

RESEARCH  
competitive

STUDENTS  
success

COMMUNITY  
advancement

RECOGNITION  
local & national

RESOURCES  
competitive

**A**s professor and chair of HHP, I am proud to present our 2009 annual report. We had a very successful year expanding the exciting research and educational opportunities for our students and faculty.

This report emphasizes our commitment to the initiatives that UH president, Dr. Renu Khator, and the Board of Regents have set forth in our pursuit to become a Tier-One university.

You will see our efforts to be a nationally competitive research university in the establishment of the Center for Neuromotor Biomechanics Research (CNBR) in the Texas Medical Center, and the other outstanding accomplishments reflected in our research projects, grants, presentations and publications.

To further our students' success, this fall we are offering two new master's degrees, as well as three new doctoral classes created and taught by NASA scientists. Our nutrition undergraduate and Dietetic Internship programs have received upgraded accreditation this year. Additionally, we will be initiating a new wellness and fitness undergraduate degree coming this fall semester. We also welcomed three new faculty members who will add to our research and teaching capabilities.

Take a look at HHP's dive into the Internet-based virtual world of Second Life (SL)—a community of research, educational opportunities and much more!

Read about our professors who are actively teaching and serving on and off campus to support community advancement. Look at the results of a record breaking Great Strides Walk for the Cystic Fibrosis Foundation and other community efforts.

As we continue to expand our research and educational endeavors, our reputation for excellence is growing locally and nationally. Competitive resources are an integral part of this growth and meeting the Tier-One goal. Please consider the scholarship opportunities listed to assist our students.

I hope you have a chance to visit our campus to see some of these exciting new initiatives. In the mean time, I invite you to explore our Web site at <http://hhp.uh.edu>. Go Coogs!



*Dr. Charles S. Layne*

**EXCELLENCE • INNOVATION • ACHIEVEMENT**



NASA

## SALUTE TO SPACE

**A** Salute To Space magazine celebrated 10 years of the International Space Station in its November 2008 issue. The magazine featured an article detailing HHP's extensive research projects with NASA.

The article highlighted the value that UH places in studying the way future generations will live in the environment of space. A commitment which is evident in HHP's faculty, where many bring their NASA expertise to research these critical issues. In fact, UH is the alma mater of many astronauts.

The article also noted that the outstanding faculty and research opportunities provide students in the new master's degree in human space exploration sciences with valuable experience and direction in real-world projects, furthering their success as students and their careers in the space industry.

To read the entire article, visit <http://tinyurl.com/SpaceArticlePDF>

# DID YOU KNOW?

That Mark Knoblauch, a Ph.D. student in the kinesiology program, received a competitive doctoral research grant from the National Strength and Conditioning Association (NSCA) in the amount of \$9,795.00, which will be used for his dissertation research? NSCA is an international nonprofit educational association with almost 30,000 members in 52 countries.

- That HHP, with an enrollment of 1,418 students, has more declared majors on campus than any other department but Biology.
- That HHP professors are developing a sweat patch that helps detect bone loss that will be worn by future astronauts on their trips to the moon? See page 14.
- That a recently approved master's degree designed to prepare students to work in space-related industries is the only program of its kind in the nation? See page 21.

• That the HHP program has been ranked top in the nation based on our faculty productivity? See page 31.

• That an HHP professor developed the only state approved program for meeting the mandates of Texas law targeting adolescent smoking, and that it is currently being implemented in over 100 Texas community agencies? See page 13.

• That HHP has expanded its research opportunities to the world's largest medical center? See page 7.

• That HHP has a program that provides a salary to select undergraduate students to give them opportunities to conduct research alongside faculty mentors? See page 17.

• That Johnson Space Center scientists will directly train doctoral students in space life science courses? See page 21.

• That our BOUNCE program, recognized by the Public Health Association as one of the best and innovative nutrition and physical activity programs in the state of Texas, has just finished its fifth year? See page 11.

• That the Texas Obesity Research Center hosted its inaugural international conference connecting scientists, practitioners and funding agencies to discuss obesity prevention and related health-compromising conditions? See page 9.

• That a study of the Journey of Asian American Diversified Education research project is designed to improve the quality of life among Asian American women after a breast cancer diagnosis? See page 10.





*Dr. A. Dam T. H. R. Shera and graduate students are working with research participants who use the equipment at the CNB R.*

# NATIONALLY COMPETITIVE RESEARCH UNIVERSITY



*The Department of Health & Human Performance is committed to expanding its health-related knowledge through publications, presentations and grants.*

**W**e are 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. Turn the page and explore the new and on-going research of our diverse and accomplished faculty who are a student-oriented team of professionals at the forefront of internationally recognized research.

The Laboratory of Integrated Physiology (LIP) <http://grants.hhp.coe.uh.edu/lip/>

Center for Neuromotor Biomechanics Research (CNBR) <http://hhp.uh.edu/cnbr>

Behavior Opportunities Uniting Nutrition, Counseling, and Exercise (BOUNCE) <http://bounce.uh.edu>

Journey of Asian American Diversified Education (JAADE) breast cancer related website: [www.komen-houston.org](http://www.komen-houston.org)

Understanding Neighborhood Determinants of Obesity (UNDO) <http://hhp.uh.edu/undo>

The Texas Obesity Research Center (TORC) <http://hhp.uh.edu/obesity>

Health Network for Evaluation and Training Systems (HNETS) <http://scbtoolkit.coe.uh.edu/>

Texas Youth Tobacco Awareness Program (TYTAP) state health services related website: [www.dshs.state.tx.us/tobacco/tytap.shtm](http://www.dshs.state.tx.us/tobacco/tytap.shtm)

*See listings for publications, presentations and grants beginning on page 34.*



*Graduate students in the Laboratory of Integrated Physiology*

**Created four years ago by HHP**, the Laboratory of Integrated Physiology (LIP) is a fully equipped human performance, physiology and biochemistry laboratory, equipped for performing a wide variety of human performance testing and analyses, ranging from the cellular and molecular levels up to the organ and system levels.

Over the last year, the biochemistry and physiology aspects of the LIP have been bolstered with two additional faculty members, and a range of new equipment allowing researchers to process samples faster and more accurately.

Research continues with the NASA-funded investigation into the development and use of a micro-fabricated sweat patch to monitor biomarkers of bone loss.

## LABORATORY of INTEGRATED PHYSIOLOGY

The investigation of the usefulness of capillary blood sampling as a less invasive technique for monitoring markers of immunity in astronauts, was completed this summer.

Obesity-based research remains a major focus area in the LIP for studying the effects of weight gain and physical exercise on chronic inflammation and innate immune dysfunction. An expansion of these projects includes investigating the impact of obesity on premature biological aging and adaptive immune system dysfunction.

Many of the graduate students, who work in the lab as research assistants, have been recognized by national organizations for their innovative work.

CENTER for NEUROMOTOR  
and BIOMECHANICS RESEARCH

# CNBR

**HHP has established a presence** in the world renowned Texas Medical Center (TMC) through the newly formed Center for Neuromotor and Biomechanics Research (CNBR). The new center focuses on understanding human movement in healthy and patient populations including those with spinal cord injuries, Parkinson's disease and returning veterans.

Housed within the medical center's National Center for Human Performance (NCHP) on the John P. McGovern campus, the location "... fosters collaboration between UH and TMC researchers," said Dr. Charles Layne, chair of HHP.

The Texas Medical Center's NCHP was created with the goal of using research and medicine to enhance human performance in the arts, sports, space exploration and the military. The TMC center's advisory board members include



*CNBR Director, Dr. William Paloski, with graduate students and visitor*

astronauts, former athletes, an Olympic coach and representatives from many Texas Medical Center institutions.

"We're excited about the caliber of research and research partners," Layne said. "Our students will have opportunities to work alongside seasoned investigators who may one day become colleagues."

Dr. William Paloski, director of the center, is a 23-year veteran from NASA's Johnson Space Center as a researcher in its neuroscience laboratory studying posture and sensory motor performance in astronauts during and after space flight. "By bringing together scientists, engineers and clinicians in this way, we work to improve the quality of life for those disabled by the effects of injury, disease or aging," said Paloski.



*Participants in the ALSAs study learning the steps*

**Dr. Rebecca Lee** is the principal investigator for the Understanding Neighborhood Determinants of Obesity (UNDO) Research Team, which conducts research anchored in an ecological framework that incorporates environmental and individual determinants of physical activity, dietary habits and obesity in populations of color. The work combines theory and techniques drawn from behavioral medicine, community psychology, geography, policy science, social ecology and social marketing.

UNDO projects include:

**Health Is Power (HIP)**, a 5-year study of African American and Hispanic/Latina women to promote physical activity, healthy dietary habits and to increase their social cohesion in their neighborhoods.



Understanding Neighborhood Determinants of Obesity

**Healthful Options Using Streets and Transportation in Our Neighborhoods (HOUSTON)**, works to define and document environmental correlates of physical activity, dietary habits, obesity, and to correlate the environmental factors with individual behavior using hierarchical and spatial modeling techniques.

**Saving Lives, Staying Active (SALSA)**, a 16-week study to increase physical activity and fruit and vegetable consumption among women of color. In April, the program won an outstanding achievement award from the Texas Council on Cardiovascular Disease (CVD) and Stroke.

**International Health Challenge (IHC)**, conducted in the virtual world of Second Life, had more than 160 participants who successfully improved their health-related knowledge, and behavioral skills necessary to reduce or prevent obesity.



**Dr. Rebecca Lee** directs the Texas Obesity Research Center (TORC). The center strives to promote research, education and community collaborations to develop state-of-the-art obesity prevention and control methodologies. This is accomplished through cross sectional and longitudinal research investigating psychosocial, environmental and biological determinants of obesity and its consequences.

The broader purpose of the TORC is to educate students in an interdisciplinary approach to topics including obesity, related health behaviors and related health compromising conditions.

TORC's campus presence in the 3-D virtual world of Second Life (SL) continues to grow with the implementation of classes, research opportunities and the building of its infrastructure.



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The center hosted its inaugural conference on the UH campus this year. Researchers from across the country convened for the two-day conference to discuss obesity, underlying biological processes, public health issues and intervention strategies.

Three graduate students were recipients of the TORC's Summer Research Grants Program, which is designed to provide research leadership opportunities to graduate students interested in obesity research projects.

In addition to on-going research and community service endeavors, TORC continues developing community partnerships and has created a statewide Community of Scholars directory this year.



istockphoto



*Asian American breast cancer survivors learn how to live a fuller life through diversified education*

**Dr. Jenny Yi** is the principal investigator of the Journey of Asian American Diversified Education (JAADE) research project. Its overall goal is to improve the quality of life among Asian American women after a breast cancer diagnosis. Currently, there is a limited amount of research investigating the impact of breast cancer experiences of Asian American women.

In the proposed study, factors associated with the quality of life among low literate Asian American breast cancer survivors will be investigated. After treatment, cancer patients may continue to experience challenges associated with the disease, which can be particularly difficult for less acculturated and low income Asian Americans.

This 2-year pilot program is designed to help newly diagnosed Asian American breast cancer patients with limited English skills navigate through diagnosis, treatment and available resources. The target population will be Chinese and Vietnamese women diagnosed with breast cancer age 18 and older living in Houston. The study will provide the foundation for a long-term research program for understanding cancer survivorship among Asian Americans. In addition, intervention will be developed to enhance the quality of life by addressing their unique needs.

Currently, four booklets, written in English, Chinese and Vietnamese, are being developed to address topics such as diet and exercise, pain management, emotional health—intimacy and sexuality, and how to talk to your physician.



**Dr. Norma Olvera** is the executive director of the Behavior Opportunities Uniting Nutrition, Counseling, and Exercise (BOUNCE) initiative. Its mission is to empower Hispanic and African American preadolescent girls between the ages of 9–14 and their parents through counseling and collaborative efforts between academia and community. Their combined goal is to adopt a healthy lifestyle by incorporating healthy food choices, daily exercise, and positive self-esteem while forming lasting friendships in a fun and exciting environment.

BOUNCE-Lite has been recognized by the Texas Public Health Association as one of the best and innovative nutrition and physical activity programs in the state of Texas. It is comprised of two programs designed for mother and daughter pairs.

The after school program began in 2006 with 50 mother and daughter pairs, that involves 12 weeks of healthy lifestyle activities conducted on the school campuses.



