

Florida Atlantic University Exercise Science and Health Promotion

Newsletter · Summer 2016 · Volume 6, Issue 2

Dr. Michael Whitehurst



Welcome from the Department Chair

Most of the faculty attended the American College of Sports Medicine's (ACSM) national meeting in Boston (May 31-June 4). Aside from presenting our research, we were there to support three of our undergraduate students (see photos/names below) who represented our department in ACSM's national academic challenge where students answer physiology type questions in a Jeopardy-type format. Importantly, Alexandra, Gabriel and Bryan placed first in the Southeast Regional ACSM in order to compete at the national level. When it was over, our team placed 5th out of 12 schools. It goes without saying that we are incredibly proud of our students. Moreover, these students represent an academic program that's garnered national accolades and who are part of a growing number of ESHP undergraduate students interested in laboratory based research.

The College of Education recently hosted an awards ceremony that highlighted undergraduate and graduate student research. The ESHP winners for undergraduate and graduate student research were Gabriel Pena and Jacob Goldsmith, respectively. Both Gabriel and Jacob have participated in animal and human research spanning molecular mechanisms associated with exercise to applied exercise physiology experiments testing the boundaries of human strength development. These awards represent excellence in research equaled only by the incredible mentoring provided by ESHP faculty. As the fourth largest undergraduate degree program at FAU, ESHP academic programs and research are gaining notoriety within and outside the university.

We are proud to announce that we have hired Laura Canteri as an instructor in ESHP. Ms. Canteri, who completed her MS degree in ESHP at FAU, will teach in the undergraduate program and assume administrative duties as well. Additionally, we have hired Dr. Andy Khamoui as an assistant professor of exercise biochemistry. Dr. Khamoui is finishing a year of post-doctoral studies at the UCLA Medical Center following his PhD work at Florida State University. Dr. Khamoui will teach in both the undergraduate and graduate programs and conduct animal research including studying molecular mechanisms associated with muscle wasting in at risk groups (e.g., elderly, cancer patients).

The ESHP department has made great strides both programmatically and in terms of the type and quality of our research. Stay in touch and feel free to contact me at any time.

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Thank You, Anita!



Anita D'Angelo-Herold has dedicated many years to our program, particularly in the practicum course. Her ability to connect with students and enthusiasm every morning has been such a blessing to have on our staff. She worked diligently in all of her classes, conducted research, and was very enthusiastic. Thank you, Anita, for all of your hard work and good luck on your future endeavors. We all wish you the best during your retirement.

Graduate Assistants, Summer 2016



(Back row): Adam Sayih, Jonathan Dobson, Jake Goldsmith, Bobby Varieur

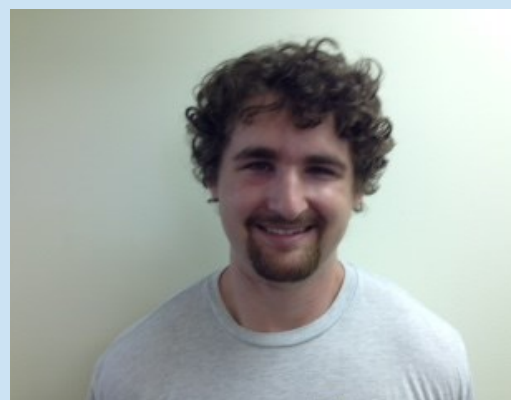
(Middle row): Arun Maharaj, Peter Ferrandi, Dr. Zoeller, Dan Cooke, Brandon Fico

(Kneeling/ Sitting): Jared Perlmutter, Lauren Smith, Ryan Byrnes, Gabriel Pena, Tasha Harper

New Graduate Assistants, Summer 2016



Gabriel Pena, BS
Bogota, Columbia
Florida Atlantic University
gpena7@fau.edu



Jared Perlmutter, BSE
New Port Richey, Florida
Florida Atlantic University
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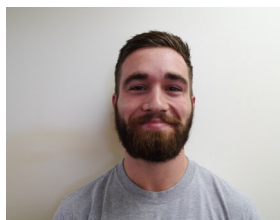
FAU ESHP Graduate Assistants, Summer 2016



