

Florida Atlantic University Exercise Science and Health Promotion

Newsletter · Spring 2016 · Volume 6, Issue 1

Dr. Michael Whitehurst



Welcome from the Department Chair

The department just underwent an internal/external review carried out by representatives from FAU and the University of Memphis. Preliminarily and given the skyrocketing growth of the undergraduate program (> 1200 students), we expect the review team to validate the department's need for space and staff. To that end, we are happy to report that FAU President, John Kelly, has agreed to house ESHP in the new Athletic/Academic Complex (ground breaking not yet announced). The department will have approximately 15,000 square feet of office and laboratory space as well as classroom/auditoriums in the new facility.

In terms of scholarship, ESHP Faculty have had another exceptional year. Collectively, we have published more than 25 research studies in noted scientific journals. Importantly, while faculty, who are active researchers tend to deliver current and cogent lectures, their research frequently attracts students who are interested in the "scientific method". Specifically, we have more than a dozen under/graduate students currently involved in faculty-sponsored research studies with several of these studies active collaborations with faculty from the Colleges of Medicine, Science, Nursing and Engineering.

In closing, I would like to wish all our upcoming spring graduates continued success and congratulations. Please contact me, if you are on campus or have questions concerning our programs. We do want to keep in touch, not only with our current students, but with our alumni.

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Research "Fish" Lab

The fish lab focuses on testing various exercise protocols and has the ability to record metabolic activity at rest (basal metabolism) as well as during exercise. All of this is achieved through the use of a Brett-type swimming tunnel (Loligo Systems Inc., Denmark), which has the capability to simulate an open, closed, or a flow-through respiratory system. Along with performance measurements, biochemical evaluation can be observed through the use of histology in addition to blood analysis to draw unique correlations between exercise procedures and physiological changes that occur within fish.

Currently, the lab is being utilized to evaluate the effect of two exercise protocols on heart muscle in native common Koi fish (*Cyprinus Carpio*). Specifically, one exercise protocol is characterized by bouts of chronic excessive endurance exercise (CEEE), while another method known as high intensity interval exercise (HIIE) requires sessions of intermittent work-rest intervals. In short, the purpose of this study will be to compare the effects of training methods (CEEE vs. HIIE) on cardiac muscle via histology and the measurement of circulating bio-markers (e.g., troponin and CK-MB) in Koi. This study is still in the piloting phase and will be fully executed in the summer of 2016.



Graduate Assistants, Spring 2016



(Back row): Chris Latimer, Danielle Aromashodu, Adam Sayih, Peter Ferrandi, Jake Goldsmith, Mike Haischer, Andrew Rothermel, Bobby Varieur, Dan Cooke, and Kristin Mendez.

(Front row): Arun Maharaj, Grace Thompson, Carolyn Dias-Karch, and Lauren Smith.

Former Students Working On M.S. Degrees

Brandon Fico, BS, 2015, Florida Atlantic University

Danielle Aromashodu, BS 2014, Florida Atlantic University

Arun Maharaj, BS 2014, Florida Atlantic University

Diana Pardo, BS 2013, University of Florida

Noah Tennebaum, BSE 2013, University of Florida

New Graduate Assistants, Spring 2016



Ryan Byrnes, BSE
Exercise Science & Health Promotion
Florida Atlantic University
rbyrnes2012@fau.edu
First Aid & CPR



Tasha Harper, BS
Cheasapeake, Virginia
Molecular Biology/Technology
Palm Beach Atlantic University
lharper2015@fau.edu
First Aid & CPR



Mike Haischer, BS
Grafton, Wisconsin
Exercise Physiology
Marquette University
Mhaischer2015@fau.edu
Health Fitness for Life



Peter Ferrandi, BS
Boston, Massachusetts
Economics
Florida Atlantic University
pferran1@fau.edu
Research—Labs



Bobby Varieur, BS
Theills, New York
Mechanical Engineering, Manhattan College
Rvarieur2015@fau.edu
First Aid & CPR

Alumni News



Nicole Rosemond

(M.S. '14)

Founder and executive director, All Things New Wellness Concepts.

Manuela Loebig

(M.S. '14)

Now working as a Health Coach for Blue Cross and Blue Shield of Western New York at their Sacramento, California site.



Chaynea Fox-Sampson

(B.S.E. '10)

"I am very excited to inform you that I have a NEW HOME at Keiser University in Fort Lauderdale, FL. In my new role as Community Relations Coordinator, I have the privilege of speaking to high school students about their transition out of high school and furthering their education, as well as representing Keiser University in our local community."

Other News



Dr. Zourdos' son,
Zachary, was born
November 8, 2015.

