

FLORIDA ATLANTIC UNIVERSITY™

EXERCISE SCIENCE AND HEALTH PROMOTION



FLORIDA ATLANTIC UNIVERSITY™

EXERCISE SCIENCE AND HEALTH PROMOTION

Volume 2, Issue 1
Spring 2012

Thanks for taking your time to read our latest newsletter. We are excited to continue to show case our growing program, even with the budget reductions from the state government. The number of our summer classes has been reduced because of this, but our department is working very hard to continue to deliver a quality program. Current students will notice we do have all of our regular course offerings for Fall 2012.



WELCOME TO OUR NEW VISITING INSTRUCTOR

I would like to welcome our new visiting instructor, April Pinkney, to our Exercise and Science and Health Promotion Department. She is originally from Pittsburgh, Pennsylvania. She received her bachelor's degree in Exercise Science from Slippery Rock University in PA and her MS degree in Clinical Exercise Physiology from the University of North Carolina at Charlotte (UNCC), where she was a Graduate Assistant. She also is a Registered Clinical Exercise Physiologist (RCEP) through the American College of Sports Medicine. She previously was the Health Suite Coordinator at a senior center in Charlotte, NC, where she created individualized exercise prescriptions for those 55 and older. This is where she realized working with seniors is her passion. Other passions include running and football. She has run 3 marathons and trained for the Disney Princess Half Marathon in Orlando this February. Ms. Pinkney is currently teaching Leadership 2, Advanced Methods, and Stress Management classes. Lastly, she is a die-hard STEELERS FAN!

Again, thanks for taking the time to see all the happenings on the Boca Campus. Please keep in touch when you can.

Sue Graves, Ed.D., FACSM, FISSN
Department Chair



April Pinkney

ESHP Faculty 561.297.2938

Dr. Sue Graves
Dr. Tina Penhollow
Dr. Michael Whitehurst
Dr. Robert Zoeller
Dr. Chun-Jung Huang
Dr. Michael Hall
Coach Ian Pyka
Ms. Anita D'Angelo
Mr. Chris Boerum
Ms. April Pinkney

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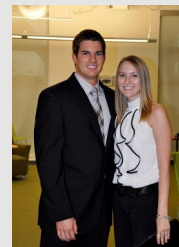
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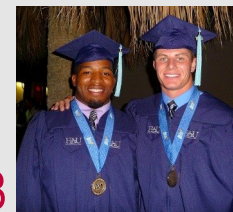
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Homecoming 5K Run/Walk

ALUMNI NEWS



Juan Carlos Santana, 1993, BS

Juan Carlos Santana is founder of the Institute of Human Performance in Boca Raton, a gym for fitness consumers that also serves as a campus for professionals seeking more fitness education, certifications and training.

Santana's business is family-friendly in a variety of ways. His own family: sisters, his

mother, and his children play roles in running the company. The fitness training programs are geared for all consumers: moms, dads, children and grandparents. He expanded his business by doing educational tours and certifications to the international market. He has lectured in twenty-one countries since 2009. Now, students from all over the world come to IHP to learn about training methodology. Additionally, his international scope allowed him to secure a significant fitness endorsement contract from Techno Gym, the largest fitness equipment company in the world.

Mr. Santana was selected as the 2011-2012 FAU College of Education's Distinguished Alumni. He currently is teaching as an adjunct for the department, Strength and Conditioning for the Combative Athlete.

Jason Davis, 2001, BS

He competed in the GNC Natural Colorado Open Body Building Contest. He was in the over 5'10" physique class and finished in 2nd place!

Brian Findley, 2001, MSE Exercise Physiology

He finished 32nd out of 98 in his age group in the Palm Beach Half Marathon. Brian teaches at the Palm Beach Gardens, Florida.

ALUMNI NEWS



Victoria von Ammon and her son Cole

Victoria von Ammon, 2001, MS Exercise Physiology

She completed her thesis on the risk of falls later in life. Her oldest son Cole is attending FAU's AD Henderson University School.

Carlye (Barat) Fabrikant, 2002, MS, Exercise Science

In January of 2012, Carlye started working as a wellness manager at St. Lucie County School Board, here in Florida.

Briana Varhalamas, 2004, BSE Exercise Science

Briana passed her national boards for licensed massage therapy.

Mike "Vinny" Varrato, 2006, MS

"Vinny" just started his new position as the strength and conditioning coach at the Fordham University, Bronx, New York.

Seth Kaufmann, 2008, MS Science

Seth has just opened his new studio in Wellington, Florida.
www.ironlionfit.com.

ALUMNI NEWS

Darice Hofstein, 2009, BSE Exercise Science

In April 2012, Darice will receive her DPT from the University of St. Augustine, Florida.