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The BOUNCE-Lite summer program, which began in 2005, is a 4-week program conducted on the UH campus. Campers enjoy daily activities that include yoga, kick boxing, Latin dance, cheer leading, nutrition education and cooking. This summer, 40 mother and daughter pairs participated, and in the four years of its existence, more than 125 mother and daughter pairs have participated.

The BOUNCE programs strive to provide highly skilled and trained staff to deliver messages of health in a fun filled environment. All instruction is offered by qualified, certified instructors in each area of concentration.



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**Dr. Phyllis Gingiss** is the principal investigator for The Health Network for Evaluation and Training Systems (HNETS) at UH, which provides research, evaluation, training and technical assistance to schools, communities and health care settings to support their health goals. HNETS is based on trans-disciplinary systems theories and concepts for the development, implementation, maintenance and assessment of health programs and policies. Stage-based models are used to help programs facilitate change at the community, organization, work group and individual levels. Emerging computer-based technologies are used to support these efforts.

# hnets

Current HNETS initiatives focus on statewide dissemination of web-based tools included in the "School Capacity Building Toolkit" to all Texas middle schools and high schools to assist them in planning for implementation of alcohol, tobacco and other drug prevention programs. The toolkit centers on a predictive model for assessing school strengths and barriers for implementation developed by Dr. Gingiss and associates.

Additional statewide support has been provided by HNETS to state and municipal policy makers, advocates and media through on-going policy research available online through the Texas Smoke-Free Ordinance database.

Currently the Texas Department of State Health Services (TDSHS) and the Texas Education Agency (TEA) are making a film to highlight the new Web site for Education Service Centers, school districts and individual schools.



**Dr. Dennis Smith is a co-principal** investigator for the Texas Youth Tobacco Awareness Program (TYTAP) that was created in response to the problem of adolescent smoking and limited appropriate cessation resources. Its goal is to reduce the risk of tobacco-related cancers in Texas by developing and implementing tobacco cessation services for adolescents.

Preliminary data from youth who have completed the program indicate that the program is effective in encouraging quit attempts, reducing consumption and leads to cessation. TYTAP is the only state approved program for meeting the mandates of Texas law and is currently being implemented in well over 100 Texas community agencies.

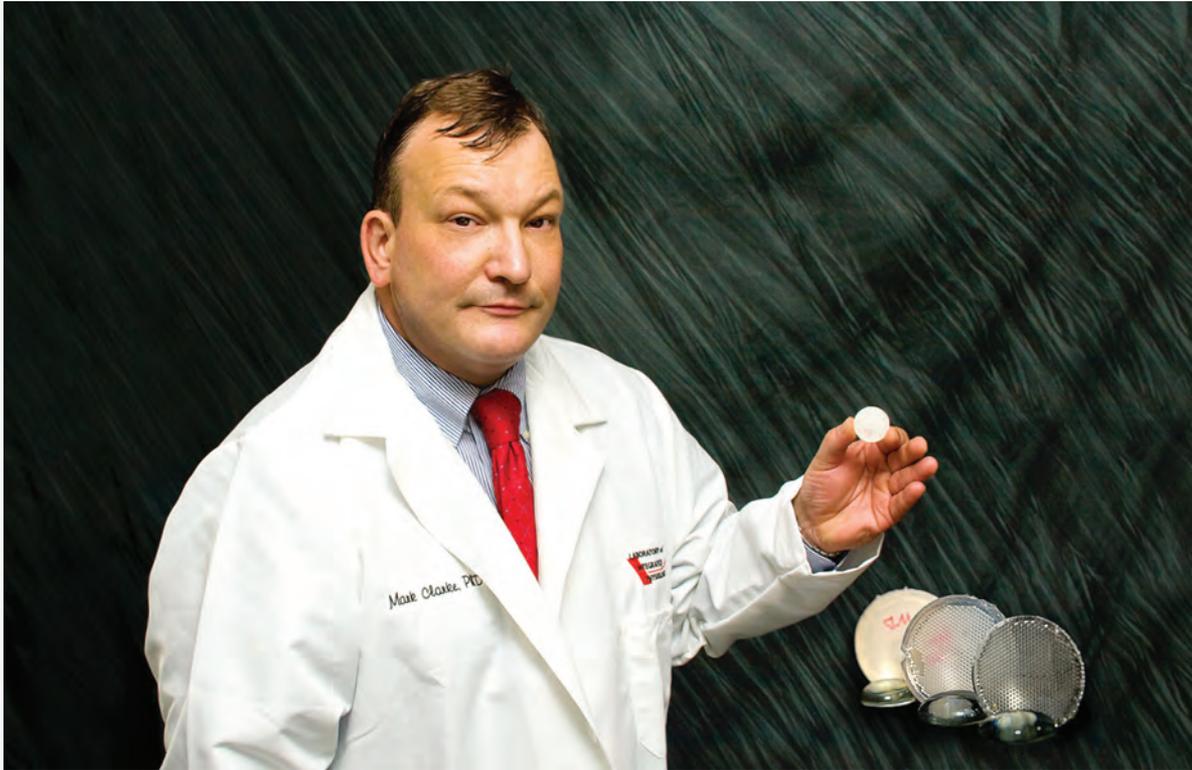
The program consists of four 2-hour sessions. Data is collected throughout the four sessions, including a pre-test and survey of current use behaviors, attitudes and other



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factors. The program provides information about health effects of tobacco, tobacco advertising and tobacco in the movies. Activities are designed to prompt evaluation of motivations for tobacco use, environmental influences on smoking, psychosocial triggers to use, perceived barriers to quitting, etc.

The sessions span a two-week period, and create structured and controlled quit attempts into the periods between each session related to the skills that were taught. During subsequent sessions, youths discuss their experiences with the group and share observations regarding their successes, failures, supports and challenges in their workbooks, giving the research team the opportunity to examine their insights.



*Dr. Mark Clarke with the micro-fabricated Sweat Patch (MSP)*

**A three-year, \$780,000 NASA-funded study** from the HHP department will examine how well sweat patches the size of adhesive strips can detect levels of chemicals that may indicate bone loss. The study's goal is to develop a micro-fabricated sweat patch that collects a sweat sample from the skin, performs a biomarker analysis and immediately provides a readout to the user.

"Current assessments involve blood tests, urine analysis or bone density scans, all of which are time consuming, and inconvenient to the working astronauts or, in the case of bone density scans, require large equipment that's not practical on a space station," said Mark Clarke, associate professor and principal investigator. "These patches are small, noninvasive, and placed on the skin to collect a sweat sample. The sample is then analyzed for biomarkers of bone loss markers, such as calcium."

CENTER for NEUROMOTOR  
and BIOMECHANICS RESEARCH

CNBR  
CNBR

### *Sweat Patch Study*

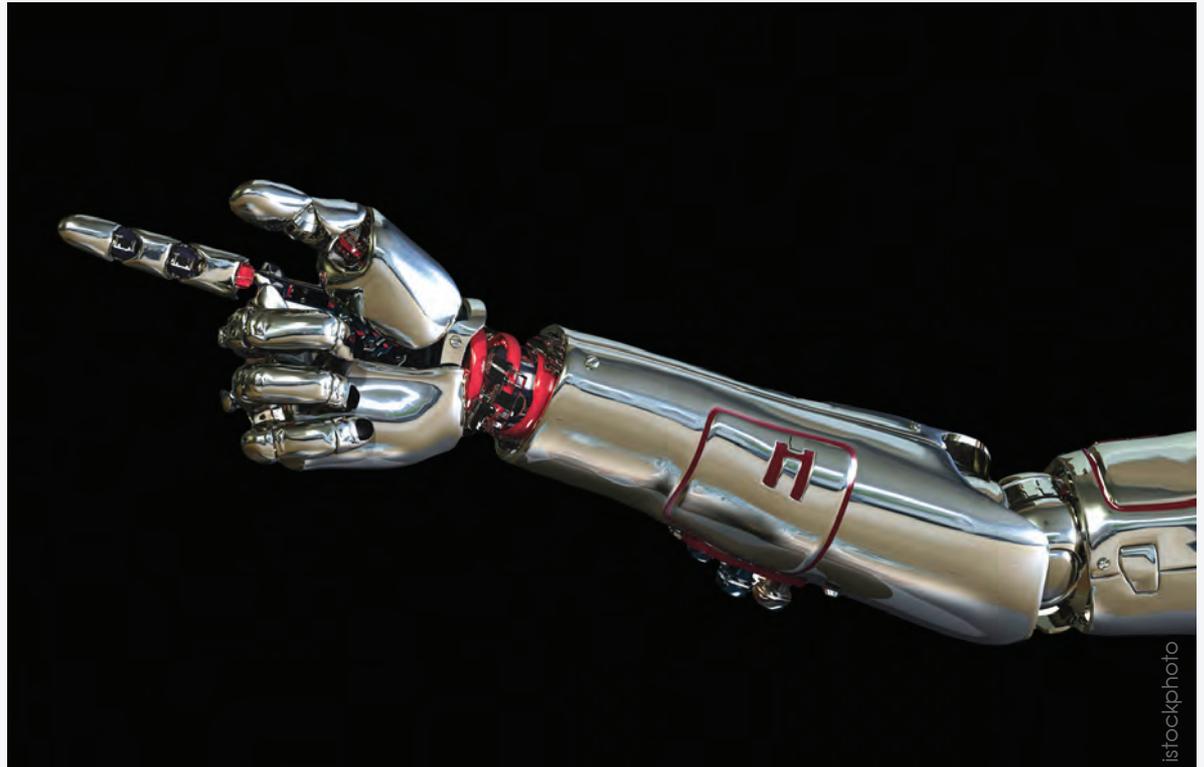
The study also has applications for those susceptible to bone loss, such as the elderly, post-menopausal women and adolescent girls. As a result, bone loss in women could be seen as early as the teen years, so this kind of fast and easy screening device can provide advance notice to fend off serious bone density issues later in their lives.

The collaborative research data will be presented at annual NASA conferences.

## *Prosthetic Arm Kinematics Study*

**Dr. Adam Thrasher** and his team of student researchers have been investigating the way people with upper extremity amputations use their upper body and prosthetic limbs to reach about their workspace. The study is part of the Health Resources and Services Administration's (HRSA) sponsored project to develop an upper extremity joint motion database.

The kinematics project uses the CNBR's motion-capture system to document how an individual's joints in the upper body work together during various activities of daily living.



### *Mechanical Arm*

Of particular interest to Dr. Thrasher is how people with amputations coordinate their joints using a non-normal set of muscles. "People with amputated arms tend to use exaggerated shoulder and trunk movements to accomplish basic reaching tasks, whereas people with intact arms tend to minimize shoulder and trunk movements," explains Dr. Thrasher.

The comprehensive study involves both able-bodied subjects and people who have lost upper extremity limbs. Once the investigation is completed, the data will be useful to designers of prosthetics and orthotic systems, as well as movement scientists interested in upper extremity function.



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# STUDENT SUCCESS



*HHP will have a student profile consistent with a nationally competitive public research university by creating an environment in which students succeed and are ensured.*

Students now enjoy better access to their program advisors with the implementation of an online chat system, and the appointment of an advising assistant to provide timely responses to general inquiries.

Current and former graduate students are showcased in a new series of brochures intended to recruit future Tier-One graduates.

Measures of our recent successes include: reduced times to graduation, improved standardized test scores of our new students, an increase in the number of innovative course offerings utilizing state-of-the-art educational technologies, award winning instructors, an increased number of scholarships, national recognition of our graduate students' research and, not surprisingly, increased opportunities for our graduates in the marketplace.

This summer we initiated the Program to Enhance Undergraduate Research (PEUR), which provided a salary for select undergraduate students to become involved in research under the direct tutelage of a faculty mentor. This program is designed to assist UH in furthering its Quality Enhancement Program (QEP), which is intended to increase undergraduate participation in research.

Read about the successes of our students and the expansion of our degree programs on the following pages.

**Advising:**

<http://hhp.uh.edu/chair/advising.cfm>

**Graduate Programs:**

<http://hhp.uh.edu/programs/masters.cfm>

**Undergraduate Nutrition Program:**

<http://hhp.uh.edu/nutrition/default.cfm>

**Dietetic Internship Program:**

<http://grants.hhp.coe.uh.edu/internship>

**Second Life:**

<http://secondlife.com>

**Space Life Sciences Curriculum:**

<http://hhp.uh.edu/space-life-sciences/default.cfm>

*See listings of student awards and achievements on page 43.*



Health & Human Performance 

*online*  
Graduate Programs  
in Physical Education



Health & Human Performance

Master of Education  
in Health Education  
Allied Health Education  
and Administration



Health & Human Performance

Master of Science  
in Human Space  
Exploration Sciences



Health & Human  
*Performance*  
**Master of Science**  
*in* **Human Nutrition**



Health & Human   
*Performance*  
**Master of Education**  
**Sport and Fitness**  
**Administration**

Efforts to recruit new students into the many graduate programs offered by HHP are enhanced by the creation of a series of brochures that feature photos and testimonials of alumni and current students on the covers and inside.

