

Fall, 2014

Volume 4, Issue 3

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.



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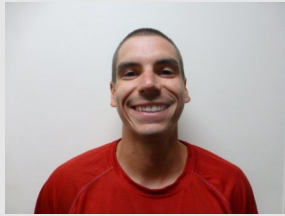
Elise Eifert will graduate in December from the University of North Carolina at Greensboro with a Ph.D. in Public Health Education and Post-Baccalaureate Certificate in Gerontology. She is defending her dissertation, "Measuring Caregiver Identity: Scale Development and Validation", at the end of September. 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.



Graduate Assistants, Fall 2014



Jenna Albert
Cumming, Georgia
BS, University of Georgia



Eric Capell
Black Mountain, North Carolina
BS, Appalachian State University



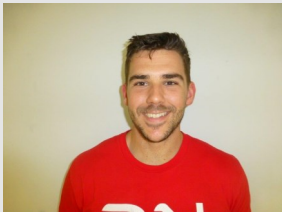
Grace Clifford
Auburn, New York
BS, Coastal Carolina University



Erin Connolly
Sugar Land, Texas
BS, Florida Atlantic University



Corina Navarro
Hollywood, Florida
BS, Florida Atlantic University



Chad Dolan
Myrtle Beach, South Carolina
BS, Florida Atlantic University



Nick Farley
Miramar, Florida
BS, University of Florida



Nick Gounaris
Philadelphia, Pennsylvania
BS, Lock Haven University



Tony Krahwinkel
Harpursville, New York
BS, Ithaca College



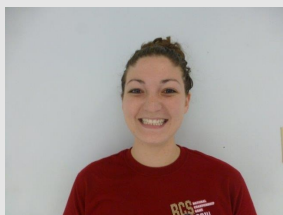
Manuela Loebig
Neuquen, Argentina
BS, Florida Atlantic University



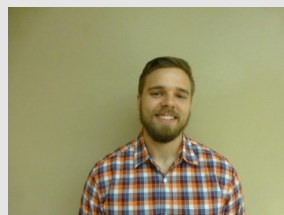
Evan Malone
Denver, Colorado
BS, University of Denver



Arun Maharaj
Coral Spings, Florida
BS, Florida Atlantic University



Kristin Mendez
Orlando, Florida
BS, Florida State University



Justin Quiles
Lake Grove, New York
BS, Florida State University



Kirk Roberson
Williamston, North Carolina
East Carolina University



Megan Rohrbaugh
Harrisburg, Pennsylvania
BS, University of Central Florida



Paul Roller
Shenandoah, Pennsylvania
BS, East Stroudsburg University



Ryan Roman
Hollywood, Florida
BS, Florida Atlantic University



Shannon Woehler
Fort Lauderdale, Florida
BS, Florida State University



Ashley Zajdel
Muskego, Wisconsin
BS, University of Wisconsin, La Crosse

Alumni Update



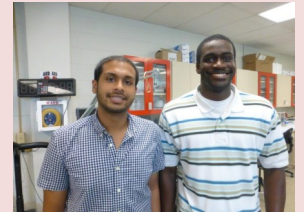
Alex Klemp, MS, 2014, demonstrating how to perform an ultrasound for his thesis data collection. Alex is currently attending Florida State University in pursuit of his Ph.D.

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.

Arun Marahaj, current ESHP MS student, and **Marcus Smalls**, MS 2007, in the ESHP biochemistry lab. Marcus came by to visit our labs, since he had not been on campus since he graduated. Thanks for stopping by Marcus!



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.



Flavia (Pereira) Melo, MS, 2011, and her husband, Andre, had her first son, Leo, in February. They reside in Deerfield Beach, Florida. Flavia is the founder and CEO at FoodOozle.

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.

Alumni Update



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 Physician 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' Finnvoid, 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.

Student Involvement

Graduate Students



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



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



Practicum Graduate Assistant, Nick Farley, Anita D'Angelo, ESHP Instructor, and Graduate Assistant, Ashley Zajdel.



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



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

Student Involvement

Undergraduate Students



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



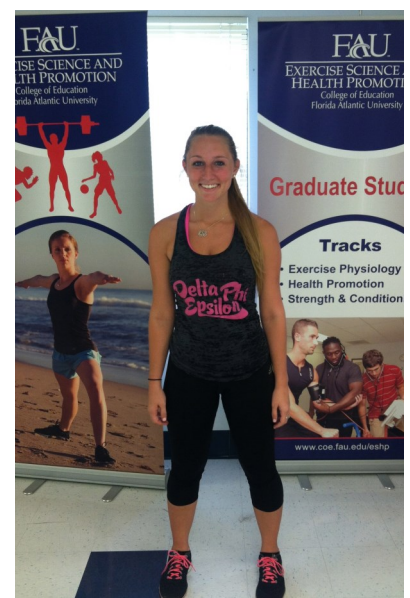
Practicum Students, Troy Waters, Mr. Boerum (instructor), Ashley Weidner, Vickie Wong, Brian Williams, Noelle Vosthouris, and Silvio Zarate in the Human Performance Lab.



