HHP continues to be at the forefront of:

**Nationally Competitive Research**
Committed to providing outstanding educational experiences and premier research opportunities designed to develop tomorrow’s leaders in the exercise, health and fitness sport administration and nutrition industries.

**Student Success**
Dedicated to having a student profile consistent with a nationally competitive public research university by creating an environment in which student success can be ensured.

**Community Advancement**
Connected to the community by striving to fulfill regional and state workforce needs while becoming a primary engine of social, economic and intellectual development.

**Local and National Recognition**
Recognized by local and national media for innovation, productivity and accomplishments.

**Outstanding Alumni**
Proud of our successful alumni who continue to make important contributions to the world at large.

Faculty
- Dr. Lisa Alastuey, Clinical Assistant Professor
- Dr. Joel Bloom, Associate Professor
- Dr. Sharon Bode, Clinical Associate Professor
- Dr. Mark S. F. Clarke, Associate Professor
- Dr. Phyllis Gingiss, Professor
- Dr. Rebecca Lee, Associate Professor
- Dr. Jian Liu, Assistant Professor
- Dr. Thomas Lowder, Assistant Professor
- Dr. Kimberlee Mataion, Associate Professor
- Dr. Brian McFarlin, Associate Professor
- Ms. Laura Moore, Visiting Assistant Professor
- Dr. Daniel O’Connor, Assistant Professor
- Dr. Norma Olvera, Associate Professor
- Dr. William Paloski, Professor
- Dr. Demetrius Pearson, Associate Professor
- Dr. Richard Simpson, Assistant Professor
- Dr. Dennis Smith, Professor
- Dr. Adam Thrasher, Assistant Professor
- Dr. Rey Treviño, Clinical Assistant Professor
- Dr. Jenny Yi, Associate Professor

Dr. Charles Layne, Professor and Chair

Ms. Randi Weintraub, Program Director

Staff
- **Business Affairs**
  - Amanda Butcher, Office Assistant 1
  - Angie Vazquez, Financial Coordinator 1

- **Academic Affairs**
  - Todd Boutte, Admissions Counselor 2
  - Anna Duron, Academic Advisor 1
  - Alma Gonzalez, Academic Advisor 1
  - Erin Prevett-Major, Academic Advisor 2
  - Jessica Wheeler

- **Technology and Media**
  - Jo’Nathan Gwynn, Technical Services Specialist 2
  - Martha Hayes, Communications Coordinator
  - Prashant Mutgikar, Programmer Analyst
  - Joy Wilson, Graphics Designer 2
Welcome to the 2010 Health and Human Performance annual report. We hope you take advantage of the calendar format during the year to keep informed about the groundbreaking research, outstanding academics and exciting activities of one of the University of Houston’s top-ranked programs.

Most annual reports are a time of reflection on the previous year, but this year’s calendar format will also notify you of some of the upcoming events that our faculty and students participate in during the academic year. As you will see, this year’s report continues to emphasize our commitment to the initiatives that UH president, Dr. Renu Khator, and the Board of Regents have set forth in UH’s goal of becoming a Tier-One university.

The past year had its challenges, but I am pleased to report that our department met with many successes as we moved forward on numerous initiatives. The outstanding and diverse faculty, state-of-the-art facilities, and collaborative professional and community relationships further established the recognition and uniqueness of our research and academic programs.

Interdisciplinary collaborations and projects continued to advance our research efforts and to make great strides in training the next generation of professionals in health and human performance.

Student Success is paramount with our faculty and staff, and we are proud to showcase their accomplishments and awards as a result of their educational experiences and opportunities in HHP.

Our top-tier faculty continued to receive local, national and international recognition for their many accomplishments in research, academics and service.

Community advancement played a vital role allowing faculty and students to be of service to others and experience learning opportunities in real-world situations with mutual benefits.

HHP alumni continue to make important contributions to the world at large. We are very proud of our alumni and always welcome their input regarding how we can continue to improve our department. Their contributions underline the importance of supporting the programs that prepare students to impact the world.

Beginning this fall, some elements of the HHP department will move to the College of Liberal Arts and Social Sciences (CLASS). As HHP research and curriculum has evolved concerning health issues in relation to quality of life and social factors, it is anticipated that opportunities of common interest will emerge with our new colleagues in CLASS. These interdisciplinary opportunities of collaboration will only strengthen the educational foundation of our students.

Your gifts make it possible for us to stay focused on our students’ success and provide them with the educational and research skills and opportunities that will give them a competitive advantage in the workplace. Thanks for all of your support.

We would love for you to visit us on campus as well as our Web site at http://hhp.uh.edu.

Go Coogs! 
HHP continued to advance its research efforts in 2010 and made great strides in training the next generation of professionals in health and human performance.

The diverse and renowned faculty is internationally recognized for their accomplishments and student-oriented approaches. HHP offers sophisticated, state-of-the-art facilities and equipment for interdisciplinary research, instruction and outreach programs.

The Center for Neuromotor and Biomechanics Research (CNBR)

- Wheelchair-bound patients are enabled to pedal a bicycle-like apparatus using electrodes that stimulate major muscle groups with two healthy results: 1) the exercise can mitigate conditions such as obesity and high cholesterol that often challenges these individuals; and 2) the pedaling motion helps strengthen the affected muscle groups, helping to rehabilitate some patients.

- Researchers used a functional near-infrared spectroscopy optical topography brain imagine system (fNIRS) on loan from Hitachi to explore how balance is regulated, how various parts of the brain coordinate bipedal stability and how brain function changes when people suffer brain injuries due to stroke or concussion.

- A first-of-its-kind study is being conducted to determine if Virtual Reality (VR) systems can be effective in treating movement disorders for people with sensory deafferentation syndrome.

- A project funded by the Health Resources and Services Administration (HSRA), U.S. Dept. of Health and Human Services developed a database that will help define upper extremity motions, and will be useful in the design and development of new upper extremity prosthetics and orthotic systems.

