The Department of Health and Human Performance  
College of Education - University of Houston

The 2003-2004 academic year was a time of acceleration. The groundwork that had been laid in the previous years provided the solid base that enabled our department to accelerate its rapid growth in academics, research and service. This acceleration is reflected in 34 peer-reviewed articles, 36 scientific presentations, personnel increases, curriculum revisions, and dramatically improved quality of graduate students. Additionally, we received $3,459,601.23 in funding to support research and other projects and applied for another $5,415,462.26 in funding.

Space
The Garrison-Melcher complex continued to undergo extensive renovations. The former Garrison Gymnasium was unveiled as the Math Emporium. The old Motor Control Lab (Garrison 105D) was remodeled and now serves as the HHP student computer laboratory. The old Garrison cage area and locker rooms were remodeled and currently house the Air Force ROTC program. Additional remodeling of the former Garrison locker rooms resulted in the development of three additional classrooms. An “assessment center” was also developed for use by HHP. Applause for this center was entered into the Congressional Record by Representative Shelia Jackson Lee. Garrison 201 and 203 were developed into a large classroom. The Melcher classrooms were refurbished and modernized. In January, the Laboratory of Integrated Physiology (LIP Lab) hosted a successful open house that was attended by UH, Texas Medical Center and Johnson Space Center personnel. The former Recreation offices were upgraded for their role as the Tiger study “den”. These offices house the project’s director and teaching fellows. HHP’s computer specialist, Mike Alf and his technology center occupies Garrison 102D.

Academics
The undergraduate exercise science and American Dietetic Association (ADA) certified nutrition curriculum underwent reviews within the HHP undergraduate committee. Both of these programs were modified and subsequently approved by the university Undergraduate council. After attempting to have PEB 1101 restored to the university core as a mandatory course, a modified version of 1101 (PEB 1304) was accepted by the Undergraduate Council as a Social Science elective. The MED committee continued to adopt their operating procedures and finalized the MED in Physical Education. The faculty worked very hard to develop graduate courses that will constitute the on-line component of the MED. A website devoted to the on-line MED was launched that provides information about the program. Under the direction of the Graduate Research Degrees committee, the Allied Health and Administration Ed.D. degree underwent an internal review. Following the submission of a review document, Dr. Robert Wimpelberg made the decision not to recommend the program undergo an external review. The moratorium on student admissions to the Ed.D. program was extended indefinitely.
Research
The TIGER (Training Interventions and Genetics of Exercise Response) study was initiated in the Fall 2003 semester with a number of modified PEB 11101 courses and pre-intervention assessment. This NIH funded project is designed to explore possible relationships between genetics, physical activity and genetics. The HNET and Tobacco Cessation projects continued, along with increased funding from NASA, the Institute of Space Systems Operations and Wyle Life Sciences. The Laboratory of Integrated Physiology completed its developmental stage and began to produce peer-reviewed articles and presentations. All most all of the faculty obtained some level of financial support for their research efforts during this past year. Additionally, the university awarded HHP with $90,000.00 to purchase a DEXA scanning machine. A complete record of scientific articles, presentations and funded research projects can be found on the following pages.

Relationships
In June, the College of Education signed a Space Act Agreement with Johnson Space Center. This reciprocal agreement will allow HHP faculty and students easy access to the facilities at JSC and vice versa. The department has been intimately involved in the developmental stages of the National Center of Human Performance. This center is being developed under the auspices of the Texas Medical Center. The Dietetic Internship expanded to include more community sites to accommodate its growth in the number of interns enrolled in the program. Dr. Whitney Boling began serving as the faculty advisor of the Collegiate Cancer Council (CCC). Q-FIT, our physical and quality of life assessment center maintained its relationship and space within the Campus Recreation and Wellness Center. As always, many of our professors held appointments and/or maintained solid relationships with UTMB, the Texas Medical Center universities and Johnson Space Center, along with many school districts and community organizations. Dr. Layne was one of 20 UH professors invited to present his research to a table of distinguished guests at a breakfast prior to UH Research and Scholarship Day. The Quality of Life, Physical Activity and Dietetics Assessment Center (QUAD) took its first tentative steps, including developing a relationship with the UH Band, Dance and Cheer organization to provide physical fitness assessment and programming. In August, Dr. Layne met with April Burke and Jake Haselswerdt, UH federal lobbyists based in Washington D.C. to discuss our emerging “obesity” agenda.

New Personnel
Dr. Rebecca Lee (obesity specialist), and Dr. Brian McFarlin (exercise physiologist and nutrition) joined our faculty as assistant professors.

Dr. Daniel Martinez (physiology) joined our faculty as an Associate Professor.

Dr. Mary Anne Frey, Dr. Eric Brown, and Ms. Janice Davis-Street joined our research faculty through of new office of Data Analysis and Dissemination funded by Wyle Life Sciences.