Fanchen Bao, MS
P.R. China
Florida International University
fbao2015@fau.edu



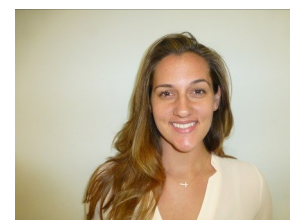
Dan Cooke, BS
Plymouth, United Kingdom
University of Plymouth
dcooke2014@fau.edu



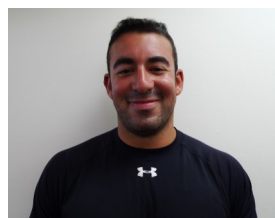
Ryan Byrnes, BSE
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Florida Atlantic University
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Blake Daniel, BS
Prospect, Tennessee
Middle Tennessee State University
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Carolyn Dias-Karch, BS
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Jonathan Dobson, BA
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Peter Ferrandi, BS
Boston, Massachusetts
Florida Atlantic University
pferran1@fau.edu



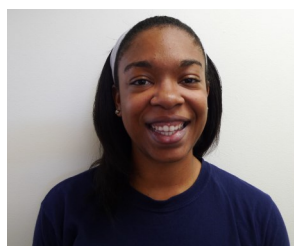
Brandon Fico, BS
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Jacob Goldsmith, BS
Jefferson City, Missouri
Missouri Science Technology
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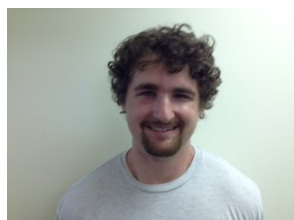
Chris Latimer, BS
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Otterbein College
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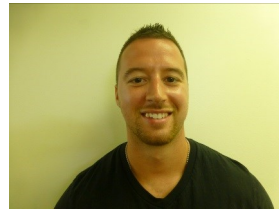
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Florida Atlantic University
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Andrew Rothermel, BS
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arothermel2015@fau.edu



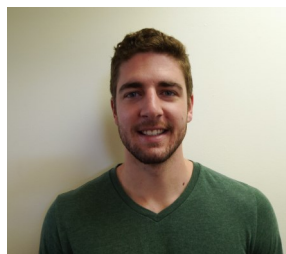
Adam Sayih, BS
Miami, Florida
Florida International University
asayih2015@fau.edu



Lauren Smith, BS
Charlotte, North Carolina
Auburn University
smithlauren2015@fau.edu



Amaryllys 'Grace' Thompson, BS
Nottingham, Maryland
University of Vermont



Bobby Varieur, BS
Theills, New York
Manhattan College
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Former Students Working On M.S. Degrees

Jared Perlmutter, BS, 2016, Florida Atlantic University

Gabriel Pena, BS 2016, Florida Atlantic University

Brandon Fico, BS 2015, Florida Atlantic University

Ryan Byrnes, BSE 2015, Florida Atlantic University

Arun Maharaj, BS 2014, Florida Atlantic University

Former Students Working On Ph.D. Degrees

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

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

Alex Klemp, M.S. 2013: Florida State University

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

Alumni News



Alfred Morris, ESHP, BSE, 2012, is currently a running back for the Dallas Cowboys Football team.



Eric Capell, MS, ATC, Assistant Athletic Trainer at the University of Arizona, February 2016 to present, from the NY Jets.

Vickie Wong, BSE, 2015, has been accepted into the University of South Florida's Exercise Science program, Fall 2016.

Kate Christian, BSE, 2012, is working on her master's degree at the University of Oregon's Human Physiology Graduate Program. She is totally fund-

Shirley Rojas, MS, 2011, visited our campus this past spring. She is with Arun Maharaj, one of our current MS students. She is teaching courses at Keiser University.



Other News

Congratulations, Mr. Boerum!



