength and Conditioning</td>
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</tbody>
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Boca Trauma & Rehab, Interns, Fall 2014
(Left to right): Ryan Price, Sharlene Raghooonanan, Valeria Paz, and Stephanie Melim
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<tr>
<th>Name</th>
<th>Organization</th>
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<tr>
<td>Wong, Vickie</td>
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<td>Zarate, Silvio</td>
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<td>Perez, Michael</td>
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</tbody>
</table>
### Undergraduates

**Bachelor of Science**

- Denize Auguste, Nadia
- Bromley, Brandon Tyler
- Carnegie, Heather
- Cervantes, Giovanni A.
- Cicero, Kylie Lauren
- De Vaal, Stephanie
- Delva, Stephanie
- East, Merisha Kaveeta
- Fleck, Samantha Leigh
- Frapart, Alexander Neil
- Lande, Abby Sara
- Leonard, Patrick Lewis
- Lukacina, Chirstopher
- Martelli, Jonathan Peter
- Nyhart, Nichole
- Ragahoonanan, Sharlene A.
- Villamanan, Maila Carvalho
- Young, Kaitlyn Marie

**Bachelor of Science in Education**

- Abram, Richard Earl
- Beagle, Joshua Scott
- Betancur, Catherine
- Boudal, Jordan Josef
- Catano, Andrea
- Daley II, Albert James
- Doney, Kimberly Starr Hunter
- Escalante, Efrain
- Espinosa, Erick Sebast
- Heier, Liane Lynn
- Henderson, Brandi Lyn
- Issac, Vladimir Eddie
- Lilavois Jr., Guy-Marcel
- Makler, Amy Lisa
- Melim, Stephanie Renae
- Mize, Nicholas B.
- Moskal, Jake Thomas
- Murphy, Brittany Danielle
- Price, Ryan

**Graduate Program**

**Master of Science**

- Albert, Jenna Elise
- Alexander, Donna Gagyi
- Bosley, Christy Lynn
- Chamberlin, Stacey Michelle
- Clifford, Grace Marie
- Gill, Dara Simone
- Hagberg, Raynell Jeanne
- Loebig, Manuela Maria
- Malone, Evan
- Morgan, Octavia Marquita
- Nellissery, Ray Johny
- Nimako, Nina Akoua
- Robles, Krystal M.
- Roller, Paul James

- Seignon, Cleopatra Seignon
- Stoll, Joshua Anthony
- Tice, Desmond, Eugene
- Uritis, Casey Violet,
- Vassel, Renee Simone
- Weinberg, Sam
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.