Former Students Working On PhDs

Rocky Blanco, M.S. 2015: University of Wisconsin

Chad Dolan, M.S. 2015: University of Houston

Justin Quiles, M.S. 2015: University of Alabama, Birmingham

Kirk Roberson, M.S. 2015: University of Miami

Thomas Mock, M.S. 2014: University of North Texas Health Science Center

Alex Klemp, M.S. 2014: Florida State University

Aaron Slusher, M.S. 2014: Virginia Commonwealth

Sam Buckner, M.S. 2013: University of Mississippi

Ryan Colquhoun, B.S.E. 2013: Oklahoma State University

Keith Brazendale, M.S. 2013: University of South Carolina

Kelley Rhoads, M.S. 2012: University of Arkansas

Stephanie Kurti, M.S. 2011: Kansas State University

Adam Berrones, M.S. 2010: University of Kentucky

Exercise Science and Health Promotion

Graduate Students



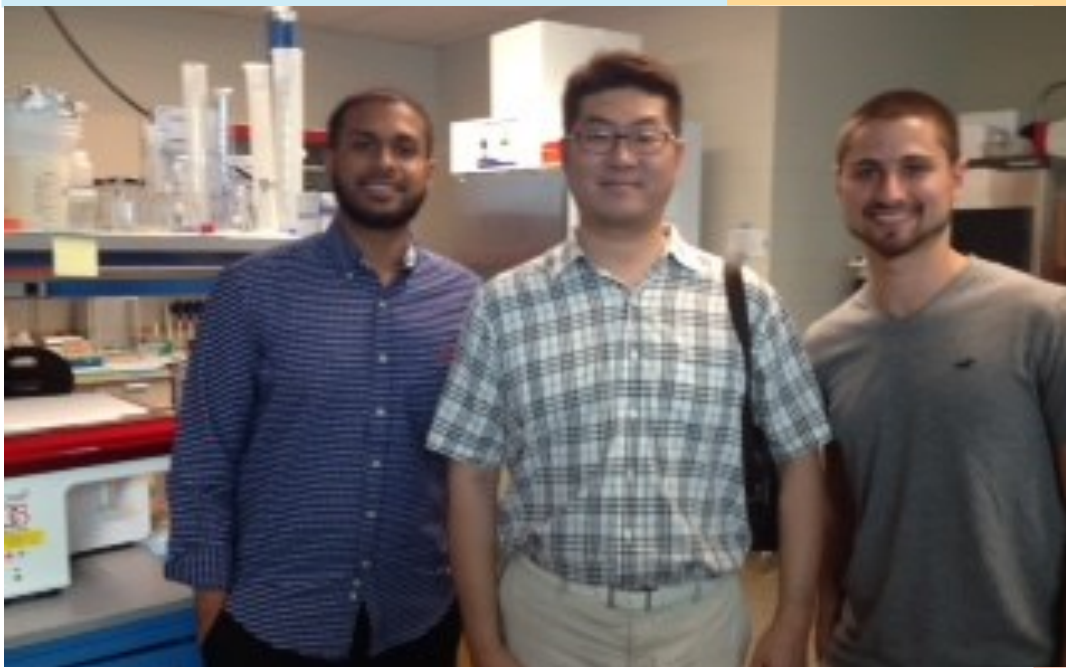
Dr. Joon Sung Park, Silla University of South Korea, and Jake Goldsmith.



Graduate assistants striking a pose with a couple of skeletons after photo shoot.

(Standing): Left to right– Bobby Varieur, Jon Dobson, Andrew Rothermel, and Dan Cooke.

(Kneeling): Left to right—Danielle Aromashodu and Carolyn Dias-Karch.



Arun Maharaj, Dr. Park, and Brandon Fico.

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Undergraduate Students



PET 4404 class presentations, Fall 2015. From left to right: Giuseppe Barioli, Nicole Jamison, Justin Lee, and Abigail Jean-Claude.



Practicum Fall 2015. From left to right: Larry Striker, Marsha Dixon, and Bonnie Striker.