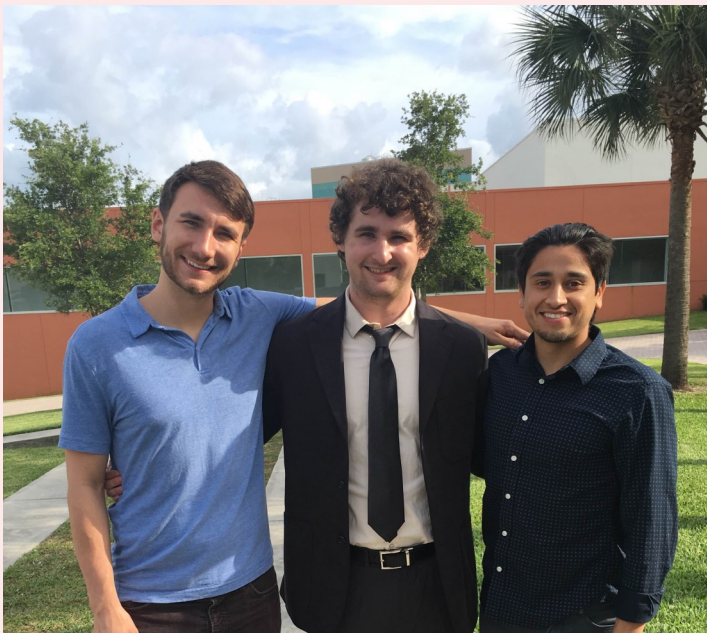
Mr. Chris Boerum will receive his M.B.A. from FAU in August. He completed his M.S. in Exercise Science and Health Promotion from our department in 2010. After his graduation, Mr. Boerum was a Broward County Public School teacher for a year, then taught as a visiting instructor for us. He was hired full time in August 2012. He created the Tactical Strength and Conditioning course, plus taught Advanced Methods of Strength and Conditioning, among other courses for our major. We want to congratulate him on received this M.B.A. He is also starting on his doctorate this fall. Good luck, Mr. Boerum!

Awards & Recognition

Congratulations!



Dr. Robert Zoeller, Professor, Exercise Science and Health Promotion Department, congratulates Jake Goldsmith (left) on receiving his top ESHP graduate student award at the College of Education ceremonies, May 2016. Gabe Pena received the top undergraduate ESHP student of the year award (right).



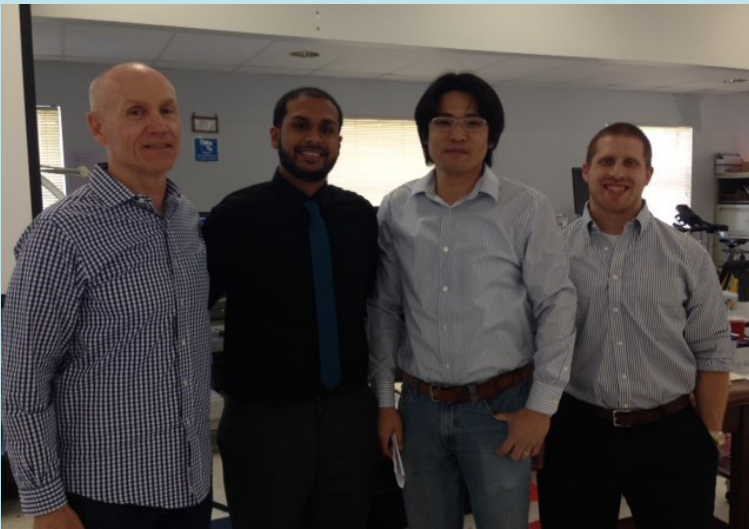
Congratulations to Jake, Jared, and Gabe on your successful research this year!



Jacob Perlmutter received an award for the top undergraduate research student in the FAU College of Education.

Exercise Science and Health Promotion

Graduate Students



Master's Thesis presentation by Arun Maharaj with Dr. Whitehurst, Dr. Huang, and Dr. Zourdos, Spring 2016.