Potential students will be able to identify which programs would best fit their goals, read a synopsis of the program, check out testimonials, and see why HHP is a great choice for them.

Additional brochures featuring the master's in exercise science and the multiple tracks of the doctoral program in kinesiology are currently in development to go with the five shown here.

Contact information for our graduate studies advisor is listed along with the departmental Web site and the link to the necessary application forms.





## *Master of Science in Human Nutrition*

The Texas Coordinating Board recently approved the creation of the master of science in human nutrition degree, beginning in the fall of 2009.

There are two tracks of study: nutritional science and sports nutrition. The nutritional science track will produce practitioners with the unique ability to integrate the principles of both nutrition and physiology in the development and implementation of nutritional intervention and disease prevention programs.

The emerging field of sports nutrition will use integrated disciplines to produce sports dietitians who are sought after by schools and universities, sports teams, food product development, fitness and corporate wellness, cardiac rehabilitation, community health centers, family practice clinics and bariatric surgery practices.

Graduate students will have a variety of options for research depending on their individual interests. The HHP faculty offers a unique interdisciplinary approach to the program. Courses will include the physiology of exercise, obesity and metabolic diseases, nutrition relating to the heart and endocrine system; courses on cancer prevention, the epidemic of obesity, and administrative courses on exercise and health.

## *Master of Science in Human Space Exploration Sciences*

The Texas Education Coordinating Board has approved the creation of a one-of-a-kind master's program to equip students who aspire to work in space-related industries, and will serve those currently in the space industry seeking avenues for professional development.

"There is nothing like this anywhere," said HHP professor Dr. William Paloski. "For a person to learn the kinds of things that will be taught in this program, they literally would have to receive on-the-job-training in many different professional positions, which is very unlikely."

Programs will include physiology courses to understand how space flight affects the body, techniques for building and testing hardware used for space flight and how humans may adapt to living in the extreme environments of the moon or Mars. There also is a management component and courses on the history of the space program.

The graduate level two-year course of study offered by HHP couples traditional human physiology studies with specialized coursework and training in areas related to space flight human research and operations. Graduates of the program will be qualified for further graduate and professional studies as well as for placement within the medical and health-related research fields.

## *Space Life Sciences Classes Bring NASA to UH*

Doctoral students interested in pursuing careers in space life science have access to five new courses created and taught by scientists from NASA's Johnson Space Center (JSC).

"These classes will focus on the understanding of how space flight and the microgravity environment impact the physiology of the human body and how space life scientists design experiments to simulate the space flight experience," said Dr. Charles Layne, professor and chair of the HHP department.

The course offerings include Research Using Ground-Based Spaceflight Models, Space Physiology: Cell Biology, Space Physiology: System Physiology and two laboratory courses. All will be available in



the fall of 2009 and will be open to students pursuing a doctorate in a science-related field, with approval from their adviser. With the exception of the labs, all courses will be taught at UH within the department.

"These classes will offer our students direct training in specific space life science topics taught by the very scientists conducting the state-of-the-art research at JSC," Layne said.

The College of Education and NASA are partners through a Space Act Agreement that allows UH students and faculty, and NASA scientists to share information and resources. Currently, there are several HHP students pursuing research or internships with NASA.

Some of the laboratory experiments that students in this curriculum will track will be performed at the new CNBR in the TMC.

—Marisa Ramirez

## *Bachelor of Science in Human Nutrition and Foods*

HHP's bachelor of science in human nutrition and foods has fulfilled the requirements necessary to move from Developmentally Accredited status to Initial Accreditation by the Commission on Accreditation for Dietetics Education (CADE).

This degree emphasizes the knowledge and skills essential for competent entry-level dietetics practice.

The program's goals are:

- To prepare graduates for entry into supervised practice or other post-graduate programs through high-quality educational offerings.
- To attract and retain well-qualified candidates.
- To promote diversity in the field of dietetics.

Upon completion of this degree, also called the Didactic Program in Dietetics, students are eligible to apply for entry into a supervised practice program. Successful completion of the practice program will make them eligible to take the Registration Examination for Dietitians.

### **Dietetic Internship Program**

We are also pleased that HHP's post-baccalaureate Dietetic Internship Program, which is a supervised practice program, received its re-accreditation from CADE this year.

Its goals reflect the major points of our philosophy: quality instruction and broad-based site training. It offers 40 active sites from which to choose.



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Shasta's is the Commercial Food Production lab where nutrition majors learn the best practices of a food service operation. Each student must pass the Food Safety Certification Examination before the cafe can open to the public.

Students are taught how to scale recipes, forecast sales, prepare purchase orders and production schedules. They also learn to coordinate menus, themes and music, develop a marketing plan, and are responsible for making a profit based on their sales. The various managerial roles and cooking responsibilities change weekly so that each student experiences all facets of large-scale food production.

Shasta's students develop improved skills in leadership, organization, collaboration, critical thinking, decision making, team work and self-assessment.

## *SecondLife* HHP's Virtual Campus

HHP has expanded into the Internet-based virtual world of Second Life (SL). A free downloadable client program called the Second Life Viewer enables its users, called Residents, to interact with each other through motional avatars. Residents can explore, navigate buildings, parks, swimming pools, attend concerts, dance, chat, spend and earn Linden dollars (SL's own currency). Residents also have the ability to take educational courses and participate in research opportunities just as they would in real life.

We have built a virtual campus modeled after some of America's great Ivy League campuses, including a bell tower and a Quadrangle. The campus has an alumni center, undergraduate and graduate advisor offices, an orientation building, laboratories, a large conference center and each degree program has its own building.



The department continues to build upon the infrastructure of its virtual campus and to encourage participation. Classes in health, obesity studies, and motor learning and control are conducted in SL and several more are in the developmental stages. The UNDO research team recently concluded a multi-national project to promote healthful dietary habits and physical activity by creating educational games and activities to help participants learn to adopt a healthier lifestyle in real life.

## *Dale Jones,* MS, SCCC, C SCS, USAW, Lecturer in Strength & Conditioning

Dale Jones came to the HHP department in 2000 as a graduate student and never left. He earned his master's degree in exercise science in 2003. What he learned as a teaching fellow, intern and research assistant has become a successful career as a strength and conditioning coach. He is also a personal trainer in the fitness industry.



*Coach Dale Jones*

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*"If I hadn't come to UH, I would have missed out on a lot of opportunities for my career in the strength and conditioning field."*

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He currently lectures introductory and advanced strength and conditioning program design and strength training anatomy classes online for HHP. Jones is also assisting with the development of the graduate program in strength and conditioning.

But, lecturing is only a portion of what keeps this alumnus busy at UH. Jones heads up the strength program for baseball, softball, soccer, the throwing and multi-events in track and he assists with football primarily in the summer. His career has included more than 16 types of sports.

Jones sums up his feelings about UH this way: "If I hadn't come to UH, I would have missed out on a lot of opportunities to further my career in the strength and conditioning field. I am proud to be affiliated with both the athletics and HHP departments. They have made a huge, positive impact in my life."



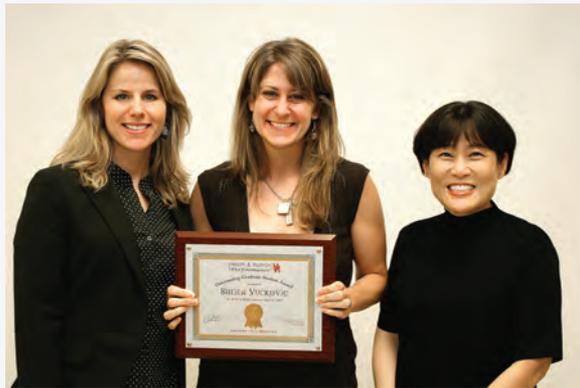
*Kelley Strohacker*



*Rasha Hussein*



*Michael Troy Patrick*



*Sheila Vuckovic*

### *2009 HPO outstanding Student Awards*

#### **Outstanding Graduate Students**

- ☉ M.Ed. Physical Education—Krystal Gary
- ☉ Ph.D.: Kelley Strohacker
- ☉ M.Ed. Health—Sheila Vuckovic

#### **Outstanding Undergraduate Students**

- ☉ Nutrition:  
**Rasha Hussein**
- ☉ Health: **Michael Troy Patrick**
- ☉ Sport Administration:  
**Porsche Randall**
- ☉ Movement & Sport Studies:  
**Matthew Stolt**
- ☉ Exercise Science:  
**Daniel Wingard**
- ☉ Texas Association of Health, Physical Education, Recreation and Dance (TAHPERD) Student of the Year:  
**Stacie Solomon Mehaffey**



*Porsche Randall*



*Stacie Solomon Mehaffey*



*Daniel Wingard*

## Dietetic Internship Program

Thirty-one students completed this accredited post-baccalaureate, supervised practice program in 2009. The internship qualifies graduates to take the examination to become Registered Dietitians (RD). Twice a year students are accepted into the rigorous program and can choose from more than 40 active sites where they will spend 1,000 hours receiving quality instruction and broad-based training. Graduates must meet 54 identifiable core competencies required by the Commission on Accreditation of Dietetic Education (CADE).

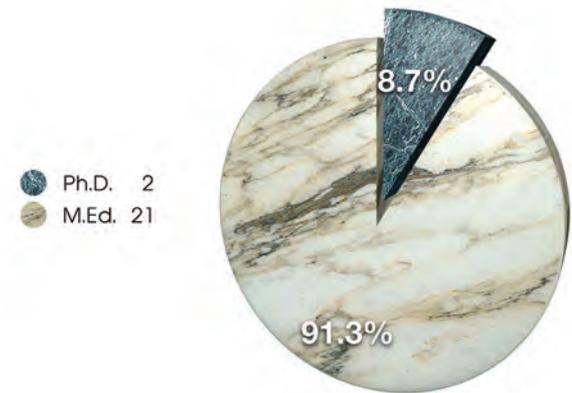
## Facebook/MySpace

HHP's presence within in the online communities of Facebook and MySpace consists of students, faculty, staff, alumni and friends of the department. Since their creation in the fall of 2008, the pages have grown in popularity, with Facebook having almost daily friendship requests. HHP's Facebook home page links to other UH Facebook pages, such as the official UH Facebook page, Cougar sports fan pages, as well as the HHP YouTube page. The department's news and activities along with videos can be viewed from its MySpace page.

## YouTube

HHP launched a channel on YouTube in February of 2008 starting with a thirty-nine second promotional video of Dr. Charles Layne welcoming surfers to the world of HHP. Since then, 40 videos have been added, including tutorials for HHP's virtual world on Second Life, video introduction to undergraduate and graduate academic advisors, Webct classroom materials, promotional videos for HHP research projects BOUNCE and SALSA, as well as a bi-semester e-newsletter. The e-newsletter features HHP faculty delivering current and upcoming departmental news. All videos are in the process of being converted to High-Definition (HD), giving viewers a crisper audio/visual experience.

## 23 Graduate Degrees Conferred

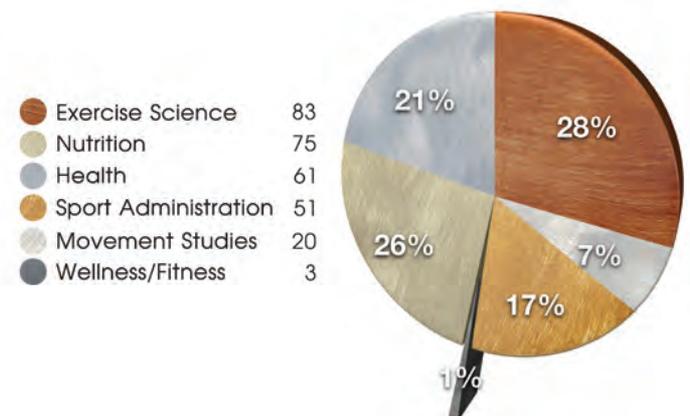


### Ph.D. Kinesiology Students and Dissertations:

**Lindsay Edwards** "Neurophysiological Response to Whole Body Vibration"

**Fred Miller III** "Defining Exercise Adherence and Its Determinants: TIGER Study"

## 303 Undergraduate Degrees Conferred





*Crossing the finish line at the Cystic Fibrosis Foundation's 2009 Great Strides walk-a-thon, sponsored by HHP*

# COMMUNITY ADVANCEMENT



*The Department of Health and Human Performance will commit to fulfilling regional needs through research, education, and community-based projects that focus on their needs. Students' educational experience is enhanced as they apply their knowledge to improve the condition of others.*

**C**ommunity advancement creates opportunities to connect faculty, students and local residents through community-based learning activities, research collaborations and projects that focus on their needs. Students' educational experience is enhanced as they apply their knowledge to improve the condition of others.