Angie Vazquez joined us as a grants administrative assistant.

Alma Gonzalez was promoted to Academic Advisor I and advises Kinesiology majors.
Erin Prevett was hired as an Academic Assistant and advises Health and Nutrition students.

Claire Carpenter served as an Academic Advisor for the online MED and Discover U program.

Dr. Janice Wendt was named Professor Emeritus.

Dr. Chuck Layne was promoted to Professor.

Richard “Rookie” Dickenson, a long time HHP, Recreation and Athletics employee and the ultimate “Cougar” passed away suddenly in June, 2004. Not to see his infectious smile at future UH sporting events and around our department will be difficult.

Several faculty and staff lost loved ones this past year. Our prayers and sympathies have been with them.
**PUBLICATIONS**


ARTICLES IN PRESS


**OTHER PUBLICATIONS**


FUNDING

Genetic Factors in Physical Activity and Obesity, NIH RO1, Principal Investigators: Dr. Molly Bray, Human Genetics Center, University of Texas Health Science Center, Houston, Texas and Dr. Andrew S. Jackson, Department of Health and Human Performance, University of Houston. Total funding: $3,300,000. University of Houston portion of the grant, $882,404. Dr. Jill Bush and Dr. Brian Sekula are co-investigators.


Bloom, J. 2003 PEP Team Grant recipient as part of the Houston/Spring Branch ISD. $499,099.00. Dr. Bloom will be doing the cycling safety curriculum for both districts. The cycles are underwritten by Marathon Fitness - Toronto Canada @ a total of $12,000.00 - September, 2003.


Olvera N. Drs. Russell Jago (Principal Investigator), Cheryl Anderson, and Issa Zakeri (Co-Investigators). Soccer to Prevent Colon Cancer in Hispanic Boys. National Cancer Institute ($200, 000.00) (Role: Consultant) - submitted - September 2003.

Wolinsky, I. Participant in grant proposal to Baylor College of Medicine on behalf of the Center for Research on Women with Disabilities, a health education intervention for women with heart disease and obesity.

Layne, C.S. A training program using dynamic foot stimulation promotes neuromuscular activation in individuals with spinal cord injuries. Submitted to the Christopher Reeve Paralysis Foundation - $43,024.94 - December, 2003.

Clarke, M.S.F. Subtractive Proteomic Profiling of Control, Atrophied and Rat Skeletal Muscle Protected by Dynamic Foot Stimulation. Institute for Space Systems Operations. (funded, $120,000 over 3 years, post-doc fellow).
**Bloom, J.** will work as part of a research team on a $53,000 grant in HISD and Spring Branch to include cycling in the wellness curricula. Dr. Bloom’s role is to instruct the teachers to lead the classes, supervise the instruction and be involved in data collection.


**Bloom, J.** Grant from the Texas Bicycle Coalition/Texas Department of Transportation “Texas SuperCyclist Education Program”. Teaching classroom teachers to teach cycling fitness and safety - $2000.00.

**Bode, S.** Medical Nutrition Therapy: Application Through Technology - FDIP $4000.00.


**Olvera, N.** Promoting Healthy Lifestyle in Children and Adolescents, Episcopal Health Charities ($40,250).

Franchise, M. Zimmerman, D., **Clarke, M.S.F., Layne, C.S.** Noninvasive Biosensor Fusion for Heart Health Estimation, Prognostics Cardiovascular Health Monitoring. National Science Foundation (submitted - $673,500).


**Olvera, N.** (Principal Investigator), **Layne, C.S., Sekula, B.** (Co-Investigators). ‘Correlates of Physical Activity and BMI in Hispanic and White Children.’ National Institutes of Health ($891,000.00). (submitted October 1, 2003).

**Matalon, K.** “Response of Phenylketonuria to Tetrahydrobiopterin (BH4).” FDA Orphan Drug Program. Study period 3 years. Total costs (direct and indirect $168,767, submitted, April, 2004).

**Clarke, M.S.F., Kyparos, A., Layne, C.S.** Stimulation of somatosensory pathways in SCI. NIH - National Institute of Neurological Disorders and Stroke (NINDS) - $1,002,511.32 - total request.

Pearson, D. W. "Faith-Based Physical Activity Programs: A New Ministry or the Reemergence of Muscular Christianity in Contemporary Society." UH-COE Faculty Research Opportunity Award ($4,000.00). Submitted November 17, 2003.


Clarke, M.S.F., Feeback, D. Subtractive Proteomic Profiling of Control, Atrophied and Rat Skeletal Muscle Protected by Dynamic Foot Stimulation. Institute for Space Systems Operations. (funded - $120,000 over 3 years for a post-doctoral fellow to work at UH and NASA).


