

Florida Atlantic University Exercise Science and Health Promotion

Newsletter • Summer 2015 • Volume 6, Issue 2

Dr. Michael Whitehurst

Welcome from the Department Chair

As most of you know, our program has continued to grow with more than 1200 undergraduate and 60 graduate students. With this growth has come a divergence of career interests as our undergraduate students seek post graduate study in physical therapy, occupational therapy, physician assistant, medicine and health promotion. Recently, five of our graduates of the MS degree program have been awarded PhD fellowships at prestigious universities around the country.

We are particularly pleased that one of our undergraduate students, Brandon Fico, was chosen as the College of Education Undergraduate Researcher for 2014. I would also like to recognize our faculty for their teaching and mentoring of student research. Finally, it has taken several years and hard work, but we have assembled two new laboratories, including exercise biochemistry and muscle physiology. We believe our exercise biochemistry laboratory is one of the best exercise science research facilities in the Southeast United States.

In closing, I would like to wish all our summer 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.

Billy Voltaire, FAU Alumnus, Working With the Denver Broncos

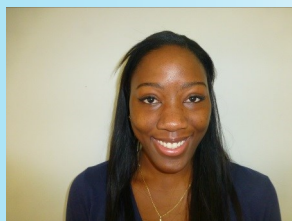


Former FAU Exercise Science and Health Promotion student, Billy Voltaire, BS, 2007, was afforded the opportunity to hold a season-long position with the Denver Broncos after completing a six-week summer internship with the team last summer. Voltaire currently holds the position of Seasonal Athletic Trainer and his responsibilities range from maintaining hydration of the athletes, stretching players, assisting with rehabilitation, stocking equipment, supplies, and Gatorade coolers. Voltaire has expressed that his experience as a Seasonal Athletic Trainer has been a great one; one that he would recommend to anyone looking to improve on time management, proactivity, and their overall craft.

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Graduate Assistants, Summer 2015



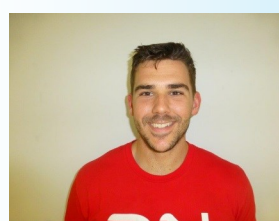
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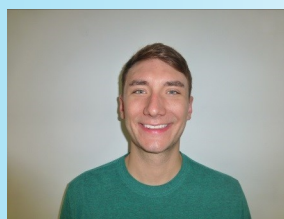
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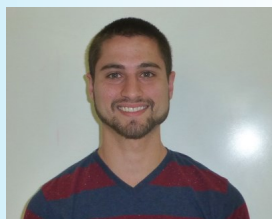
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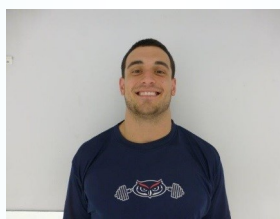
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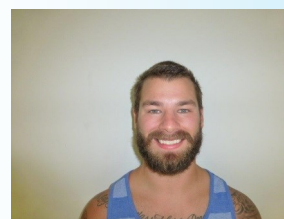
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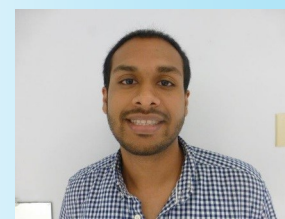
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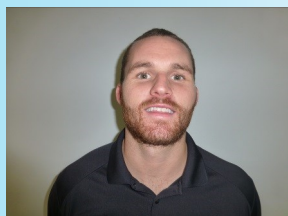
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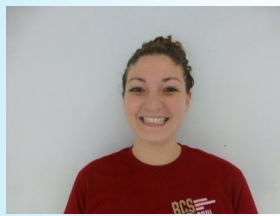
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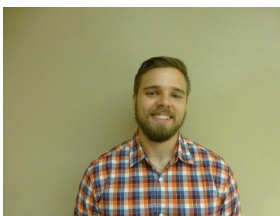
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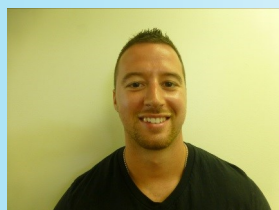
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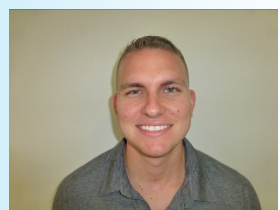
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Alumni News

Jenna Albert

(M.S. '14)

Recently accepted a position as the Fitness Director at Heritage Oaks Golf & Country Club located in Sarasota, Florida.