Learn about our faculty's history of community involvement and how current students are continuing the tradition of assessing the needs of local residents and responding with a focus on community advancement.

**YouTube:** <http://www.youtube.com/user/HHPUnivofHouston>

**Facebook:** <http://tiny.cc/HHPatUH>

**MySpace:** [http://www.myspace.com/hhp\\_university\\_of\\_houston](http://www.myspace.com/hhp_university_of_houston)

**HHP people:** <http://hhp.uh.edu/people.cfm>

## *Camp Lawrenz*

**Dr. Joel Bloom** has been with UH for 40 years, teaching and promoting health and fitness in a variety of sports on and off the campus. Whether he is solo or with his students, Bloom takes his knowledge and skills back into the community.

Those efforts include teaching cycling safety to fourth graders with the Super Cyclist Program for TAHPERD, and teaching speed training, endurance and bicycle safety to children through the Texas Department of Transportation. He and his students recently volunteered for the third year at Camp Lawrenz to raise cancer awareness and funds for research.

Dr. Bloom is involved in teaching cycling instructors in public schools and in university settings, as well as cycling teams, athletes and the general public. He also directs the annual Senior Water Fitness Festival for the City of Houston.



*Dr. Bloom with HHP students at Camp Lawrenz*

## *Field Day at a Local Elementary School*

**Dr. Rey Treviño** and his students contribute to community advancement through service learning endeavors. These are community-based projects that enhance the classroom studies and benefit the community as well as by allowing students to apply their learning in the real world.

In collaboration with CAN DO Houston, a holistic community-based initiative, Dr. Treviño's students prepared a marketing plan for a physical therapy clinic. In two of CAN DO Houston's super neighborhoods, the students provided information promoting physical activity and healthy lifestyle habits for children up to 12 years of age and their caregivers. His students also organized physical health programs and provided event management for them.

As a national level cyclist, Dr. Treviño officiates cycling events and serves with The Texas Bicycle Racing Association (TXBRA) and USA Cycling providing leadership for determining the criteria for the development of riders.



*Dr. Treviño's students work with local schools to coordinate "field days"*



This year's Great Strides Walk was the most successful in the history of the Cystic Fibrosis Foundation, raising over \$755,000. The event, sponsored by HHP, drew over 650 participants. You would not find a more energetic, varied, or heartfelt group, enduring a sunny afternoon in Houston, than those on May 16. Family, friends, neighbors, tots pulled in wagons, and dogs on-leashes, took the 3-mile walk under the shade of Lynn Eusan Park. The walk ended under a triumphant arc of balloons, while a clown cheered walkers on. Afterward, walkers enjoyed themselves, strewn out on the grass, eating hot dogs and snow cones—a well-deserved rest and a great stride for CFF!



On March 27, HHP hosted the second Pounds for Pounds event, collecting nearly 1,000 pounds of food to be donated to the Star of Hope Mission in Houston. The idea came from HHP graduate student, Kristin M<sup>c</sup>Alexander, as a means to reach out and promote healthy behavior in the community. In exchange for pounds of food, donors could attend a day's worth of physical activities like soccer, basketball, weight training, and yoga, as well as lectures on portion control and stress busting. As an extension of Pounds for Pounds, this summer HHP hosted Wellness Wednesdays, which offered similar classes every Wednesday during the summer sessions in the hopes of raising 5,000 pounds of food!



During the week of June 8, 2009, HHP faculty and staff hosted student participants from the Houston Wellness Association's (HWA) GenWellness Project. The project encourages local high school sophomores and juniors to engage in healthy lifestyles and exposes the teens to careers in health and wellness. Program Coordinator Jessica Wheeler and Dr. Lisa Alastuey mentored the students. They were exposed to a variety of HHP activity and lecture courses, visited with other faculty and staff, toured the exercise and obesity laboratories, as well as the UH campus. Find out more about GenWellness at [www.GenWellness.org](http://www.GenWellness.org).



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# LOCAL AND NATIONAL RECOGNITION



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**T**he HHP faculty has been ranked number 1 in the nation according to Academic Analytics' Faculty Scholarly Productivity Index, an independent ranking of doctoral programs in research universities across the country. The HHP program was ranked number 1 among colleges and universities with health, physical education and recreation programs. Rankings are based on the book and journal publications of faculty, along with their journal article citations, federally funded grants and awards.

**Dr. Lisa Alastuey** was named the 2009 University Health Educator of the Year in the State of Texas by The Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD). She will be recognized at TAHPERD's 85th Annual Convention in Arlington, TX during the Awards Dinner Friday, December 4, 2009.

**Dr. Charles Layne, Dr. K. E. Forth, and Dr. A. Abercromby.** Most Cited Author 2005–2008, for an article that appeared in *Acta Astronautica*; "Spatial Factors and Muscle Spindle Input Influence the Generation of Neuromuscular Responses to Stimulation of the Foot."

**Dr. Norma Olvera and Dr. Rebecca Lee** were named honorees at the National Minority Cancer Awareness Week's Eighth Annual Symposium. The luncheon honored community-based organizations and individuals for their positive impact on minority health and health disparities in local minority and underserved communities.

**Ms. Claudia Scott** has won the "Recognized Young Dietitian of the Year" award from the Houston Area Dietetic Association for the year 2008-2009. The award was formally presented at the 2009 HADA Awards and Installation dinner on May 14.

**Ms. Norah Vasen** has been selected as the University of Houston Health Education Major of the Year. She will be recognized during the 2009 AAHE/AAHPERD national convention in Tampa, Florida. She was a senior post-baccalaureate student who graduated in May with her bachelor's in health education and promotion.

**The BOUNCE Lite** summer program was featured on Houston's FOX 26/KRIV and MyFoxHouston.com as a comprehensive fitness and health program.



*The Dr. “Tony” Jackson scholarship is one of six scholarship opportunities available for students who qualify*

# COMPETITIVE RESOURCES



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The **Dr. "Tony" Jackson Scholarship** was established to honor Dr. Andrew "Tony" Jackson, professor emeritus, and its initiation was celebrated with a bobble head figurine of him. Donations to this scholarship go to support outstanding HHP student researchers and, in gratitude, donors will receive the bobble head.

Dr. Jackson is a Fellow in the American College of Sports Medicine and director of the Udde Research Institute and Rowing Club. His research has been in the area of measurement of human performance, focusing on body composition, aerobic capacity, muscular strength and validation studies for physically demanding jobs.

The **Margie Sterr Scholarship**, dedicated to the memory of one of our former students, is available to an undergraduate or a graduate student who has demonstrated interest and aptitude in the area of exercise science. The recipient will have the opportunity to participate in scientific research in the Laboratory of Integrated Physiology (LIP), which will give the student hands-on experience with project conception, data collection, analysis and public presentation of scientific results.

The **Barry C. Pelton Endowment Scholarship** is available to sophomores, juniors and seniors who have expressed commitment to the physical education profession, maintains a minimum 2.5 GPA and demonstrates financial need.

The **Mary Louise White Scholarship** is available to full-time students pursuing a degree in health and human performance or studying special education with an emphasis on mental retardation within the College of Education, maintains a minimum of a 2.5 GPA and demonstrates financial need.

The **Irene Smith-Buckner Scholarship Endowment** is available to students who demonstrate an interest in pursuing or continuing a career in the field of human performance or health education and maintains a minimum GPA of 3.25 for 9 hours of master level coursework taken at UH.

The **Dr. Mary Lou and Eddie Hernandez Scholarship Endowment** is available to full-time graduate students enrolled in a master's or doctoral program with an interest in pursuing a career in health care and maintains a minimum GPA of 3.0.

*For complete scholarship qualifications and forms, visit <http://www.coe.uh.edu/mycoe/coestu/scholarship.cfm>.*



*Imagination, perseverance and determination*



*See the following pages for productivity, milestones and achievements of HHP faculty, students and alumni*

## Articles

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## *Book Chapters*

**Layne, C.S., Lee, R.E., O'Connor, D., Horn, C.** and **McFarlin, B.K.**, "Using Digital Communities to Enhance Student Persistence and Retention." Virtual Learning Environments. Kansas City, Missouri. 2009.

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## *Other Publications*

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**Bloom J.** "Why is Stretching Important?" article distributed to local running clubs.

**Mama, S.K. (Lee, R.E., advisor).** "The Relationship Between Body Image and Physical Activity in African American Women" thesis. University of Texas School of Public Health, Houston, TX. 2009.

## *Invited Professional Presentations*

**Alastuey, L.** Stress Busters for College Students. HHP and UH ONE Pounds for Pounds, Star of Hope Missions; UH, March 27, 2009.

**Gingiss, P.**, and Hermer, L. Tracking Local Ordinances: The Texas Web-Based System. Presented at the 2009 Smoke-Free Texas Legislative Workshop; Austin, TX, January 28, 2009.

**Layne, C.S.** Fractured: Preventing Falls Using In-shoe Technology. Healthcare Extension Technologies workshop. Texas-UK Collaborative, University College London; November 2008.

**Layne, C.S.**, and **M<sup>c</sup>Farlin, B.K.** Using Second Life to Enhance Student Participation. University of Houston Technology Fair; October 2008.

**Lee, R.E.** Using Virtual Environments for Health Promotion: International Health Challenge in Second Life. Center for Public Policy Brown Bag Seminar Series, UH; December 3, 2008.

**Lee R.E., Liao, Y., M<sup>c</sup>Alexander, K.**, Associations between Neighborhood Factors and Physical Activity in African American Public Housing Residents. Urban Affairs Association 2009 Annual Meeting: Contesting and Sustaining the City: Neighborhood, Region, or World; Chicago, IL.

**Liu, J.** Preventing Fall Accidents Using Ambulatory Measurements. IEEE Seminar on Bio-Engineering and Biology-inspired Engineering. NASA-JSC; May 22, 2009.

**Olvera, N.** Combating America's Childhood Obesity Epidemic. TORC Inaugural Obesity Conference, UH; April 10, 2009.

**Paloski, W.H.** Sensory-motor Adaptation to Space Flight. Course on Space Medicine & Extreme Environments, Department of Physiology, University College London; November 24, 2008.

**Paloski, W.H.** Sensory-motor Challenges in Space Exploration. Presented at: Strategic Planning Workshop on Aerospace Medical and Human Factors Challenges, MIT; Cambridge, MA, March 5, 2009.

**Paloski, W.H.** Operational research questions for continuous AG countermeasures. Presented at: Human Hypergravity Habitat (H3) Topical Team Meeting, European Space Agency Technical Center; Noordwijk, the Netherlands, March 26–27, 2009.

**Smith, D.W.**, and Colwell, B. completed three required TYTAP trainings for new and veteran program facilitators; El Paso, San Antonio, Dallas, Fall 2008.

**Thrasher, T.A.** Gait Analysis in New Combat Veterans with Back and Knee Pain, Invited lecture at Michael E. DeBaKey High School Scientific Symposium; Houston, TX, December 19, 2008.

## *Professional Presentations*

**Alastuey, L.** and **Tietjen-Smith, T.** Let's Talk About Sex and Teens TAHPERD convention; Corpus Christi, TX, December 4, 2008.

**Ivkovic, V., Bloom, J., McNeil, B., Kurz, M.J.** Parkinson's Disease Influences the Regularity of the Structural Variations Present in a Simple Leg Swing Task. Presented at: 2008 Annual Meeting National Center for Human Performance; Houston, TX, November 7, 2008.

**Layne, C.S., Pourmoghaddam, A., Arellano, C.J., Dettmer, M., and Kurz, M.J.** Lower Limb Neuromuscular Activation during Treadmill Walking is Moderately Affected by Anti-Parkinson Drugs. Annual meeting of Society of Neuroscience; Washington DC, November 2008.