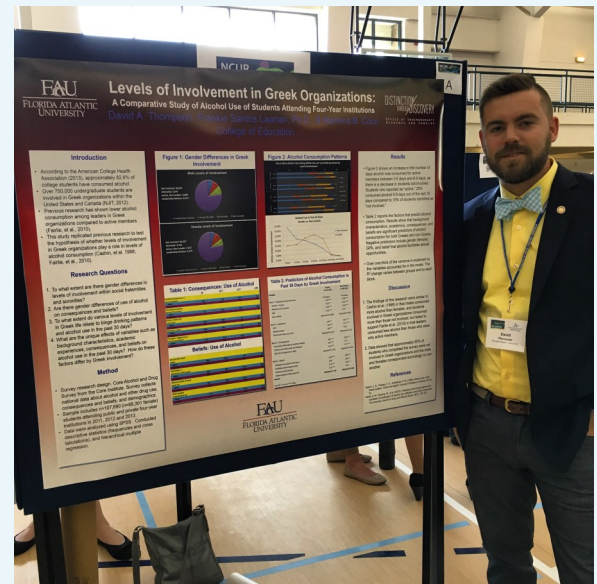
Master's Thesis presentation by Jake Goldsmith with Dr. Whitehurst, Dr. Zoeller, and Dr. Zourdos, Spring 2016.



Exercise Science and Health Promotion

Undergraduate Students

David Thompson presenting a poster, Levels of involvement in Greek organizations: A comparable study of alcohol use of students attending a four year institution, 30th Annual National Conference on Undergraduate Education, April 8, 2016, University of North Carolina—Asheville. David also was one of the College of Education's Scholarship Recipients, May 2016.



Dr. Graves' Management Principles class, Spring 2016, performing mock job interviews to prepare them for job opportunities in the future.



Left to right: Sabina Belizaire, Jasmine Sparks, Kristen Barani, Frank Gonzalez, Barry Jacobson, Cody Brooks, Wesley Burnside, Andrew Pfeifer, Amanda Moench, Dan Sarfati, Albert Nieves, and Kenneth Reilly.

American College of Sports Medicine

Southeast Meeting • Greenville, South Carolina • February 18-20, 2016



On the left: FAU students and faculty at the SEACSM Graduate fair! Hoot Hoot! Go Owls!

Below: Dr. Bill Kraemer, Professor, Ohio State University, Keynote lecturer, speaking with students.



Below: Students with Dr. Gupta, physician, Sports Orthopedic Center, Boca Raton, Florida, presented Athletic Engineering.



Below: FAU undergraduate students, First place in the student scholar bowl. Our team represented the Southeast region at the national ASCM meeting. In May



On the left: Undergraduate and graduate students exploring Greenville, SC after the conference.



American College of Sports Medicine

National Meeting • Boston, Massachusetts • June 1st – 4th, 2016



On the left: FAU's Student Scholar Bowl team who won their way to the national ACSM conference to represent the Southeast Region. They placed fifth overall in the competition.



AMERICAN COLLEGE
of SPORTS MEDICINE®
LEADING THE WAY



FAU graduate, Sam Buckner, with ASCM President, Elizabeth Joy, M.D. of Intermountain Healthcare. Sam is currently working on his Ph.D. at the University of Mississippi.



FAU Faculty and students throwing up the owl in Boston!

Back row: Dr. Whitehurst, Kristin Mendez, Jessica Halle, Gabe Pena, Lexi Rodriguez, Bryan Rodriguez, Dr. Huang, Brandon Fico

Front: Dr. [Torok](#), Dr. Graves, Eyessky Sanabria, Arun Maharaj, Jake Goldsmith, and Katie Dodge.

