

Florida Atlantic University Exercise Science and Health Promotion

Newsletter · Fall 2015 · Volume 6, Issue 3

Dr. Michael Whitehurst



Welcome from the Department Chair

Our semester has started out great. We have lots of ongoing research projects and busy teaching schedules. We welcomed a new visiting instructor, Jared Hoare, who is teaching Leadership 2 and a stress management class. Mr. Hoare replaced Leslie Cribbs, who has returned to Michigan. Jared's bio is featured below, so please take time to read it.

We have six new graduate teaching and research assistants from places, such as Great Britain, North Carolina, and Tennessee. One of our former GAs from last semester, Nick Gounaris, joined the FAU Strength and Conditioning staff in a full-time position last month. Our animal research lab has been recently moved from the Davie Campus to Boca. As you can see, we do have many positive changes and ongoing events. We are also in the process of hiring two new faculty for next fall, including one person to replace Ms. D'Angelo-Herold, who will be retiring, and an assistant professor of exercise biochemistry.

In closing, I would like to wish all our upcoming fall 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.

Welcome, Jared Hoare, Visiting Instructor



Jared Hoare is from Rockhampton, Australia. He lived there for 24 years before moving to the United States to begin his graduate study at FAU. His undergraduate degree was in Human Movement Science from Central Queensland University in 2010. He received a postgraduate diploma in education also from CQU in 2011. He worked as a high school teacher for 2 years before following his true passion in exercise science and choosing to come to FAU to further his education in the field. As a student at FAU, he was a graduate

assistant in the ESHP department, as well as an intern in the Strength and Conditioning Department with FAU Athletics. People often ask why he moved overseas. He could have completed his graduate degree back home, but the opportunities to work with the ESHP department as a GA and to work with division I athletes was the catalyst to his move to the USA. He obtained experience in the field from both the research and application side of strength and conditioning which was too great a chance to pass up. He completed his Master of Science in Exercise Science & Health Promotion in August 2014. Jared states "I was fortunate enough to be offered a full-time position as a visiting instructor in the ESHP department beginning this Fall. The chance to combine my passions of teaching and athletic performance as a faculty member is an opportunity I am really looking forward to."

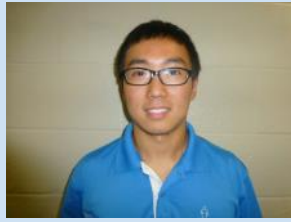
TABLE OF CONTENTS

- 2 Graduate Assistants Fall 2015
- 3 Alumni Update
- 6 Other News
- 7 Graduate Student News
- 8 Undergraduate Student News
- 9 ESHP Club Info
- 10 Publications
- 11 NSCA Conference
- 13 Fall 2015 Internships
- 15 Summer 2015 Graduation
- 16 ESHP Directory

Graduate Assistants, Fall 2015



Danielle Aromashodu
Miami, Florida
BS, Florida Atlantic University
daromash@fau.edu
Research and First Aid/CPR classes



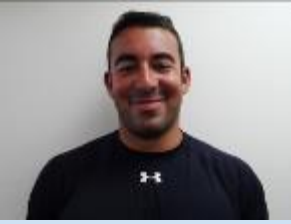
Fanchen Bao
P.R. China
MS, Florida International University
fbao2015@fau.edu
Research and labs



Blake Daniel
Prospect, Tennessee
BS, Middle Tennessee State University
ddaniel2015@fau.edu
Athletic Training



Dan Cooke
Plymouth, United Kingdom
BS, University of Plymouth
dcooke2014@fau.edu
Health Fitness for Life classes



Jonathan Dobson
Mayfield Heights, OH
BA, Florida Atlantic University
jdbson1@fau.edu
Health Fitness for Life classes



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



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



Brandon Fico
Pembroke Pines, Florida
BS, Florida Atlantic University
bfico@fau.edu
Research and labs



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



Ryan Huffman
Cleveland, Ohio
BS, Miami University
rhuffman2015@fau.edu
Strength and Conditioning