**Pourmoghaddam, A., Kurz, M.J., Arellano, C.J., Dettmer, M., and Layne, C.S.** Identifying Changes in Muscle Synergies in Individuals with Parkinson's Disease during Treadmill Walking Using a New Analysis Method. Annual meeting of Society of Neuroscience; Washington DC, November 2008.

**Pourmoghaddam, A., Kurz, M.J., Arellano, C.J., Dettmer, M., O'Connor, D.P., and Layne C.S.** The Effect of L-DOPA Administration on Changes in Muscle Synergies in Individuals with Parkinson's Disease During Treadmill Walking, NHPC 2008 Annual Meeting; Houston, TX, (recognized poster) November 7, 2008.

**Dettmer, M., Pourmoghaddam, A., O'Connor D.P., and Layne, C.S.** Adaptation to Muscle Tendon Vibration Under Different Surface Conditions in a Postural Task, NHPC 2008 Annual Meeting; Houston, TX, (recognized poster), November 7, 2008.

**Lee, R.E., Banda, J.A., and Bryant, L.** Personal and Environmental Factors Associated with BMI in African American Public Housing Residents. Presented at the annual meeting of the North

American Association for the Study of Obesity; Phoenix, AZ, October 6, 2008.

**Ansari, S., Liao, Y., and Lee, R.E.** Relationship of Neighborhood Goods and Services and Pedestrian Quality to BMI and Percent Body Fat in African American Public Housing Residents. Inaugural TORC conference; Houston, TX, April 9–10, 2009.

**Liu, J.** and Lockhart, T.E. A Novel Integrative Ambulatory Measurement Framework—Application in Fall Event Detection. Paper presented at XXI Annual International Occupational Ergonomics and Safety Conference; Dallas, TX, 2009.

Zhang, X.Y., Lockhart, T.E., and **Liu, J.** The Use of Inertial Measurement Units in Assessing Standing and Walking Stability for Fall Risk Estimation. Paper presented at XXI Annual International Occupational Ergonomics and Safety Conference; Dallas, TX, 2009.

**Mama S.K., Quill, B.E., Fernandez-Esquer, M.E., Reese-Smith, J.Y., Banda, J.A., and Lee, R.E.** Association Between Body Image and Physical Activity in African American Women. Obesity Society Annual Scientific Meeting; Washington, DC, Oct. 24–28, 2009.

**Siddiqi, S., Lee, R.E., Mama, S.K., M<sup>c</sup>Alexander, K., Layne, C.S., and O'Connor, D.** "Social Cohesion in the Virtual World of Second Life: The International Health Challenge." TORC Inaugural Conference; Houston, TX, April 9–10, 2009.

**Lee, R.E., Siddiqi, S., Mama, S.K., and M<sup>c</sup>Alexander, K.** "Social Cohesion in the Virtual World of Second Life: The International Health Challenge" 2009 Annual Meeting of The International Society For Behavioral Nutrition and Physical Activity; Lisbon Portugal, June 17–20, 2009.

**M<sup>c</sup>Alexander, K., Banda, J., and Lee, R.E.** Physical Activity Resource Attributes and Obesity in Low-Income African Americans. TORC Inaugural Conference; April 9–10, 2009.

**Kaufmann, J., Ory, M., Lorino, A.J., Fulton, D., and Gipson R.** Evidence-based Programs with Seniors in Texas. Aging in America National Conference; Las Vegas, NV, March 2009.

**Lorino, A.J.** Healthy Aging in Houston. Texas Recreation and Parks Society Workshop; Houston, TX, January 2009.

**Michals-Matalon, K., Bilger, K., Ross, N., Freedenberg, D., Matalon, R.** Are the current methods of treatment for methylmalonic academia adequate? *J. Inherit. Meta. Dis.* 31:15, 2008. Presented at Annual Symposium of the Society for the Study of Inborn Error of Metabolism (SSIEM); Lisboa, Portugal, September 2–5, 2008.

Matalon, R., Bhatia, G., Suzucs, S., **Michals-Matalon, K.,** Tyring, S., Grady, J. Aspartoacylase Entry to the Brain of Canavan Mouse with Hyaluronidase. *J. Inherit. Meta. Dis.* 31:28, 2008. Presented at Annual Symposium of the Society for the Study of Inborn Error of Metabolism (SSIEM); Lisboa, Portugal, September 2–5, 2008.

Burlina, A.B., Burlina, A.P., **Michals-Matalon, K.,** Coldwell, J., Hillman, D., Bhatia, G., Galvin-Parton, P., Grady, J., Tyring, S.K., and Matalon, R. Experience with Large Neutral Amino Acids (LNAA) in the Treatment of Pphenylketonuria (PKU). *J. Inherit. Meta. Dis.* 31:84, 2008. Presented at Annual Symposium of the Society for the Study of Inborn Error of Metabolism (SSIEM); Lisboa, Portugal, September 2–5, 2008.

**Lopez, Y., M<sup>c</sup>Farlin, B.K., Jackson, A.S., Ellis, K., and Bray, M.S.** The Relationship Between Ethnicity And Abdominal Adiposity: The Tiger Study. Presented at: American College of Sports Medicine 56th Annual Meeting; Seattle, WA, May 27, 2009.

**Breslin, W., Strohacker, K., Carpenter, K.C., Esposito, L.M., and M<sup>c</sup>Farlin, B.K.** Long-term Weight Gain in Response to High Fat Feeding in CD-1 Mice. 2009 Texas ACSM Student Poster Presentation.

## *Professional Presentations cont.*

**Carpenter, K.C., Esposito, L.M., Strohacker, K., Simpson, R.J., McFarlin, B.K.** Aerobic Exercise Training May Not Offset the Pro-Inflammatory Effects of a High-Fat Feeding. 2009 Texas ACSM Student Poster Presentation.

**Breslin, W., Strohacker, K., Carpenter, K.C., Esposito, L., and McFarlin, B.K.** Long-term Weight Gain in Response to High Fat Feeding in CD-1 Mice. TORC Inaugural Conference Poster Presentation; April 9, 2009.

**Carpenter, K.C., Esposito, L.M., Strohacker, K., Simpson, R.J., McFarlin, B.K.** Aerobic Exercise Training May Not Offset the Pro-Inflammatory Effects of a High-Fat Feeding. TORC Inaugural Conference Poster Presentation; April 9, 2009.

**Miller, F., O'Connor, D.P., McFarlin, B.K., Jackson, A.S.,** Bray, M.S. "The Use of Heart Rate Monitors to Document Exercise Adherence in Large Field Studies" (Poster). American College of Sports Medicine 56th Annual Meeting, Seattle, Washington, May 27, 2009.

Stanley, R.J., Williams, M.D., Edwards, T.B., Elkousy, H.A., Gartsman, G.M., **O'Connor, D.P.** Evaluation of Rotator Cuff Muscle Fatty Degeneration Using MRI: Comparison of Axial and Parasagittal Views. North Carolina Orthopaedic Association 2008 Annual Meeting; Asheville, NC, October 10–12, 2008.

**Knoblauch, M.A., O'Connor, D.P.** Relative Cost Effectiveness of ECG Screening Male and Female Athletes in High School Preparticipation Physical Examinations in Texas National Human Performance Center 2008 Annual Meeting; Houston, TX, November 7, 2008.

Edwards, T.B., Labriola, J.E., Stanley, R.J., **O'Connor, D.P.**, Elkousy, H.A., Gartsman, G.M. Radiographic Comparison of Pegged and Keeled Glenoid Components Using Modern

Cementing Techniques: A Prospective Randomized Study. American Shoulder and Elbow Surgeons 2008 Closed Meeting; Santa Barbara, CA, September 9, 2008.

Edwards, T.B., Labriola, J.E., **O'Connor, D.P.**, Elkousy, H.A., Gartsman, G.M. Outcomes Following Reverse Total Shoulder Arthroplasty: Affect of Preoperative Diagnosis, Clinical Complications, and Scapular Notching. American Shoulder and Elbow Surgeons 2008 Closed Meeting; Santa Barbara, CA, September 4, 2008.

Labriola, J.E., Edwards, T.B., Stanley, R.J., **O'Connor, D.P.**, Elkousy, H.A., Gartsman, G.M. Radiographic Comparison of Pegged and Keeled Glenoid Components Using Modern Cementing Techniques: A Prospective Randomized Study. American Shoulder and Elbow Surgeons 2009 Open Meeting; Las Vegas, NV February 28, 2009.

Edwards, T.B., Labriola, J.E., **O'Connor, D.P.**, Elkousy, H.A., Gartsman, G.M. Subscapularis Function Following the Latarjet Coracoid Transfer for Recurrent Anterior Instability. American Academy of Orthopaedic Surgeons 76th Annual Meeting; Las Vegas, NV, February 26, 2009.

Edwards, T.B., Labriola, J.E., Stanley, R.J., **O'Connor, D.P.**, Elkousy, H.A., Gartsman G.M. Radiographic Comparison of Pegged and Keeled Glenoid Components Using Modern Cementing Techniques: A Prospective Randomized Study (Poster No. P332). American Academy of Orthopaedic Surgeons 76th Annual Meeting; Las Vegas, NV, February, 25–28, 2009.

Edwards, T.B., Elkousy, H.A., **O'Connor, D.P.**, Drake, G.N., Gartsman, G.M. "Results of Latarjet Coracoid Transfer for Glenohumeral Instability Associated with Bone Loss" (Poster). American Orthopaedic Association 122nd Annual Meeting, Bonita Springs, Florida. June 10–13, 2009.

Edwards, T.B., Labriola, J.E., Elkousy, H.A., **O'Connor, D.P.**, Drake, G.N., Gartsman, G.M. "Subscapularis Function Following the Latarjet Coracoid Transfer for Recurrent Anterior Instability" (Poster). American Orthopaedic Association 122nd Annual Meeting, Bonita Springs, Florida. June 10–13, 2009.

Edwards, T.B., Elkousy, H.A., **O'Connor, D.P.**, Drake, G.N., Gartsman, G.M. "Outcomes Following Reverse Total Shoulder Arthroplasty: Effect of Preoperative Diagnosis, Clinical Complications and Scapular Notching" (Poster). American Orthopaedic Association 122nd Annual Meeting, Bonita Springs, Florida. June 10–13, 2009.

Edwards, T.B., Elkousy, H.A., **O'Connor, D.P.**, Drake, G.N., Gartsman, G.M. "Does Patient Age Affect Outcomes Following Reverse Total Shoulder Arthroplasty?" (Special Emphasis Poster) American Orthopaedic Association 122nd Annual Meeting, Bonita Springs, Florida. June 13, 2009.

**O'Connor, D.P.**, Bray, M.S., **McFarlin, B.K.**, Sailors, M.H., Jackson, A.S. "Equations for Estimating DXA Percent Fat of Diverse Young Men and Women: The TIGER Study" (Poster). American College of Sports Medicine 56th Annual Meeting, Seattle, Washington, May 27, 2009.

Knox, B., Hall, F., and **Olvera, N.** Promoting Healthy Food Choices Among Minority Preadolescents. Poster presented at the annual meeting of American Dietetic Association; Chicago, IL, October 2008.

Wilson, T.A., Butte, N., Mehta, N., Arceo, D., Bush, J.A., **Olvera, N.** and Klish, W. Viva La Salud Infantil: Pediatric Obesity Treatment in an Underserved Hispanic Community. Poster presented at the annual meeting of the Obesity Society; Phoenix, AZ, 2008.

Graham, M., Bush, J.A., **Olvera, N.**, McLeod, J., Abuamer, D., Puyua, M.R., and Butte, N. The Efficacy of the PACER Versus the Modified PACER Test for Assessing Aerobic Fitness in Overweight Children. The Obesity Society Annual Scientific Meeting; Phoenix, AZ, October 3–7, 2008.

Graham, M., McLeod, J., Scherer, R., Hall, K., Bush, J.A., Butte, N., and **Olvera, N.** Effectiveness of a Summer Healthy Lifestyle Program for Promoting Moderate–Vigorous Activity in Minority Girls. ACSM annual meeting; Indianapolis, IN, 2008.

Bush, J.A., Abuamer, D., Graham, M., Lorino, A.J., Maldonado, G., Scherer, R., Butte, N. and **Olvera, N.** Changes in physical activity levels following 12-week family intervention in Hispanic girls: BOUNCE Study. ACSM annual meeting; Indianapolis, IN, 2008.