Manuela Loebig

(M.S. '14)

Has accepted a position as the Assistant Health Living Director with the YMCA.

Flavia Pereira (Melo)

(M.S. Education, '11)

Is a personal trainer at BallenIsles Country Club, Palm Beach Gardens, Florida.

Kristen Bell (Robles)

(B.S.E. '06)

Has her Doctor of Physical Therapy degree and is currently working at Cora Rehabilitation.

Adam Dunham

(B.S. Education '06)

Is a Sports Performance Coach at the PGA Golf Center for Learning and Performance, Port St. Lucie, FL.

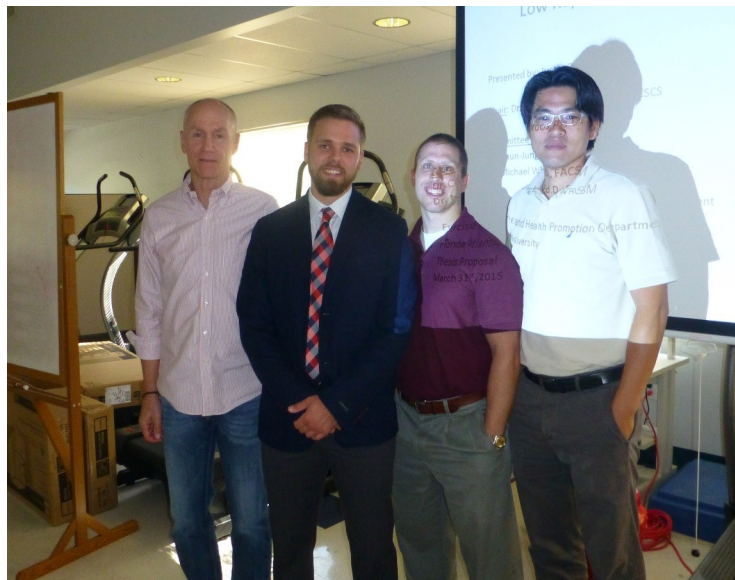
Reed Phinisey

(B.S.E. '01)

Completed his MS at the University of Nebraska—Lincoln. He was at the University of Washington in Seattle. His new position is at UC-Davis, Recreation.

Exercise Science and Health Promotion

Graduate Students



March 2015

Justin Quiles' Thesis Proposal on Temporal Response of Brain-Derived Neurotrophic Factor and Interleukin-6 to High and low Repetition Resistance Training Programs.



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.



April 2015

All graduate students completed and passed their Comprehensive Exams! Left to Right (top row): Corina DeChiara, Graham Wilbert, Eric Capell, Dr. Zoeller, Paul Burrows, Kirk Roberson, Tammy Svoboda, (bottom row): Brittany McGregor, Ashley Kristiansen, Betsy Stallworth, Matt Montroy, Erin Connolly.

Exercise Science and Health Promotion

Undergraduate Students



May 2015

Brandon Fico was selected as the College of Education's 2014-2015 undergraduate Researcher of the Year.



April 2015

Zac Bommel accept a GA Position at the University of Toledo (Ohio), starting Fall 2015.



April 2015

Undergraduate students in Practicum. (Left to right): Emma Isaac, Nicole Montoya, Gabriella Bologna, and Heather Shannon.



May 2015

Calvin Jones will start his master's in Public Health at the University of North Florida, Fall 2015.



Exercise Science and Health Promotion

Undergraduate Students



Mr. Boerum's Spring 2015 TSAC Class

Tactical Strength and Conditioning (TSAC) is a new elective that was offered for the first time in Spring 2015. The class is one of the first in the country that addresses this subject, as the need for strength and conditioning professionals in this field is finally being recognized.

In 2012, the National Strength and Conditioning Association created their new Tactical Strength and Conditioning Facilitator certification, which is available to all students in the FAU ESHP program. The point of this class is to take existing knowledge in strength and conditioning and adapt it to the extreme needs of the tactical population. Some of the subjects covered in the class include: coaching the tactical operator, understanding the tactical mindset, the physiology of stress, combative arts, tactical group exercise leadership, tactical fitness testing, and periodization for the tactical operator.

