

Florida Atlantic University Exercise Science and Health Promotion

Newsletter • Spring 2015 • Volume 6, Issue 1

Dr. Michael Whitehurst



WELCOME From the Interim Department Chair

The department has had a great start to the spring semester. Our faculty has several ongoing research projects. Four master's students are in the process of either starting their data collection or almost ready to defend their thesis. We do have many undergraduate students actively involved in research, too.

In December, our faculty met with the FAU President and Provost in regards to our continuing growth and need for additional space. We considered this meeting a great success in showcasing the department.

Many of our faculty are attending and presenting at several conferences soon, such as Southeast American College of Sports Medicine, American College of Sports Medicine, and the National Strength and Conditioning Association. We are also continuing our search for a new department chair.

I want to wish success and congratulations to our spring graduates. I personally know all of the undergraduates have worked very hard at their internships. Many of the graduate students are preparing to take their comprehensive examinations, soon.

If you have any information to contribute to future newsletters, please let us know. We do want to keep in touch, not only with our current students, but with our alumni. You can see all of the exciting information regarding the department's research, presentations, and other happenings in this newsletter.

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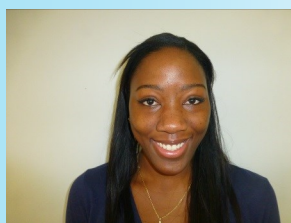
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FAU President Visits ESHP

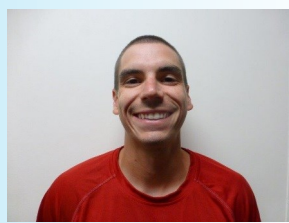


Pictured from left to right: (Front Row), Dr. Michael Zourdos, Ms. Leslie Cribbs, Dr. Michael Hall, Dr. Elise Eifert, Dr. Tina Penhollow, Ms. Anita D'Angelo-Herold, Ms. Marie Wells, Dr. Valerie Bristor (Dean, College of Education); (Back Row): Dr. Sue Graves, Mr. Chris Boerum, Mr. Ian Pyka, Dr. Chun-Jung "Phil" Huang, Dr. Robert Zoeller, Dr. Michael Whitehurst (Interim Department Chair), Dr. John W. Kelly (University President), Dr. Gary Perry (University Provost)

Graduate Assistants, Spring 2015



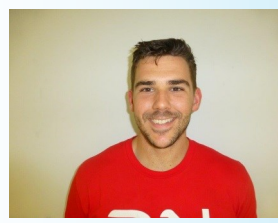
Danielle Aromashodu
Miami, Florida
BS, Florida Atlantic University
daromash@fau.edu



Eric Capell
Black Mountain, North Carolina
BS, Appalachian State University
ecapell2013@fau.edu



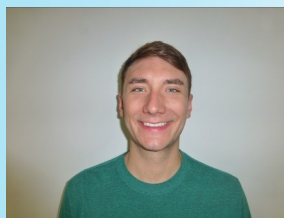
Carolyn Dias-Karch
Hollywood, Florida
BS, Florida State University
ckarch2012@fau.edu



Chad Dolan
Myrtle Beach, South Carolina
BS, Florida Atlantic University
cdolan5@fau.edu



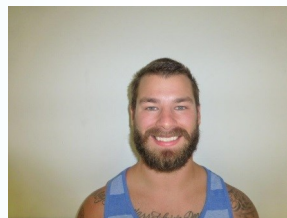
Nick Farley
Miramar, Florida
BS, University of Florida
nfarley2014@fau.edu



Jacob Goldsmith
Jefferson City, Missouri
BS, Missouri Science Technology
jgoldsmith2014@fau.edu



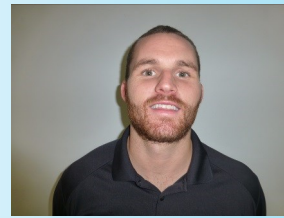
Nick Gounaris
Philadelphia, Pennsylvania
BS, Lock Haven University
ngounaris2014@fau.edu