**Olvera N.**, McLeod, J., Scherer, R., Knox, B., Maldonado, G., Graham, M., and Bush, J.A. Healthy Lifestyle Summer Program for Minority Girls and Parents: The BOUNCE Life Pilot Program. ACSM annual meeting; Indianapolis, IN, 2008.

**Olvera, N.**, Lee, C., Bush, J.A., Smith, D.W., Taylor, W., Lee, J., and Wood-Jones. S. Urban Hispanic perceptions of environment and activity among kids (UH-PEAK). Active Living Research Conference, Robert Wood Johnson Foundation; Washington, DC, 2008.

Cavanagh, P.R., Rice, A.J., Gopalakrishnan, R., Novotny, S., Kuklis, M., Davis, B.L., Genc, K.O., Englehaupt, R.K., Rizk, R.Y., Ilaslan, H., **Paloski, W.H.**, Cromwell RL. Results from first 5 subjects in Lunar Analog Experiment. Presented at: NASA Human Research Program Investigators' Workshop; League City, TX, February 2–4, 2009.

Cavanagh, P.R., Rice, A.J., Gopalakrishnan, R., Novotny, S., Kuklis, M., Davis, B.L., Genc, K.O., Englehaupt, R.K., Rizk, R.Y., Ilaslan, H., **Paloski, W.H.**, Cromwell, R.L. Overview of Design

Considerations for Lunar Analog Hardware. Presented at: NASA Human Research Program Investigators' Workshop; League City, TX, February 2–4, 2009.

**Ivkovic, V., Paloski, W.H., Bloom, J., McNeil, B., Kurz, M.J.** Parkinson Disease and Frequency of Rhythmical Movements Influence the Structural Variations Present in the Motor System. Presented at: Houston Society for Engineering in Medicine and Biology Annual Meeting; Houston, TX, March 19–20, 2009.

Cohen, H.S., Kimball, K.T., Mulavara, A.P., **Paloski, W.H.**, Bloomberg, J.J. Usefulness of Current Balance Tests for Identifying Balance-Impaired Individuals. Presented at: Houston Society for Engineering in Medicine and Biology Annual Meeting; Houston, TX, March 19–20, 2009.

**Paloski, W.H.** Lunar Balance and Locomotion: Effects of Spacesuit Center of Gravity Location on Postural Stability During. HHP Faculty Research Day; UH, Houston, TX, April 4, 2009.

**Pearson, D.W.** Sport Management and the Burgeoning Faith-Based Physical Activity Industry. Presentation at the Texas Association for Health, Physical Education, Recreation and Dance, (TAHPERD) Annual Convention; Corpus Christi, TX, December 2008.

Lam, T.C., Cunningham, A., Cheung, S.Y., **Pearson, D.W.**, & Bae, S. Gender Differences in Preference and Perception of Coaching Behaviors. American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD); Tampa, FL, April 2009.

Lam, T.C., **Pearson, D.W.**, Cheung, S.Y., and Bae, S. Perception of Service Quality and its Relationship with Demographic Variables. AAHPERD; Tampa, FL, April 2009.

**Pearson, D.W.**, & Lam, T.C., Cowboys of Color: The Perceived Socio-cultural Significance of U2 Rodeo. AAHPERD; Tampa, FL, April 2009.

**Smith, D.W.** & Colwell, B. (Invited experts). Third U.S.-Mexico Border Tobacco Policy Forum; Cd. Juárez, Chihuahua, October 2008.

Fu, J.B., Parsons, H.A., & **Smith, D.W.** (November 2008). Comparison of Inpatient Rehabilitation Outcomes for Astrocytoma Patients. Clinical Oncological Society of Australia/ International Association of Cancer Registries (COSA/IACR) Annual Scientific Meeting; Sydney, Australia, November 2008.

Pappadis, M.R., Struchen, M.A., Sander, A.M., Leung, P, & **Smith, D.W.** Common Misconceptions About Traumatic Brain Injury (TBI) Among Ethnic Minorities with TBI. The First International Conference on Culture, Ethnicity, and Brain Injury Rehabilitation; Arlington, VA, March 2009.

Pappadis, M.R., Struchen, M.A., Sander, A.M., Davis, J.C., Mazzei, D.M., Leung, P, & **Smith, D.W.** Effectiveness of an Educational Intervention on Common TBI Misconceptions Among Ethnic Minorities. The First International Conference on Culture, Ethnicity, and Brain Injury Rehabilitation; Arlington, VA, March 2009.

Colwell, B., Davis, M.J., **Smith, D.W.**, Manser, S. ( Peer Network Tobacco Use Norms Impact Congruence of Self-Definition and Smoking Status. 2009 Joint Conference of SRNT and SRNT-Europe; Dublin, Ireland, April 2009.

**Smith, D.W.**, Colwell, B., Pruyn, M., Lee, J.T., & **Olvera, N.** Experience from the Implementation of the Texas Youth Tobacco Awareness Program. 2009 Joint Conference of SRNT and SRNT-Europe; Dublin, Ireland, April 2009.

Lee, J., Colwell, B., and **Smith, D.W.** Results of an Adolescent Smoking-Cessation Intervention Provides Support for the Autoceptive and the Alloceptive States. Annual International Reversal Theory Conference; New Orleans, LA, July 2009.

## *Professional Presentations cont.*

**Thrasher, T.A.,** Masani, K., Popovic, M.R. Changes in EMG Patterns following Functional Electrical Stimulation Assisted Locomotor Training in Incomplete Spinal Cord Injury. The 38<sup>th</sup> Annual Meeting of the Society for Neuroscience; Washington, D.C. November 15–19, 2008.

Chi, L., Masani, K., Miyatani, M., **Thrasher, T.A.,** Johnston, K.W., Mardimae, A., Kessler, C. Fisher, J.A., Popovic, M.R. Cardiovascular Effects of FES and Passive Stepping on Orthostatic Hypotension. 13<sup>th</sup> Annual Conference of the International FES Society; Freiburg, Germany, September 21–25, 2008.

**Treviño, R.A.** "Service Learning in Sport Administration." North American Society for Sport Management (NASSM) Conference: Teaching and Learning. Columbia, SC. May 30, 2009.

**Rhode, P.C., Wilson, P.L.,** and **Lee, R.E.** Stress and Depression Differentially Predict Physical Activity in African American and Hispanic/Latina Women. International Society for Behavioral Nutrition and Physical Activity (ISBNPA). Annual Meeting; June 17–20, 2009; Lisbon, Portugal. (poster).

**Wilson, P.L., O'Connor, D.P., Rhode, P.C.,** and **Lee, R.E.** Stress and Depression Differentially Predict Binge Eating in African American and Hispanic/Latina Women. Obesity Society Annual Meeting; October 24–28, 2009; Washington, DC.

## *Funding*

**Layne, C.S.** "Enhanced Development of the Office of Scientific Data Review and Dissemination–Task Order 15." 3 years. (Direct costs: \$146,241, Indirect costs: \$71,658.09).

**Layne, C.S.** "Enhanced Development of the Office of Scientific Data Review and Dissemination–Task Order 16." 3 years. (Direct costs: \$287,638, Indirect costs: \$140,942.62).

**Layne, C.S.** "Enhanced Development of the Office of Scientific Data Review and Dissemination–Task Order 17." 4 years. (Direct costs: \$350,000, Indirect costs: \$213,050).

**Lee, R.E.** "Faculty Development Initiative Program." Educational Technology and University Outreach, University of Houston. Awarded 5/22/09 (Direct costs: \$25,000).

**Lee, R.E.,** Deng, Z., **Liu, J.** and **O'Connor, D.P.** "Faculty Research Grant Award." College of Education, University of Houston. Awarded 3/27/09 (Direct costs: \$4,000).

**Liu, J.** "Effect of Perturbed Treadmill Walking on Dynamic Stability of the Elderly." COE Faculty Research Award. University of Houston. 9/1/2009–7/1/2009 (\$4,000).

**Martinez, D.A.** (PI) and Zimmerman, D. (Co-I). "The Impact of IGF-1 Gene Therapy to Improve Knee Ligament Wound Repair." National Football League (NFL) Medical Charities Grant awarded 1/1/09–6/30/10. (\$118,693.00).

**M<sup>c</sup>Farlin, B.K.** (PI, 80%) and **Simpson, R.J.** (20%). "The Effect of a 10-day Proactive Supplementation with Wellmune WGP on Innate Immune System Response to a Strenuous Bout of Cycling." Biothera: The immune company. (Direct costs: \$12,000, Indirect costs: \$3,000 (25%).

**M<sup>c</sup>Farlin, B.K.** (Co-PI, 50%), **Simpson, R.J.** (Co-PI, 50%) and Feedback, D. "Validation of Capillary Blood Collection as a Means to Monitor Innate Immune System Function: Application for Crewmembers During Long-Duration Space Flight Missions." ISSO UH. (Direct costs: \$10,459, Indirect costs: \$0).

**M<sup>c</sup>Farlin, B.K.** (Co-PI), **Simpson, R.J.** (Co-PI) and Feedback, D. (Co-I). "Validation of Capillary Blood Collection as a Means to Monitor Markers of Immunity : Application for Crew Members During Long-Duration Space Flight Missions. Institute for Space Systems Operations (ISSO) (\$11,000).

**M<sup>c</sup>Farlin, B.K.** (PI) and **Simpson, R.J.** (Co-I). "10-day Wellmune WGP Supplementation Prior to Exercise in the Heat: An Altered Blood Monocyte, NK-Cell and T-Cell Response." Biothera, Inc. (\$15,000).

**O'Connor, D.P.** (PI). "Clinical and Translational Methods and Outcomes in Orthopedic Surgery." Joe W. King Orthopedic Institute. 12/08 to 11/11 (Direct costs: \$268,000, Indirect costs: \$134,000).

**Olvera, N.** (PI), **Smith, D.** (Co-I) and **Liu, J.** (Co-I). "From Mothers to Daughters: A Physical Activity Dosage Intervention to Impact Adiposity." Submitted to the Robert Wood Johnson Foundation, Salud America Program. (Direct costs: \$61,600, Indirect costs: \$8,400).

**Olvera, N.** (PI). "BOUNCE Lite Healthy Lifestyle Summer Program." renewal submission to the St. Luke's Episcopal Health Charities. (Direct costs: \$20,000; Indirect costs: 0).

Young, L. (MIT-PI) and **Paloski, W.H.** (Co-I). "A Critical Benefit Analysis of Artificial Gravity as a Microgravity Countermeasure." Source: NASA HRP. Performance Period: 1/09-7/10 (UH Budget: \$32,369, Indirect costs: \$10,645).

**Paloski, W.H.** (PI), **Layne, C.L., Clarke, M.S.F., M<sup>c</sup>Farlin, B.** and **Kitmacher, G.** "Development of Technology Enhanced Human Space Exploration Science Curriculum." Source: UH Faculty Development and Instructional Support Award. Performance Period: 6/09-8/10 (UH Budget: \$25,000, Indirect costs: \$0).

**Paloski, W.H.** (Director) Start-up grant for the Center for Neuromotor and Biomechanics Research (CNBR). Source: UH Division of Research (UH Budget: \$20,000, Indirect costs: 56% of all IDC funds brought in through the Center will be returned to it during its first 5 years of operation).

**Paloski, W.H.** (PI). "Development of Technology Enhanced Human Space Exploration Science Curriculum." Source: UH COE Faculty Technology

Support Award. Performance Period: 6/09-8/10 (UH Budget: In-kind computer system, Indirect costs: \$0).

**Paloski, W.H.** (PI) and **Ivkovic, V.** Source: Hitachi Corporation, Performance Period: 6/09-7/09 (UH Budget: In-kind loan of ETG-4000 near-infrared spectroscopy brain imaging device to support summer research projects, Indirect costs: \$0).

**Pearson, D.W.** HHP Summer QEP Student Research Mentorship. Award: \$1000.00. June-August 2009.

**Simpson, R.** "The Relationship Between Obesity Severity and the Frequency of Senescent T-Lymphocytes in Peripheral Blood." New Faculty Award, University of Houston (\$6,000).

**Simpson, R., M<sup>c</sup>Farlin, B. and Alastuey, L.** "Implementation of Best Practices in Hybrid and Online Instruction for Courses in HHP." Faculty Development Initiative Program (FDIP B Program), University of Houston. 2009-2010 (\$25,000).