Learn more:
CNBR  http://hhp.uh.edu/cnbr
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1st day of class
fall 2010

last day to
add a class

*University deadlines and notices are subject to change. Please see the Academic Calendar for updates.
Texas Obesity Research Center (TORC)

• Housed in HHP, TORC promotes research to prevent, control and treat obesity and related health compromising conditions integrated within a multi-disciplinary, translational and lifespan perspective.

• In the Science & Community project (NIH-funded), HHP researchers are developing community infrastructure to participate in scientific studies aimed at increasing awareness, improving health habits and changing environmental and social structures to prevent and treat obesity.

• M. D. Anderson Cancer Center and HHP researchers are collaborating in the NIH-funded iMOVE! Project. In one of the first studies of its kind, the project will use ecologic momentary assessment and geographic positioning technology to measure and track people’s physical activities in real time.

• In another NIH funded partnership with researchers from the Children's Nutrition Research Center, HHP investigators are using geographic information systems technology to measure and track the physical activities and dietary habits of Hispanic children in Houston.

• The BOUNCE Healthy Lifestyle Summer Program received $5,000 from Warfab, Inc. and honorable mention from The Texas Council on Cardiovascular Disease and Stroke Prevention.

• Investigators developed several strategies to reduce the misclassification of African Americans and Asian Americans as overweight or obese using body mass index categories.

• Research has begun to investigate the relationship between excessive body fat, postural stability and risk of falling, risks associated with exercising in very hot environments and misperceptions of child weight in parental reports.

• The Training and GeneEc of the Exercise Response (TIGER) Study received additional NIH funding for more than $3.5 million over five years. The study will examine the interaction between obesity, exercise and genetics. Drs. Brian McFarlin, Daniel O'Connor and Tony Jackson will collaborate with Dr. Molly Bray (PI) from the University of Alabama at Birmingham.

Learn more:
TORC http://hhp.uh.edu/obesity
BOUNCE http://bounce.uh.edu
TIGER Study http://www.uh.edu/tigerstudy
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Laboratory of Integrated Physiology (LIP)

- Research has resulted in a process that grows real human bone in tissue culture, which can be used to investigate how bones form and grow. The technology has now been licensed to a start-up company, OsteoSphere Inc., which will examine ways the research can be used in a clinical setting for applications such as spinal fusions, facial reconstructions following bomb blasts or the re-growing of an individual bone outside of the patient.

- Scientists conducted research in HHP’s environmental chamber studying how exercising in extreme climates may suppress the body’s immune system and place individuals at an increase risk for illness. Developing the potential risk factors to identify who is going to be more susceptible will allow special precautions and strategies to be taken by medical staff.

- NASA provided a grant for the development of a submaximal cycling protocol to identify the ventilatory threshold in astronauts in order to monitor changes in aerobic fitness following long-duration spaceflight missions.

- UH hosted the annual conference of the 2010 Texas American College of Sports Medicine (TACSM) on campus with more than 250 scientists attending.

- Biothera awarded a grant to investigate what immune pathway Wellmune WGP supplementation will protect the body from the stress of exercise in a hot, humid environment.

Learn more:
LIP  http://grants.hhp.coe.uh.edu/lip
Environmental Chamber  http://tiny.cc/EnvironChamber
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*regular application for graduation deadline

*late application for graduation deadline
Health Education

• An assessment of the effects of funding cuts in schools across Texas by the Health Network for Evaluation and Training Systems (HNETS) was published in the “Journal of School Health,” titled “Influence of Funding Cuts on Texas School Tobacco Programs.”

• The UH Faculty Development Initiative Program awarded HHP professors a grant for expanding and improving existing online health-related undergraduate and graduate courses in the department.

• The Journey of the Asian American Diversified Education (JAADE) research project received a grant from the Cancer Prevention and Research Institute of Texas (CPRIT) to develop, implement and assess the effectiveness of a culturally tailored cervical cancer educational program for Vietnamese American women with limited health literacy and English proficiency.

• The Texas Youth Tobacco Awareness Program (TYTAP) aims to reduce the risk of tobacco-related cancers in Texas by developing and implementing tobacco cessation services for adolescents. The Department of State Health Services funds TYTAP and it is the only state approved program for meeting the mandates of Texas law.

• Dr. Demetrius Pearson presented “Sport Management and the Burgeoning Faith-Based Physical Activity Industry,” which addresses the rapidly growing sport, fitness and health-related screening that is part of a more holistic approach to ministerial activities designed to impact the health and well being of parishioners.

Learn more:
HNETS  http://schtoolkit.coe.uh.edu
TYTAP  http://www.dshs.state.tx.uh/tytap.com

Nationally Competitive Research

Girls in the healthy lifestyle summer program, BOUNCE, learn water aerobics
# November 2010

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- **12th November**: Last day to drop a course or withdraw with a "W".
- **14th November**: TORC Obesity Symposium
- **18th November**: TORC Obesity Symposium
- **25th November**: Thanksgiving holiday
- **26th November**: Thanksgiving holiday

*University deadlines and notices are subject to change. Please see the Academic Calendar for updates.*
Preparing students for success is the constant focus of the department’s faculty and staff. From recruiting, advising and curriculum, to technology, internships and research opportunities, every effort is made to further our students’ success and enhance their educational experience.

- The HHP 2010 outstanding student awards ceremony was held at Shasta’s Cafe. Seventeen undergraduate and graduate students were honored for their achievements in their respective program areas.

- The Wii Performance class is a one-hour credit course designed to reach those students who might not take a weight-training class or a soccer class, but would expand their physical activity in other ways while learning about nutrition and health, and fitness as well.

- Nutrition undergraduate, Nada Sarraj, participated in the “Posters on the Hill” event at the U.S. Capitol in Washington and presented “Moderate Treadmill Exercise Prevents Oxidative Stress-induced Anxiety-like Behavior in Rats,” detailing her research on the effects of exercise in alleviating stress.

- Graduate students, John Ward and Vladimir Ivkovic, won the first and third positions, respectively, at the annual National Center for Human Performance (NCHP) Scientific Poster Contest.

- A Free lecture series was offered to all students addressing “Disparities in Health in America: Working Towards Social Justice” presented by experts in the field of health care.