Dr. Graves and Chaynea Fox-Sampson

Chaynea Fox-Sampson, 2010, BS Exercise Science and Health Promotion

She was the Events & Game Operations Intern for the Orange Bowl Committee. She interned with the OBC since July. She assisted the VP of Events & Operations with planning the 2012 Discover Orange Bowl Game, as well as the 2011 Metro PCS Orange Bowl Basketball Classic. She is now the events and operations coordinator for the Russell Life Skills and Reading Foundation in Davie, Florida.



Dara Wittenberg, 2010, MS Exercise Physiology

She has been a multi-sport coach for 10 years and during that time she has trained athletes for triathlon, running, biking, fitness, and healthy nutrition. Not only does she have her training business, but Ms. Wittenberg is teaching an undergraduate class for the department, Behavior and Performance in Sport.

ALUMNI NEWS

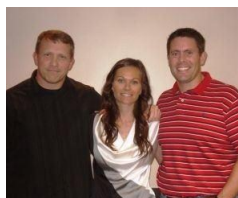
Anhnhi Tran, 2011, BS, magna cum laude

Anhnhi has been accepted into Nova University, Fort Lauderdale, Florida for Physical Therapy.



Alfred Morris, 2011, BA Science in Education

FAU senior, Alfred Morris, received an invitation to play in the inaugural Battle of Florida All-Star Game on Saturday, Jan. 21, 2012 at the FAU on-campus stadium. The game, featured senior collegiate all-stars from the state of Florida, was nationally televised by FOX. Morris has assaulted the FAU record books assuming the top spot in several categories over the last few weeks. He is No. 1 in total touchdowns scored, rushing touchdowns, rushing yards and all-purpose yards. He needed 84 yards to become the first player in FAU history to have two 1,000-yard seasons. Florida Atlantic University's all-time leading rusher, attended the NFL's annual scouting combine in February at Lucas Oil Stadium in Indianapolis, Indiana.



Drs. Jeff Stout, Dr. Ashley A. Walter, and Dr. Joel Cramer.

Dr. Ashley A. Walter, 2011, Ph.D.

Ashley completed her undergraduate degree here, but did her master's and Ph.D. work at the University of Oklahoma. She just graduated this past fall.



Joe Drake, 2012, MS

Joe first joined the Department of Campus Recreation as the Fitness Graduate Assistant and in February 2012 was hired full time as the Fitness Coordinator. Joe holds his undergraduate degree in Exercise Science with a minor in Business from Truman State University and will finish his M.S. in Exercise Physiology from FAU in May 2012.

STUDENT NEWS



Project Description for Undergraduate Research Grant

Christopher H. Randazzo, an ESHP senior, received an undergraduate research grant this year. He is planning on continuing his education at the doctoral level in the field of Physical Therapy. He believes this opportunity in conducting research under the guidance of Dr. Chun-Jung Huang is a valuable experience and will deepen his understanding of human physiology as it pertains to the present uprising of obesity and its related health risks (i.e. type II diabetes and atherosclerosis) in the United States. The research project is entitled "Effects of Leptin on Glucocorticoid Sensitivity in the Peripheral Blood Mononuclear Cells of Obese Subjects". He will present this at the undergraduate research symposium.

An estimated 64.1% of American women and 72.3% of American men are either overweight or are considered obese. This epidemic of both obesity and overweight Americans is contributed to rising health risks such as diabetes mellitus, metabolic syndrome, and cardiovascular disease (CVD). These obesity related illnesses are associated with chronic inflammatory responses such increased cytokine production, which results in the effect of the activation of inflammatory signaling pathways. Under normal conditions, leptin, an adipocyte-derived hormone, regulates appetite and metabolism, but past studies have shown that in obese individuals elevated leptin is associated with inflammation such as the elevated production of pro-inflammatory cytokines (tumor necrosis factor alpha [TNF- α] and interleukin-6 [IL-6]). Interestingly, although chronically elevated cortisol is thought to have deleterious effects on the immune system, a suppressive effect of immune regulation has been shown in response to acute stressors. Furthermore, peripheral blood mononuclear cells (PBMCs), such as monocytes, are involved in the elevated concentrations of pro-inflammatory cytokines. However, no studies have examined the effects of leptin on glucocorticoid (cortisol) sensitivity in PBMCs. Therefore, the primary purpose of this study is to examine whether reduced glucocorticoid (cortisol) sensitivity levels is associated with elevated leptin levels in obese subjects, resulting in elevated pro-inflammatory cytokine production. Through an understanding of the mechanisms of immune regulation, this study proposes

possible treatments (exercise training and weight loss) for stress-related diseases.

