

WELCOME!

SPRING 2011

The past two years have been very exciting for the Exercise Science and Health Promotion (ESHP) Department, since the return to the Boca Raton Campus. We have decided to publish our first electronic newsletter to remain in contact with alumni and friends. We want to keep you informed of recent happenings within the department.

The ESHP is thriving. The department currently has six full-time faculty, an instructor, and three visiting faculty. In addition, the department includes 17 adjuncts and 17 graduate assistants. We currently have 82 graduate and 704 undergraduate students. We are the second largest department in the College of Education, and that is just for Spring 2011. As a matter of fact, our enrollment is larger this semester than the entire school year was four years ago! We are attracting quality students, who are preparing to take their places as leaders in ESHP. They are receiving recognition for their leadership, scholarship and research.

ESHP graduate students have either completed or are working on their Master's Thesis:

Adam J. Berrones: Does Physical Fitness Mediate the Physiological and Perceptual Responses to 10 Minutes of Chest Compression-Only CPR?

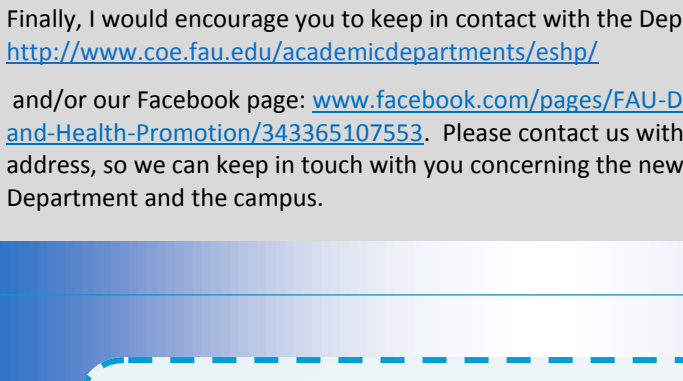
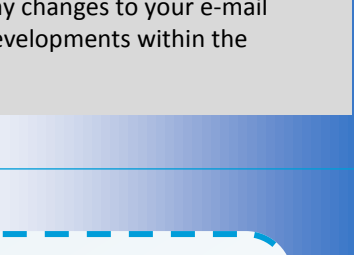
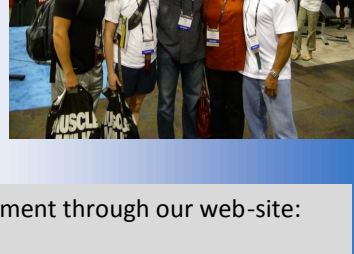
Korey Kilsdonk: Effect of Compression Stockings on Cycling Performance, Post Exercise Muscle Damage/Soreness in Moderately Trained Females.



Dr. Sue Graves,
Department Chair

ESHP FACULTY

DR. SUE GRAVES
DR. TINA PENHOLLOW
DR. MICHAEL WHITEHURST
DR. ROBERT ZOELLER
DR. CHUN-JUNG HUANG
DR. BROOKE BAILEY
MS. ANITA D'ANGELO
DR. MICHAEL HALL
DR. LAUREN TAPP
COACH IAN PYKA



Finally, I would encourage you to keep in contact with the Department through our web-site: <http://www.coe.fau.edu/academicdepartments/eshp/>

and/or our Facebook page: www.facebook.com/pages/FAU-Department-of-Exercise-Science-and-Health-Promotion/343365107553. Please contact us with any changes to your e-mail address, so we can keep in touch with you concerning the new developments within the Department and the campus.