Learn more:

Wii Performance class  http://tinyurl.com/HHPWii  
Nada Sarraj  http://tiny.cc/HHP-NadaSarraj  
Student awards  http://tiny.cc/2010HHPawards
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*University deadlines and notices are subject to change. Please see the Academic Calendar for updates.*
• Shasta’s Culinary Workshop is operated by nutrition majors who are responsible for managerial roles and culinary tasks, and it is a popular lunch destination for the UH community.

• A second series of free lectures that were a component of the Space Life Sciences (SLS) curriculum was offered to all students featuring renowned scientists from NASA Johnson Space Center.

• UH’s Undergraduate Student Research Day had 94 poster entries, nine of those were HHP students and six of those students were recognized for their outstanding research projects.

• There were 11 graduate students who presented their research at HHP’s Graduate Student Research Day. The material presented was published in the “International Journal of Exercise Science.”

• The first series of HHP brochures designed to inform and recruit potential students was completed with the addition of the Master in Exercise Science and the graduate degree in Kinesiology with three brochures featuring its three emphases in Exercise Physiology, Motor Behavior and Obesity studies, bringing the total to 10 brochures.

• Kelly Strohacker won the Student Research Development Award from the Texas ACSM for her project titled “Cytokine Production in Monocytes of High-Fat Fed Mice During a 4-week Weight Loss Intervention.”

• Emily LaVoy received the 2010 TACSM Student Research Development award for her “Does Exercise in Sub-freezing Temperatures Effect Immune Function?” project.

Learn more:
SLS curriculum  http://tiny.cc/HHPSpaceLifeSciences
Shasta’s  http://grants.hhp.coe.uh.edu/shastas
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- **January 2011**
- **Martin Luther King, Jr. holiday**
- **First day of class**
- **Last day to add a class**
• HHP Honor’s Society (HHPHS) is geared toward kinesiology, nutrition and health majors. HHPHS is committed to the professional development of HHP students as an information source for students to keep up-to-date on the expanding field of health and human performance by providing workshops, various forms of literature as well as hosting forums with guest speakers.

• The Student Nutrition Association (SNA) provides a framework for meaningful student involvement and fosters interest in the profession of dietetics. It strives to broaden the scope of the educational experience through nutrition-related activities and to provide sound nutritional information to the community.

• Guillaume Spielmann won the Texas ACSM Student Research award (Master’s level).

• The following students were awarded scholarships at UH’s Black Alumni Association’s 21st Annual Scholarship and Awards Celebration:
  - **Quione Cooke** received the Alumni Association Scholarship, Kappa Alpha Psi Scholar.
  - **Joshua Medlock** won the AAIS Scholarship, Pilgrim Rest Baptist Church Scholar.
  - **Jessica Ogbonmwan** was the 2010 teachHouston scholarship recipient.

Read more about HHP’s students' success and accomplishments in the back of the calendar under "Student Achievements."

Keep up with HHP happenings:

Follow us on Facebook [http://tiny.cc/HHPatUH](http://tiny.cc/HHPatUH)
See us on YouTube [http://tiny.cc/HHPvideos](http://tiny.cc/HHPvideos)
Visit us at [http://hhp.uh.edu](http://hhp.uh.edu)

Learn more:
- HHPHS [http://uh.edu/ hhphs](http://uh.edu/hhphs)
- SNA [http://www.hhp.uh.edu/sna](http://www.hhp.uh.edu/sna)
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Faculty and students connect with local residents by participating in community activities and projects, resulting in service to others and learning opportunities in real-world situations with mutual benefits.

• HHP faculty, staff and graduate students participated in the 38th annual Chevron Houston Marathon, which took place January 17, 2010. More than 12,000 donations raised a record $1.8 million to benefit 46 nonprofit organizations. The 2010 marathon had its largest field of runners with more than 26,000 participants registered.

• The 2009 Downtown YMCA Chevron Jingle Bell Run is a favorite community event for HHP faculty, graduate students and staff. The December tradition is family oriented with a 5-mile adult run and a 3-mile family walk, benefitting the Downtown YMCA Partners Campaign.

• HHP sponsored the American Cancer Society’s 5K walk on the UH campus. There were 3,800 participants; and $490,000 was raised for breast cancer research and to assist uninsured and underinsured women obtain mammograms.

• Dr. Joel Bloom participated in the TAHPERD Summer Conference in San Antonio, which featured the Tour de TAHPERD Mission Ride. Thirty-four cycling middle and secondary physical educators and history teachers inaugurated this first-time “rolling classroom” event.

• The HHP Honors Society (HHPHS) focused on informing members of internships and volunteer opportunities in HHP grant projects; participated as runners and volunteers in the American Diabetes Association’s StepOut 5K event and raised funds for St. Jude’s Children’s Hospital through bake sales and taco sales on campus.

Learn more:
HHP Current Events http://tiny.url/HHP-CurrentEvents
HHPHS http://uh.edu/hhphs

photo by Joy Wilson
# March 2011

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*University deadlines and notices are subject to change. Please see the Academic Calendar for updates.*
• HHP sponsored the annual “Great Strides—Taking Steps to Cure Cystic Fibrosis” 3K walk through the UH campus to raise money for the Cystic Fibrosis Foundation. The event attracted 900 participants and raised $830,000.

• Student Nutrition Association (SNA) members conducted bake sales for local charities, volunteered time at Cuney Homes, participated in AIDS Walk Houston, the American Heart Association’s Walk, the Mayor’s Wellness Counsel, the Houston Children’s Festival and other worthy causes.

• The Houston Ballet has partnered with HHP to develop a Movement Arts course for students pursuing a master’s degree in physical education that will provide students the opportunity to expand their understanding of human performance.

• Graduate and undergraduate internships allow HHP students to apply their education and to contribute to the community in real-life situations. In turn, experiential learning creates a strong practical background and competitive edge that students need after they graduate.

• Sean McLean’s internship was served in events management for the Harris County-Houston Sports Authority.

• Ruben Vasquez translated materials from English to Spanish and was a liaison between the Spanish-speaking community and HHP’s BOUNCE staff members.

• Trezley Tucker interned in recreational management at the Judson Robinson Jr. Community Center.