Forty eight (24 obese and 24 normal-weight) healthy subjects 18 to 45 years old will be recruited to participate. Subjects who possess a BMI greater than 30 kg/m² will be placed into the obese group, and those subjects who possess a BMI less than 25kg/m² will be placed into the normal-weight group. All subjects will provide both consent and a thorough medical history questionnaire prior to data collection, and will report to the Exercise Science Laboratory at 8:30AM at the Boca campus. Also, measurements of height, weight, blood pressure, and waist circumference will be obtained. Immediately following the assessments above, blood sampling will be performed by a certified phlebotomist. After blood samples are collected, PBMCs will be isolated from whole blood cells and then be cultured with leptin and dexamethasone (cortisol) for 24 hours. Afterward, the supernatant will be collected and analyzed for cytokines (TNF- α and IL-6). All experimental procedures have been approved by Florida Atlantic University's Institutional Review Board.

Finally, finding a link between obesity, stress, and CVD, is an important step in developing treatments to address these pro-inflammatory diseases. Under the mentorship of Dr. Huang and the additional support by the Exercise Science Laboratory in the Department of Exercise Science and Health Promotion, this proposed research has the potential to open new opportunities in developing strategies to combat this overwhelming epidemic.

STUDENT NEWS



Arielle Gaydosh, ESHP research graduate assistant, finished 6th place in her age group at the Space Coast Half Marathon in Cocoa Beach, Florida during Thanksgiving weekend 2011.



Brandon Anderson and Kelley Rhoads, ESHP graduate teaching assistants, presented at the FAU COE 11th Annual Research Symposium in December 2011.



Michelle Lankey, ESHP graduate assistant, participated in the Florida Challenge Half Iron Triathlon in Clermont, Florida in July 2011.



Dr. Huang, Dr. Hall, and Stephanie Kurti (2011 ESHP MS), at the Warrior Dash in Deerfield Beach, Florida December 2011.



Nikolai Goodyear at the 5-K run during FAU Homecoming week October 21st, 2011.

SEACSM CONFERENCE

Southeast Chapter of American College of Sports Medicine (SEACSM) 40th Meeting February 9 - 11, 2012 Jacksonville, Florida

40th Annual SEACSM Meeting Featured Presenters:

Keynote Address - Dr. Russ Pate, FACSM

Presidential Address - Dr. Barbara Ainsworth, FACSM

Basic Science Lecture - Dr. Scott Trappe

Lunch Lecture - Dr. Kevin Guskiewicz from UNC-Chapel Hill

Clinical Track Planned Topics: The theme for the meeting will be either pediatric sports medicine or exercise and health in the young athlete.

At the conclusion of the meeting, participants should be able to:

- Understand the biological, biomechanical, and psychological bases for the changes that occur during and following exercise in both normal and pathological states.
- Identify new approaches to problems in exercise science and sports medicine through interaction among scientists and clinicians.
- Recognize contemporary controversial issues related to sports medicine and exercise science.
- Examine state-of-the-art and innovative basic science, applied science, and clinical information which will increase their knowledge of exercise, fitness, health, physical performance and sports medicine.



Chris Boerum, Dr. Hall, Dr. Huang, April Pinkney, Meghan Helbick, Donna Alexander, and Dr. Torok.



April Pinkney, Donna Alexander, Meghan Helbick, Janet Rankin (ACSM President Elect), Dr. Barbara Ainsworth (ACSM President)

SEACSM CONFERENCE



Dr. Huang and Dr. Hall.



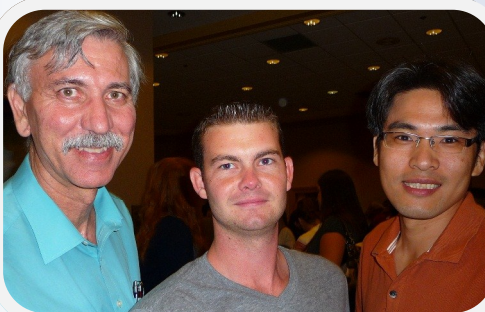
Dr. Russ Pate of the University of South Carolina with Anthony Desposito.



Tyler Wells and Anthony working with the SEACSM audio visual teams.



Meghan Helbick (ESHP GA, Drs. Hall & Huang and Delonyx Cortez.



Dr. Torok, Jeff Hand (ESHP GA), and Dr. Huang.



Taylor Miksell (ESHP GA), Delonyx Cortez.



Dr. Huang with Terrance Ryan, former FAU ESHP Master's degree student. Terrance is now working on his PhD at the University of Georgia.



April Pinkney, Meghan Helbick, Dr. Sue Graves, and Donna Alexander (ESHP GA) at the SEACSM Women's Breakfast.



Donna Alexander and Chris Boerum. (ESHP Visiting Instructor).

Thesis Defense Presentation



Kelley Rhoads and Dr. Tina Penhollow.