Smith, D.W., Clarke, M.S.F. Maintenance of Smoking Reduction in Adolescents National Institute of Health, RO1 (submitted $252,400 as a subcontract from TAMU).


Clarke, M.S.F., “Development and Characterization of a Three-Dimensional Tissue Culture Model of Bone.” NASA-Johnson Space Center, Biotechnology Program (funded May, 2004, $37,932). One year research grant to support two graduate students with an option to extend for an additional 3 years.
PRESENTATIONS


Whisenant, W. (2004, July). *The media’s coverage of girls’ and boys’ athletics: As the ADs see it.* Paper to be presented at the 20th Annual Summer Conference (Texas Association for Health, Physical Education, Recreation, and Dance), Waco, TX.


Clarke, M.S.F. "Modulation of Skeletal Muscle SERCA Function as A Consequence of Mechanical Unloading" Presented at "Living Beings and Environment: Adaptation to Extreme Conditions" - conference hosted by the Russian Academy of Sciences, Moscow, Russia November 4th, 2003.

Boling, W. Presentation - Quality of life assessment in Cancer populations - Intercultural Cancer Council 9th Biennial Symposium on Minorities, the Medically Underserved and Cancer: Awareness to Action, The Unequal Burden of Cancer.


Boling W. “Importance of Quality of Life Assessment for Health Educators.” Presentation at the Annual Texas Association for Health, Physical Education, Recreation, and Dance, Galveston, TX, 2003.


Whisenant, W.A. “The Face of Interscholastic Athletic Administrators: Thirty Years After the Passage of Title IX”. Presented at the 5th Annual Florida State University Sport Management Conference.


Foreman, F. was featured in the Houston Chronicle’s June 1, 2004 issue discussing safe sex.

Pearson, D.W. was featured in the Houston Chronicle’s December 17, 2003 issue discussing Willie Thomas, famous rodeo legend.

The Tiger Study was also on local television news on Channel 2: Health beat segment on September 5, 2003, and on Channel 11 as a regular news feature on October 7, 2003.

Pearson, D.W. Interviewed by KPRC-TV, Channel 2 about Rodeo Hall of Fame inductee Willie Thomas.


Bloom, J.B., was quoted extensively in an article in the Houston Chronicle about hot weather activity, June, 2004.

The Tiger Study was featured in the UH Campus News on March 11, 2004.

Pearson, D.W. Quoted in the Houston Chronicle This Week section, February 26, 2004.

The LIP lab opening was reported on in the February UH Alumni magazine.

The Discover U program featured in the Texas Center Medical News.

Layne, C.S., Clarke, M.S.F. Interviewed by the British Broadcasting Corporation concerning their work with spaceflight countermeasures.


Whisenant, W. Quoted in the Treasure Coast Business Journal (July 14, 2004). Summertime sparks special sports activities.

Smith, D.W. Featured in the June UH Alumni magazine for his community work.

On Sunday August 25, 2003, the Houston Chronicle ran a front page story about the Tiger Study. Variations of this story appeared in the Dallas Morning News and the San Antonio Express News during the next week.

FACULTY KUDOS


Pearson, D.W. received a financial gift ($200.00) to support HHP activities and two courtesy vehicles from Gulfgate Dodge to transport students and faculty to the recent TAHPERD Convention in Galveston, TX.

Whisenant, W. created the Center for Minority Leadership in Sport Management, a Texas nonprofit corporation (IRS classification as a Public Charity with 501(c)(3) status). The NPO was created to support the professional development and certification of sport administrators and coaches in Texas high schools. Advisory Board members include: D. Pearson (University of Houston), W. Boling (University of Houston), Vicki Hallman (AD Del Valle ISD), Kelly Reeves (AD Round Rock ISD), Augusto Rodriguez (Houston ISD). Board of Directors: W. Whisenant (University of Houston), P. Pedersen (Rinker School of Business, Palm Beach Atlantic University), G. Bozeman (Hewitt Associates).


Boling, W. was appointed as an Adjunct Assistant Professor, University of Alabama Graduate Studies, Tuscaloosa, AL.


Bode, S. received an FDIP grant for $4,000 for the development of Medical Nutrition Therapy software.

Bloom, J. Selected to the "Get Lean-Houston" Board of Directors.


Boling, W. Appointment as Adjunct Assistant Professor, Department of Medicine, Baylor College of Medicine (2004).

**Whisenant, W.** completed Six Sigma Green Belt training - Hewitt Associates.


**Pearson, D.W.** was elected to the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Chair, VP Elect Nominating Committee 2003-2004.


The **Dietetic Internship** program received 17% of the total number of students across the country who applied for acceptance to an accredited internship program.