Learn more:
SNA  http://www.coe.uh.edu/orgs/sna
HHP and Houston Ballet  http://tinyurl.com/HHP-HouBallet
## April 2011

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*Last day to drop a course or withdraw with a "W"*
As part of UH’s nationally recognized programs, the faculty of HHP continues to garner local, national and international recognition for their accomplishments in research and academics.

- Researcher’s work with the environmental chamber that examines how working out in extreme temperatures may suppress the body’s immune system was the subject of national and international media coverage.

- Dr. Joel Bloom, whose career at UH spans more than 40 years, was selected as the 2009-2010 UH Teaching Excellence Career Award recipient. The award is given to tenured faculty who has demonstrated excellence in teaching over the course of their careers at UH.

- Dr. Charles Layne was named Most Cited Author for the article “Spatial Factors and Muscle Spindle Input Influence the Generation of Neuromuscular Responses to Stimulation of the Foot” by Acta Astronautics.

- HHP emeritus faculty member Dr. Andrew Jackson’s study on the role of “Lifestyle and Aging on Cardio-respiratory Fitness” was published in “The Archives of Internal Medicine.” The report received wide national coverage in the media.

- Dr. Lisa Alastuey was selected as the 2009–2010 Southern District College/University Health Educator by the Southern District of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). She was also named Item Writer for the Texas Teacher Licensure (TExES) Exam, Health Education K–12.

Learn more:
HHP faculty  http://hhp.uh.edu/people.cfm
# May 2011

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Local and National Recognition

- The Wii Performance class was initiated as part of HHP’s Activity Program. The one-hour credit course is not only popular with students, but the story has been featured in media around the world. Dr. Layne, HHP chair, was interviewed on Houston’s FOX 26 morning news, in a segment featuring the Wii studio.

- News of Dr. Clarke’s process that grows real human bone in tissue culture garnered national and international interest. The NASA-funded research has applications to long-term space flight, as well as in clinical settings, including culturing an individual’s own bone for subsequent transplantation.

- Dr. William Paloski was invited to be a member of the THESEUS project (Towards Human Exploration of Space: a European Strategy), which is coordinated by the European Science Foundation (ESF). The objective of THESEUS is to develop an integrated life sciences research road map enabling European human space exploration in synergy with the European Space Agency (ESA) strategy.

- Dr. Brian McFarlin was named interim Editor-in-Chief of the “International Journal of Exercise Science.” He was also a keynote speaker in the 10th International Society of Exercise and Immunology (ISEI) Symposium held at St. Catherine’s College, Oxford, United Kingdom. McFarlin was inducted as a Fellow of the American College of Sports Medicine (FACSM) at the 2010 ACSM Annual Meeting.

Learn more:
Wii Performance class [http://tinyurl.com/HHPWii](http://tinyurl.com/HHPWii)
### June 2011

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Local and National Recognition

- The BOUNCE program was featured on Houston’s KHOU Channel 11 News segment, highlighting their efforts on reducing obesity in minority girls and teaching them about nutrition, exercise, body image and self-esteem.

- Dr. Daniel O’Connor received the Charles S. Neer, II, M. D. Award for Outstanding Clinical Science Research from the American Shoulder and Elbow Surgeons organization.

- Dr. Adam Thrasher was appointed to a scientific study group for the U.S. Department of Education (NIDDR)–Switzer Fellowship applications.

- Dr. Daniel O’Connor’s study was featured in “Parents are Unreliable in Reporting Children’s Height, Weight” article in the “American College of Sports Medicine.”

- The SALSA study received the award for Outstanding Achievement for a Community Program from the Texas Council for Cardiovascular Disease and Stroke. The SALSA study tests an innovative health intervention using web resources and salsa dancing to promote physical activity and improve dietary habits in women of color.

- Dr. Rebecca Lee was interviewed in a prime time segment on ABC’s affiliate WKOW-TV news featuring the award-winning SALSA study.

Learn more:

BOUNCE  http://bounce.uh.edu
Dr. O’Connor’s article  http://tiny.cc/HHP-OConnor
SALSA  http://tinyurl.com/HHPSALSA
## July 2011

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HHP is proud of the accomplishments of its alumni. Their contributions underline the importance of supporting the programs that prepare students to impact the world.

- Dr. Andrew Abercromby (Ph.D. ‘06) was selected as a NASA Extreme Environment Mission Operations (NEEMO-14) aquanaut to work in the Aquarius habitat. He is a project manager with NASA’s EVA Physiology Systems and Performance Project (EPSP). NASA awarded him the prestigious Silver Snoopy award given to no more than one percent of eligible recipients among employees and contractors for outstanding achievements related to human flight safety.

- Jorge A. Banda (‘04, M.S. ’07) received the Minority Health Fellow Award ($58,190) from the Norman Arnold School of Public Health and the 2010 Charles Coker Trustee Fellowship, both from the University of South Carolina. He also received the 2010 Built Environment Assessment Training Institute Scholarship from the University of Pennsylvania.

- Dwight Davis (‘00) was selected as the recipient of the 2010 Jobs for America’s Graduates’ (JAG) National Workforce Development Leadership Award. Davis is chair of the New Hampshire Workforce Opportunity Youth Council.

- Dr. Mel E. Finkenberg (Ed.D. ’76) was named interim dean of the James I. Perkins College of Education at Stephen F. Austin State University in Nacogdoches, Texas.

- Kevin Joseph (‘09) is a sports reporter on Houston’s 1560 AM radio and has hosted the popular “1560 The Game” and “Cougars Tonight” radio shows. He is producer for “Game-time” on Saturdays and Sundays from 2–6 p.m. and you can follow him on Twitter @kj1560.

- Dr. Lesley Kargbo (‘05) is a doctor of physical therapy and a certified strength and conditioning specialist at the Texas Orthopedic Hospital in Houston, Texas.