Tony Krahwinkel
Harpursville, New York
BS, Ithaca College
akrahwinkel2013@fau.edu



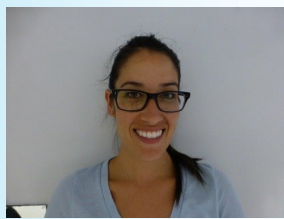
Arun Maharaj
Coral Spings, Florida
BS, Florida Atlantic University
amahar12@fau.edu



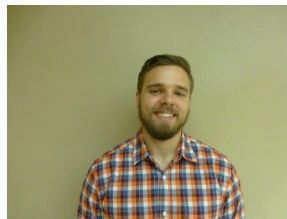
Mike McCann
Charlottesville, Virginia
BS, University of Alabama
mmccann2013@fau.edu



Kristin Mendez
Orlando, Florida
BS, Florida State University
kristinmend2014@fau.edu



Corina Navarro
Hollywood, Florida
BS, Florida Atlantic University
cdechiar@fau.edu



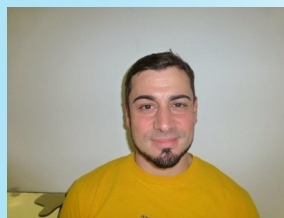
Justin Quiles
Lake Grove, New York
BS, Florida State University
jqquiles2013@fau.edu



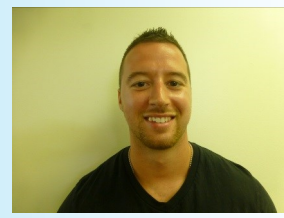
Kirk Roberson
Williamston, North Carolina
East Carolina University
kroberson2014@fau.edu



Meghan Rohrbau
Harrisburg, Pennsylvania
BS, University of Central
Florida
mrohrebau@fau.edu



Ryan Roman
Hollywood, Florida
BS, Florida Atlantic University
rroman5@fau.edu



Andrew Rothermel
Port St. Lucie, Florida
BS, Indiana University of
Pennsylvania/Sutton Hall
arothermel2015@fau.edu



Adam Sayih
Miami, Florida
BS, Florida International University
Asauoj2-15@fau.edu



Amaryllys 'Grace' Thompson
Nottingham, Maryland
BS, University of Vermont
athompson2015@fau.edu



Shannon Woehler
Fort Lauderdale, Florida
BS, Florida State University
swoehler@fau.edu



Ashley Zajdel
Muskego, Wisconsin
BS, University of Wisconsin,
La Crosse
azajdel2014@fau.edu

Alumni News



Diana Pardo

(B.S. Education '13)

Working as a group fitness instructor and fitness associate at the University of Florida.

Brad DeForest

(B.S. '09)

Recently accepted a position as a research associate at the University of Miami, Miller School of Medicine.

Jennifer Troppello Hamilton

(B.S. Education, '98)

Became one of the six "stars" Inducted into the September 2014 Broward Education Foundation Hall of Fame, a Distinguished Alumni Award. Jennifer is, currently, the Athletic Director for Stranahan High School, Fort Lauderdale, Florida. She was a 1992 graduate of the school.

Casey Engels

(B.S. '13)

Working with Health Fitness at Toyota Motor Manufacturing, Georgetown, Kentucky.

Sonya Friend-Uhl

(Former ESHP Adjunct)

Is currently the Physical Wellness Director in Cool Springs, Maryland. She continues to work For Star Trac as their Lead Master Trainer.



Jae Song

(M.S. '14)

Working as a full-time athletic trainer at Bethune Cookman, Daytona Beach, Florida. His primary roles is working with the Football team.

Mercedes Levesque

(B.S. '13)

Working as a strength coach at Impact Sports Performance, Boca Raton, Florida.

Ryan Colquhoun

(B.S. Education '13)

Has been accepted in Oklahoma State University's Ph.D program. Currently, he is completing his graduate assistantship at the University of South Florida in Exercise Science.



Corrie Schade

(B.S. Education '97 and M.S. 2000)

Working as a clinical Account consultant at Health Care Service Corporation in Richardson, Texas.