Kelley Rhoads Thesis entitled:

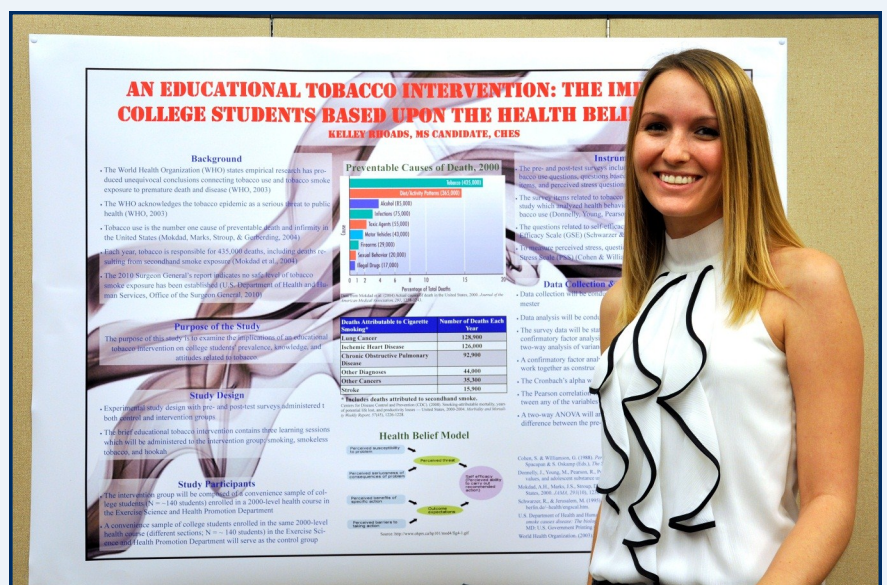
An Educational Tobacco Intervention: The Impact of the Health Belief Model on College Students

Thesis Committee Chair: Tina M. Penhollow, Ph.D., MCHES

Kelley Rhoads, ESHP Research and Teaching Graduate Assistant, and Dr. Tina M. Penhollow, ESHP Assistant Professor, have a manuscript accepted for publication Spring 2012 in the Florida Alliance of Health, Physical Education, Recreation, Dance and Sport (FAHPERDS) Journal entitled: "Third hand smoke: Does tobacco smoke ever really clear?"



Dr. Sue Graves, Kelley Rhoads, Dr. Tina Penhollow and Dr. Whitehurst.



Kelley Rhoads presenting her thesis.

Thesis Defense Presentation



Korey Kilsdonk successfully defended his thesis, Effects of compression stockings on cycling performance in moderately trained females. His committee: Drs. Whitehurst, Zoeller, and Penhollow.



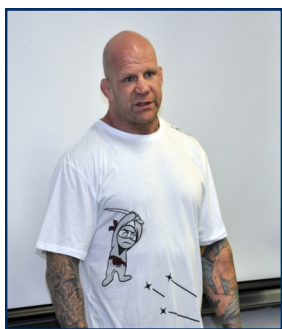
From left to right: Korey Kilsdonk, Dr. Whitehurst, Dr. Zoeller and Dr. Penhollow.

Korey Kilsdonk's Thesis Defense



Effects of Compression Stockings on
Cycling Performance in Moderately
Trained Females

Guest speaker Jeff Monson



FAU's College of Education recently hosted Jeff Monson, a well-known mixed martial arts fighter, as a guest speaker at an Exercise Science and Health Promotion class, "Strength and Conditioning for the Combative Athlete," held on the Boca campus. After a brief introduction, Monson answered students' questions for the duration of the class. He has been

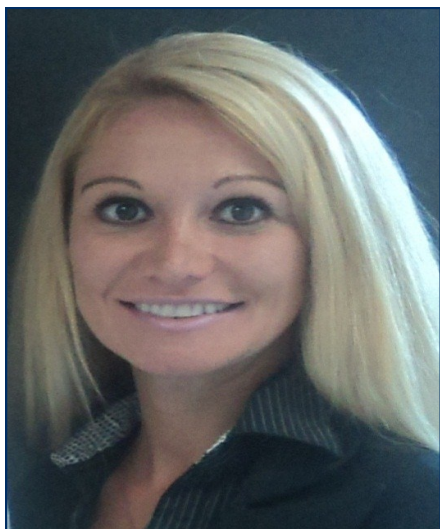
active in the professional fight world since 1997; thereby, offering students a historical perspective of training techniques used with fighters. With his answers, Monson emphasized benefits of optimal conditioning, faster healing, and fewer injuries to athletes from professional trainers educated in exercise science and health promotion. Monson holds both a bachelor's and a master's degree in psychology. He left the mental health profession to devote himself to mixed martial arts. Monson is a two-time winner of the ADCC Submission Wrestling World Championship, and a No Gi Brazilian Jiu Jitsu World Champion. He currently holds Heavyweight titles in the International Sport Karate Association and the Strength & Honor Championship.

The College of Education Distinguished Alumni of the year Award

Jeff Monson (center, white shirt) with J.C. Santana, on far right with Students, received the College of Education Distinguished Alumni of the year Award. J.C. Santana thanked everyone for their support. He was very honored to have FAU recognized him. He can only hope one day his children will also graduate from FAU.