Learn more:
HHP Alumni http://www.hhp.uh.edu/alumni
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**Degrees Conferred**

**Ph.D. Kinesiology Students and Dissertations**

Kristen McAlexander, "Correspondence of Directly and Indirectly Measured Built Environment Attributes and Physical Activity Adoption Among African American and Hispanic or Latina Women"

Augusto Rodriguez, "Obesity and Physical Fitness of Latino Children During the School Academic Year and the Summer Season: A Longitudinal Study"

**31 Graduate Degrees Conferred**

- Ph.D. 2
- M.S. 2
- M.Ed. 27

**298 Undergraduate Degrees Conferred**

- Exercise Science 95
- Health 73
- Human Nutrition & Foods 66
- Sport Administration 55
- Wellness and Fitness 5
- Movement Studies 4


McFarlin, B. K., Breslin, W. L., Carpenter, K. C., Strohacker, K., Weintraub, R. J. “Leveraging Online Learning Resources to Teach Core Research Skills to Undergraduates at a Diverse Research University.” International Journal of Exercise Science. 3(2), Article 1.


Dr. Jian Liu

Other Publications


Other Professional Presentations


O’Connor D. P. “Electrocardiography in Pre-participation Physical Exams: Challenges, Costs and Controversies” was the first webinar sponsored by the National Athletic Trainers’ Association (NATA). July 2010.


Olvera, N. Participated in “Get Up Get Moving Fitness Festival” organized by the Hispanic Health Coalition and National Alliance ($15,000 in sponsorships), 1,500 attendees.


Paloski, W. H. “Real-time Monitoring of Human Postural Stability.” Department of Electrical Engineering, Chugnum National University, Daejeon, South Korea, October 2009.


Paloski, W. H. “Multi-system Effectiveness of Intermittent Artificial Gravity in Bed Rest Deconditioned Humans.” Department of Physiology, Aichi Medical University, Nagoya, Japan. October 2009.

Paloski, W. H. “Multi-system Effectiveness of Intermittent Artificial Gravity in Bed Rest Deconditioned Humans.” Department of Aerospace Medicine, Fourth Military Medical University, Xi’an, China. October 2009.


Other Publications


Professional Presentations


Dr. Norma Olvera


Dr. Adam Thrasher
Alastuey, L., Simpson, R. J., McFarlin, B. K. Expanding and Improving Existing Online Undergraduate and Graduate Courses in HHP. 2010-2011 UH Faculty Development Initiative Program (FDIP B Program). $18,100.


Smith, D. W. “OsteoSpheres: Creating a Stem Cell Program Initiative.” (Grant) $27,060 (IDC: $8,930).

Liu, J. “Effect of Obesity on Human Dynamic Walking Stability—a Pilot Study”


Dr. Demetrius Pearson

Achievements and Milestones

Alastuey, L. Named 2009-2010 Southern District American Alliance for Health, Physical Education, Recreation and Dance, College/University Health Educator of the Year Award.


Bloom, J. Named the 2010 David K. Brace Award recipient, which is the highest honor bestowed by the Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD).


Bloom, J. A. Lead the TAHPERD Tour de TAHPERD bike ride in Arlington, TX. December 2009.
**Achievements and Milestones**

**Bloom, J.** Recipient of 2009-2010 UH Teaching Career Excellence Award.

**Bloom, J. A.** Elected Chair of the College of Education Undergraduate Studies Committee. October 2009.


**Lee, R. E.** Invited Steering Committee member of the Texas Cardiovascular Disease and Stroke Partnership. 2009.

**Lee, R. E.** Invited attendee at the Inaugural Stroke Partnership. 2009.

**Lee, R. E.** Appointed to Editorial Board of *Health Psychology*. 2010.

**Liu, J.** Hosted the visit of Explorer Post, a local high school organization, to the National Center for Human Performance in the Texas Medical Center. February 2010.

**Lowder, T. W.** Was named Vice Chairman of the Institutional Animal Care and Use Committee (IACUC).

**Lowder, T. W., McFarlin, B. K., Simpson, R. J.** Have been appointed section editors for *International Journal of Exercise Science*. November 2009.


**McFarlin, B. K.** Selected to serve on a special review panel for the National Institutes of Health (NIH). October 2009.

**McFarlin, B. K.** Served on the UH Faculty Senate’s Faculty Forum concerning the topic of “Developing a Center for Teaching Excellence.” November 2009.

**McFarlin, B. K.** Has been appointed to the position of interim Co-Editor-in-Chief for the *International Journal of Exercise Science*.


**McFarlin, B.K.** COE Faculty Research Mentoring Award. 2010.

**McFarlin, B.K.** COE Teaching Excellence Award Full/Associate Professor Level. 2010.

**O’Connor, D. P.** COE Faculty Research Excellence Award recipient. 2010.

**O’Connor, D. P.** Charles S. Neer, II, M. D. Award for Outstanding Clinical Science Research, American Shoulder and Elbow Surgeons. March 13, 2010.

**Paloski, W. H.** Promoted to full member of the International Academy of Astronautics. October 2009.

**Paloski, W. H.** HHP’s application to host (jointly with NASA, UTMB, USRA, NSBRI, and Wyle) the 18th International Academy of Astronautics (IAA) Humans in Space Symposium in Houston in 2011 was accepted by the IAA Board of Trustees.

**Paloski, W. H.** Invited to be a member of the THESEUS project (Towards Human Exploration of Space: a European Strategy), which is coordinated by the European Science Foundation (ESF).

**Simpson, R. J.** Appointed as a grant reviewer for the Chief Scientist office (CSO), Scotland, UK.


**Stephenson, L.** Received NASA’s prestigious Silver Snoopy award given to no more than one percent of eligible recipients among employees and contractors for outstanding achievements related to human flight safety or mission success. It is given for professionalism, dedication and outstanding support that has greatly enhanced space flight safety and mission success, and is given personally by NASA astronauts, signifying their own recognition of excellence.

**Thrasher, T. A.** Appointed to scientific study group for U.S. Department of Education (NI-DDR) – Switzer Fellowship applications.