Exercise Science and Health Promotion

Graduate Students



October 2014

Chad Dolan's Thesis Proposal on The Influence of Time-Equated Training Programs on Muscle Hypertrophy, Strength, and Body Composition



September 2014

Graduate students, Nick Farley and Ashley Zaidel, teaching at Practicum



February 2015

Elizabeth Pittinger's Thesis Proposal on The Effect of Menopausal Status on Substrate Utilization on Younger Women During Submaximal Exercise



January 2015

Rocky Blanco's Thesis Proposal on Temporal Response of Creatine Kinase and Fibroblast Growth Factor-21 to High and Low Repetition Resistance Training Programs

Exercise Science and Health Promotion

Undergraduate Students



October 2014

Glam Doll Strut for Breast Cancer Awareness
(left to right): Leslie Cribbs, Marie Wells, Liz Pittinger,
Anita D'Angelo-Herold, Peggy Donnelly, Tina
Penhollow, Laura Canteri, and Brittany Kimmons



March 2015

Sunni Biernstein, Alicia Balbier, and
Chelsey Polk interning at Holy Cross Hospital



October 2014

Breast Cancer Awareness Walk at Mizner Park
(Top row): Ally Gaier, Antoine Robinson, Brittany
Ann, Haley Pews, Gustavo Felipe (Bottom row):
Jasmine Delva, and Jessica Roark



January 2015

Rope's Challenge Course
Left to Right (top row): Christopher Lyles,
Gustavo Felipe, Jasmine Delva
(bottom row): Antoine Robinson



FACULTY NEWS AND PUBLICATIONS



(Back row): Michelle Papania, Chris Boerum, Dr. Zoeller, Dr. Torok, Dr. Whitehurst, Dr. Bristor, Dr. Graves, and Dr. Hall; (Kneeling): Dr. Huang and Neil Coady

Florida Atlantic University Undergraduate Research Grant

"The Impact of Obesity on Plasma Calprotectin Response following Acute Aerobic Exercise". \$500. Awarded Brandon Fico, ESHP senior. Dr. C-J. Huang, advisor.

Chapters in Books

Penhollow, T., Kelley, R. & Young, M. (2015). *Sexual Satisfaction: What Does the Research Say? Chapter 13: Sexology for the Curious: Why Study Sexology?*

National Presentations

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

FACULTY NEWS AND PUBLICATIONS

Publications

Hall, M., Williams, R., **Penhollow, T.**, Rhoads, K., & Hunt, B. (2015). Factors associated with discrimination among minority college students. *American Journal of Health Behavior*, 39, 318–329.

Huang, C-J., Stewart, J.K., Shibata, Y., **Slusher, A.L.**, & Acevedo, E.O. (2015). Lipopolysaccharide-Binding Protein and Leptin are Associated with Stress-Induced Interleukin-6 Cytokine Expression *ex vivo* in Obesity. *Psychophysiology*. [Epub ahead of print].

Lee, S-R, Khamoui, A.V., Jo, E., Park, B-S, **Zourdos, M.C.**, Panton, L.B., Ormsbee, M.J., and Kim, J-S. Effects of Chronic High Fat Feeding on Skeletal Muscle Mass in Middle-Aged Mice. *Aging Clinical and Experimental Research*. [Epub Ahead of Print] 2015.

Mielgo-Ayuso, J., **Zourdos, M.C.**, Calleja-Gonzalez, J., Urdampilleta, A., Ostojic, S. Iron supplementation prevents a decline in iron stores and enhances strength performance in elite female volleyball players during the competitive season. *Applied Physiology, Nutrition, and Metabolism*. [Accepted – In Press]. 2015.

Mielgo-Ayuso, J., Clemente-Suarez, V.J., and **Zourdos, M.C.**, Anthropometric and physical performance profile of professional female volleyball players in relation to playing position. (2015). *Nutricion Hospitalaria*, 31(2):849–857.

Slusher, A.L., Mock, J.T., **Whitehurst, M.**, **Maharaj, A.**, & **Huang, C-J.** (2015). The Impact of Obesity on Pentraxin 3 and Inflammatory Milieu to Acute Aerobic Exercise Metabolism, 64, 323–329.