**Olvera, N.** Dorothy Caram Commitment to Leadership Award, Project Blueprint, United Way, 2003.

**Boling, W.** Pre-Symposium Workshop Committee Chair: Quality of Life and End of Life Issues in Minority and Underserved Cancer Populations.

**Boling, W.** Invitation to serve as a Houston delegate at the American International Health Alliance (AIHA) Sakhalin-Houston Partnership Best Practice/Dissemination Conference in Sakhalin, Russia. This conference concludes a series of Partnership activities and exchange visits over the past three years between delegates from Korsakov, Yuzhno-Sakhalinsk, and Dolinsk clinics, schools, and other public health venues.

**Rorschsach, A.** served as a reviewer of the textbook *Nutritional Science: An Integrated Approach*.

**Whisenant, W.** (2003, November) *Title IX vs Title VII: A lack of diversity off the field in Texas high school sports*. Faculty Research Opportunity Awards ($4000).

**Wolinsky, I.** gave lectures in sports nutrition at Harokopio University, Athens, Greece, May, 2004.

**Boling, W.** Faculty Mentor of UH students who have received full funding to attend the Intercultural Cancer Council 9th Biennial Symposium on Minorities, the Medically Underserved and Cancer: Awareness to Action, The Unequal Burden of Cancer.
STUDENT KUDOS

Doctoral students Andrew Abercromby and F. Jay Haran were featured in a UH news release for receiving spots in the National Space Biomedical Research Institute Program.

Danny Hughes was awarded a College of Education Dissertation Research Award.

Heather George, Michael Saltsman, and Christi Atkinson successfully completed the MED comprehensive examinations.

Stuart M.C. Lee (Ph.D. student in physiology) was the recipient of the 2003 Wyle Life Sciences Distinguished Service Award.

Veronica Avolevan's and Denise Mosley's (HHP undergraduate students) fellowship proposals were accepted at MD Anderson Cancer Center to work on a physical activity intervention with breast-cancer survivors under the supervision of Dr. Karen Basen-Engquist.

Sport psychology graduate students Danny Hughes, Ryan Zapalac, Stephanie Jevas, Dean Culpepper, and Heidi Perkins have made presentations during the fall semester for the Tina Garrison Tennis Foundation.

LaSondra Barnes (Health student and HHP work study) “Influence of Hydralazine Treatment and Exercise Training on Body Composition in Obesity”. Poster presentation at the 2003 Annual Biomedical Research Conference for Minority Students, San Diego, October, 2003.

These students attended the 5th Annual Florida State University Sport Management Conference with Dr. Whisenant: Stormy Smith, Brook Dabbs, Neely Cupit, Adrian Rawls, Gavin Allison, Sarah Humphries, Tyawna Jamison.

Liza Colgrove Gorman1, Jason Santamore1, Jeffrey Martin1, Meghan Everett2, Lauren R. Zwicky1, Michael J. Ormsbee3, Paul J. Arciero1, Roger M. Martin-Pressman1. Body Fat Distribution and Total Cholesterol is Influenced by Energy Expenditure of Exercise and Macronutrient Composition in Middle-Aged Men and Women following a 12wk Intervention. Presented at Federation of American Societies for Experimental Biology (FASEB), April, 2004.


Michelle Madron, undergraduate HHP student, was accepted into physical therapy school at Pitt and Duke.

Brittney Dye was accepted into Langston, Oklahoma (OSU) physical therapy school.

Ryan Zapalac was hired as a visiting lecturer at Rice University.

Jay Haran and Andrew Abercromby, HHP doctoral students, were featured in several articles about their summer internship at NASA.

Caroline Roffidal, Nutrition undergraduate, was accepted into the Texas Woman’s University dietetic internship program.

Yusra Al-Qaisi, Nutrition undergraduate, was accepted into the Sam Houston State University dietetic internship program.

Stephanie Jevas was hired as an assistant professor at East Carolina State.

Yulia Pakhalina, Sport Administration undergraduate, is competing in the Olympics this summer.

OUTSTANDING STUDENTS AND SCHOLARSHIP AWARDEES

COE Awardees
- Robert and Elizabeth Houston – Andrew Abercromby
- Barry C. Pelton – David Zambrano
- Irene Smith Buckner – Rhonda Scherer
- Mary Louise White – Jennifer Espinosa and Shayvonne Davis

Department Awardees
- Outstanding Undergraduate in Health - Bich N. Tran
- Outstanding Undergraduate in Exercise Science - Sarah Flood and Crystal Ward
- Outstanding Undergraduate in Sports Administration - Sarah Humphries
- Outstanding Undergraduate in Movement & Sport Studies - Carl Jones and Charla Reynolds
- Outstanding Undergraduate in Nutrition Studies - Jennifer Nagel and Laura Baldwin
- Outstanding Graduate Student - Ryan Zapalac