

FLORIDA ATLANTIC UNIVERSITY™

EXERCISE SCIENCE AND HEALTH PROMOTION

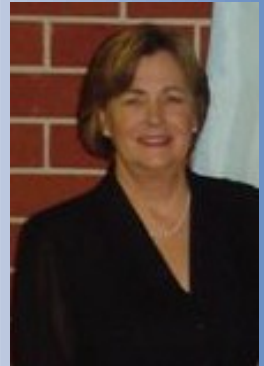
Welcome!

Summer 2011

FAU Exercise Science & Health Promotion current students, alums and faculty are an impressive group of people, and this newsletter attempts to capture a snapshot of a few of them. The newsletter comes out four times a year, and inside its covers, you'll find stories about the lives and accomplishments of fellow students, alumni, faculty, conferences & events and much more. With such an inspiring bunch group of people, *this ESHP Newsletter* is a must-read!

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.



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
COACH IAN PYKA

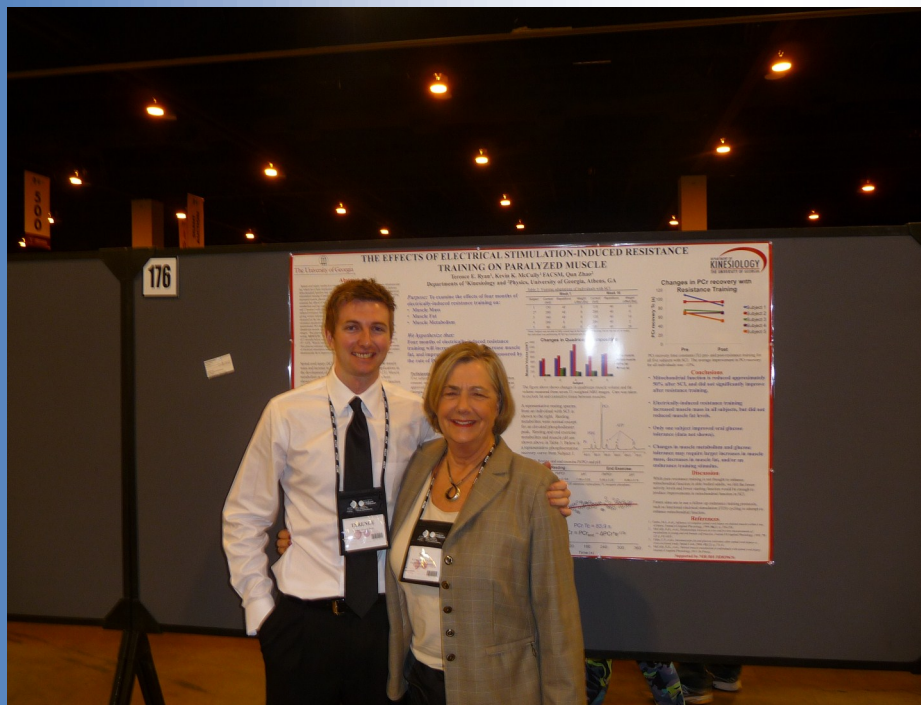


Peggy Donnelly, Department Secretary with Evan Roszkowski, graduate assistant.

American College of Sports Medicine 2011 Conference



Dr. Joel Cramer with three former FAU students, Ashley Walters (finishing her Ph.D. at OU); Jordan Moon, Ph.D., Department Head of Sports & Health at the United States Sports Academy, Daphne, Alabama; Eric Ryan, Ph.D., starting as assistant professor at UNC-Chapel Hill.



Terence Ryan, MS (a former FAU master's student) is attending University of Georgia for his Ph.D. studies. Standing with Dr. Sue Graves before he presents his research from his studies at University of Georgia.

International Society of Sports Nutritionist

8th Annual Conference



Meghan Helbick, Marcus Smalls, Dr. Graves, and Tyane Deal at the International Society of Sports Nutritionists 8th Annual Conference, Las Vegas, Nevada



Meghan Helbick has lunch in Las Vegas prior to the ISSN conference, June 23, 2011.

National Strength & Conditioning Association

2011 Conference & *Exhibition*



Dr. Shoso Suzuki of Sendai, Japan, Dr. Graves (ESHP Chair), Ryoji Abe of Tokyo (NSCA Japan) and Ryan Colquhoun (FAU undergraduate student).



The Nutrition Special Interest Group



Juan Carlos Santana, MS (FAU ESHP) of Institute of Human Performance, Boca Raton, FL

\$600.00 Undergraduate Research Grant

Awarded to ESHP student Mr. David McAlpine

The title is: “The Synergistic Effects of Concurrent Stress on the Inflammatory Response in Healthy Individuals”.