Young, M., & **Penhollow, T.** (2015). Religiosity and sexual behavior among Hispanic college students. *Sexuality Research and Social Policy*. Accepted for publication.

Zourdos, M.C., Kim, J-S., Henning, P.C., Jo, E., Khamoui, A.V., Lee, S-R., Park, Y-M, Naimo, M., and Nosaka, K. The Repeated Bout Effect in Muscle-Specific Exercise Variations. *The Journal of Strength and Conditioning Research*. [Epub Ahead of Print] 2015.

Zourdos, M.C., Sanchez-Gonzalez, M.A., and Mahoney, S.E. A Brief Review: The Implications of Iron Supplementation for Marathon Runners on Health and Performance. (2015) *The Journal of Strength and Conditioning Research*. 29(2):559–565.

Southeast American College of Sports Medicine

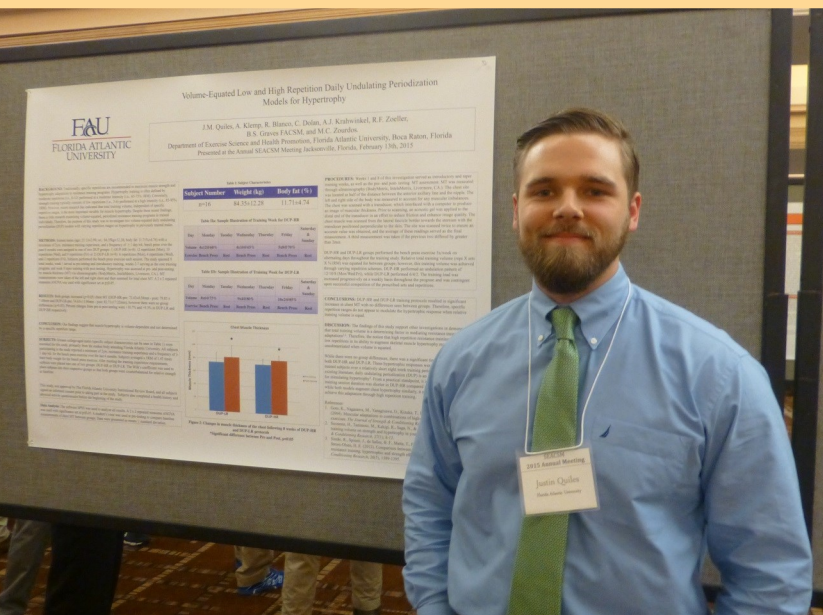
Annual Conference · Jacksonville, Florida · February 12-14, 2014



Graduate students Brittany McGregor, Tony Krahwinkel, and FAU Alumni Alex Klemp



Left to right (back row): Dr. Torok, Liz Pittinger, Ole Midtbo, Meghan Helbick, Dr. Graves, Brittany McGregor, Tamara Estevez, Elizabeth Blair, Diane Pardo, Chris Boerum, (front row) Summer Forbis, Keith Brazendale, Brandon Fico, Melissa Uftring, and Nick Book