Students interested in this elective should contact Mr. Boerum (cboerum@fau.edu) for details regarding the class and possible post-graduation job opportunities. Course will be offered in the Fall, M/W, 4:00-5:20.



Undergraduate students attending the TSAC conference in Orlando, Florida, Spring 2015. (Left to right): Brent D'Amelio, Trevor Johnson, Kevin Downes, Travis Abel, Brianna Friedrich, Adrian Cruz, Alejandro Londono, Mr. Boerum.

FACULTY NEWS AND PUBLICATIONS



(Back row), Anita D'Angelo-Herold, Dr. Chun-Jung Huang, Coach Ian Pyka, Dr. Don Torok, Dr. Robert Zoeller, Chris Boerum;
(Front row), Michelle Papania, Dr. Sue Graves, Dr. Michael Whitehurst, College of Education Dean Valerie Bristor, Dr. Elise Eifert.

Publications

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. Accepted [Epub Ahead of Print] 2015.

Huang, C-J., Slusher, A.L., **Whitehurst**, M., Wells, M., Mock, J.T., **Maharaj**, A., & Shibata, Y. (2015). Acute Aerobic Exercise Mediates G Protein-Coupled Receptor Kinase 2 Expression in Human PBMCs. Life Sciences. (Accepted).

Mielgo-Ayuso, J., **Zourdos**, M.C., Calleja-Gonzalez, J., Urdampilleta, A., and Ostojic, S. Dietary intake habits and controlled training on body composition and strength in elite female volleyball players during the season. Applied Physiology, Nutrition, and Metabolism. Accepted [Epub Ahead of Print] 2015.

Slusher, A.L., **Whitehurst**, M., **Zoeller**, R.F., Mock, J.T., **Maharaj** A., & **Huang**, C-J. (2015). BDNF and Substrate Utilization Following Acute Aerobic Exercise in Obese Individuals. Journal of Neuroendocrinology, 27, 370-376.

Viveiros, L., **Zourdos**, M.C., Moreira, A., Aoki, M.S., Capitani, C.D. Monitoring Fluid intake habits and patterns of weight loss of young wrestlers during the Brazilian national high-school games. The Journal of Strength and Conditioning Research. Accepted. [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. The Journal of Strength and Conditioning Research. Accepted [Epub Ahead of Print] 2015.

Technology Fee Awards

Dr. Zourdos, Innovation in Muscle Physiology Analysis, awarded \$35,000.

Dr. Hall, EEG and EMG Utilized for the Study of Stress and Human Behavior, \$12,500.

Dr. Graves, Neuromuscular and concussion technology upgrade for the Exercise Science Performance Lab, \$172,235.

American College of Sports Medicine

Annual Meeting • San Diego, California • May 26–30, 2015



(Left to right): Dr. Phil Huang, Arun Maharaj, Brandon Fico, and Aaron Slusher.



(Left to right): Brandon Fico, Marie Wells, Anita D'Angelo-Herold, and Arun Maharaj.

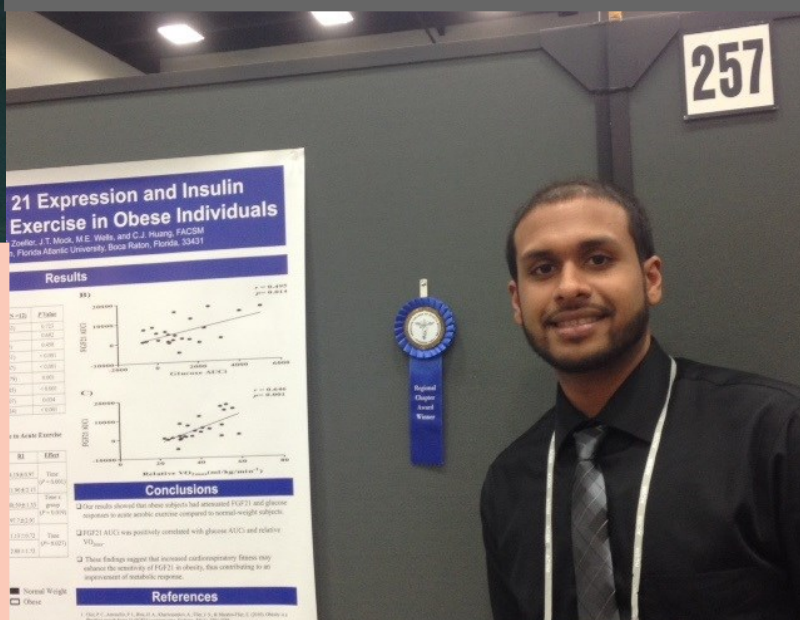


(Left to right): Justin Quiles, Alex Klemp, and Chad Dolan.