In this project, Mr. McAlpine under the direction of Dr. Chun-Jung Huang, Assistant Professor ESHP, will investigate stress hormone and inflammatory responses to dual stress (physical activity and mental stress) in healthy individuals. Numerous occupations (e.g., firefighting and law enforcement) are often subject to a combination of physical and psychological stress, which is associated with elevated mortality rates for cardiovascular disease. A greater understanding of these responses to stress can assist in finding some strategies (e.g., exercise training) to overcome the inherent psychobiological challenges associated with physically and mentally demanding professions.

Dr. Tina M. Penhollow, Assistant Professor in the ESHP Department has a coauthored presentation accepted 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 Houston, TX - November 2011 entitled: “Sexual Satisfaction in the Context of Hooking-Up.”

Congratulations Spring 2011 Graduates

Pictures of some of our Spring 2011 graduate and undergraduate students that attended the ESHP Graduation Reception!



BSE

Suniel A. Arjun
Kaylynn C. Brown
Brittany P. Goldsmith
Tabitha M. Greene
Melissa K. Johnson
Kelly C. Jones
Cory R. Martin
Corey T. McCann
Ryan M McCullen
Randa M. Oulid-Aissa
Reed D. Phinisey
Austin M. Pingatore
Anu-Jyoti Raman

BSE

Jeffrey S. Robinson
Bradley N. Siegel
Kevin T. Thornton

MS

Justin H. Barr
Brian L. Binkley
Rebecca A. Bueno
Delonyx J. Cortez
Nicole J. Dzubay
Kanathy N. Haney
Stephanie P. Kurti
Richard J. Minichino
Emily C. Parilla
Flavia F. Pereira
Sarah J. Rew
Shirley M. Rojas
Sabrina M. Ugolik

BS

Kenneth R. Morris
Victor V. Nardo
Jonathan P. Sims
Anhnhi Tran



Congratulations Spring 2011 Graduates



KELLEY RHOADS, received the 2010-2011 outstanding Graduate Student award for the Exercise Science and Health Promotion Department . Pictured below with her parents Gary and Cheryl Rhoads.



Internship Summer 2011

Jason Beach	Ultimate Speed, Inc.
Ryan Bono	Institute of Human Performance
Jeff Boulos	Institute of Human Performance
Kerri Croney	FAU Strength & Conditioning
Derek Davis	Davis Therapy Centers
Monique Daw	Memorial Hospital West Fitness Center
Jorge Duque	Bommarito Performance System
Edith Eisencher	Nextra Health & Well-Being
Kelly Feil	YMCA
Ross Gornall	Ultimate Speed, Inc.
Tim Hampton	Polo Club
Francis Kalmus	Boca Raton Community Hospital
Renee Kearney	Boca Raton Community Hospital
Jordan Kessler	Davis Therapy Center
Chris Landry	Memorial Regional Hospital
Amanda Mastorides	Jupiter Medical Center
Alfred Morris	FAU Strength & Conditioning
Victor Noriega	Boca Trauma & Rehabilitation
Nina O'Connor	Chiropractic Center

Internship Summer 2011, cont'd

Venessa Penates	Ultimate Speed, Inc.
Gina Penrosa	Boca Raton Ortho Group
Abril Prado	Jupiter Medical Center
Erica Rivera	Holy Cross Hospital
Joy Rydz	Boca Raton Community Hospital
Alexandria Schubauer	Palm Beach Institute of Sports Medicine
Collins Stemler	Bommarito Performance System
Holly Tom	FAU Today & Beyond
Daniel Van Brocklin	FAU Today & Beyond
Brittany Walker	Holy Cross Hospital
John Ziegler	Davis Therapy Centers

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. The club is supervised by Dr. Tina M. Penhollow as the faculty advisor.

Beginning in Fall 2011, the new ESHP club officers will take their positions: Nikolai Goodyear (President), Jason Briscoe (Vice-President), Brandon Anderson (Treasurer), and Caitlyn Rogers (Secretary). They are very excited to announce that they have a Facebook page up and running. Please search for "FAU Exercise Science and Health Promotion Club" or click this direct link: <http://www.facebook.com/pages/FAU-Exercise-Science-and-Health-Promotion-Club/121243954627343> and "Like" us! The club will be inactive for the duration of the summer but they have lots of fun events planned for next year! If you have any questions or suggestions for events/activities, feel free to e-mail Nikolai at ngoodyea@fau.edu.



ESHP Alumni News



NIKKI DZUBAY named head coach of the new Hillsdale College women's tennis program.