**Treviño, R. A.** Chief Referee for the Redlands Bicycle Classic Women’s Professional Stage Race in Redlands, CA.

**Treviño, R. A.** Chief Referee for USA Cycling’s Collegiate Road National Championships in Madison, WI.

**Treviño, R. A.** Chief Referee for the Fitchburg-Longsjö Classic Professional Men’s Stage Race in Fitchburg, MA.

**Treviño, R. A.** Starter for USA Cycling’s Junior Track National Championships in Trexlertown, PA.

**Smith, D. W.** Co-evaluator for the Paso del Norte Health Foundation Begin at Birth Initiative, a $6,900,000 community-based effort to improve the health and welfare of children aged 0–3.

**Smith, D. W.** Co-evaluator for the Paso del Norte Health Foundation Smoke free Paso del Norte Initiative, a $5,000,000 health promotion effort to establish a smoke free region, including El Paso, Texas; Juarez, Chihuahua and Las Cruces, New Mexico.

**Alastuey, L.** Featured in *UH Magazine* for being named 2009-2010 Southern District American Alliance for Health, Physical Education, Recreation and Dance, College/University Health Educator of the Year Award. Spring 2010.
Alastuey, L. Highlighted in UH TODAY for being named University Health Educator of the Year by the Texas Association of Health, Physical Education, Recreation and Dance (TAHPERD). November 2009.

Bloom, J. Featured in the UH CampusNews for receiving the 2009-2010 UH Teaching Career Excellence Award.


Clarke, M. S. F. “Applications to Long-term Space Flight, Terrestrial Challenges” article about the NASA-funded research that has produced the growth of real human bone was published in the UH CampusNews. UH Today, the UH Magazine and in many national and international news outlets.

Clarke, M. S. F. Quoted in “UH Nears Deadline to Cut Budget $16 million” front page article in The Houston Chronicle. January 2010.

Clarke, M. S. F. Featured in a Houston Business Journal article, “Startup OsteoSphere Formed to Develop Laboratory Discovery.” January 2010.

Clarke, M. S. F. Quoted in “Reduction Plan Raises Concerns, Faculty Senate Encouraged to Give Input on Budget Cut” article in UH Daily Cougar. February 18, 2010.

Clarke, M. S. F. Quoted in The Houston Chronicle’s article “UH’s Strategy in Big 12 is ‘Stage Set for Houston Ballet, UH to Pair for New Class’” UH press release, UH TODAY and UH Moment, October 2009.

Davis, Dwight (’00). Highlighted in the UH CampusNews for receiving the 2010 Jobs for America’s Graduates’ (JAG) National Workforce Development Leadership Award. Davis is chair of the New Hampshire Workforce Opportunity Youth Council.

Gill, D. UH CampusNews’ Applause section highlighted Gill being chosen student of the week by Houston’s KPRC Channel 2. October 2009.


Health and Human Performance Department. UH President Khator cited the national ranking of HHP programs in her editorial published in The Houston Chronicle titled “UH Belongs in a Top BCS Conference.” June 2010.

Health and Human Performance Department. The national ranking of HHP faculty as Number 1 by Academic Analytics’ Faculty Scholarly Productivity index was listed in the “By the Numbers” section of The University of Houston Magazine. Summer 2010.


Ivkovic, V. “fNIRS Study” article in the National Center for Human Performance (NCHP) Newsletter featured the study of how the brain function changes when people suffer brain injuries due to stroke or concussion.

Jackson, A. S. UH TODAY online for receiving the 2009 Texas Chapter of the American College of Sports Medicine’s (TACSM) highest award for his outstanding contributions to exercise science and sports medicine. November 2009.


Knoblauch, M. Doctoral research grant from the National Strength and Conditioning Association (NSCA) for $9,795.00 for his dissertation on the “Effects of Hypercholesterolemia on Myofiber Membrane Wounding” was in the UH CampusNews Applause section. September 2009.


Layne, C. S. Featured in many news media outlets explaining and illustrating the innovative Wii Performance class in HHP. Links to the Wii class coverage may be found at http://hhp.uh.edu/Currentevents/09_wii.cfm.

• National Public Radio “All Things Considered” video and article. September 2009.

• Houston’s FOX 26 Morning News segment. September 2009.

• Voice of America in China radio interview “Students are Also Fond of Playing Wii: Play Video Games to Take Credit.” October 2009.

• Houston’s KHOU Channel 11’s “Great Day” segment “A Wii Workout.” January 2010.


Lee, R. E. Envy Magazine declared the Texas Obesity Research Center as world-renowned for its research in combating obesity in Envy’s “Big Boned: Do Something” article. October 2009.


Lee, R. E. Quoted and featured in “SALSA Study Adds a Latin Beat to Exercise” video and article on WKOW Channel 27 in Madison, WI and on WKOW.com. April 2010.

Lee, R. E. Quoted and featured in “Salsa Study” video and article on WTVQ-TV ABC 36 in Lexington, KY and on WTVQ.com. April 28, 2010.

Lee, R. E. Quoted and featured in “Getting In Shape With Salsa” video and article on WTAJ and WEARCentralPA.com. May 14, 2010.

Lee, R. E. Quoted and featured in “Want A Healthy Heart? Let’s Salsa!” video and article on WFTX Fox 4 in Florida and on Fox4now.com. May 27, 2010.

Liu, J. Hosted the visit of Explorer Post, a local high school organization, to the NCHP and it was featured in the “Explorer Post Visit NCHP” article in the National Center for Human Performance Monthly Newsletter in the Texas Medical Center. February 2010.

Lowder, T. W., McFarlin, B. K., Simpson, R. J. Highlighted in the UH Magazine for being appointed section leaders for the International Journal of Exercise Science.


Publicity

McFarlin, B. K. Quoted in “Effects of Heat and Cold Illnesses Studied” article in the science news section of UPI.com, February 2010.

McFarlin, B. K. Quoted in “Environmental Chamber Used in Human Body Study” article in the UH Daily Cougar, February 18, 2010.

McFarlin, B. K. Quoted in “University of Houston’s Heat Related Illness Research” featured on KHAT-TV, February 2010.

McFarlin, B. K. Featured in “Researchers Examine Extreme Temps and the Body’s Immunity” article in The University of Houston Magazine, Summer 2010.