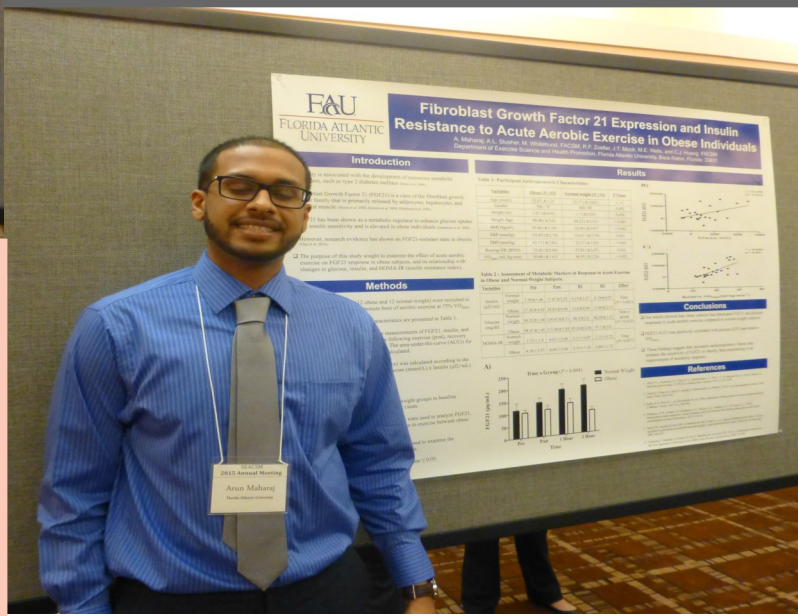
Justin Quiles

Presentation on Volume-Equated Low and High Repetition Daily Undulating Periodization Models for Hypertrophy



Arun Maharaj

Presentation on Fibroblast Growth Factor 21 Expression and Insulin Resistance to Acute Aerobic Exercise in Obese Individuals



Southeast American College of Sports Medicine

Annual Conference · Jacksonville, Florida · February 12–14, 2014

SEACSM Presentations, February 12–14, 2015, Jacksonville, Florida

Klemp, A., **Blanco, R., Dolan, C., Quiles, J.M., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S.,**
and **Zourdos, M.C.**

Effects of volume-equated high and low repetition daily undulating periodization models on maximal strength.

Quiles, J.M., Klemp, A., **Blanco, R., Dolan, C., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S.,**
and **Zourdos, M.C.**

Volume-equated high and low repetition daily undulating periodization models for muscle hypertrophy.

Maharaj, A., Slusher, A.L., **Whitehurst, M., Zoeller, R.F.,** Mock, J.T., & **Huang, C-J.** (2015, February). Fibroblast Growth Factor 21 Expression and Insulin Resistance to Acute Aerobic Exercise in Obese Individuals. FIRST PLACE for the 2015 SEACSM Undergraduate Poster Research Award.

Slusher, A.L., Mock, J.T., **Whitehurst, M., Maharaj, A., & Huang, C-J.** (2015, February). The Impact of Obesity on Pentraxin 3 and Inflammatory Milieu to Acute Aerobic Exercise.
SECOND PLACE for the 2015 SEACSM Master Poster Research Award.

National ACSM Presentations Accepted

Dolan, C., Klemp, A., **Blanco, R., Quiles, J.M., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S.,** and **Zourdos M.C.**

Volume-Equated high and low repetition daily undulating periodization models for lower body muscle hypertrophy. *American College of Sports Medicine, San Diego, CA. 2015.*

Klemp, A., **Blanco, R., Dolan, C., Quiles, J.M., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S.,** and **Zourdos, M.C.** Two volume-equated daily undulating periodization models enhance strength similarly independent of specific repetition range. *American College of Sports Medicine, San Diego, CA. 2015.*

Quiles, J.M., Klemp, A., **Blanco, R., Dolan, C., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S.,** and **Zourdos, M.C.** Volume-Equated high and low repetition daily undulating periodization models for Upper-body muscle hypertrophy. *American College of Sports Medicine, San Diego, CA. 2015.*

Zourdos, M.C., Dolan, C., Quiles, J.M., Klemp, A., **Blanco, R., Krahwinkel, A.J., Goldsmith, J.A., Jo, E.,** Loenneke, J.P., and **Whitehurst, M.** Efficacy of daily 1RM squat training in well-trained lifters: Three Case Studies. *American College of Sports Medicine, San Diego, CA. 2015.*

EHSP Club

Spring 2015 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

Spring 2015 Calendar

E.S.H.P CLUB



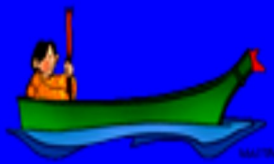
March 19th 3rd Meeting @FH-11 Patio



. Bowling Night March 23rd @
Strikes Boca

Canoe Trip April 11

*RSVP on Facebook



Finals Brunch April 20th

*Location TBA



First Club Meeting, ELDOA exercise demonstrations
(Left to Right): Jon Dobson, Barrington Henry, Ryan Lyew,
Kamahl Lewis, Lauren Lewkowicz, Jessica De Souza,
Michelle Escamilla, and Jasmine Delva