Arun Maharaj

Presentation on Fibroblast Growth Factor 21 Expression and Insulin Resistance to Acute Aerobic Exercise in Obese Individuals, SEACSM Regional Award Winner.



American College of Sports Medicine

Annual Meeting • San Diego, California • May 26–30, 2015

National ACSM Presentations

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.

Huang, C-J., Stewart, J.K., Shibata, Y., Slusher, A.L., & Acevedo, E.O. Lipopolysaccharide-Binding Protein and Leptin are Associated with Stress-Induced Interleukin-6 Cytokine Expression ex vivo in Obesity. Paper Presented at the Annual American College of Sports Medicine Conference, San Diego, CA.

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.

Maharaj, A., Slusher, A.L., **Whitehurst, M., Zoeller, R.F.,** Mock, J.T., & **Huang, C-J.** Fibroblast Growth Factor 21 Expression and Insulin Resistance to Acute Aerobic Exercise in Obese Individuals. Paper Presented at the Annual American College of Sports Medicine Conference, San Diego, CA.

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.

Slusher, A.L., Mock, J.T., **Whitehurst, M., Maharaj, A., & Huang, C-J.** The Impact of Obesity on Pentraxin 3 and Inflammatory Milieu to Acute Aerobic Exercise. Paper Presented at the Annual American College of Sports Medicine Conference, San Diego, CA.

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.

FLORIDA ATLANTIC UNIVERSITY™

EXERCISE SCIENCE AND HEALTH PROMOTION

INTERNSHIPS, SUMMER 2015

Brown, Alison	Advanced Healthcare	Gagic, Nikola	Cressey Sports Performance
Hanneman, Daniel	Alliance Healthy & Injury Center	Bologna, Gabriella	Davis Therapy Center
Jones, Calvin	American Lung Association	Weaden, Briana	Davis Therapy Center
Stanley, Jennifer	American Twisters	Penney, Carl	East Tennessee State University
Marquis, Michael	Boca Raton Orthopedic Group	Weiss, Michael	Eastern Michigan University
Martinkoski, Daiane	Boca Raton Orthopedic Group	Cruz, Adrian	Equinox
Doblas, Michna	Boca Trauma & Rehabilitation	Wallace, Brittany	FAU Basketball
Gomez, Patricia	Boca Trauma & Rehabilitation	Bemmel, Zac	FAU Campus Recreation
Montoya, Nicole	Boca Trauma & Rehabilitation	Diaz, Mitchell	FAU Strength Lab
Nason, Nicole	Boca Trauma & Rehabilitation	Odom, Mallorie	Golden Orthopedic
Bloom, Elizabeth	Boca Raton Regional Hospital	Lewis, Shane	Holy Cross Hospital
Porras, Omar	Bommarito Performance Systems	Emmanuel, Darlene	Holy Cross Hospital
Coulanges, Rosine	Broward Health & Wellness	Green, Mikesha	Holy Cross Hospital
Allen, Aubyn	Central Palm Medical Group	Lord, Jalani	IMG Academy
Roark, Jessica	Coconut Creek Fitness Center	Saint-Preux, Marc	Institute of Human Performance
Felmly, Janel	Covenant Village of Florida	FungQuee, Jasmine	John Knox Village



Intern Allison Koch at Broken Sound Country Club,
Boca Raton, Spring 2015.