McFarlin, B. K. Quoted in “Articulate Software Helps College Students Receive Higher Grades According to University of Houston Study” article about the academic benefits of hybrid classes compared to the traditional format on Hao-Odlna.com, March 2010.

McFarlin, B. K., Strohacker, K. A., Kueht, M. L. “Pomegranate Seed Oil May Prevent Diabetes: Study” article discussed the HHP research online at NUTRAingredients.com., France. August 2009.

McFarlin, B. K. UH CampusNews for being selected to serve on a special review panel for the National Institutes of Health (NIH), November-December 2009.


McFarlin, B. K. Houston’s KHOU Channel 11 news featured the environmental chamber’s research in an article and video titled “U of H to Study Link between Exercise and Heat-related Illnesses.” June 2010.

O’Connor, D. P. Featured in UH news release “Researchers Urge Caution on Test for High School Athletes” June 29, 2010.


O’Connor, D. P. “Parents Unreliable in Reporting Children’s Height, Weight” study was featured in an article in American College of Sports Medicine (ACSM). June 2010.

O’Connor, D. P. UH news release “Researchers Urge Caution on Test for High School Athletes” online at UH Today: June 29, 2010.


O’Connor, D. P. UH CampusNews; president as president of the Southwest Athletic Trainers’ Association at their 55th Annual Meeting and Clinical Symposium in Arlington, TX.


Olvera, N. Houston’s KHOU Channel 11 News featured a segment on the BOUNCE program and its goals of reducing obesity in preadolescent, minority girls.


Salim, S. HHP student quoted in “Student’s Work Receives National Recognition” article in the UH Daily Cougar. April 2, 2010.

Sarraj, N. Was featured in “Student’s Work Receives National Recognition” article in the UH Daily Cougar because she was selected to exhibit her scientific research entitled “Moderate Treadmill Exercise Prevents Oxidative Stress-Induced Anxiety in Rats” on Capitol Hill as a part of the annual Posters on the Hill event. April 2, 2010.

Siddiqi, S. Selection as a 2009 Kaiser Family Foundation’s Barbara Jordan Health Policy Scholar was featured in UH TODAY. November 2009.

Strohacker, K. Was listed in UH TODAY for receiving College of Education Graduate Student Research Award and for placing second in the Texas Chapter of the American College of Sports Medicine Student Manuscript Award Competition. November 2009.

Vasen, N. 2009 AAHE/AAHPERD Outstanding Health Education Major of the Year Award was highlighted by UH TODAY online. November 2009.


Ward, J., Bartlett, D., Spielmann, G., Mathew, S., Thrasher, A. “Comparison of Strength Changes in Women On and Off Birth Control Pills Undergoing Electric Muscle Stimulation” placed first at the National Center for Human Performance’s 4th annual conference; and was featured in the NCHP Monthly Newsletter. November 2009.

Ward, J. “Functional Electrical Stimulation” article in the National Center for Human Performance (NCHP) Newsletter featured John’s study of how and when functional electrical stimulation (FES) can be used effectively to help persons with spinal cord injuries redevelop lower extremity muscle strength and exercise capacity. September 2009.

Wii Performance Class (PEB 4197) The “Wii Will Stay Healthy and Fit: New UH Class Incorporates Popular Video Game” UH press release was the first of more than 500 publications including The Houston Chronicle and The Daily Cougar. “UH Fitness Courses Reach a Whole New Level.” The Houston Chronicle, September 2009.


Wilson, P. L. UH CampusNews featured her appointment as editor of the Nutrition Entrepreneurs Newsletter and for being named director of awards and networking by Nutrition Entrepreneurs. September 2009.

Yi, J. Was highlighted in The University of Houston Magazine for receiving a $300,000 grant by the Cancer Prevention and Research Institute of Texas (CPRIT) to study the effectiveness of a cervical cancer educational program for Vietnamese American women with limited English proficiency. Summer 2010.
Student Achievements

Agha, N. H., Potucek, J., Strohacker, K., Bre- 


Barron, R. Accepted into the UH Dietetic Internship program. 2010.


Breslin, W. L., Strohacker, K., Agha, N., Car- 

McFarlin, B. K., Breslin, W. L., Carpenter, K. C., Strohacker, K., Weintraub, R. J. “Leveraging Online Learning Resources to Teach Core Research Skills to Undergraduates at a Diverse Research University.” International Journal of Exercise Science. 3(2), Article 1.


Cooke, Q. Psychology/kinesiology major and recipient of AAIS Scholarship-Kappa Alpha Psi Scholar ($1,000). March 2010.

Dettmer, M. Was awarded the Margie Stern Movement Science Scholarship, and the Dr. Mary Lou and Eddie Hernandez Scholarship from the College of Education. 2010.


Eke, P. Received doctoral program acceptance letters from the University of Georgia and Texas A&M University in Sport Management.


Gill, D. Was named student of the week by Houston’s KPRC channel 2. October 2009.


Ivkovic, V. Was awarded the Velma Glass Chambers Scholarship and the Faith Gladstone Marshall Endowment Scholarship from the College of Education. 2010.


Lopez, Y. Alliances for Graduate Education and the Professoriate (AGEP) Research Program Summer 2010 Internship.


Medlock, J. Kinesiology major and recipient of AAIS Scholarship-Pilgrim Rest Baptist Church (Dallas, TX) Scholars ($1,000). March 2010.


Ogbomwan, J. Chemistry major/education minor award recipient of teachHouston ($5,000).


Student Achievements

Sarraj, N. was selected to exhibit her scientific research entitled “Moderate Treadmill Exercise Prevents Oxidative Stress-Induced Anxiety in Rats” on Capitol Hill as a part of the annual Posters on the Hill event. April 2010.


Spielmann, G. Won Texas ACSM Student Research award (Master’s level).

Siddiqi, S. Was awarded the College of Education Graduate Student Research Award and placed second in the Texas Chapter of the American College of Sports Medicine Student Manuscript Award Competition. November 2009.


Strohacker, K. (PI), McFarlin, B. K. (Mentor). “Characterization of Monocyte Cytokine Production During a 4-week Weight Loss Intervention.” Funded by SDRG from the Texas ACSM. (Direct: $800; IDC: $0).