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.

Faculty News and Publications

Penhollow, T., Hall, M., Rhoads, K., & Young, M. (November, 2014). Does sexting predict sexual risk taking behavior? American Public Health Association (APHA). New Orleans, Louisiana. Accepted for presentation.

Zourdos, Michael C., Sanchez-Gonzalez, Marcos, and Sara E. Mahoney. A Brief Review: The Implications of Iron Supplementation for Marathon Runners on Health and Performance. *Journal of Strength and Conditioning Research. epub ahead of print.*

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



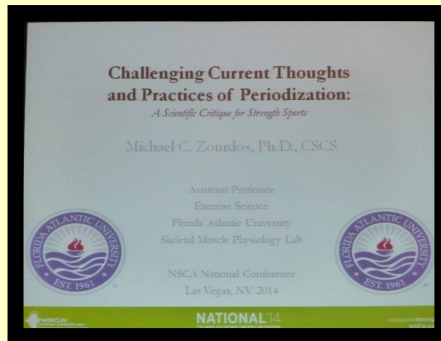
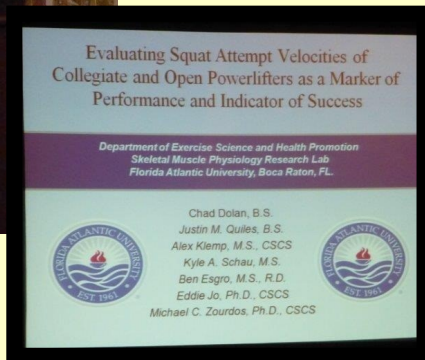
Denise Merrill is the most recent addition to our department, as our new secretary. In fact, September 15th was her official start day. She will be working with Peggy Donnelly to keep our department running smoothly. Originally, she is from Long Island, New York. She received her BA from the University 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!

National Strength and Conditioning Association

National Meeting, Las Vegas, Nevada, July 9-12, 2014



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.

Breast cancer awareness walk

MAKING STRIDES OF SOUTH PALM BEACH

When: October 25th — 8:30AM @ MIZNER PARK
AMPETHEATER

ESHP CLUB EVENT!!!



Objective:

- As you know, the ESHP major that supports health and wellness, this is a perfect opportunity to raise awareness and gain exposure.
- WE CAN HELP OUT AND HAVE FUN AS WELL
- Come support anyone whom you know that is struggling

Any question: Let us know!

PRESIDENT: Antoine Robinson,
arobin53@fau.edu

VICE PRESIDENT: Gustavo Felipe,
gfelipe2014@fau.edu

SECRETARY: Jasmine Delva
jdelva6@fau.edu

FLORIDA ATLANTIC UNIVERSITY™

EXERCISE SCIENCE AND HEALTH PROMOTION

INTERNSHIPS, FALL 2014

Martelli, Jonathan	Adolph & Rose Levis Jewish Com Ctr.	Betancur, Catherine	Holy Cross Hospital
Catano, Andrea	Advanced Healthcare	de Vaal, Stephanie	Holy Cross Hospital
Nyhart, Nicole	Advanced Healthcare	Fico, Brandon	Holy Cross Hospital
Fleck, Samantha	Boca Raton Orthopedic Group	Isaac, Vladimir	Holy Cross Hospital
Lukacina, Christopher	Boca Raton Orthopedic Group	Seignon, Cleopatra	Holy Cross Hospital
Melim, Stephanie	Boca Raton Regional Hospital	Bromley, Brandon	Miami Project to Cure Paralysis
Paz, Valeria	Boca Raton Regional Hospital	Murphy, Brittany	Midtown Athletic Club
Petit-Jeune, Jose	Boca Raton Regional Hospital	Espinosa, Erick	Nova Southeastern
Price, Ryan	Boca Raton Regional Hospital	Frapart, Alex	Nova Southeastern
Raghoonanan, Sharlene	Boca Raton Regional Hospital	Suarez, Jessica	Orthopedic Surgery Associates
Shah, Alioshka	Boca Raton Regional Hospital	Beagle, Joshua	Palm Beach Institute of Sports Medicine
Smith, Lucas	Bommarito Performance Systems	Villamanan, Maila	Palm Beach Institute of Sports Medicine
Toland, Brittany	Bommarito Performance Systems	Daley, Albert	Plantation Medical Rehab and Wellness
Lilavois Jr., Guy-Marcel	Broward Health & Wellness	Heier, Liane	Plantation Medical Rehab and Wellness
Maskal, Jake	Broward Health & Wellness	Doney, Kimberly	Therapeutic Recreation
Cervantes, Giovanni	Central Palm Medical Group	Delva, Stephanie	Tropical Chiropractic and Wellness
East, Merisha	Covenant Village of Florida	Vassel, Renee	Tropical Chiropractic and Wellness
Auguste, Nadia	David Posnack Jewish Community Ctr.	Carpzo, Jose	Weston Medical Rehab
Escalante, Efrain	Davis Therapy Center	Uritis, Casey	Yampa Valley Med Center
Boudlal, Jordan	FAU ESHP Biochemistry Lab	Carnegie, Heather	YMCA Boca Raton
Mize, Nicholas	FAU ESHP Strength & Muscle Lab	Leonard, Patrick	YMCA Boca Raton
Weinberg, Sam	FAU Strength & Conditioning	Stoll, Joshua	YMCA Boca Raton
Young, Kaitlyn	Golden Orthopedic		