Dr. Tina Penhollow's publishing



Dr. Tina M. Penhollow, Assistant Professor in the ESHP Department, has published the following: Penhollow, T., Young, M., & Denny, G. (2012). Impact of personal and organizational religiosity on college student sexual behavior. *American Journal of Health Studies*, 27, 13-22. The book will be available in the Fall of 2012. In addition to several peer-reviewed national presentations, she has also had the following published:

- **Penhollow, T., Young, M., & Denny, G. (2012).** Impact of personal and organizational religiosity on college student sexual behavior. *American Journal of Health Studies*, 27, 13-22.
- Rhoads, K., & **Penhollow, T. (2012).** Third-hand smoke: Does tobacco smoke ever really clear?

Florida AHPERDS Journal. Accepted for publication.

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Tyler Wells, ESHP Senior

At the age of 28 Tyler did not expect to have quite the story to tell that he does. Growing up in a small town in central West Virginia, Tyler was active during school, participated on his high school's wrestling team along with other club sports. Cycling was his true passion and upon graduating, the sport took him to

Lindsey Wilson College to race bicycles. After completing only two years of college, Tyler's calling was to serve his country in the United States Air Force. While serving his country during a tour in Afghanistan, Tyler knew, in order to be successful in a civilian career, he would have to return to school to finish his degree. Shortly after making the decision to separate from the military, Tyler had to overcome the loss of his left leg from a motorcycle accident. Facing limb loss, Tyler took the opportunity to recreate himself as an athlete first and an amputee second. After returning to school and training, Tyler relocated to South Florida to pursue a degree in Exercise Science and Health Promotion from Florida Atlantic University.

Over the past few years, Tyler has had the opportunity to work with some of the top prosthetic

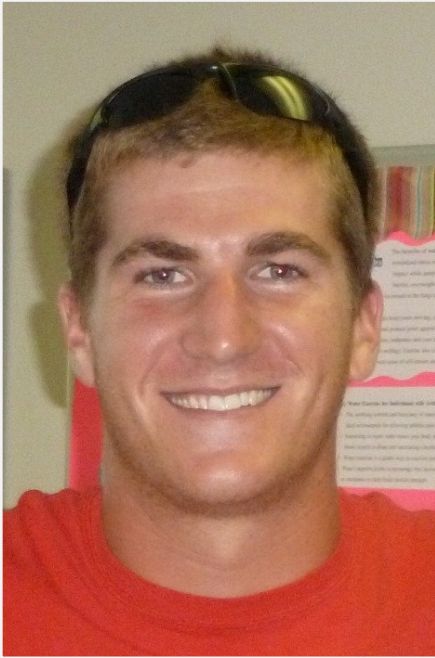
manufacturers in the World, taking him to countless events across the country. Recently, Tyler joined forces with IWalk, a prosthetic manufacturer from the Bedford, MA area, and the West Palm Beach VA Hospital. He received the *BiOM* Powered Ankle and Foot System. Tyler is the first Amputee from the Palm Beach VA to be fitted with this system. The *BiOM* is a bionic lower-leg system with reflexive powered plantar flexion that simulates the action of the ankle, Achilles tendon and calf muscles by propelling the amputee upwards and forwards during each walking step. Tyler showcased this new technology in Las Vegas. He represented the company again in March in Atlanta. Anticipating an on time graduation, Tyler is planning on continuing to a Master's degree in prosthetics where he can become certified to provide other amputees with similar opportunities.



The Palm Beach Dietetic Association met March 5, 2012 on the Boca Campus. Dr. Doug Kalman of Miami Research Associates made a nutrition presentation. Meghan Helbick gave the 30 participants were given a tour of the ESHP labs.

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Ryan Musille is currently working towards a Master's of Strength and Conditioning in the Science and Health Promotion Department. This semester his assistantship is collaborating with ESHP instructor, Coach Ian Pyka, to assemble a video library, including all the sports here on campus.

The first of many purposes for this library will be an educational tool for the ESHP department's

biomechanics and kinesiology courses.

These graduate and undergraduate students will have access to the videos, and be able to use the professional software, Dartfish, in the ESHP labs, to breakdown a movement that interests them.

This program uses a video clip to explore angles, distances, time, and many other tools, all at very specific points during a movement.

Our students then put together presentations using the analyzed video to better understand an athletic movement, along with recognizing errors performed.