Kelley Strohacker and Katie Carpenter at the Graduate Students Research Day

John Ward presenting at GSRD

HHP student presenters at Graduate Student Research Day, October 2009

All GRSD abstracts were published in the International Journal of Exercise Science. 3(1).


• Knoblauch, M. “Sweat Collection for Bone Marker Monitoring; Phase 1-Protocol Development.” No abstract submitted.
• Lopez, Ygnacio III, Mama, S., Ivkovic, V. “Sweat Collection for Bone Marker Monitoring; Phase 1-Protocol Development.” No abstract submitted.

HHP student presenters at UH Undergraduate Student Research Day, October 2009

• Aziz, Q. and Liu, J. “Lower Extremity Reactive Kinematics to Simulated Trips and Slips.”
• Deepti, R. and Liu, J. “Effect of Body Weight on Postural Stability, Gait Stability and Risk of Slipping.”
• Garcia, F., Ivkovic V., Paloski W. H. “Regional Cortical Response to Stability Threatening Postural Disturbances.”
• *Mathew, S. and Thrasher, T. A. “Comparison of Strength Changes in Females On and Off Oral Contraceptives Relative to the Menstrual Cycle.”
• Pilla, A. and Thrasher, T. A. “Evaluating the Effects of Various Load-Positioning Methods on Gait Stability During the Walk-to-Run Transition.”
• Raja, M. and Lee, R. “Social Injustice and Obesity in African Americans.”
• Agha, N., Potucke, J., McFarlin, B. K. “Corticosterone and Leukocyte Levels of Sedentary, Wheel and Treadmill Acclimated Mice Following a Bout of Forced Exercise.”
• *Williams, S., Kellam, S., Hinkson, L., Olivera, N. “Let’s BOUNCE: A Physical Activity Intervention.”

Student Achievements

2009–2010 Graduate Student Excellence Award recipients, April 2010
• Dettmer, Marius: Graduate Teaching Excellence
• Ivkovic, Vladimir: Overall Graduate Excellence
• Breslin, Whitney: Tony Jackson Research Excellence

2009–2010 Outstanding Undergraduate Student Award recipients, April 2010
• Ochoa, Dominique: Exercise Science
• Taylor, Erik: Health
• Barron, Renee: Nutrition
• Francik, Melissa: Nutrition
• Ramirez, Adam: Sport Administration
• Groll, Amber: Wellness and Fitness
• Theobald, Jennifer: Wellness and Fitness

2010 Summer Undergraduate Research Fellowship (SURF) recipients ($3,500 stipend), April 2010
• Ho, Angela (Lee, R. E., mentor)
• Klein, Yuval (Simpson, R. J., mentor)
• Norman, Jensine (Olvera, N., mentor)
• Patel, Jasmine (Layne, C. S., mentor)
Alumni Achievements

Abercromby, Andrew (Ph.D. ’06). Was selected as a NASA Extreme Environment Mission Operations (NEEMO-14) aquanaut to work in the Aquarius habitat, which is 60 ft underwater about 4 miles offshore from Key Largo, Florida. He is a project manager with NASA’s EVA Physiology Systems and Performance Project (EPSP).

Abercromby, Andrew (Ph.D. ’06). Received NASA’s prestigious Silver Snoopy award given to no more than one percent of eligible recipients among employees and contractors for outstanding achievements related to human flight safety or mission success. It is given for professionalism, dedication and outstanding support that has greatly enhanced space flight safety and mission success, and is given personally by NASA astronauts, signifying their own recognition of excellence.

Banda, Jorge A. (’04, M.S. ’07). Received the ASPH/CDC/PRC Minority Health Fellow Award ($58,190 for 2 years) at the Norman Arnold School of Public Health, University of South Carolina, which provides a substantial annual stipend and additional funds for research and travel purposes for at least two years.


Banda, Jorge A. (’04, M.S. ’07). Norman Arnold School of Public Health Travel Award, University of South Carolina ($350). 2010.


Davis, Dwight (’00). Was selected as the recipient of the 2010 Jobs for America’s Graduates (JAG) National Workforce Development Leadership Award. Davis is chair of the New Hampshire Workforce Opportunity Youth Council.


Harrison, Carol A. (M.Ed ’04) Recently hired as an Exercise Physiologist in the Department of Behavioral Science at M.D. Anderson.


Hughes, Daniel C. (’99, Ph.D. ’04) Listed in the UH Alumni Quarterly for winning a prestigious Mentored Career Development Award from the National Cancer Institute (NCI). Fall 2009.

Joseph, Kevin (’09) is a sports reporter on Houston’s 1560 AM radio and has hosted the popular “1560 The Game” and “Cougars Tonight” radio shows. He is producer for “Gametime” on Saturdays and Sundays from 2–6 p.m. and you can follow him on Twitter @kj1560.

Kargbo, Lesley (’05) Recently accepted the position of doctor of physical therapy and is a certified strength and conditioning specialist at the Texas Orthopedic Hospital, Houston, Texas.


Mayberry-Mosley, Shawna (B.S. Sport Administration) MBA was recently appointed Marketing Manager for Pearland Parks & Recreation Department in Pearland, Texas.

Riley, Patrick L. (’07) Is now a doctor of physical therapy and is on staff at the University of Texas Medical Branch (UTMB) in Galveston, Texas.

Rodriguez, Augusto X. (Ph.D. ’10) Is a lecturer in the Department of Kinesiology and Sports Medicine at Rice University in Houston, Texas.

HHP continues to be at the forefront of:

Nationally Competitive Research
Committed to providing outstanding educational experiences and premier research opportunities designed to develop tomorrow’s leaders in the exercise, health and fitness sport administration and nutrition industries.

Student Success
Dedicated to having a student profile consistent with a nationally competitive public research university by creating an environment in which student success can be ensured.

Community Advancement
Connected to the community by striving to fulfill regional and state workforce needs while becoming a primary engine of social, economic and intellectual development.

Local and National Recognition
Recognized by local and national media for innovation, productivity and accomplishments.

Outstanding Alumni
Proud of our successful alumni who continue to make important contributions to the world at large.