Exercise Science and Health Promotion

ESHP Club Executive Board 2016-2017



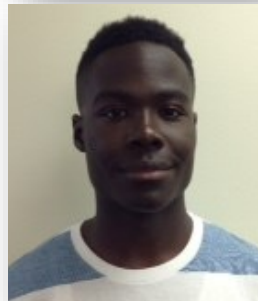
Carolyn Karch
President



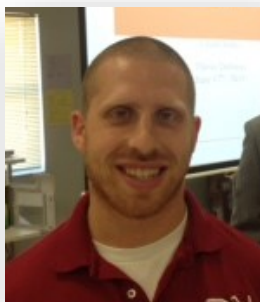
David Thompson
Vice President



Victoria Kramer
Secretary



Makil Hoilett
Treasurer



Dr. Michael Zourdos
Advisor

Make sure to check out the ESHP Club Facebook page for updates and upcoming events!

Any questions, please contact the ESHP Club president at ckarch2012@fau.edu

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 Bristor, Dr. Sue Graves, Dr. Michael Hall, Anita D'Angelo-Herold.

Publications

PUBLICATIONS

- Caslin, H.L., Franco, R.L., Crabb, E.B., **Huang, C-J.**, MK Bowen, M.K., & Acevedo, E.O. (2016). The Effect of Obesity on Inflammatory Cytokine and Leptin Production Following Acute Mental Stress. *Psychophysiology*, 53, 151-158.
- Crabb, E. B., Franco, R. L., Bowen, M. K., **Huang, C-J.**, Caslin, H. L., & Acevedo, E. O. (2016). G Protein-Coupled Receptor Kinase 2 in Peripheral Blood Mononuclear Cells Following Acute Mental Stress. *Life Sciences*. *Life Sciences*, 145, 184-189.
- Helms, R.E., Storey, A., Cross, M.R., Brown, S.R., Lenetsky, S., Ramsay, H., Dillen, C., and **Zourdos, M.C.** RPE and Velocity Relationships for the back squat, bench press, and deadlift in powerlifters. *The Journal of Strength and Conditioning Research [Accepted-Epub Ahead of Print]*. 2016.
- Klemp, A., Dolan, C., Quiles, J.M., Blanco, R., **Zoeller, R.F.**, **Graves, B.S.**, and **Zourdos, M.C.** Volume-Equated high and low repetition daily undulating programming strategies produce similar hypertrophy and strength adaptations. *Applied Physiology, Nutrition, and Metabolism*. (2016). 41:1-7.
- Slusher, A.L. and **Huang, C-J.** (2016). Association of Pentraxin 3 with Insulin Resistance and Glucose Response Following Maximal Aerobic Exercise in Obese and Normal-weight Individuals. *Canadian Journal of Physiology and Pharmacology*, 94, 1-5.

Faculty News and Publications

Presentations

NATIONAL ABSTRACT PRESENTED: ACSM

Bao, F., Slusher, A.L., Whitehurst, M., and **Huang, C-J.** (2016, May). Circulating MicroRNAs Are Upregulated in Response to Acute Aerobic Exercise in Obesity. Annual American College of Sports Medicine Conference, Boston, MA.

Slusher, A.L., Shibata, Y., **Whitehurst, M., Maharaj, A.,** Quiles, J.M., and **Huang, C-J.** (2016, May). Exercise-Mediated Pentraxin 3 Expression from In Vitro Stimulation of Human PBMCs with Lipopolysaccharide in Obese Individuals. Annual American College of Sports Medicine Conference, Boston, MA.

Fico, B.G., Slusher, A.L., **Whitehurst, M., Maharaj, A., and Huang, C-J.** (2016, May). The Impact of Obesity on Calprotectin Response to Acute Aerobic Exercise. Annual American College of Sports Medicine Conference, Boston, MA.

Goldsmith, J.A., Quiles, J.M., Blanco, R., Klemp, A., Dolan, C., **Huang C-J, Whitehurst, M., and Zourdos, M.C.** Progressive resistance exercise elicits significant brain-derived neurotrophic growth factor expression. American College of Sports Medicine, Boston, MA. 2016.

Graves, B. S., Burnside, J. and Gupta, M. Assessing Concussion in College Athletes. American College of Sports Medicine, Boston, MA. 2016.