This leads to the second purpose of the library. As many of the FAU coaches,

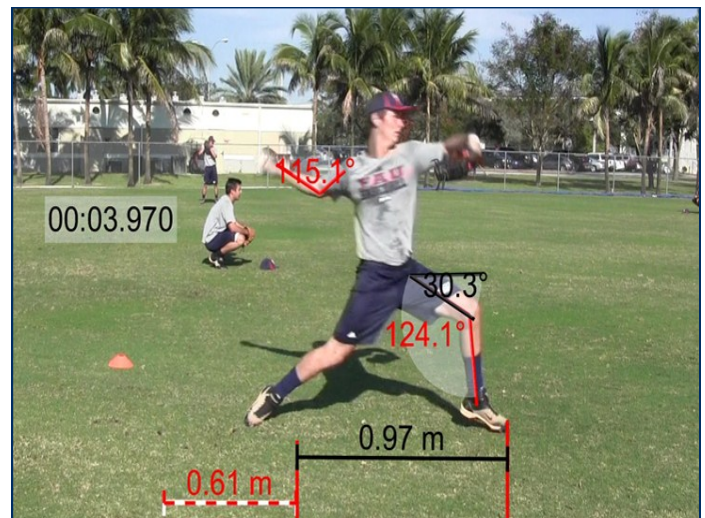
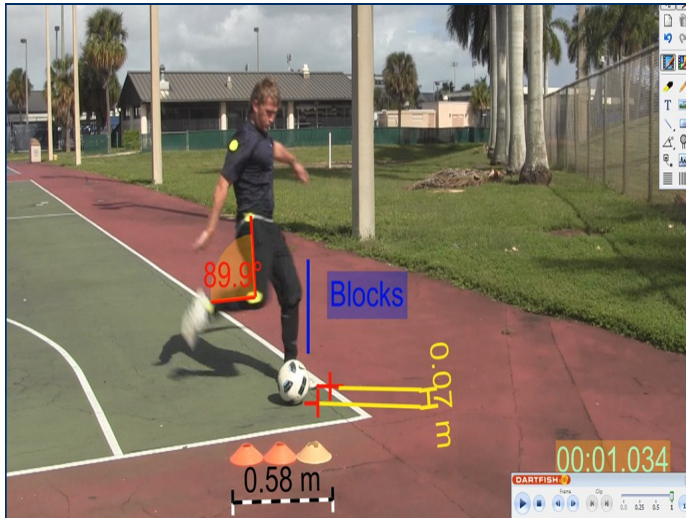
will also have full access to the library to use these videotaped movements as a tool. They will have the opportunity to view presentations put together by students, who use a movement from specific sports.

These presentations will hopefully help improve performance with individual athletes. Using this video analysis with athletes is a great way to improve individual performance.

Several of the FAU teams have shown this program to potential recruits, who see how dedicated our athletic program is. It also demonstrates their commitment to improve technique and performance.

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EXERCISE SCIENCE AND HEALTH PROMOTION



Overlapping 2 similar videos to compare differences in movements (bottom photo). Any sport movement can be filmed twice to show differences. Or two people performing same movement, videotaped from same angle can be overlapped to compare.



CONGRATULATIONS FALL 2011 GRADUATES

MASTER'S DEGREE

Alanez, Nathalie

Brooks, Jaymie

Feil, Friederike

Grillo, Michael

Olson, Steven

Randall, Carson

Rich, Michelle

BACHELOR'S DEGREE

Baquero, Shari

Bengtson, Sarah

Blanco, Rocky

Bosley, Christy

Bryant, Liam

Cely, Alexandra

Dacosta, Tanielle

Dery, Laura

Diaz, James-Michael

Dreckett, Dayseann

Ferrer, Joe

Giffon, Jackie

Helsper, Robert

Hlavsa, Shannon

Ikola, Heather

Jensen, Austin

Kamler, Jonathan

BACHELOR'S DEGREE

Lascurain, Maria Eugenia

Loures, Cintia

Madeus, Wilderson

Martinez, Jeannette

McCullough, Brittany

Molta, Katherine

Penates, Vanessa

Pink, Bradley

Reo, Carly

Rolle, Cameron

Rose, Courtney

Rubin, Shawn

Stone, Zachary

Teixeira, Michele

Truskowski, Lauren

Williams, Joel



Courtney Rose and Jackie Giffon

SUMMER 2011 GRADUATES



SPRING 2012

ESHP GRADUATE ASSISTANTS



Competitive graduate assistants are currently available. We have GAs in these areas: teaching undergraduate courses in swimming, jogging, aerobics, Pilates, First Aid, Health, Fitness for Life classes, weight training, and exercise physiology labs.

How to Apply: If interested, please send updated resume, and complete the GA application online: <http://www.coe.fau.edu/academicdepartments/eshp/documents/GAapplicationform.pdf>



Mike Grillo, Michelle Rich, Steven Olson, Dr. Zoeller (graduate coordinator), Jamie Brooks, Nathalie Alvarez, Carson Randall. Photo taken prior to their comprehensive exams for ESHP Master's degree, November 19, 2011. They all passed!