Krouskop, T. (PI), **Thrasher, T.A.** and **Rhode, P.C.** "Rehabilitation Enhancements for Amputee Veterans with Traumatic Brain Injury (TBI)." Health Resources and Services Administration (HSRA), U.S. Dept of Health and Human Services. 9/09-8/10 (Total: \$85,550 for UH personnel).

**Thrasher, T.A.** (PI) and **Paloski, W.H.** (Co-I). "Balance Retraining After Sensory Deficit Using a Virtual Reality Intervention." UH Institute for Space Systems Operations (ISSO). (Amount: \$17,030, Indirect costs: \$0).

### *Achievements and Milestones*

**Alastuey, L.** Received the 2009 TAHPERD Health College/University Award.

**Alastuey, L.** Received the 2009 College of Education Teaching Excellence Award, Clinical/Visiting Faculty category.

**Alastuey, L.** Health Mentor, Houston Wellness Association GenWellness Project. June 2009.

**Alastuey, L.** Item writer and reviewer, Texas Teacher Licensure (TEXES) Health Science Technology 8-12 exam, Education Testing Services (ETS). Princeton, New Jersey. 2008–2009.

**Bloom, J.** Reviewed and edited both Textbook and Activity cards: "Promoting Physical Activity and Health in the Classroom." Pangrazi, Beighle and Pangrazi, 1<sup>st</sup> Edition. Benjamin Cummins Publishing. Released in October 2008.

**Bloom, J.** Physical Education Editor, Journal of the Texas Association for Health, Physical Education, Recreation & Dance (TAHPERD).

**Bloom, J.** Baylor University Wellness/Fitness and Department of Health & Human Performance: Cycling Instructor Certification Workshop. Select HHP & W/F Center personnel. August 2008.

**Bloom, J.** SuperCyclist Education Workshop: Texas Bicycle Coalition Grant via Subaru and TXDOT. Fort Bend ISD 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> Grade Health/Fitness Teachers. August 2008.

**Bloom, J.** Cycling Road-E-O: Spring Branch ISD. August 2008.

**Bloom, J.** Running Workshops for the Houston Marathon: Houston Fit; Champions Fit, USA Fit, Clear Lake Fit. September–October 2008.

**Bloom, J.** Chair of the UH Health Professions Advisory Committee.

**Bloom, J.** and **O'Connor, D.P.** served as research forum judges and manuscript reviewers for the 50<sup>th</sup> Annual National Student Research Forum. Galveston, TX. April 2009.

**Bode, S.** Elected Area Coordinator for the Dietetic Educators practice group of the American Dietetic Association.

**Layne, C.S., Forth, K.E., and Abercromby, A.** Most Cited Author 2005–2008, Acta Astronautica

for the article "Spatial Factors and Muscle Spindle Input Influence the Generation of Neuromuscular Responses to Stimulation of the Foot."

**Lee, R.E.** Steering Committee Member: Texas Heart and Stroke Prevention System Partnership.

Albright (PI), **Lee, R.E.** Invited member: Data Safety and Monitoring Board. University of Hawaii Na Miki Miki Study.

**Lee, R.E.** Elected Fellow of the Society of Behavioral Medicine. April 2009.

**Lee, R.E.** Outstanding Community Program in CVD Health Promotion for Saving Lives, Staying Active (SALSA). State of Texas Council on Cardiovascular Disease and Stroke Prevention.

**Lee, R.E.** National Minority Cancer Research Awareness Award. Health Disparities Research Center, University of Texas, M.D. Anderson Cancer Center. April 2009.

**M<sup>c</sup>Farlin, B.K.** Named to the editorial board of Open Biomarkers Journal.

**M<sup>c</sup>Farlin, B.K.** Named to the editorial board of the Journal of Research in Medical Sciences. February 2009.

**M<sup>c</sup>Farlin, B.K.** Named guest Editor-in-Chief for Abstract Edition of International Journal of Exercise Science. March 2009.

**O'Connor, D.P.** Textbook manuscript reviewer for the Oxford University Press.

Edwards, T.B, Labriola, J., Stanley, R., Elkousy, H., **O'Connor, D.P.**, and Gartsman, G.M. Charles S. Neer II, M.D. Award for Outstanding Clinical Science Research, American Shoulder and Elbow Surgeons.

**O'Connor, D.P.** Elected President, Southwest Athletic Trainers' Association.

**O'Connor, D.P.** Voluntary System of Accountability (VSA) Learning Outcomes Faculty Senate Task Force. Fall 2008.

## *Achievements and Milestones*

**O'Connor, D.P.** Science Advisor: "SBIR Phase I: Air Barrier System to Reduce Contamination of Wounds During Surgery." National Science Foundation IIP-0912403. 2009.

**O'Connor, D.P.** Consultant reviewer: Society of Behavioral Medicine 30th Annual Meeting and Scientific Sessions. 2009.

**Olvera, N.** Elected Vice-President of Hispanic Health Coalition. 2008–2009.

**Olvera, N.** Served as a moderator in the Obesity Summit, sponsored by the Mayor's Houston Wellness. November 2008.

**Olvera, N.** Peer review panel member for the Centers for Disease Control and Prevention (CDC) Public Health Research Dissertation Awards (R36). Atlanta, GA. April 2009.

**Olvera, N.** Moderator. Studying Disadvantaged Communities Break Out Session, Active Living Research Conference. February 2009.

**Olvera, N.** Assisted in the programming of break out sessions for the Active Living Research Conference. February 2009.

**Olvera, N.** Committee Review Member: Visiting Scholar, Center for Mexican American Studies.

**Olvera, N.** National Minority Cancer Research Awareness Award, Health Disparities Research Center, University of Texas, M.D. Anderson Cancer Center. April 2009.

**Paloski, W.H., Thrasher, T.A., Liu, J. and Layne, C.S.** Proposal to establish the Center for Neuromotor and Biomechanics Research (CNBR) was approved by the UH Research Council and V.P. for Research. April 2009.

**Paloski, W.H.** Invited member: European Space Agency Topical Team on Human Hypergravity Habitats. Noordwijk, Netherlands.

**Paloski, W.H., Thrasher, T.A., Liu, J. and Layne, C.S.** Hosted the open house reception for the Center for Neuromotor and Biomechanics Research (CNBR). March 2009.

**Paloski, W.H.** Submitted to UH V.P. Don Birx and Provost John Antel a strategic implementation plan for the Biomed Sciences & Engineering Research Cluster that could also serve as a template for strategic implementation of the UH Health Initiative. March 2009.

**Pearson, D.W.** Review committee member for the Visiting Scholars Program for African American Studies Program.

**Pearson, D.W.** Elected to the North American Society for the Sociology of Sport (NASSS) 2009 Conference Organizing Committee. Ottawa, Canada.

**Scott, C.** Named "Recognized Young Dietitian of the Year" by the Houston Area Dietetic Association. May 2009.

**Simpson, R.J.** Appointed as a reviewer for Brain, Behavior and Immunity and for Clinical Science.

**Simpson, R.J.** and Guy, K. Filed for patent protection for a new technology designed to monitor markers of immune dysfunction in human blood.

**Smith, D.W.** Invited proposal reviewer ("Tobacco Control and Smoking Cessation"). Health Promotion and Disease Prevention Research Centers (PRCs). Centers for Disease Control and Prevention, Office of Public Health Research. Atlanta, GA. Invited November 2008; Review panel meets January 2009.

**Smith, D.W.** 2009 College of Education Teaching Excellence Award, Senior Faculty category.

**Smith, D.W.** and Dr. Colwell completed eight required Youth Tobacco Awareness Program (YTAP) trainings for new and veteran program facilitators. Austin and Corpus Christi, TX.

**Treviño, R.A.** Named Head of USA Cycling's Officials Education Team.

**Treviño, R.A.** Service learning events at Sunnyside Park and Briscoe Elementary sponsored by CAN DO Houston. Houston, TX.

## *Publicity*

**Bode, S.** quoted in the UH Daily Cougar in an article about HHP's new master's degree in human nutrition. March 2009.

**Clarke, M.S.F. and O'Connor, D.P.** "New Patch Could Measure Bone Density Through Sweat" on KHOU broadcast segment (Houston CBS television affiliate). October 2008.

**Clarke M.S.F. and O'Connor, D.P.** "Sweating It Out" article in The University of Houston Magazine. Winter 2009.

**Clark, M.S.F. and O'Connor, D.P.** "Sweat It Out: UH Study Examines Ability of Sweat Patches to Monitor Bone Loss" article featured on the Bio-Medicine Web site. January 2009.

**Clark, M.S.F. and O'Connor, D.P.** "Sweat it out: UH Study Examines Ability of Sweat Patches to Monitor Bone Loss" featured on the FirstScience.com Web site.

**Jackson, A.S.** "Racial Bias Seen in Obesity Measurement" article on ReutersHealth.com discussing Dr. Jackson's latest BMI findings. April 2009.

**Layne, C.S. and Clarke, M.S.F.** "Space MS will debut at UH" article featuring HHP's master's program in human space exploration sciences in The Daily Cougar. July 2009.

**Layne, C.S., Lee, R.E. and Olvera, N.** "HHP program: Best in Nation" article with an overview of the department. The Daily Cougar. July 2009.

**Layne, C.S.** "UH Moment" segment: "Laboratory of Integrated Physiology" on UH's UHF 88.7 FM radio discussing the moving of the motor behavior group to the National Center of Human Performance in the Texas Medical Center. March 2009. [http://appl.kuhf.org/houston\\_public\\_radio-news-display.php?articles\\_id=1237956914](http://appl.kuhf.org/houston_public_radio-news-display.php?articles_id=1237956914)

**Layne, C.S., Paloski, W.H.** and **Forth, K.E.** (HHP alumna). iShoe insole technology featured in the New York Times, Discovery Channel's "Daily Planet," and in Popular Mechanics. March 2009.

**Layne, C.S.** and the **HHP department** featured in the Salute to Space: 10 Years of the International Space Station, a special anniversary issue magazine.

**Layne, C.S.** "UH Moment" segment: "Graduate Space Degree" on UH's UHF 88.7 FM radio featuring HHP's new master's degree in human space exploration sciences. July 2009. [http://appl.kuhf.org/houston\\_public\\_radio-news-display.php?articles\\_id=1248195909](http://appl.kuhf.org/houston_public_radio-news-display.php?articles_id=1248195909).

**Layne, C.S.,** Boutte, T. (HHP graduate admissions counselor) and Hinkson, L. (HHP alumna). "M.S. Program Runs Dual Track" article about HHP's new master's degree in human nutrition with sports nutrition and nutritional science tracks. The Daily Cougar. July 2009.

**Lee, R.E.** "Get On Your Feet: Study Urges Healthy Eating, Activity with a Latin Beat." UH Campus News. 2008.

**Lee, R.E.** "Inaugural Conference At Texas Obesity Research Center At UH" article in Medical News Today. March 2009.

**Lee, R.E.** "Obesity Experts Strategize at UH Conference: Conference Addresses Epidemic's Public Health Issues, Policies and Interventions." UH News and Events. March 2009.

**Lee, R.E.** "Research Center assembles Experts to Discuss Obesity" article in UH Campus News discussing inaugural conference. April 2009.

**Lee, R.E.** "Two Education Professors Honored for Work in Health and Nutrition." UH Today News. June 2009.

**Lee, R.E.** acknowledged in the UH Campus News upon being elected to become a Society of Behavioral Medicine Fellow. July 2009.

**Liu, J.** "Falls Research at NCHP." National Center for Human Performance monthly newsletter. April 2009.

**McFarlin, B.K.** Quoted in "Avoiding That Winter Chill" in The Quinnipiac Chronicle, Hamden, CT. November 2008.

**Olvera, N.** UNIVISION, KXLT-TV. Series of 4 weekly interviews featuring the BOUNCE program. July 2008.

**Olvera, N.** UNIVISION, Hispanic Health Coalition "Get UP, Get Moving Health Fair." October 2008.

**Olvera, N.** "Two Education Professors Honored for Work in Health and Nutrition." article in UH Today News. June 2009.

**Olvera, N.** BOUNCE summer program event hosted by the Houston Texans organization was highlighted in UH TODAY. July 2009.

**Paloski, W.H.,** "Students Boldly Go to Grad Program in Space" article about the Texas Education Coordinating Board's approval of HHP's master of human space exploration sciences degree, which begins this fall. UH TODAY. July 2009.