Nikki , is a recent graduate of ESHP at Florida Atlantic University, where she earned her master's degree in exercise physiology, Spring 2011.

During her playing career at Dayton, Dzubay emerged as one of the program's top players, while compiling an impressive list of off-the-court accomplishments. She was a starting singles player during her career, and became part of the No. 1 doubles team while being chosen as team captain as a senior. In 2007, her team earned the Intercollegiate Tennis Association's Team Sportsmanship Award, and Dzubay was named to the Atlantic 10 Conference Academic Honor Roll in each of her four seasons with the Flyers. She also handled various practice, travel and strength and conditioning responsibilities with the team while she was a player. As a senior in 2008-09, she was named her team's most valuable player, and received the Rev. Charles L. Collins S.M. Award of Excellence, for her outstanding citizenship in 2008-09.

Carrying those kinds of responsibilities served her well at her next stop at FAU, where she made the smooth transition to assistant coach for the Owls. She emphasized technique, strategy and mental toughness in her role as assistant coach, and was at her best when helping her players win closely fought matches. She was also an active recruiter for the FAU Owls, and played a big part in organizing team activities, travel plans and honing its strength and conditioning program.

Dzubay's skill and experience with strength and conditioning instruction led her to fill the coach's role for the United States Tennis Association Player Development, based in Boca Raton, Florida. She helped develop tennis-specific drills for highly skilled players, to use both on the court and in the weight room.

MATT STOCK, PhD, won the 2011 top OU doctoral research award.



Matt is a doctoral candidate in the Department of Health and Exercise Science at the University of Oklahoma under the mentorship of Dr. Travis Beck. Matt earned an M.S. in Exercise Physiology from the University of Nevada, Las Vegas in 2008 and a B.S. in Exercise Science and Health Promotion from Florida Atlantic University in 2006. Matt has been a certified member of the National Strength and Conditioning Association (CSCS,*D) since 2005. Prior to his time at OU, Matt worked as a strength and conditioning coach in both Florida and Nevada. His main research interests include evaluation of muscle function using electromyography and mechanomyography.

ESHP Alumni News



ERIK BEISER - Strength and Conditioning Coach

A Port St. Lucie native, Beiser is happy to join the Miracle for his first season in 2011. Erik is a graduate of Florida Atlantic University in Boca Raton, Florida, and this past spring received his Master's Degree in Kinesiology with an emphasis in sports performance from Louisiana Tech University. Beiser previously served as the Strength and Conditioning Coach for the Twins' short-season rookie affiliate in Elizabethton, Tennessee in 2010, and the St. Louis Cardinals rookie level Gulf Coast League team in 2009.



STEVEN ORRIS - Head Strength and Conditioning Coach

Steven is currently the new Head Strength and Conditioning Coach for the Sharks at Nova Southeastern University, effective June 13, 2011. He was formerly a Strength and Conditioning Coordinator at the University of Florida.

Steven is a 2000 graduate of Florida Atlantic University with a bachelor's degree in Exercise Science, he earned a master's degree in Health Education from Hofstra University in 2003.



KORI KIRSHNER, who received a M.S. degree in Exercise Science and Health Promotion from Florida Atlantic University, is training Disney World Characters.

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, Ph.D., is starting as assistant professor at UNC-Chapel Hill. He has received his Ph.D. from the Exercise Physiology department at the University of Oklahoma under the mentorship of Dr. Joel Cramer. He has 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.



DANNY CARSON, MS, CSCS, has accepted a position with NIKE in their Sport Research Lab at their world headquarters in Beaverton, OR starting August 1, 2011. Danny recently was a Biomechanist in the Sports Medicine Biodynamics Center Human Performance Laboratory at Cincinnati Children's Hospital Medical Center, Sports Medicine Biodynamics Center.

Danny received his Master's Degree in Exercise Science with a concentration in Biomechanics / Sports Medicine at the University of Tennessee in 2009. Prior to his graduate degree, Danny earned a Bachelor of Science Degree at Florida Atlantic University in Exercise Science and Health Promotion.

Danny's research interests include mechanisms of musculoskeletal injuries, the role of athletic equipment in the prevention of sports injuries, and performance enhancement in sports

Summer 2011 ESHP Graduate Assistants



back row: Steve Olson, Tyane Deal, Meghan Helbick, Leslie Cribbs, Krista Richardson, Michelle Rich, Kelley Rhoads, Leo Rodriquez, Laura Canteri, Brad Shiflet, Nicole Charlock, Arielle Gaydosh, Chelsea Mundy, . Front row: Evan Roszkowski, Pierre Boisrond, Dr. Sue Graves. Not pictured: Brandon Anderson