Chris Latimer
Powell, Ohio
BS, Otterbein College
clattimer2015@fau.edu
Practicum class



Arun Maharaj
Coral Spings, Florida
BS, Florida Atlantic University
amahar12@fau.edu
Research and Health Fitness for Life classes



Kristin Mendez
Orlando, Florida
BS, Florida State University
kristinmend2014@fau.edu
Research and Weight Training classes



Meghan Rohrbau
Harrisburg, Pennsylvania
BS, University of Central Florida
mrohrbau@fau.edu
First Aid/CPR classes



Ryan Roman
Hollywood, Florida
BS, Florida Atlantic University
rroman5@fau.edu
Research and Jogging classes



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



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



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



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



Shannon Woehler
Fort Lauderdale, Florida
BS, Florida State University
swoehler@fau.edu
First Aid/CPR classes



Ashley Zajdel
Muskego, Wisconsin
BS, University of Wisconsin,
La Crosse
azajdel2014@fau.edu
First Aid/CPR classes

Alumni News



Carson Randal

(M.S. '11)

Has accepted a position as a strength and conditioning coach for the Exos Company, working with the Marine Corps in North Carolina.

Lashaundra Lewis

(M.S. '11)

Former ESHP Graduate student stopped by the department office. Lashaundra works for the Broward County School System, as a sign-language interpreter.



Grace Clifford

(M.S. '14)

Has accepted a position as the Exercise Physiologist for The Boeing Company, Mesa, Arizona.

Alumni News



Erica Goldstein Thomas

(M.S. '09)

She is a clinical dietitian at Mayo Clinic, Jacksonville, Florida. She has her own company as a sports nutrition consultant.



Peter Hellberg

(M.S. '09)

He is a nutrition and exercise counselor at Cenegenics, Philadelphia, Pennsylvania. He is also a co-owner at CrossFit Royalty in Trooper.



Rachelle Ginsberg

(M.S. '03)

She recently joined the Realty Masters team in South Florida. Rachelle co-founded "The Oasis Group", a not-for-profit organization for entrepreneurs, senior executives, and ingenious leaders from diverse backgrounds.



Jennifer Trappello

(B.S. '98)

Has been named a Broward College Hall of Distinction alumni honoree, in the category of Alumni Merit. She is the Athletic Director and Science Teacher at Stranahan High School, Ft. Lauderdale, FL.

Alumni News

Bryan Koudim

(B.S. '12)

He is a licensed physical therapy assistant. He is presently working at Advanced PhysioTherapy Associates.



Jeff Petak

(B.S. '04)

He is working at One Beat CPR + AED. He distributes PHILIPS Automated External Defibrillators (AED) in the Ft. Lauderdale, FL area.

Donna Gagyi Alexander

(M.S. '15)

Started a teaching position at Polk State College, FL. She will be instructing wellness classes.



Duval Kirkaldy

(B.S.E. '09)

Visited campus on June 16th, 2015. He is an assistant strength and conditioning coach for the men's basketball team at UCLA in Los Angeles, California.

Other News



Dr. Gabriel Somarriba, PT, DPT, LMT, BMO

Gabe is the 2015 recipient of the College of Education's Outstanding Young Owl award. He is an assistant professor at the University of St. Augustine for Health Sciences in Miami, and assistant professor of pediatrics at the University of Miami.

Nick Gounaris

Nick has accepted a strength and conditioning position with our FAU Athletic Department. Nick is continuing with his master's degree in Exercise Science and Health Promotion.



NSCA Japan Visitors

Dr. Graves showing NSCA Japan around IHP in Boca Raton.

Other News



Kori Kirschner

Kori (left) is a former graduate assistant. She will be on the Price is Right on December 28th.