Graduation, Summer 2014

Undergraduate

Campbell, Anthony V.	BS
Cummings, Shannon M.	BS
Dalla Costa, Amber A.	BS
DeSalvo, Jessica M.	BS
Dominguez, Christopher A.	BS
Escobar, Diego A.	BS
Francois, Cledonat	BS
Gerbrandt, Sasha K.	BS
Gore, Elena D.	BS
Gyorfi, Thomas C.	BS
Jean-Guillaume, Khristee	BS
Kelly, Danielle S.	BS
Kramer, Nicole E.	BS
Kushnick, Alyson T.	BS
Mensale, Nicholas J.	BS
Parry, Sharonda S.	BS
Quintana, Maurissa A.	BS
Robinson, Tiara M.	BS
Smiley, Cara M.	BS
Urtula, Alyssa M.	BS
Valdez, Maria D.	BS
Wagner, Nicole D.	BS
Wilson, Alan R.	BS
Abram, Richard E.	BSE
Alper, David I.	BSE
Angulo, Angela R.	BSE
Au-Yeung, Andrea	BSE
Bernier, Ashley R.	BSE
Brissett, Shantelle K.	BSE
Burns, Nancy E.	BSE

Butz, Ryan H.	BSE	Rubel, Kyle C.	BSE
Charles, Elson	BSE	Russell, Sarah A.	BSE
Cicchino, Angela M.	BSE	Santiago-Perez, Valentino	BSE
Close, Daniel I.	BSE	Seiden, Andrew I.	BSE
Corrar, John A.	BSE	Shannon, John R.	BSE
David, Courtney J.	BSE	Sheets, Kyle W.	BSE
DeLong, Brooke A.	BSE	Sierra, Alexis	BSE
Dillon, Denise A.	BSE	Spack, Kathryn E.	BSE
Dunham, Daniel M.	BSE	Stallone, Joanna M.	BSE
Duong, Duy D.	BSE	Straub, Samuel R.	BSE
Ebanks, Brandon N.	BSE	Trabulci, Joao Pedro S.	BSE
Franklin, Ashni S.	BSE	Urrego, Michael	BSE
Gilbert, Kelly A.	BSE	Walsh, Louis J.	BSE
Gomes, Luana D.	BSE	Yavarone, Charlotte A.	BSE
Gonzalez Del Valle, J.	BSE		
Gonzalez, Michael J.	BSE		
Isaacs, Michelle A.	BSE		
Lormejuste, Odnerse	BSE		
Markels, Daniel S.	BSE		
Nesic, Martin	BSE		
Pierce, Melissa E.	BSE		
Purrier, Tamara R.	BSE		
Rivera, Gabriel A.	BSE		

Graduate

Crimmins, John L.	MS
Duguay, Christopher M.	MS
Edwards, Jared L.	MS
Hoare, Jared M.	MS
Klemp, Alex O.	MS
Mock, James T.	MS
Slusher, Aaron L.	MS
Song, Jae Hwan	MS



Alex Klemp, John Crimmins, Dr. Sue Graves, Dr. Chung-Jung Huang, Dr. Don Torok, Dr. Robert Zoeller, Dr. Valerie Bristol, 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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E-mail: cboerum@fau.edu

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Phone: 561-297-1023
E-mail: Lcribbs1@fau.edu

Anita D'Angelo
Instructor
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Peggy Donnelly
Senior Secretary
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"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."