Breast Cancer Awareness Walk at Mizner Park
(Left to Right): Antoine Robinson, Brittany Ann,
Ally Gaier, Jessica Roark, Haley Pews, and
Gustavo Felipe

ATHLETIC NEWS

Student Athletes Pursuing their Bachelor's in Exercise Science and Health Promotion

Male Student Athletes

Shane Blair	Football
Jeremy Faulk	Football
Joseph Gold	Football
Gregory Hankerson	Football
Byers Hickman	Football
Greg Joseph	Football
Christian Milstead	Football
Ryan Rickel	Football
Devin Santana	Football
Nathaniel Terry	Football
Garrett Thomason	Football
Vincent Warren	Football
Raekwon Williams	Football
William, Wilson	Football

Seth McGarry	Men's Baseball
Brandon Rhodes	Men's Baseball
Deniz Bokurt	Men's Cross Country
Jason Fitzgerald	Men's Soccer
Jason Garcia	Men's Soccer
Owen Mccorkle	Men's Soccer
Ryan Price	Men's Soccer
Hunter Swartsel	Men's Soccer
Ramon Whittaker	Men's Soccer
Zandrix Acob	Men's Swimming
Stefan Burnett	Men's Tennis
Robert Dubuque	Men's Tennis



FAU's Baseball Team, ESHP Majors: Seth McGarry (Pitcher) and Brandon Rhodes (Pitcher)

ATHLETIC NEWS

Student Athletes Pursuing their Bachelor's in Exercise Science and Health Promotion

Female Student Athletes

Clare Brinkman	Women's Tennis	Samantha Lujan	Women's Soccer
Alexa Ricci	Women's Tennis	Sophie Sanchez	Women's Soccer
Nicole Marino	Women's Golf	Gabriella Sosa	Women's Soccer
Shelby Hummel	Women's Outdoor Track	Micaela Bell	Women's Soccer
Carydaliz Fontanez	Women's Outdoor Track	Olivia Bear	Women's Softball
Andrea Galinis	Women's Outdoor Track	Tatum Buckley	Women's Softball
Keeana Lewis	Women's Outdoor Track	Kylee Hanson	Women's Softball
Sitia Martinez	Women's Outdoor Track	Sarah Howell	Women's Softball
Crystal Mcdougale	Women's Outdoor Track	Emily Lochten	Women's Softball
Christina Schultz	Women's Outdoor Track	Delaney Rickey	Women's Softball
Cassidy Smith	Women's Outdoor Track	Lindsey Shell	Women's Softball
Regina Wilkerson	Women's Outdoor Track	Lyndsey Boos	Women's Swimming
Madison Caldwell	Women's Sand Volleyball	Katelyn Dodge	Women's Swimming
Sydney Drinkwater	Women's Soccer	Anett Kovacs	Women's Swimming
Claire Emslie	Women's Soccer	Natasha Payamps	Women's Swimming
Kaitlin Englert	Women's Soccer	Hannah Roper	Women's Swimming
Kayla Faulkner	Women's Soccer		



FAU'S Swimming and Diving Team **Anett Kovacs** was nominated as FAU Player of the Week

Kovacs was FAU's top performer in the team's scrimmage against Princeton, earlier this semester. The senior claimed three first-place finishes on the day, finishing first in the 200 free with a final time of 1:54.04 and first in the 200 fly with a final time of 2:03.06. She concluded the meet with a first-place finish in the 500 free with a time of 4:56.97. Kovacs, currently, holds the school record for the 200 fly, finishing in 1:58.39 during the 2011-12 season.