Perlmutter, J.H., Dolan, C., Quiles, J.M., Blanco, R., **Goldsmith, J.A.,** Mendez, K.M., **Byrnes, R.K., Zoeller, R.F., Whitehurst, M., and Zourdos, M.C.** Impact of various concurrent training interventions on squat strength. American College of Sports Medicine, Boston, MA. 2016.

Mendez, K.M., Dolan, C., Quiles, J.M., Blanco, R., Goldsmith, J.A., **Perlmutter, J.H., Byrnes, R.K., Zoeller, R.F., Whitehurst, M., and Zourdos, M.C.** Impact of various concurrent training interventions on bench press strength. American College of Sports Medicine, Boston, MA. 2016.

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. American College of Sports Medicine, Boston, MA. 2016.

NATIONAL ABSTRACT ACCEPTED: FNCE

Diaz, N.A., Coccia, C., Dolan, C., Goldsmith, J.A., and **Zourdos, M.C.** Ad Libitum Dietary Intake Habits of Resistance Trained Males: A Comparison to Established Dietary Recommendations. Food and Nutrition Conference and Expo. Boston, MA. 2016.

INTERNSHIPS, SUMMER 2016

Jacob Mabie	Alliance Health & Injury Center
Kathryn Cermak	Alliance Health & Injury Center
Oriel Matilsky	Adolph & Rose Levis JCC
Jasmine Spence	Advanced Healthcare
Sabina Belizaire	Boca Babes OBGYN
Maria Gamboa	Boca Raton Orthopedic Group
Shirley Lynch	Boca Raton Orthopedic Group
Samantha Greenberg	Boca Raton Orthopedic Group
Amanda King	Boca Trauma & Rehabilitation
Samantha Mueller	Boca Trauma & Rehabilitation
Gabriella Sosa	Boca Trauma & Rehabilitation
Amber Reichel	Boca Trauma & Rehabilitation
Krista Ali	Boca Raton Regional Hospital
Matthew Joyce	Bommarito Performance Systems
Andrew Pfeifer	Bommarito Performance Systems

Christopher Lyles	Central Palm Medical Group
Allyce Peyton	Central Palm Medical Group
Brandon Rhodes	Central Palm Medical Group
Gabriela Mori	City of Coconut Creek Parks & Rec
Sten Schroeder	City of Coconut Creek Parks & Rec
Delima, Luisa	CORA Health Rehabilitation
Moghadam, Mina	CORA Health Rehabilitation
Zaccardo, Tiffany	CORA Health Rehabilitation
Jason Gothelf	David Posnack JCC
Greg Joseph	Davis Therapy Center
Walkens Seraphin	Davis Therapy Center
Heather Haynes	Equinox
Carlos Pizzino	Equinox
Chloe Sell	FAU Athletic Training
Jose Rodriguez	FAU ESHP , Dept, Dr. Whitehurst
David Abella	FAU Strength & Conditioning
Trevor Johnson	FAU Strength Lab
Bianca Vito	FAU Strength Lab
Jonathan Perry	FAU Strength Lab



INTERNSHIPS, SUMMER 2016

Joshua Matthews	Gravity & Oxygen Fitness
Frank Gonzalez	Holy Cross Hospital
Nicole Blankfield	Holy Cross Hospital
Annmarie Giacobbe	Holy Cross Hospital Rio Vista
Nathan Pearson	Impact Sports Performance
Ryan Radic	Impact Sports Performance
Kenneth Reilly	Impact Sports Performance
Braylen Toney	Impact Sports Performance
Carlton Colbert	Jupiter Medical Center
Wesley Burnside	Life of Purpose
Shelaina Bloukos	Life of Purpose
Amelia Flores	Memorial Healthcare System
Jasmine Sparks	Memorial Healthcare System
Bria Campbell	Memorial Healthcare System
Fernando Cruz	Memorial Healthcare System
Quoc-Hung Tran	Memorial Healthcare System
Anthony Petrella	Mizner Country Club
Bradley Elred	Next Era Energy
Todra Norris	Next Era Energy
Jennifer Eboli	Orthopedic Surgery Associates
Brittany Lilly	Orthopedic Surgery Associates