Seth McGarry

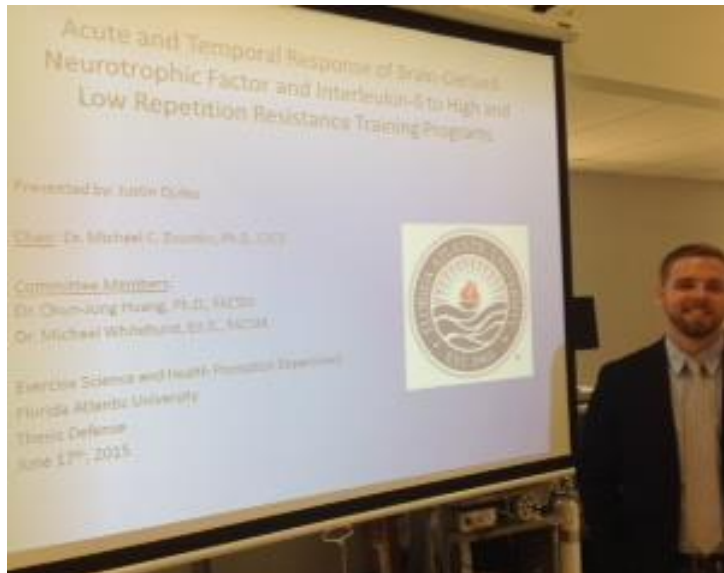
Seth (ESHP junior) is a pitcher and was drafted by the Pittsburgh Pirates, 247th pick.

GO OWLS!



Exercise Science and Health Promotion

Graduate Students



June 2015

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



June 2015

Rocky Blanco's Thesis defense. Left to right (top row): Jake Goldsmith, Chad Dolan, Andrew Rothermel. (Middle row): Kristin Mendez, Marie Wells, Arun Maharaj, Brandon Fico. (Bottom row): Rocky Blanco and Laura.



July 2015

Graduate students prior to starting their Comprehensive Exams! Left to right): Kelsey Crandall, Tony Krahwinkel, Mike McCann, Dr. Zoeller, Ryan Rodriguez and Ja'mese Booth. Everyone did pass.

Exercise Science and Health Promotion

Undergraduate Students



July
2015

Undergraduate
Practicum students
and participants on
the last day of class.



June 2015

Undergraduate interns at Impact Sports, Boca
Raton, Florida. Left to right: Travis Abel,
Matthew Torres, Arif Zaladin, and Jeff Gershon.

July 2015



Intern, Omar Porras at Bommarito
Performance Systems, Davie, FL.



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

October

October 1st (Meeting 2)

October 8th (Event 2)

October 22nd (Meeting 3)

October 27th (Event 3)

November

November 5th (Meeting 4)

November 19th (Event 4)



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 Bristol, Dr. Elise Eifert.

Publications

- Eifert, E. K., Adams, R., Dudley, W., & Perko, M.** (2015). Family caregiver identity development: A literature review. *American Journal of Health Education*. (In press).
- Graves, B.S.** (2015). University football players, postural stability, and concussions. *Journal of Strength and Conditioning*. Accepted [Epub Ahead of Print]
- Huang, C-J., Slusher, A.L., Whitehurst, M., Wells, M., Maharaj, A., & Shibata, Y.** (2015). The Impact of Acute Aerobic Exercise on Chitinase-3-like Protein 1 and Intellectin-1 Expression in Obesity. *Experimental Biology and Medicine*. (In Press).
- Huang, C-J., McAllister, M., Slusher, A.L., Mock, J.T., Webb, H.E., & Acevedo, E.O.** (2015). Obesity-Related Oxidative Stress: The Impact of Physical Activity and Diet Manipulation. *Sports Medicine – Open*. (Accepted).
- Slusher, A.L., Whitehurst, M., Zoeller, R.F., Mock, J.T., Maharaja, A., & Huang, C-J.** (2015). Attenuated Fibroblast Growth Factor 21 Response to Acute Aerobic Exercise in Obese Individuals. *Nutrition, Metabolism and Cardiovascular Diseases*, 25, 839-845.
- Slusher, A.L., McAllister, M., & Huang, C-J.** (2015). A Therapeutic Role for Vitamin D on Obesity-associated Inflammation and Weight-Loss Intervention. *Inflammation Research*, 64, 565-576.
- 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* - Accepted [Epub Ahead of Print] 2015.