Internships, Summer 2015

Abel, Travis	Impact Sports Performance	Connor, Chelsea	Orthopedic Surgery Associates
Gershon, Jeffrey	Impact Sports Performance	Schafer, Megan	Palm Beach County Parks & Rec
Torres, Mathew	Impact Sports Performance	Howell, Sarah	Palm Beach Institute of Sports Med
Zaladin, Arif	Impact Sports Performance	Rogozinski, Danielle	Palm Beach Institute of Sports Med
Cortese, Marissa	Keystone Physical Therapy	Rocklein, Tyler	Physiotherapy Associates
Price, Jesse	Levis Jewish Community Center	Bailey, Rohmoya	Plantation Medical Rehab & Wellness
Dowling, Tyler	Memorial Healthcare System	Vargas, Ernest	Plantation Medical Rehab & Wellness
Morgan, Rohan	Memorial Healthcare System	Shannon, Heather	Plantation Medical Rehab & Wellness
Mayhew, Chelsea	Midtown Athletic Club	McKenna, Kristin	Sports Ortho LLC
Wirta, Austin	Miller Coors Wellness	Castiglia, Gina	St. Andrews Country Club
Roark, Jessica	Coconut Creek Fitness	Duerto, Kita	Tropical Chiropractic & Wellness
Burton, Andrew	Northeast Sports Training Rehab	Singer, Troy	Tropical Chiropractic & Wellness
Robinson, Antoine	Nova Southeastern University	DeZeeuw, Nicole	Weston Rehab & Wellness
		Gaier, Allyson	YMCA Boca Raton



Anthony Lobevero outside of his Spring 2015 internship site, Cora Rehabilitation Clinics, Boca Raton.



Graduation, Spring 2015



Undergraduates

Bachelor of Science

Amedy, Richard
Anascavage, Jessica
Bhame, Camerin Beatrice
Borrero, Jeffrey
Cancel, Michelle
Diaz, Eric Jay
Fico, Brandon G.
Limpabandh, Nicole E.
Loaiza, Juan E.
Londono, Alejandro
Maharaj, Anita Krystal
Mesa-Velasquez, Andrea
Milstead, Christian Leron
Murray, Tara Amanda
O'Brien, Kayla
O'Neill, Cheyenne Lalainya
Perez, Michael Ashton
Riffard, Kathleen A.
Rodriguez, Michele Alicia
Rodriguez, Zoe Meyer
Salser, Amanda M.

Shell, Lindsey K.

Suarez, Jessica

Weidner, Ashley Nicole

Williams, Brian James

Zarate, Silvio Junior

Undergraduates

Bachelor of Science in Education

Anderson, Nevon Andre
Arango, Vanessa
Balbier, Alicia Michelle
Biernstein, Sunni T.
Blalock, Kalei Marie
Book, Nicholas Spencer
Borden, Nicole Rachelle
Caro, Odalys
Gauss, Jennifer Nancy
Colachicco, Anthony David
Davis, Alexandra Marie
Disney, Jordan A.
Dubuque, Robert Fairbanks
Estevez, Tamara
Gueye, Hajj

Hixon, Aaron Lee

Claude, Robenson Jean

Johnson, Erica Michelle

Koch, Allison Leigh

Lane II, Ronnie Lee

Leonard III, Vincent

Lobevero, Anthony Richard

Merzius, Glenn

Meyers, Brendan Joseph

Montoya, Juan David

Oberlander, Ryan Michael

O'Farrill, Kristin Nicole

Paige, Crosswell E.

Pelz, Shelby

Polk, Chelsey E'Lon

Poole, Jeffrey Lawrence

Powell, Trineice Charmaine

Ryan, Michael F.

Stine, Justin Daniel

Vouthouris, Noelle Kristen

Waters, Troy Garret

Wong, Vickie



Graduation, Spring 2015



Graduate Program

Master of Science

Alexander, Donna Gagyi
Burrows, Jr., Paul A.
Capell, Eric Michael
Connolly, Erin Elizabeth
Evans, Joshua Aaron
Kristiansen, Ashley Elisabeth
Malone, Evan
McGregor, Brittany Letitia
Montroy, Matthew Joel
Navarro, Corina Lee
Pittinger, Elizabeth Smith
Recktenwald, Joseph George
Roberson, Kirk Bennett
Schweber, Tara N.
Stallworth, Betsy E.
Svoboda, Tammy Sue
Wilbert, Graham

Master's students, left to right, Matt Montroy, Brittany McGregor, Tammy Svoboda, Elizabeth Smith Pittinger, and Kirk Roberson. Matt is continuing with his personal training business. Brittany will be the Assistant Director of Sport Clubs and Special Events at the University of Illinois—Champaign, starting July 1. Tammy is teaching yoga and personal training. Liz is moving to Minnesota, after completing her thesis project, Does substrate utilization during exercise vary between oophorectomized “previvors” and age-matched premenopausal women? Kirk has been accepted to the Ph.D. program at the University of Miami.



Master's student, Tammy Svoboda, on graduation day

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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."