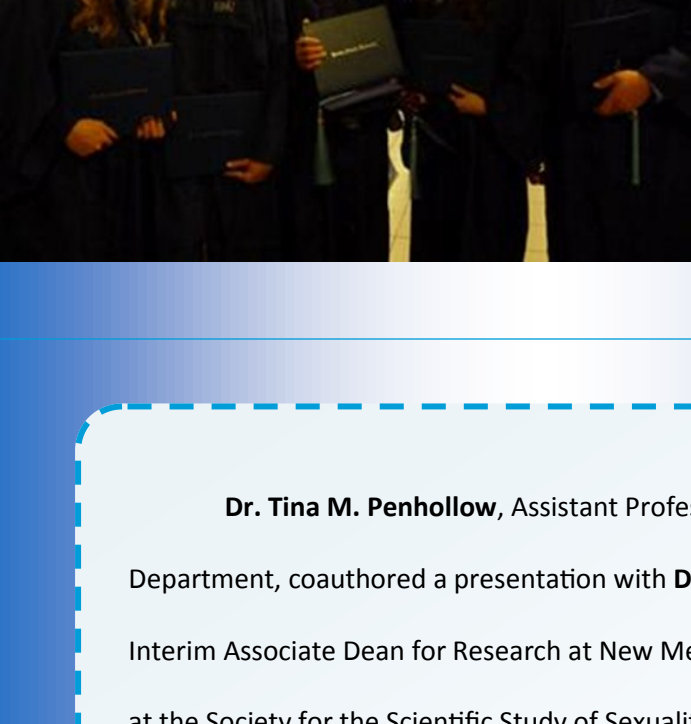
New Bod Pod

Dr. Sue Graves has just received three more tech fee grants, totaling \$47,501. Dr. Graves had submitted these in the early fall, but the award was announced on March 1, 2011. Two of them are for several computers (~\$5500) and the other one for a new Bod Pod (~\$42,000 with trade in, shipping, on-site training and additional accessories). Our Bod Pod will not be DOS operated anymore, nor will we have Windows 98 on the machine.

Bravo Dr. Graves!

CONGRATULATIONS FALL 2010 GRADUATES

Pictures of some of our Fall 2010 graduate and undergraduate students that attended the ESHP Graduation



MS

Carlos Alvarez
Adam Berrones
Christopher Boerum
Kevin Jones
Philip B. Price
Taurean Wilkinson

BS

Donna Alexander
Rassika Bourgi
Patricia Donescar
George Panagiotakos
Carson Randall
Shirley Sandoval

BSE

Pierre Boisrod
Devin Burke
Caitlin E. Burroughs
Tanya Etessam
Valerie Leja
Britney Marshall
Alex Morgan
Shannon O'Boy
Victoria Sanoja
Derek Skop
Orientalos Volmar

Dr. Tina M. Penhollow, Assistant Professor in the ESHP

Department, coauthored a presentation with **Dr. Michael Young**,

Interim Associate Dean for Research at New Mexico State University,

at the Society for the Scientific Study of Sexuality's (SSSS) annual

conference in Las Vegas, NV - November 2010 entitled: "Impact of

Physical Fitness and Religiosity on Hooking-Up."

Internship Spring 2011

Kaylynn Brown	Memorial Fit & Rehabilitation
Brittany Goldsmith	Jewish Community Center
Tabitha Greene	Central Palm Medical Group
Melissa Johnson	Institute of Human Performance
Kelly Jones	FAU Sports Medicine
Corey Martin	New York Yankees
Corey McCann	Institute of Human Performance
Ryan McCullen	Bommarito Performance System
Kenneth Morris	University of Florida
Victor Nardo	Boca Raton Regional Hospital
Randa Oulid-Aissa	Boca Trauma & Rehabilitation
Reed Phinisey	St. Louis Cardinals
Austin Pingatore	Ultimate Athletes
Anu Raman	John Knox Village
Jeffrey Robinson	Jewish Community Center
Jonathan Sims	Boca Raton Regional Hospital
Kevin Thornton	FAU Sports Medicine
Anhnh Tran	Palm Beach Institute of Sports Medicine
Kristin Zatto	Today & Beyond FAU

Kelley Rhoads, ESHP graduate student, and **Dr. Tina M.**

Penhollow, ESHP Assistant Professor, have a manuscript accepted for publication Spring 2011 in the *Florida Alliance of Health, Physical Education, Recreation, Dance and Sport (FAHPERDS) Journal* entitled:

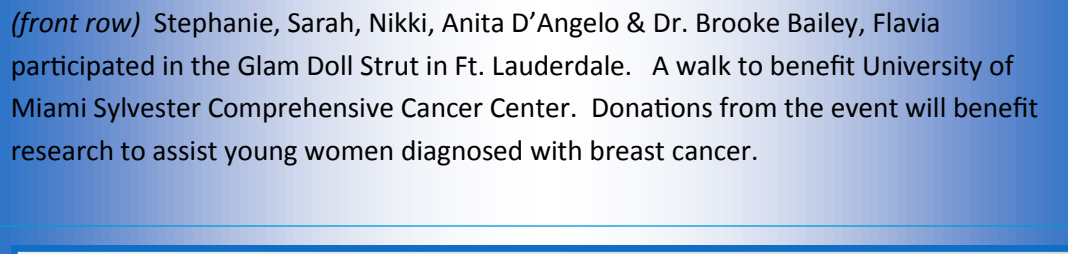
"Hookah Smoking: Prevalence and Attitudes Among College

Students."

ESHP STUDENT CLUB

The Exercise Science and Health Promotion club is excited to join the festivities of the Boca Campus this year. The club's main mission is to promote health and wellness at FAU and within the surrounding community. The club has achieved this by participating in various community and FAU activities, such as The Heart Walk for

cardiovascular disease awareness, The Glam Doll Strut for breast cancer awareness, The Pumpkin Run which benefited FAU's Center for Autism and Related Disabilities, and the EMBE (related) The Disability Center located in FAU's College of Nursing. The club is supervised by Dr. Tina M. Penhollow as the faculty advisor and is student run by Kelley Rhoads (President), Nikolai Goodyear (Vice-President), Haimy Geleta (Treasurer), and Edith Eisenscher (Secretary).