National Strength & Condition Association Conference

Annual Meeting · Orlando, Florida · July 8-11 2015

Dr. Graves (left) with Coach Rachel Balkovec, strength and conditioning coordinator, St. Louis Cardinals, Jupiter, Florida



(Left to right): Michael McCann, Mr. Chris Boerum, and Noah Tenenbaum.



ESHP faculty and undergraduate students dining. (Brent D'amelio, Vicky Wong, Bryan Rodriguez, Trevor Johnson, Chris Boerum, Dr. Graves, Anita Maharaj, and Connor Kelaher)

National Strength & Condition Association Conference

Annual Meeting · Orlando, Florida · July 8-11, 2015



(Left to right): Coach Pyka, Bryan Rodriguez, Vickie Wong, Anita Maharaj, Dr. Graves, Summer Forbis, and Brent D'amelio at the Dolphin Hotel, Orlando, Florida. Dr. Graves was an invited panelist: **Graves, B. S.**, Stone, M., Hudy, A., and Schilling, L. Solution Session: Female Athletes and females in the field.



FAU students, current and past, with Dr. Zourdos, Mr. Boerum, and Dr. Graves, after his presentation. Dr. Zourdos was an invited speaker. His presentation was Intergration of Periodization, Autoregulation, and Structured Overreaching for Muscle Performance.

INTERNSHIPS, FALL 2015

Cantwell, Samantha	Advanced Healthcare	Hidalgo, Ellena	Broward Health & Wellness
Mayo, Stephanie	Alliance Healthy & Injury Center	Holst, Roxana	Central Palm Medical Group
Smith, Jimese	American Lung Association	Santos, Bianca	Central Palm Medical Group
Georgiadis, Alexandra	Boca Raton Orthopedic Group	Weiss, Daryl K.	Central Palm Medical Group
Godinez, Gina	Boca Raton Orthopedic Group	Mora, Andrea	CORA Health Rehabilitation
Papa, Lais	Boca Raton Orthopedic Group	Awad, Dema	Davis Therapy Center
Briggs, Amber	Boca Trauma & Rehabilitation	Martinez, Jaime	Davis Therapy Center
Buitrago, Eivy	Boca Trauma & Rehabilitation	Penaherrera, Pedro	Evert Tennis Academy
Kovacs, Anett	Boca Trauma & Rehabilitation	Zhitnitsky, Alexander	Equinox
Phillips, Paige	Boca Trauma & Rehabilitation	Knight, Byron	FAU Campus Recreation
Whittaker, Ramon	Boca Trauma & Rehabilitation	Vidal, Michael	FAU ESHP Dept., Dr. Whitehurst
Gosling, John T.	Boca Raton Regional Hospital	Patteson, Amber	FAU Owls Care Health Promotion
Orellana, Anthony	Boca Raton, Regional Hospital	Gihon, Kevin	FAU Strength & Conditioning
Guyett, Philip	Boca West Country Club	Marino, Nicole	FAU Strength & Conditioning
Mahecha, Kevin	Bommarito Performance Systems	Byrnes, Ryan	FAU Strength Lab
		Friedrich, Brianna	FAU Strength Lab
		Stauber, David	FAU Strength Lab
		Henry, Barrington	Florida Power and Light



FAU undergraduate, Jasmine FungQuee.