FLORIDA ATLANTIC UNIVERSITY™

EXERCISE SCIENCE AND HEALTH PROMOTION

Internships, Spring 2015

Johnson, Erica	Advanced Healthcare	Book, Nicholas	ETSU Strength and Conditioning
Jean Calude, Robenson	Advanced Healthcare	Davis, Alexander	Central Palm Medical Group
Leonard, Vincent	Boca Raton Orthopedic Group	Mesa, Andrea	Central Palm Medical Group
Merzius, Glenn	Boca Raton Orthopedic Group	Croswell, Paige	City of Coconut Creek Fitness Center
Oberlander, Ryan	Boca Raton Orthopedic Group	Lubevero, Anthony	Cora Health & Rehab
Arango, Vanessa	Boca Raton Regional Hospital	Powell, Trineice	Covenant Village of Florida.
Lewis, Shane	Boca Raton Regional Hospital	Gueye, Hajj	Davis Therapy Center
Riffard, Kathleen	Boca Raton Regional Hospital	Londono, Alejandro	Davis Therapy Center
Bhame, Camerin	Boca Trauma & Rehab	O'Neil, Cheyenne	Davis Therapy Center
Cancel, Michelle	Boca Trauma & Rehab	Limpabandh, Nicole	Davis Therapy Center
Caro, Odalys	Boca Trauma & Rehab	Meyers, Brendan	Dynamic Fitness
Dubuque, Robert	Boca Trauma & Rehab	Blalock, Kalei	FAU ESHP Department
Montoya, Juan	Bommarito Performance Systems	Lane, Ronnie	FAU ESHP Department
Koch, Allison	Broken Sound Fitness Center	Pelz, Shelby	FAU ESHP Department
Waters, Troy	Broward Health & Wellness	Maharaj, Anita	FAU Sports Medicine
Amedy, Richard	C3 Chiropractic Center	Milstead, Christian	FAU Strength and Conditioning



Boca Trauma & Rehab, Interns, Fall 2014
 (Left to right): Ryan Price, Sharlene Raghoonanan,
 Valeria Paz, and Stephanie Melim

FLORIDA ATLANTIC UNIVERSITY™

EXERCISE SCIENCE AND HEALTH PROMOTION

Internships, Spring 2015

Wong, Vickie	FAU Strength and Conditioning	Rodriguez, Michele	YMCA of South Palm Beach County
Zarate, Silvio	FAU Strength Lab	Salser, Amanda	Memorial Healthcare System
Anascavage, Jessica	Golden Orthopedic	Tellez, Oscar	Memorial Healthcare System
Manoharan, David	Golden Orthopedic	Ryan, Michael	My Speed Trainer
Balbier, Alicia	Holy Cross Hospital	Murray, Tara	Nextera Health & Wellness
Biernstein, Sunni	Holy Cross Hospital	Vouthouris, Noelle	Nova Southeastern
Polk, Chelsey	Holy Cross Hospital	Shell, Lindsey	PBC Parks and Recreation
Stine, Justin	Hunters Run	Loaiza, Juan	Palm Beach Institute of Sports Med.
Esteves, Tamara	Institute of Human Performance	Weidner, Ashley	Palm Beach Institute of Sports Med.
Fam, Daniel	Impact Sports Performance	Anderson, Nevon	Plantation Rehab and Wellness
Pode, Jeffery	Impact Sports Performance	Borden, Nicole	St. Andrews Country Club
Rodriguez, Zoe	Impact Sports Performance	Hixon, Aaron	Tropical Chiropractic and Wellness
Clauss, Jennifer	Levis Jewish Community Center	Williams, Brian	Tropical Chiropractic and Wellness
Diaz, Eric	Memorial Healthcare System	Borrero, Jeffery	VPX, Inc.
O'Farrill, Kristin	Memorial Healthcare System	Colachicco, Anthony	YMCA Boca Raton
Disney, Jordan	YMCA of South Palm Beach County	Perez, Michael	YMCA Boca Raton



YMCA Boca Raton Interns, Fall 2014
 (Left to right): Patrick Leonard, Heather Carnegie,
 and Joshua Small



