

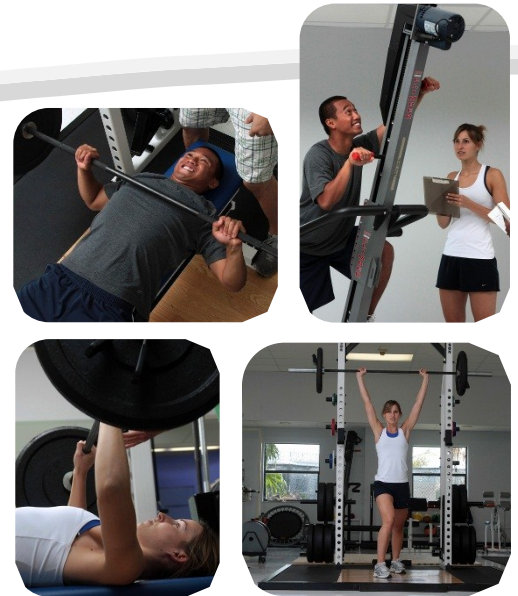
FLORIDA ATLANTIC UNIVERSITY™

EXERCISE SCIENCE AND HEALTH PROMOTION

Volume 1, Issue 3

Fall 2011

We are sending out our third electronic newsletter, updating you on our department current news and previous graduates. If you have not heard, FAU is celebrating our 50th Anniversary. You may stay in contact with the department through our web-site: <http://www.coe.fau.edu/eshp> and/or our Facebook page: www.facebook.com/pages/FAU-Department-of-Exercise-Science-and-Health-Promotion/343365107553. Please contact us with any changes to your e-mail address, so we can keep in touch with you concerning the new developments within the Department and the campus.



Top left:
Alexandra
Schoenmakers

Bottom right:
Katie Beasley

I personally want to welcome Alexandra Schoenmakers, our new secretary, who took Olga Duron's place. Alexandra is originally from the Netherlands, but has lived in the Boca Raton area for over 20 years. She is an FAU Mom, since her younger son started classes this fall. She is a wonderful addition to our department. We have had to say good bye to Olga, because she and her family are moving to Pennsylvania.

In addition, we do have a new laboratory manager, Katie Beasley. We are thrilled to have Katie. She has organized our labs, restarted our community testing program, and has been a great asset for faculty data collection. Katie is originally from Massachusetts. She completed her undergraduate (physiology and neurobiology) and master's (kinesiology) degrees at the University of Connecticut. Her most recent position was as a research physiologist assistant at the United States Army Research Institute of Environmental Medicine in Natick, Massachusetts. If you have the opportunity, please stop by and welcome both of these great new additions to our staff.

For our current students, please do become involved in the ESHP Club. Also, if you are in the area, join us for our first season in the new on-campus football stadium.

Sue Graves, Ed.D., FACSM, FISSN
Chair, Associate Professor
Exercise Science & Health Promotion



ESHP Faculty

561.297.2938

Dr. Sue Graves

Dr. Tina Penhollow

Dr. Michael Whitehurst

Dr. Robert Zoeller

Dr. Chun-Jung Huang

Dr. Michael Hall

Coach Ian Pyka

Ms. Anita D'angelo

Chris Boerum

WELCOME STAFF



CHRIS BOERUM

Originally from Long Island, NY. Before getting involved in exercise science and education, he worked as a diesel mechanic and served in the United States Marine Corps. He earned his BA degree from Kent State University, Ohio. He started his career at FAU as an Exercise Science and Health Promotion graduate assistant teaching Health Fitness for Life classes. Upon completing his MS degree, he taught 8th grade science for the Broward County School District. He returned to ESHP as an adjunct teaching Leadership II. Now, he is teaching here full-time. He greatly enjoys working for the department as a visiting instructor. He enjoys teaching the major-related courses. He looks forward to meeting more of you, as he continues teaching here at FAU.



KATIE BEASLEY

She oversees the Exercise Science labs and looks forward to an exciting and productive year. She earned her B.S. in Physiology and Neurobiology and M.S. in Exercise Physiology from the University of Connecticut. Following her graduate program, she worked as a research associate for the Department of Defense in Natick, Massachusetts conducting muscle physiology and biomechanical research with Army soldiers. Katie has also taught undergraduate courses as an adjunct faculty member with FAU.