Internships, Fall 2015

Oni, Bukky	Golden Orthopedic	Machuta, Jennifer	Memorial Healthcare System
Dash, Taylor	Holy Cross Hospital	Caicedo, Pablo	Memorial Healthcare System
Honeycutt, Darren	Holy Cross Hospital	Delva, Jasmine	Memorial Healthcare System
Peterson, Joseph	Holy Cross Hospital	Mena, Gabriella	Miami Project to Cure Paralysis
Reid, Kyle	Holy Cross Hospital	Abbott, Shawn	Midtown Athletic Club
Markelon, Steven	Institute of Human Performance	Clement, Lauren	Nova Southeastern
Dunstan, Danielle	Jupiter Medical Center	Banks, Shequia	Palm Beach County Parks & Rec.
Lehner, Alexandra	Impact Sports Performance	Garcia, Michael	Palm Beach Institute of Sports Med.
Parry, Katie	Impact Sports Performance	Ibanez, Michael	Physiotherapy Associates
Tore, Michael	Impact Sports Performance	Arslanyan, Alen	Plantation Medical Rehab & Wellness
Wasser, Nicole	Impact Sports Performance	Puwol, Noella	Plantation Medical Rehab & Wellness
Lassegue, Cybille	Life of Purpose	Cruz, Jannelys	Select Physical Therapy
Sullivan, Bret	Life of Purpose	Anderson, Michael	Sports Ortho LLC
Cardoza, Eric	Memorial Healthcare System	Vixamer, Brandon	Sports Ortho LLC
Milo, Cara	Memorial Healthcare System	Maya, Joanna	Tropical Chiropractor and Wellness
		Marcus, Eric	Tropical Chiropractor and Wellness
		Levy, Guy	Weston Rehab & Wellness
		Layne, Shanese	YMCA Boynton Beach
		Huntemann, Heather	YMCA Boynton Beach
		Hoek, Jesse	YMCA Boynton Beach



FAU intern, Adrian Cruz, at Equinox Fitness.



Graduation, Summer 2015



Graduate Program

Master of Science

Rocky Blanco
 Ja'mese V. Booth
 Kelsey Alexa Crandall
 Chad Thomas Dolan
 Anthony J. Krahwinkel
 Michael Stephen Mccann
 Justin Michael Quiles
 Ryan Ricardo Rodriguez

Undergraduate Program

Bachelor of Science

Zachary Yoshiko Bommel
 Gabriella Stephanie Bolgna
 Andrew Michael Burton
 Gina M. Castiglia
 Adrian Cruz
 Mitchell Oscar Diaz
 Michna Doblas
 Daniel Anthony Fam
 Janel Marie Felmly
 Nikola Gagic
 Jeffrey Ross Annunziato Gershon
 Jalani Conrad Lord

Daiane Martinkoski
 Chelsea Brooke Mayhew
 Nicole Anna Montoya
 Nicole Nason
 Omar Jesus Porras
 Antoine Rasharrd Robinson
 Danielle Lily Rogozinski
 Arif Hamzah Zaladin

Bachelor of Science in Education

Travis David Abel
 Aubyn Leon Allen
 Rohmoya Shantea Bailey
 Elizabeth Kellee Bloom
 Allison Marie Brown
 Chelsea Marie Connor
 Marissa Cortese
 Rosine Coulanges
 Nicole Emily de Zeeuw
 Tyler Steven Dowling
 Kita I. Duerto
 Darlene Emmanuel
 Jasmine Nicole FunQueue
 Allyson Jennie Gaier
 Patricia Celene Gomez
 Mikesha Lachelle Green

Daniel Shaun Hanneman
 Sarah E. Howell
 Calvin Michael Jones
 Michael Joshua Marquis
 Kristin Nicole Mckenna
 Rohan G. Morgan
 Mallorie Linn Odom
 Carl William Penney
 Jesse Carter Price
 Jessica Ann Roark
 Tyler Joseph Rocklein
 Marc-Edward Saint-Preux
 Megan Alexandra Schafer
 Heather Elyse Shannon
 Troy Mitchell Singer
 Anthony Christopher Sprague
 Jennifer Stanley
 Brittany Marie Toland
 Matthew Allen Torres
 Ernest Anthony Vargas
 Brittany F. Wallace
 Briana Shanice Weaden
 Michael Ryan Weiss
 Austin Read Wirta

ESHP Faculty/Staff

Chris Boerum, Instructor

Phone: 561-297-2994

E-mail: cboerum@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

Jared Hoare, Visiting Inst.