DR. ROBERT ZOELLER GRADUATE COORDINATOR

Field House 11A

Direct line (561) 297-2549

Email: rzoeller@fau.edu

Website: www.coe.fau.edu/eshp



SPRING 2012

ESHP GRADUATE ASSISTANTS

OUR GRADUATE ASSISTANTS



Keith Brazendale
Aberdeen, Scotland



Meghan Helbick
Atkinson, NH



Evan Roszkowski
Wildwood Crest, NJ



Laura Canteri
Mentor, OH



Jeffrey Hand
Coconut Creek, FL



Leslie Cribbs
Temperance, MI



Brad Shiflet
Asheboro, NC



Kelley Rhoads
Ft. Lauderdale, FL



Taylor Miksell
Jacksonville, FL



Chris Dorka
Columbus, OH



Ryan Musille
Canton, OH



Arielle Gaydosh
Port Charlotte, FL



Brandon Anderson
Barboursville, WV



Donna Alexander
Pisgah, OH



Sam Buckner
Fort Lauderdale, FL



Chelsi Mundy
Tempe, AZ



Michelle Lankey(Davie campus)
Montgomery, AL



Kristin Jesse(Davie campus)
Orlando, FL



Dr. Robert Zoeller
Graduate Coordinator

FAU WELL PROGRAM

Description:

Exercise Science & Health Promotion offers a well-rounded health-fitness program as a FREE COMMUNITY SERVICE for older adults residing in Boca Raton and surrounding areas. Faculty and staff of FAU are also encouraged to attend.

Research has shown that regular exercise can add to the quality of life and decrease the risk of cardiovascular disease. The FAU-Well program is geared to provide safe, supervised exercise based on individualized assessments.

The program objectives are to increase or maintain cardiorespiratory function (aerobic fitness), improve muscular strength and endurance, decrease body fat, and to promote positive lifestyles.

The staff includes the Exercise Science faculty and qualified graduate student assistants. Students majoring in Exercise Science also gain valuable experience by rotating through the program and working closely with the FAU-Well Program Coordinator, Anita D'Angelo, MS, HFS.

The program offers:

- Fitness Assessments
- Exercise Prescription
- Supervised Exercise Sessions
- Aerobic Walking
- Strength Training
- Group Conditioning
- Blood Pressure Monitoring
- Pulse Rate Checks
- Health-Related Well-Spot Talks
- Health-Fitness Promotions Newsletters



The participants and practicum students, Fall 2011
in the FAU WELL Program

Contact: 561.297.3752
ESHPIinfo@fau.edu

FAU WELL PROGRAM

FAU-WELL Program Schedule - Boca Campus:

Days: Monday, Wednesday, Friday

Time: 7:00-8:30 AM

Dates: Corresponds to FAU's Academic Schedule

Fitness evaluation:

The American College of Sports Medicine Guidelines for Exercise Testing and Prescription are used for this program.

Fitness evaluation:

Exercise tests help us determine your aerobic fitness and gives us information about your response to exercise. Results from the exercise tests enable us to provide you with an individualized program for optimal health enhancement. The standard FAU-WELL Fitness assessment consists of the Senior Fitness Test.

Medical Clearance:

All prospective participants must have medical clearance prior to beginning the FAU-WELL program. The FAU-WELL staff will assist you with obtaining this information.

Fees:

No fees are charged for the fitness assessment or aerobic exercise and toning sessions.

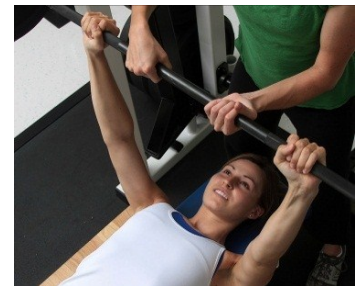
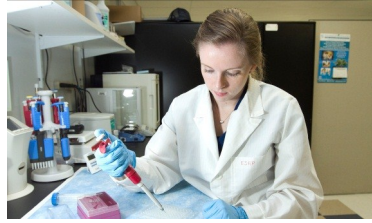
More than physical:

The FAU-Well Program offers participants social interactions with their peers and intergenerational interactions with the students. The program benefits all involved. Health and wellness topics are periodically presented by the students.



Practicum Students with Anita D'Angelo.