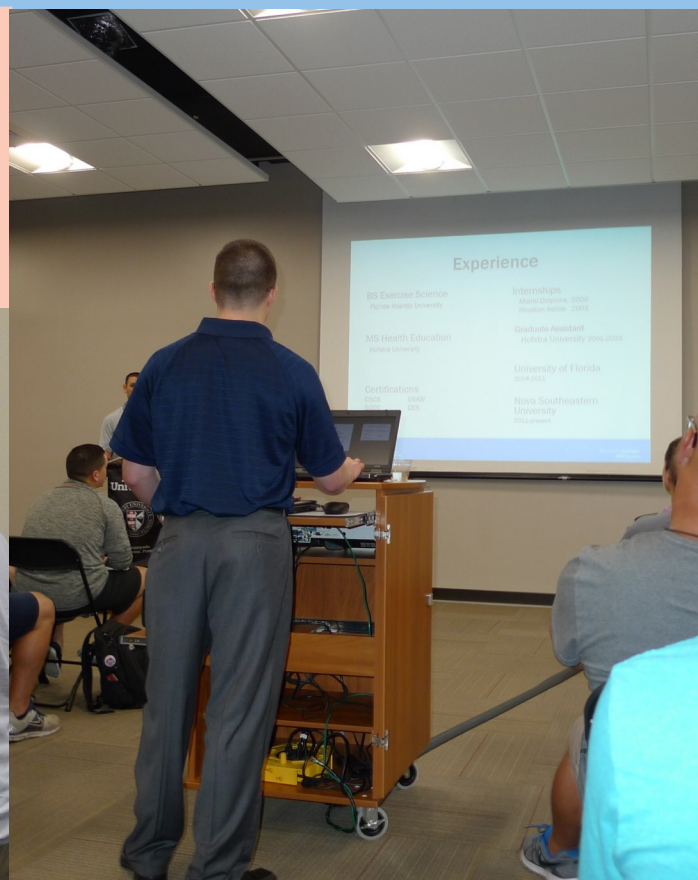
PET 4404 class presentations, 2015. From left to right: Kevin Mahecha, Jon Gosling, Elizabeth Blair, Stanese Layne, and Krista Ali.



National Strength & Condition Association Clinic

Florida Regional Meeting • North Miami, Florida • September 26, 2015

Former B.S.E. student, Steve Orris, CSCS, Head Strength Coach, Nova Southeastern University, speaking about Sports Nutrition for the College Athlete.



Undergraduate students discussing various self-test techniques during the clinic.



Students performing self-test exercises at NSCA clinic.

(Left to right): Danielle Aromashodu, Luis Espinoza, Dan Cooke, and Dulce Segales.

Exercise Science and Health Promotion

Club Information



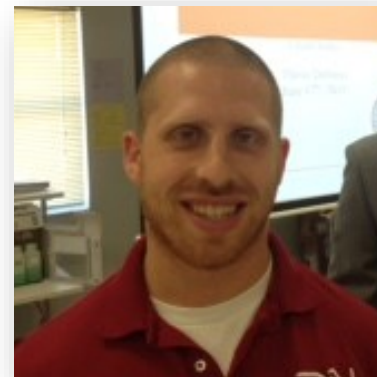
Gustavo Filipe

President



Quo-Hung Tran

Treasurer



Dr. Michael Zourdos

Advisor



Rachel Wetzel

Secretary



Carolyn Karch

Vice President

Upcoming Meetings

2nd Meeting: March 1st @ 9:30 - 10:30am (Speaker TBA/Tentative)

3rd Meeting: April 5th @ 9:30 - 10:30am (Speaker TBA/Tentative)

4th Meeting: April 12th @ 9:30 - 10:30am (Speaker TBA/Tentative)

Upcoming Events

1st Event: February 23rd - Team builder Ropes Course

2nd Event: March 22nd - CSCS informational; Presented by Graduate Assistants

March - Month of elections; 2017 officers will be chosen at 2nd event

3rd Event: April 2nd - Surfers for Autism (Saturday)

FACULTY NEWS AND PUBLICATIONS



(Back row): Dr. Chun-Jung Huang, Chris Boerum, Dr. Robert Zoeller, Dr. Michael Whitehurst, Jared Hoare. (Front row): Michelle Papania, Dr. Tina Penhollow, College of Education Dean Valerie Bristol, Dr. Sue Graves,, Dr. Michael Hall, Anita D'Angelo-Herold.