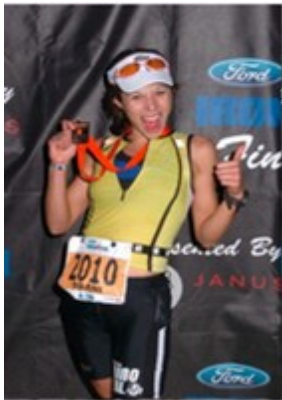


ALEXANDRA SCHOENMAKERS

Alexandra is our secretary. She just joined us, a few weeks ago. She was born and raised in The Netherlands. She earned her BA degree from MEAO in Holland. She later pursued her Human Resources certificate from Florida Atlantic University. She speaks fluently Dutch, English and German. She enjoys interacting with the students as well as with the faculty. Her younger son is a freshman at FAU, majoring in business, so she is proud to be an FAU mom!

ALUMNI NEWS

Tait Lawrence is currently an Adjunct Faculty at Shepherd University in Washington D.C. Metro Area Higher Education. He has been involved in the health & fitness industry for more than 10 years. Tait earned his BSE, Exercise Science & Health Promotion degree from Florida Atlantic University in 2004. He has experience as a Human Performance Lab Director at Shepherd University. In 2008, he finished a Graduate Teaching Assistantship at Florida State University.



One of our former master's students, **Marni Rakes Sumbal**, finished the Kona Race after 11:02.14 hours. She ranked:

Overall: Age group, 22nd (25—29).

Overall place: 1017 out of 1918.

Gender place: 172.

If you are interested, here is her current blog.

<http://trimarni.blogspot.com/2011/09/kona-countdown-10-days-kona-inspired.html>



Marni is currently a registered dietitian, vegetarian, four-time Ironman athlete, wife to an amazing Czech cyclist, a 2011 Ironman World Championship qualifier and a USAT level-1 coach.

CONGRATULATIONS SUMMER 2011 GRADUATES

MASTER'S DEGREE

Andrews, Richard (Trey)

Carr, Christopher

Nickel, Shayna

Quinn, Patrick

Randolph, Reginald

Richardson, Krista

Rodriguez, Leo

Toups, Nicholas

BACHELOR'S DEGREE

Beach, Jason

Bono, Ryan D.

Boulos, Jeffrey V.

Croney, Kerri E.

Davis, Derek D

Daw, Monique A

Duque, Jorge

Eisenscher, Edith S.

Feil, Kelly A.

Gornall, Ross A.

Hampton, Timothy M.

Kalmus, Francis R

Kearney, Renee D.

Kessler, Jordan J.

Landry, Christopher A.

BACHELOR'S DEGREE

Mastorides, Amanda E.

O'Connor, Nina S.

Penrosa, Gina I

Prado, Abril A.

Rivera, Erica

Rydz, Joy E.

Santos, Meghan R

Schubauer, Alexandria M.

Stemler, Collins B.

Tom, Holly C.

Van Brocklin, Daniel J.

Walker, Brittany P.

Zatto, Kristin M.

Ziegler, John A



Pictured from left to right: Becky Kalmus, Monique Daw, Alexandria Schubauer, Joy Rydz, Ross Gornall, John Ziegler, Jason Beach, Amanda Mastorides, Erica Rivera.

SUMMER 2011 GRADUATES



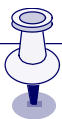
FALL 2011

ESHP GRADUATE ASSISTANTS



Competitive graduate assistants are currently available. We have GAs in these areas: teaching undergraduate courses in swimming, jogging, aerobics, Pilates, First Aid, Health, Fitness for Life classes, weight training, and exercise physiology labs.

How to Apply: If interested, please send updated resume, and complete the GA application online: <http://www.coe.fau.edu/academicdepartments/eshp/documents/GAapplicationform.pdf>