(back row) Erika, Delonyx, Shirley, Kelley, Michelle, Dr. Tina Penhollow, Evan, Meghan. (front row) Stephanie, Sarah, Nikki, Anita D'Angelo & Dr. Brooke Bailey, Flavia

participated in the Glam Doll Strut in Ft. Lauderdale. A walk to benefit University of Miami Sylvester Comprehensive Cancer Center. Donations from the event will benefit research to assist young women diagnosed with breast cancer.

ESHP Alumni News



PABLO COSTA, RECEIVED A B.S. DEGREE IN PHYSICAL EDUCATION FROM ESTÁCIO DE SÁ UNIVERSITY (2004), A MASTER'S DEGREE IN EXERCISE SCIENCE FROM FLORIDA ATLANTIC UNIVERSITY (2007), AND WILL GRADUATE WITH HIS DOCTORAL DEGREES IN EXERCISE PHYSIOLOGY FROM THE UNIVERSITY OF OKLAHOMA THIS YEAR. PABLO ACCEPTED A POSITION AT CALIFORNIA STATE UNIVERSITY, SAN BERNARDINO. HE WILL BE TEACHING EXERCISE PHYSIOLOGY, NUTRITION FOR EXERCISE & SPORT, EXERCISE PROGRAM MANAGEMENT, PHYSICAL ACTIVITY & AGING, MOTOR CONTROL AND SKILL LEARNING, AND MOTOR DEVELOPMENT.



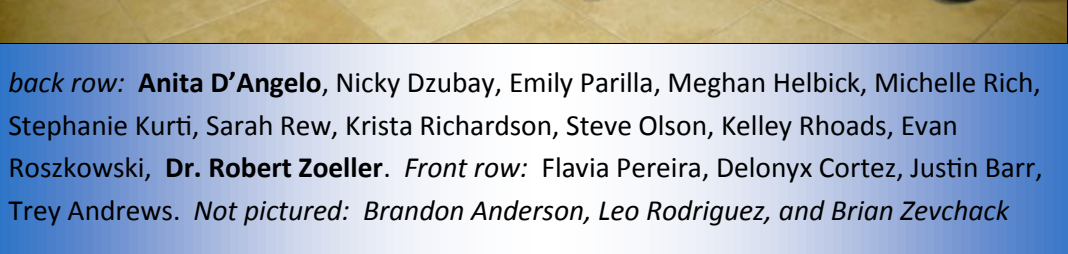
ERIC D. RYAN, IS CURRENTLY A DOCTORAL STUDENT IN THE EXERCISE PHYSIOLOGY DEPARTMENT AT THE UNIVERSITY OF OKLAHOMA UNDER THE MENTORSHIP OF DR. JOEL CRAMER. HE RECEIVED A B.S. (2003) DEGREE IN EXERCISE SCIENCE FROM TULANE UNIVERSITY, NEW ORLEANS, LOUISIANA, AND A M.S. (2005), DEGREE FROM FLORIDA ATLANTIC UNIVERSITY, DAVIE, FLORIDA IN EXERCISE PHYSIOLOGY. HE IS A MEMBER OF THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM) AND NATIONAL STRENGTH AND CONDITIONING ASSOCIATION (NSCA). HIS PRIMARY RESEARCH INTERESTS INCLUDE THE NON-INVASIVE ASSESSMENT OF MUSCLE FUNCTION AND THE ACUTE EFFECTS OF DIFFERENT STRETCHING ROUTINES ON PARAMETERS OF MUSCLE STRENGTH AND MUSCULOTENDINOUS STIFFNESS.

DAVID ACOSTA, RECEIVED A B.S.E. (2009), DEGREE IN EXERCISE SCIENCE AND HEALTH PROMOTION FROM FLORIDA ATLANTIC UNIVERSITY HE IS THE WELLNESS DIRECTOR AT THE BOYNTON BEACH YMCA.



KORI KIRSHNER, RECEIVED A M.S. DEGREE IN EXERCISE SCIENCE AND HEALTH PROMOTION FROM FLORIDA ATLANTIC UNIVERSITY, SHE IS TRAINING DISNEY WORLD CHARACTERS

Spring 2011 ESHP Graduate Assistants and Faculty



back row: **Anita D'Angelo**, Nicky Dzubay, Emily Parilla, Meghan Helbick, Michelle Rich, Stephanie Kurti, Sarah Rew, Krista Richardson, Steve Olson, Kelley Rhoads, Evan Roszkowski, **Dr. Robert Zoeller**. Front row: Flavia Pereira, Delonyx Cortez, Justin Barr, Trey Andrews. Not pictured: Brandon Anderson, Leo Rodriguez, and Brian Zevchack



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*"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."*