Publications and Presentations

- Eifert, E.K, Adams, R., Morrison, S., & Strack, R. (2016). Emerging Trends in Family Caregiving Using the Life Course Perspective: Preparing Health Educators for an Aging Society. *American Journal of Health Education*, 47(3), TBD.
- Gomes, R.V., Cunha, V., **Zourdos**, M.C., Aoki, M.S., Moreira, A., Fernandez-Fernandez, J. and Capitani, C.D. Physiological and perceptual responses of young tennis players during various drills. *The Journal of Strength and Conditioning. Research*. [Epub Ahead of Print] 2015.
- Hall, M.**, Bergman, R., Williams, R., **Penhollow, T.**, Rhoads, K., Hunt, B. (2016, March). Role of Perceived Discrimination and Mental Stress in Highly Ethnically Identified Individuals. Poster presented at the national meeting of the Society for Public Health Education. Charlotte, NC.
- Helms, E.R., Storey, A.G., Cronin, J., and **Zourdos**, M.C. Prescribing strength training using a rating of perceived exertion scale based on repetitions in reserve. *Strength and Conditioning Journal*. [Accepted]. 2015.
- Maharaj, A.**, Slusher, A.L., **Zourdos, M.C.**, **Whitehurst, M.**, **Fico, B.G.**, and **Huang, C-J.** Association of Calprotectin with Leukocyte Chemotactic and Inflammatory Mediators Following Acute Aerobic Exercise. *Applied Physiology, Nutrition, and Metabolism*. [Accepted]. 2015.
- Murphy, C.T., Tidwell, D.K., **Hall, M.E.**, Williams, R.D., Briley, C.A., Hunt, B.P. (Accepted Nov 2015). Exploring a Healthy Living Variable using Theory of Planned Behavior, Health Behavior and Policy Review.
- Zourdos**, M.C., Dolan, C., Quiles, J.M., Klemp, A., Jo, E., Loenneke, J.P., Blanco, R., **Whitehurst, M.** Efficacy of daily 1RM training in well-trained powerlifters and weightlifters: Individual case studies. *Nutricion Hospitalaria*. [Accepted]. 2015.
- Zourdos**, M.C., Jo, E., Khamoui, A.V., Lee, S-R., Park, B-S., Ormsbee, M.J., Panton, L.B., Contreras, R.J., and Kim, J-S. Modified daily undulating periodization model produces greater performance than a traditional configuration in powerlifters. *The Journal of Strength and Conditioning. Research*. [Epub Ahead of Print] 2015.
- Zourdos, M.C.**, Klemp, A., Dolan, C., Quiles, J.M., Schau, K.A., Jo, E. Helms, E., Esgro, B., Garcia Merino, S., Blanco, R. Novel Resistance training-specific RPE scale measuring repetitions in reserve. (2016). *The Journal of Strength and Conditioning Research*. 30(1):267-275.

INTERNSHIPS, SPRING 2016

Tepper, Libby	Alliance Health & Injury Center
Miranda, Nayara	Advanced Healthcare
Sturgies, Sharae	American Lung Association
Francois, Ketly	Boca Babes OBGYN
Williams, Allison	Boca Babes OBGYN
Carrillo, Alexander	Boca Raton Orthopedic Group
Jamison, Nicole	Boca Raton Orthopedic Group
Silverman, Christine	Boca Raton Orthopedic Group
Gaviria, Pamela	Boca Trauma & Rehabilitation
Greenough, Christian	Boca Trauma & Rehabilitation
Mazzurco, Maria	Boca Trauma & Rehabilitation
Whitlatch, Jenna	Boca Raton Regional Hospital
Taylor, Barrissa	Boca Raton, Regional Hospital
Felipe, Gustavo	Bommarito Performance Systems
Hoff, Christopher	Central Palm Medical Group

Pascual, Habelardo	Central Palm Medical Group
Harrah, Lauren	Central Palm Medical Group
Barioli, Giuseppi	City of Coconut Creek Parks & Rec
Hoffman, Dana	City of Coconut Creek Parks & Rec
Delima, Luisa	CORA Health Rehabilitation
Moghadam, Mina	CORA Health Rehabilitation
Zaccardo, Tiffany	CORA Health Rehabilitation
Abad, Oday	Davis Therapy Center
Argott, Michael	Davis Therapy Center
Casey, Kathlene	Davis Therapy Center
Cecere, Paul	Davis Therapy Center
Parker, Nichole	Equinox
Bell, Michaela	FAU Athletic Training
Galinis, Andrea	FAU FAU Athletic Training
Taquanda Clark	FAU Campus Recreation
Larson, Peter	FAU Campus Recreation
Malfetti, Tianna	FAU Campus Recreation
Pena, Gabriel	FAU ESHP Dept, Dr. Whitehurst



FAU interns, Fall 2015, Elvy Buitrago, Anett Kovacs, Amber Briggs, and Paige Phillips at Boca Trauma & Rehab, with Dr. Fischer (bottom of photo).