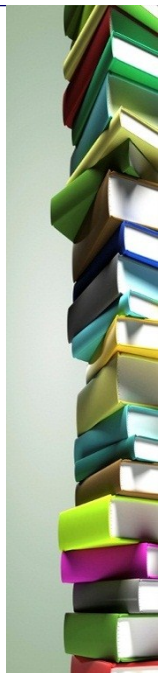
DR. ROBERT ZOELLER, GRADUATE COORDINATOR

Field House 11A

Direct line (561) 297-2549

Email: rzoeller@fau.edu

Website: www.coe.fau.edu/eshp



FALL 2011

ESHP GRADUATE ASSISTANTS

OUR GRADUATE ASSISTANTS



Keith Brazendale
Aberdeen, Scotland



Meghan Helbick
Atkinson, NH



Evan Roszkowski
Wildwood Crest, NJ



Laura Canteri
Mentor, OH



Jeffrey Hand (Davie campus)
Coconut Creek, FL



Leslie Cribbs
Temperance, MI



Brad Shiflet
Asheboro, NC



Kelley Rhoads
Ft. Lauderdale, FL



Taylor Miksell
Jacksonville, FL



Michelle Rich
Fleming Island, FL



Ryan Musille
Canton, OH



Arielle Gaydosh
Port Charlotte, FL



Brandon Anderson
Barboursville, WV



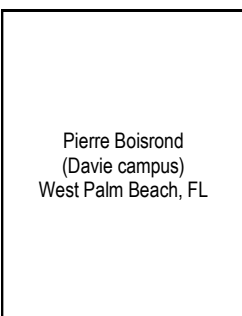
Donna Alexander
Pisgah, OH



Steve Olson
Loves Park, IL



Chelsi Mundy
Tempe, AZ



Pierre Boisrond
(Davie campus)
West Palm Beach, FL



Dr. Robert Zoeller
Graduate Coordinator

FAU WELL PROGRAM

Description:

Exercise Science & Health Promotion offers a well-rounded health-fitness program as a FREE COMMUNITY SERVICE for older adults residing in Boca Raton and surrounding areas. Faculty and staff of FAU are also encouraged to attend.

Research has shown that regular exercise can add to the quality of life and decrease the risk of cardiovascular disease. The FAU-Well program is geared to provide safe, supervised exercise based on individualized assessments.

The program objectives are to increase or maintain cardiorespiratory function (aerobic fitness), improve muscular strength and endurance, decrease body fat, and to promote positive lifestyles.

The staff includes the Exercise Science faculty and qualified graduate student assistants. Students majoring in Exercise Science also gain valuable experience by rotating through the program and working closely with the FAU-Well Program Coordinator, Anita D'Angelo, MS, HFS.

The program offers:

- Fitness Assessments
- Exercise Prescription
- Supervised Exercise Sessions
- Aerobic Walking
- Strength Training
- Group Conditioning
- Blood Pressure Monitoring
- Pulse Rate Checks
- Health-Related Well-Spot Talks
- Health-Fitness Promotions
- Newsletters

Contact: 561.297.3752
ESHPinfo@fau.edu



The participants and practicum students, Summer 2011, in the FAU WELL Program

FAU WELL PROGRAM

FAU-WELL Program Schedule - Boca Campus:

Days: Monday, Wednesday, Friday
Time: 7:00-8:30 AM
Dates: Corresponds to FAU's Academic Schedule

Fitness evaluation:

The American College of Sports Medicine Guidelines for Exercise Testing and Prescription are used for this program.

Fitness evaluation:

Exercise tests help us determine your aerobic fitness and gives us information about your response to exercise. Results from the exercise tests enable us to provide you with an individualized program for optimal health enhancement. The standard FAU-WELL Fitness assessment consists of the Senior Fitness Test.

Medical Clearance:

All prospective participants must have medical clearance prior to beginning the FAU-WELL program. The FAU-WELL staff will assist you with obtaining this information.

Fees:

No fees are charged for the fitness assessment or aerobic exercise and toning sessions.

More than physical:

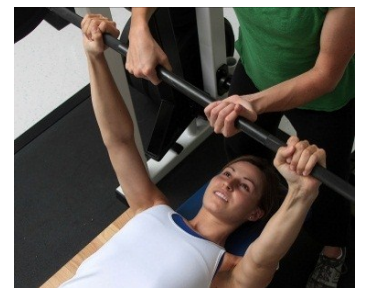
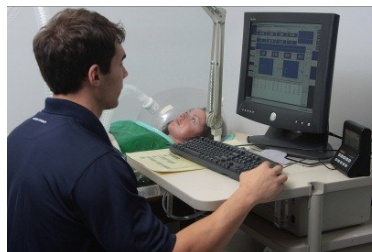
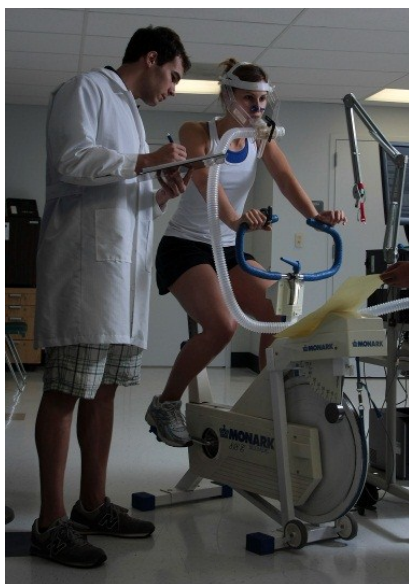
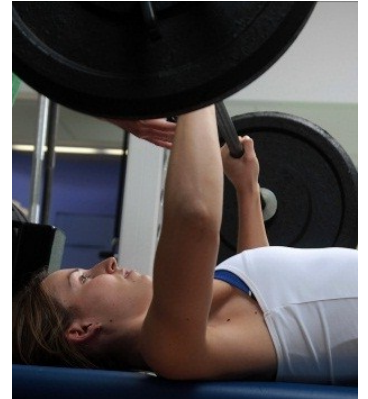
The FAU-Well Program offers participants social interactions with their peers and intergenerational interactions with the students. The program benefits all involved. Health and wellness topics are periodically presented by the students.



ESHP LABORATORY

LABORATORY MANAGER

KATHLEEN BEASLEY



ESHP LABORATORY



Dr. Chun-Jung Huang, ESHP Assistant Professor, is conducting an ongoing study with Dr. Yoshimi Shibata in the College of Medicine at FAU on the effects of glucocorticoid (cortisol) sensitivity on peripheral blood mononuclear cells (PBMCs) in vitro in healthy individuals. Although chronically elevated cortisol is thought to have deleterious effects on the immune system, a suppressive effect of immune regulation has been shown in response to acute stressors. Furthermore, PBMCs such as monocytes are involved in the elevated concentrations of pro-inflammatory cytokines. Thus, the primary purpose of this study is to examine whether lower glucocorticoid sensitivity is associated with monocyte phenotypes (M1 [pro-inflammatory] and M2 [anti-inflammatory]). Through an understanding of the mechanisms, we hope to propose possible treatments for stress-related diseases.

UNDERWATER WEIGHING



ESHP STUDENT CLUB

President — Nikolai Goodyear

Vice President — Jason Briscoe

Treasurer — Brandon Anderson

Secretary — Caitlyn Rogers

<http://www.facebook.com/pages/FAU-Exercise-Science-and-Health-Promotion-Club/121243954627343>



If you have any questions or suggestions for events/activities, feel free to e-mail Nikolai at ngoodyea@fau.edu.

The club's main mission is to promote health and wellness at FAU and within the surrounding community. The club has achieved this mission by participating in various community and FAU activities. Dr. Tina M. Penhollow is the faculty advisor.

ECA THRIVE!

2011 Sports Training, Fitness and Wellness Conference

November 10 – 13th, 2011

The Marriott Harbor Beach Resort and Spa

3030 Holiday Drive, Ft. Lauderdale, FL 33316

To register dial: 800-222-6543 or 800-228-9290.

Save a \$100 on registration by putting FAU as the group code!



The FAU team, *Fit & Foxy*, participated in the 5th Annual Glam Doll Strut for breast cancer awareness in Downtown Fort Lauderdale. Front row: Laura Canteri, Meghan Helbick, Anita D'Angelo, Dr. Tina Penhollow, Sarah Rew, Kelley Rhoads; back row: Leslie Cribs, Peggy Donnelly, Sandy Alexander, and Donna Alexander.

ESHP STUDENT CLUB



Caitlyn Rogers (secretary), Jason Briscoe (vice-president), Nikolai Goodyear (president), Dr. Tina Penhollow, (advisor)



Thomas Benso, Caitlyn Rogers, Leslie Cribbs, Jason Briscoe, Arielle Gaydosh, Nikolai Goodyear, David Rotondo

**If you have any ESHP alumni or other
information, please email us at
ESHPIinfo@fau.edu or call 561-297-2938.**