Brazil Lockhart	Physiotherapy Associates
Teeka Hall	Plantation Medical Rehab & Wellness
Ryan Lyew	Plantation Medical Rehab & Wellness
Stephanie Iori	Premier Therapy Solutions
James Mungai	Sports Ortho LLC
Ashley Parrish	Weston Rehab & Wellness
Bryan David	Weston Rehab & Wellness
Christopher Villard	YMCA Boca Raton
Norkeria Scott	YMCA Boynton Beach



Braylen Toney, Ryan Radic, Nathan Pearson, and Kenneth Reilly, hard-working interns, Summer 2016, Impact Sports Performance, Boca Raton, Florida.



Graduation, Spring 2016



Graduate Program

Master of Science

Danielle A. Aromashodu
Cydney Marie Goodwin
Kristin Michelle Mendez
Michael Joseph Sole
Lindsey Michelle Swann
Devin Thomas Wyss
Katelyn Marie Yeakle

Chelsea Renee Jean
Connor Michael Kelaher
Nayara Damiann Miranda
Kimberly Nieves
Hector Gabriel Paez
Pierina Paradizo
Gabriel S. Pena
Barbara Raymond Renelique
Brianna Alyssa Robinson
Steven Lawrence Rowe
Bianca Eve Santos

Guiseppe Costanzo Barioli
Micaela Abigail Bell
Calre Kathleen Brinkman
Kayla E. Burke
Kathleen Ann Casey
Stephen D. Chase
Taquannda Latrece Clark
Denis Derbenov
Marsha Elaine Dixon
Gustavo Lima Felipe
Ketly Francois

Undergraduate Program

Bachelor of Science

Geoffrey Bangley
Alexander Carrillo
Luisa Delima
Katelyn Marie Dodge
Claire Emslie
Kelly G. Entwistle
Andrea Lynn Galinis
Morgan William Humphrey
Kathryn Lee Hunt

Christine Duncan Silverman
Miranda Marie Uhl
Alejandra Villegas
Aleksandra A. Wisekal

Bachelor of Science in Education

Oday Abad
Karina Andrea Alarcon
Michael Brian Argott Jr.
Brooke Elizabeth Bailey
Amber-Veta Tiffany Ball

Christian Jack Greenough
Kyle Ryan Harrington
Dana Lindsey Hoffman
Nicole Marie Jamison
Abigail Jean-Claude
Catalina Keffe
Peter Robert Larson
Mallory Alysa Lindsay
Chad Michael Luvison
Tianna A. Malfetti
Iveliz Martinez



Graduation, Spring 2016



Undergraduate Program

Bachelor of Science in Education

Maria Mazzurco

Mina S. Moghadam

Ibrahim Nasser

Albert Nieves Jr.

Nichole Elise Parker

Habelardo Ever Pascual

Jared Harrison Perlmutter

Anthony Santoriello Jr.

Giovannia Francesca Simon

Sharae Simone Sturgies

Barrissa Patrice Taylor

Kelley J. Thune

Jose Carlos Velazquez

Rachel Alexandra Wetzel

Jenna Alexandra Whitlach

Allison M. Williams

Shemeika Ebonie Elaine Wright

Tiffany Paige Zaccardo



Steven Orris, BS, 2000, Received the Master Strength and Conditioning Coach award, the highest honor given by the Collegiate Strength and conditioning Coaches association (CSCCQ). He is currently the Director of Sports Performance at Nova Southeastern University in Davie, Florida.

Coach Orris began his professional career at the University of Florida, as an assistant strength and conditioning coach, where he worked with football, baseball, softball, and women's basketball teams. He also completed internships with the Miami Dolphins and Houston Astros.

ESHP Faculty/Staff

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FAU

EXERCISE SCIENCE AND HEALTH PROMOTION

College of Education
Florida Atlantic University



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

Newsletter designed and edited by:

Summer Forbis and Dr. B. Sue Graves

"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."