Internships, Spring 2016

Brinkman, Claire	FAU ESHP Dept, Dr. Whitehurst
Paez, Hector	FAU ESHP Dept, Dr. Whitehurst
Dodge, Katie	FAU ESHP Dept, Dr. Huang
Emslie, Claire	FAU Women's Soccer
Bangley, Geoffrey	FAU Strength & Conditioning
Nieves Jr., Albert	FAU Strength Lab
Velazquez, Jose	FAU Strength Lab
Perlmutter, Jared	FAU Strength Lab
Nieves, Kimberly	FPL
Harrington, Kyle	Holy Cross Hospital
Uhl, Miranda	Holy Cross Hospital
Kelaher, Connor	Holy Cross Hospital Rio Vista
Dixon, Marsha	John Knox Village
Veta-Ball, Amber	Jupiter Medical Center
Lindsay, Mallory	Jupiter Medical Center Outpatient
Alarcon, Karina	Impact Sports Performance
Robinson, Brianna	Impact Sports Performance
Rowe, Steven	Impact Sports Performance
Humphrey, Morgan	Impact Sports Performance
Luvison, Chad	Impact Sports Performance

Thune, Kelly	Levis JCC
Chase, Stephen	Memorial Healthcare System
Entwistle, Kelly	Memorial Healthcare System
Jean-Claude, Abigail	Memorial Healthcare System
Martinez, Iveliz	Memorial Healthcare System
Bailey, Brooke	Miami Project to Cure Paralysis
Jean, Chelsea	Orthopedic Surgery Associates
Paradizo, Pierina	Palm Beach County School Board
Simon, Giovannia	Palm Beach County School Board
Wright, Shemeika	Palm Beach County School Board
Nasser, Ibrahim	Plantation Medical Rehab & Wellness
Wisekal, Aleksandra	Premier Therapy Solutions
Burke, Kayla	Sports Ortho LLC
Wetzel, Rachel	Tropical Chiropractic and Wellness
Santoriello, Anthony	University of Miami
Renelique, Barbara	Weston Rehab & Wellness
Derbenov, Denis	YMCA Boca Raton
Villegas, Alejandra	YMCA Boynton Beach
Hunt, Kathryn	YMCA Jacksonville



Graduation, Fall 2015



Graduate Program

Master of Science

Nicholas A. Farley
Todd Lynn Hart
Seth Aaron Nack
Meghan Rae Rohrbaugh
Ryan C. Roman
Jasmine D'Naye Stephens
Kevin Vernet
Shannon Eve Woehler
Ashley Marie Zajdel

Stephanie Ann Mayo

Gabriella Mena

Andrea Mora

Anthony Orellana

Lais Pereira Papa

Katherine E. Parry

Amber Lynn Patteson

Pedro Andres Penaherrera

Joseph Moss Peterson Jr.

Paige Leigh Phillips

Noella Megho Puwol

Daryl Katherine Weiss

John Tyler Gosling

Philip Christopher Guyett

Ellena Marisol Hidalgo

Jesse Lee Hoek

Heather Jonelle Huntemann

Michael A. Ibanez

Byron Arthur Knight

Cybille Laurie Lassegue

Stanese A. Layne

Guy Levy

Eric Jordan Marcus

Nicole Leora Marino

Jaime Martinez

Joanna Maya

Cara Maria Milo

Bukky Abidemi Oni

Jennifer Oura Machuta

Kyle Reid

Jimese Nicole Smith

David A. Stauber

Bret M. Sullivan

Michael Tore

Michael Anthony Vidal

Brandon Jerrell Vixamar

Nicole Marie Wasser

Ramon Rameish Whittaker

Alexander Zhitnitsky

Undergraduate Program

Bachelor of Science

Shawn Wayne Abbott
Eivy Tatiana Buitrago
Jannelys Cruz
Alexandra Georgiadis
Kevin Gihon
Gina Marie Godinez
Barrington Samuel Henry Jr.
Roxana Horti Holst
Darren Richard Honeycutt
Emmanuella R. Isaac
Anett Kovacs
Alexandra Elizabeth Lehner
Kevin Javier Mahecha
Steven Maxwell Markelon

Bachelor of Science in Education

Michael J. Anderson
Alen Artun Arslanyan
Dema Raed Awad
Shequia Tamara Banks
Amber K. Briggs
Ryan Killian Byrnes
Pablo F. Caicedo
Samantha Leigh Cantwell
Eric Michael Cardoza
Lauren Elizabeth Clement
Taylor Rae Dash
Jasmine Delva
Danielle Rebecca Dunstan
BriAnna D. Friedrich
Michael Louis Garcia

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E-mail: merrilld@fau.edu

Dr. Tina Penhollow
Associate Professor
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Ian Pyka, Instructor
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E-mail: ipyka@fau.edu

Marie Wells, Lab Manager
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E-mail: mwells7@fau.edu

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Department Chair
Professor
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Dr. Robert Zoeller
Professor
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Dr. Michael Zourdos
Assistant Professor
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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."