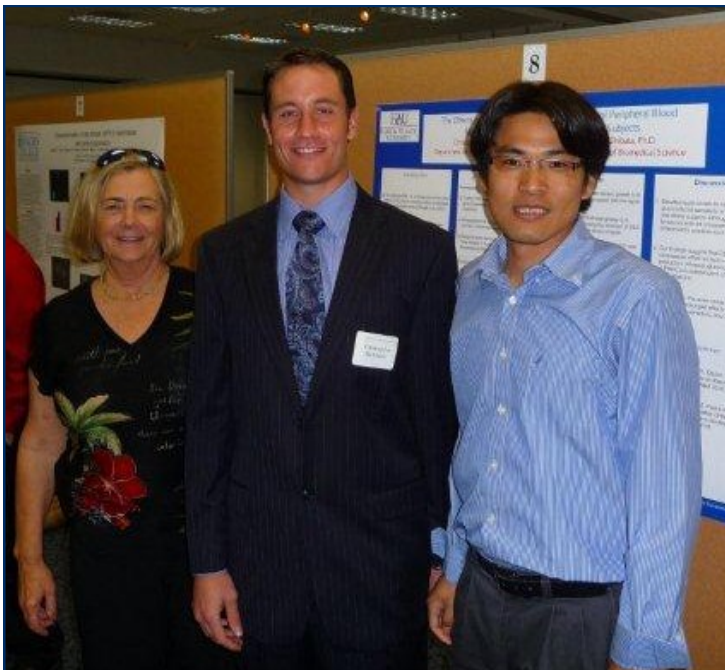
ESHP LABORATORY



ESHP LABORATORY



Congratulation to Dr. Chun-Jung Huang, ESHP Assistant Professor and mentor, Dr. Shibata in the College of Science, who have been selected to participate in the highly competitive Faculty Research Mentoring Program. This award provides \$2,000 to be used in preparation of a competitive research proposal submission. They will be required to submit a grant proposal to an external funding agency.



Dr. Graves, Christopher Randazzo and Dr. Huang at the undergraduate research seminar.

Dr. Michael Hall, visiting assistant professor, attended the FAU College of Education's 2012 Distinguished Scholar Lecture Series Presents 'Health and Education Issues in Haiti and the Local Haitian Community.'



ESHP STUDENT CLUB



Dr. Tina Penhollow, Nikolai Goodyear, Jason Briscoe, Thomas Benso, Caitlyn Rogers



If you have any questions or suggestions for events/activities, feel free to e-mail Nikolai at ngoodyea@fau.edu. The Club elections are currently being held.

The club's main mission is to promote health and wellness at FAU and within the surrounding community. The club has achieved this mission by participating in various community and FAU activities. Dr. Tina M. Penhollow is the faculty advisor.

President — Nikolai Goodyear

Vice President — Jason Briscoe

Treasurer — Thomas Benso

Secretary — Caitlyn Rogers

<http://www.facebook.com/pages/FAU-Exercise-Science-and-Health-Promotion-Club/121243954627343>



The FAU team, *Fit & Foxy*, participated in the 5th Annual Glam Doll Strut for breast cancer awareness in Downtown Fort Lauderdale. Front row: Laura Canteri, Meghan Helbick, Anita D'Angelo, Dr. Tina Penhollow, Sarah Rew, Kelley Rhoads; back row: Leslie Cribbs, Peggy Donnelly, Sandy Alexander, and Donna Alexander.

ESHP STUDENT CLUB

Loxahatchee National Park Event

Students of the Exercise Science & Health Promotion Club scheduled a Canoe Trip on February 17, 2012 in Loxahatchee National Park, Jupiter, Florida.



ESHP STUDENT CLUB



On October 30, 2011 FAU hosted the 5th Annual Homecoming 5K run/walk. The race included a partnership with the FAU Center for Autism and Related

Disabilities. One of our graduate assistants, Arielle Gaydosh set up a booth and offered people to sign up for fitness assessments.



ESHP students met FAU President Saunders during the 5K run/walk. Rebecca Hallam, Dr. Saunders, Arielle Gaydosh, Nikolai Goodyear (ESHP Club President).



Top: Brittany Kimmons, Troy Waters, Callie Kolins, Nikolai Goodyear, Jessica Cravens, Danielle Smiley, Sara Thoubboron, Thomas Benso, Cortney Norwood, Rob Wall, Sam Herrera. Bottom: Ezekiel Murphy, Jason Briscoe, Britton Neil, Joe Lazarin.

On December 7, 2011 the ESHP Club hosted a breakfast for our students to start of the finals.



Robert Wall, Joe Lazarin, and Thomas Benso.



Madison Ness, Jessica Cravens, and Meghan Guthrie



Joe Lazarin, Nikolai Goodyear, Dr. Sue Graves, and Thomas Benso.

ESHP STUDENT CLUB

FALL 2011 HOMECOMING 3RD PLACE OFFICE DECORATING

University-Wide:

Grand Prize Winner: Office for Students with Disabilities – Boca Raton Campus

2nd Place: Multicultural Affairs – Boca Raton Campus

3rd Place: Exercise Science & Health Promotion – Boca Raton Campus



Peggy Donnelly and Alexandra Schoenmakers with their 3rd place prize for the Homecoming office decorating.



Our 3rd place prize !

Congratulations to ESHP for winning the 3rd price with the Homecoming office decorating competition during Homecoming week!



Nikolai Goodyear, Robert Wall and Kelly Collins with their decorated golf cart for the homecoming parade.



FAU owl mascot and Alexandra Schoenmakers.



Nikolai Goodyear and Robert Wall posing with the golf cart, which they decorated with the theme "building 50 years traditions at FAU"



Robert Wall and Nikolai Goodyear wearing their owl glasses.



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