Graduation, Fall 2014



Undergraduates

Bachelor of Science

Denize Auguste, Nadia
Bromley, Brandon Tyler
Carnegie, Heather
Cervantes, Giovanni A.
Cicero, Kylie Lauren
De Vaal, Stephanie
Delva, Stephanie
East, Merisha Kaveeta
Fleck, Samantha Leigh
Frapart, Alexander Neil
Lande, Abby Sara
Leonard, Patrick Lewis
Lukacina, Chirstopher
Martelli, Jonathan Peter
Nyhart, Nichole
Ragahoonanan, Sharlene A.
Villamanan, Maila Carvalho
Young, Kaitlyn Marie

Undergraduates

Bachelor of Science in Education

Abram, Richard Earl
Beagle, Joshua Scott
Betancur, Catherine
Boudal, Jordan Josef
Catano, Andrea
Daley II, Albert James
Doney, Kimberly Starr Hunter
Escalante, Efrain
Espinosa, Erick Sebast
Heier, Liane Lynn
Henderson, Brandi Lyn
Issac, Vladimir Eddie
Lilavois Jr., Guy-Marcel
Makler, Amy Lisa
Melim, Stephanie Renae
Mize, Nicholas B.
Moskal, Jake Thomas
Murphy, Brittany Danielle
Price, Ryan

Seignon, Cleopatra Seignon

Stoll, Joshua Anthony
Tice, Desmond, Eugene
Uritis, Casey Violet,
Vassel, Renee Simone
Weinberg, Sam

Graduate Program

Master of Science

Albert, Jenna Elise
Alexander, Donna Gagyi
Bosley, Christy Lynn
Chamberlin, Stacey Michelle
Clifford, Grace Marie
Gill, Dara Simone
Hagberg, Raynell Jeanne
Loebig, Manuela Maria
Malone, Evan
Morgan, Octavia Marquita
Nellisery, Ray Johny
Nimako, Nina Akoua
Robles, Krystal M.
Roller, Paul James

ESHP Faculty/Staff

Chris Boerum, Instructor
Phone: 561-297-2994
E-mail: cboerum@fau.edu

Leslie Cribbs, Instructor
Phone: 561-297-1023
E-mail: Lcribbs1@fau.edu

Anita D'Angelo-Herold
Instructor
Phone: 561-297-3752
E-mail: aherold@fau.edu

Peggy Donnelly
Senior Secretary
Phone: 561-297-1301
Email: mdonne12@fau.edu

Dr. Elise Eifert
Assistant Professor
Phone: 561-297-4659
Email: eEIFERT@fau.edu

Dr. B. Sue Graves
Associate Professor
Phone: 954-675-5782
E-mail: sgraves@fau.edu

Dr. Michael Hall
Assistant Professor
Phone: 561-297-2420
E-mail: mhall61@fau.edu

Dr. Chun-Jung Huang
Assistant Professor
Phone: 561-297-1271
E-mail: chuang5@fau.edu

Denise Merrill
Secretary
Phone: 561-297-2938
E-mail: merrilld@fau.edu

Dr. Tina Penhollow
Associate Professor
Phone: 561-297-2643
E-mail: tpenholl@fau.edu

Ian Pyka, Instructor
Phone: 561-297-1284
E-mail: ipyka@fau.edu

Marie Wells
Lab Manager
Phone: 561-212-5945
E-mail: mwells7@fau.edu

Dr. Michael Whitehurst
Interim Department
Chair, Professor
Phone: 561-297-2317
E-mail: whitehur@fau.edu

Dr. Robert Zoeller
Professor
Phone: 561-297-2549
E-mail: rzoeller@fau.edu

Dr. Michael Zourdos
Assistant Professor
Phone: 561-297-1317
E-mail: mzourdos@fau.edu

Florida Atlantic University
Exercise Science and Health Promotion Department

777 Glades Road, Field House 11

Boca Raton, Florida 33431

Main number: (561) 297-2938

Fax: (561) 297-2839

E-mail: ESHPIinfo@fau.edu

Website: <http://www.coe.fau.edu/eshp>

Facebook page: www.facebook.com/pages/FAU-Department-of-Exercise-Science-and-Health-Promotion/343365107553

"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."