Phone: 561-297-1023

E-mail: jhoare2013@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

Department Chair

Professor

Phone: 561-297-2317

E-mail: whitehur@fau.edu

Dr. Robert Zoeller

Professor

Phone: 561-297-2549

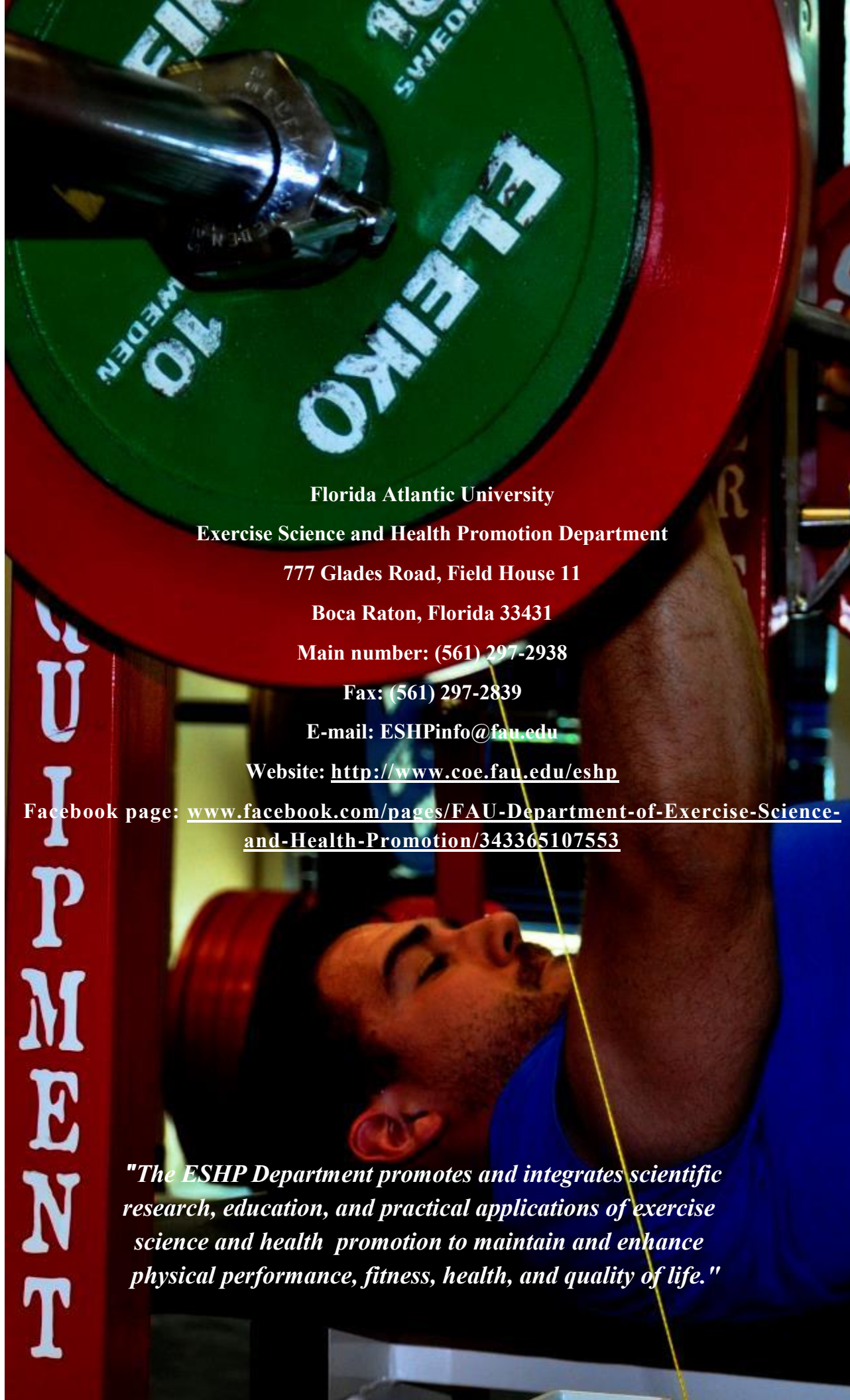
E-mail: rzoeller@fau.edu

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: ESHPinfo@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."