**Paloski, W.H.** Corley, A. (MIT Science Writer). "Observations of Human Responses to Space Flight."

**Paloski, W.H., Thrasher, T.A., Liu, J.** and **Layne, C.S.** "New UH Center Studies Movement in the Human Body" article in the Texas Medical Center News. April 2009.

**Paloski, W.H., Thrasher, T.A., Liu, J.** and **Layne, C.S.** The National Center for Human Performance Monthly Newsletter featured the

moving of the HHP motor behavior group to the National Center of Human Performance (NCHP) in the Texas Medical Center (TMC) as the lead story. February 2009.

**Paloski, W.H., Thrasher, T.A., Liu, J.** and **Layne, C.S.** "On the Move" article reporting the moving of the HHP motor behavior group to the NCHP in the TMC was featured on the home page of the UH Web site. Spring 2009. Available at <http://www.uh.edu/features/on-campus/on-the-move/index.php>.

**Paloski, W.H., Thrasher, T.A., Liu, J.,** and **Layne, C.S.** "Motor Behavioral Research at UH Moves to TMC" article in the UH Campus News discussing the HHP motor behavior group's move to the NCHP in the TMC. April 2009.

**Paloski, W.H.** Acknowledged in the UH Campus News for his presentation "Sensorimotor Challenges in Space Exploration" at the Aerospace Medical and Human Factors Challenges strategic planning workshop at the Massachusetts Institute of Technology.

**Pearson, D.W.** "Ropin,' Ridin' Regent" article in UH Alumni Quarterly discussing Dr. Pearson's rodeo research. Spring 2009.

## *Student Achievements*

**Aziz, Q.A. (Liu, J., advisor).** Received the UH 2009 Summer Undergraduate Research Fellowship (SURF) award.

**Bartlett, D. (Simpson, R., mentor).** "Exercise-Induced Changes in Blood T-Cell Activation is Affected by a Preferential Mobilization of Senescent T-Lymphocytes Into the Blood Compartment." Presentation at Texas ACSM conference, Tyler, TX. February 2009.

## *Student Achievements on.*

**Bartlett, D. (Simpson, R., mentor).** Applied for \$5000 Doctoral Student research Grant from the ACSM. Result: 86<sup>th</sup> percentile. Not funded.

**Bartlett, D. (Simpson, R., mentor).** Awarded \$975 for the Texas ACSM Doctoral Student Research Award to assess the proliferative capacity of T-cells following acute exercise.

**Bartlett, D. (Simpson, R., mentor).** Awarded \$1000 from the University of Houston HHP Student Research Fund to present at the ACSM national meeting in Seattle, WA. May 2009.

**Breslin, W. (M<sup>c</sup>Farlin, B.K., mentor).** Texas Obesity Research Center Conference, Travel Award.

**Breslin, W. (M<sup>c</sup>Farlin, B.K., mentor).** Texas Obesity Research Center Conference, third place poster for Research Excellence. April 2009.

**Breslin, W. (PI) (M<sup>c</sup>Farlin, B.K., mentor).** "Does the Timing of Exercise Relative to Weight Gain Alter its Effectiveness at Preventing Weight Gain Induced Monocyte TLR4 Expression and Insulin Resistance?" HHP Graduate Student Research Fund (Doctoral category). 2/5/2009–8/31/2009 (Direct costs: \$1,166.00).

**Breslin, W. (PI) (M<sup>c</sup>Farlin, B.K., mentor).** "Can Exercise Prevent Diet-Induced Weight Gain, Increased Monocyte TLR4 Expression and Insulin Resistance?" Texas Obesity Research Center 2009 Summer Research Grant/Fellowship Program. (Direct costs: \$3,000) 5/15/2009–8/15/2009.

**Breslin, W. (PI) (M<sup>c</sup>Farlin, B.K., mentor).** "Does the Timing of Exercise Relative to Weight Gain Alter its Effectiveness at Preventing Weight Gain Induced Monocyte TLR4 Expression and Insulin Resistance?" TACSM Student Development Research Award (Doctoral category). (Direct costs: \$1,000) Not Funded. 2009.

**Breslin, W. (PI) (M<sup>c</sup>Farlin, B.K. mentor).** "Does the Timing of Exercise Relative to Weight Gain Alter its Effectiveness at Preventing Weight Gain Induced Monocyte TLR4 Expression and Insulin Resistance?" ACSM Graduate Student Research Grant. (Direct costs: \$5,000). Not Funded. 2009.

**Carpenter, K.C. (M<sup>c</sup>Farlin, B.K. mentor).** Texas Obesity Research Center Conference, Travel Award. April 2009.

**Carpenter, K.C. (M<sup>c</sup>Farlin, B.K. mentor).** Texas Obesity Research Center Conference, first place poster for Research Excellence.

**Carpenter, K.C. (PI) (M<sup>c</sup>Farlin, B.K. mentor).** "Can Short-Term Aerobic Exercise Training Reverse the Disease Risk From Long-Duration, High-Fat Feeding in Mice?" HHP Graduate Student Research Fund. (Direct costs: \$1166.00). 2/5/2009–8/31/2009.

**Carpenter, K.C. (PI) (M<sup>c</sup>Farlin, B.K. mentor).** "Can Short-Term Aerobic Exercise Training Reverse the Disease Risk From Long-Duration, High-Fat Feeding in Mice?" Texas ACSM Student Development Research Award (Master's category). (Direct costs: \$400). 2/26/2009–12/31/2009.

**Carpenter, K.C. (PI) (M<sup>c</sup>Farlin, B.K. mentor).** "Can Short-Term Aerobic Exercise Training Reverse the Disease Risk From Long-Duration High-Fat Feeding in Mice?" Texas ACSM Student Development Research Award (Master's category). (Direct costs: \$400). 2/26/2009–12/31/2009.

**Carpenter, K.C. (PI) (M<sup>c</sup>Farlin, B.K. mentor).** "Can Short-Term Aerobic Exercise Training Reverse the Disease Risk From Long-Duration High-Fat Feeding in Mice?" Texas Obesity Research Center Summer Fellowship Program. (Direct costs: \$3000). 5/15/2009–8/15/2009.

**Dettmer, M. (Layne, C.S., mentor).** COE Alumni Association Scholarship Award.

**Ivkovic, V. (Paloski, W.H., mentor) and Kurz, M.J.** "Frequency Influences the Regularity of the Structural Variations Present in the Leg Swing Kinematics." Texas ACSM presentation, 3<sup>rd</sup> place in doctoral category. February 2009.

**Knoblauch, M.A. (Clarke, M.S.F., mentor).** "Effects of Hypercholesterolemia on Myofiber Membrane Wounding." National Strength and Conditioning Association Graduate Research Grant (Doctoral). (Direct costs: \$9,795). 8/1/2009–7/31/2010.

**Faiz, A. (Martinez, D.A., PI, mentor/advisor).** University of Houston Provost's Undergraduate Research Scholarship (PURS) for the "Potential Novel Gene Regulators of Ligament Growth and Homeostasis Following Electrical Stimulation and Hindlimb Unloading in the Rat Model" research project. Recipient of 2009 Spring \$1,000.00 scholarship. 1/20/09-15/15/09.

**Lopez, Y. (Lee, R.E., mentor).** Awarded Alliances for Graduate Education and the Professoriate (AGEP) Summer 2009 Internship.

**Lorino, A. (Lee, R.E., advisor).** "Physical Activity Levels of Multiethnic, Community-Dwelling Older Adults" submitted to the Texas Obesity Research Center Summer Research Grants Program Announcement for consideration of funding to be awarded 5/15/09–8/15/09. (Direct costs: \$3000) Not funded.

**Mama, S.K. (Lee, R.E., thesis committee member)** completed her M.P.H.

**Mama, S.K. (Lee, R.E., mentor).** Texas Obesity Research Center Conference, second place poster for Research Excellence.

**Matt, S., McKenna, J., Everett, J. and Wilson, M. Carboni, G.** (Cougar Volleyball Coach and HHP Alumna) and **Bloom, J.** (HHP professor). Volunteered at the 3<sup>rd</sup> annual Camp Lawrenz at Spring Oaks Middle School. Camp Lawrenz

is organized for Spring Branch children to raise Cancer awareness and funds for research and is conducted by the Spring Branch Health Fitness Teachers Association. March 2009.

**Nevels, A. and Juarez, T.** Both accepted into the UH Dietetic Internship Program.

**Pillai, A. (Paloski, W.H., advisor).** Received PURS award for Spring 2009.

**Pillai, A. (Thrasher, T.A. advisor).** Received UH Summer Undergraduate Research Fellowship (SURF) award for Summer 2009.

**Siddiqi, S. (Lee, R.E., mentor).** Selected as a 2009 Kaiser Family Foundation's Barbara Jordan Health Policy Scholar.

**Strohacker, K. (M<sup>c</sup>Farlin, B.K., mentor).** "Excessive Weight Gain Due to High-Fat Feeding Alters Monocyte TLR4 Expression and Stimulated Cytokine Production in Mice" presented at the 2008 HHP Graduate Student Research Day.

**Strohacker, K. (M<sup>c</sup>Farlin, B.K., mentor).** "Excessive Weight Gain from High- and Low-Fat Diets Alters Blood Monocyte TLR4 Expression and Cytokine Production in Mice." 2009 Texas ACSM Student Manuscript Award and Power Point Presentation.

**Strohacker, K. (M<sup>c</sup>Farlin, B.K., mentor).** "Excessive Weight Gain from High- and Low-Fat Diets Alters Blood Monocyte TLR4 Expression and Cytokine Production in Mice." 2009 Texas Obesity Research Center Inaugural Conference. Poster Presentation.

**Strohacker, K. (M<sup>c</sup>Farlin, B.K., mentor).** "Excessive Weight Gain from High- and Low-Fat Diets Alters Blood Monocyte TLR4 Expression and Cytokine Production in Mice." 2009 American College of Sports Medicine National Meeting. Student Poster Presentation.

**Strohacker, K. (M<sup>c</sup>Farlin, B.K., mentor).** College of Education Graduate Student Research Award.

**Strohacker, K. (M<sup>c</sup>Farlin, B.K., mentor).** Second place TACSM Student Manuscript Award.

**Strohacker, K. (M<sup>c</sup>Farlin, B.K., mentor).** Texas Obesity Research Center Conference, Travel Award.

**Strohacker, K. (M<sup>c</sup>Farlin, B.K., mentor).** Texas Obesity Research Center Conference, Poster Honorable Mention for Research Excellence.

**Strohacker, K. (M<sup>c</sup>Farlin, B.K., mentor).** Most Outstanding Student in the Doctoral Program.

**Strohacker, K. (PI) (M<sup>c</sup>Farlin, B.K., mentor).** "Is Weight Cycling Associated with a More Pronounced Pro-Inflammatory Effect than Sustained Weight Gain in Mice?" TACSM Student Development Research Award (Doctoral category). (Direct costs: \$1,000). 2/26/2008–12/31/2008.

**Strohacker, K. (PI) (M<sup>c</sup>Farlin, B.K., mentor).** "The Effects of Weight Cycling on Monocyte TLR4 Expression and Cytokine Production in Mice." University of Houston HHP Graduate Student Research Fund (Doctoral category). (Direct costs: \$1,000). 3/1/2008–8/31/2008.

**Strohacker, K. (PI) (M<sup>c</sup>Farlin, B.K., mentor).** "Incremental Weight Gain: Effects on Monocyte TLR4 and Leptin Receptor Expression." University of Houston HHP Graduate Student Research Fund (Doctoral category). (Direct costs: \$1,166.00, Indirect costs: \$0) 2/5/2009–8/31/2009.

**Strohacker, K. (PI) (M<sup>c</sup>Farlin, B.K., mentor).** "The Effect of Dietary Fat Content on Weight Gain, Monocyte Activity and Type 2 Diabetes Risk." Texas Obesity Research Center 2009 Summer Research Grant Fellowship Program. (Direct costs: \$3,000). 5/15/2009–8/15/2009.

**Strohacker, K. (PI) (M<sup>c</sup>Farlin, B.K., mentor).** "The Pro-Inflammatory Response to Weight Cycling in Mice." ACSM Graduate Student Research Grant 2008. (Direct costs: \$5,000). Not Funded.

**Strohacker, K. (PI) (M<sup>c</sup>Farlin, B.K., mentor).** "The Pro-Inflammatory Effects of Weight Cycling in Mice." Gatorade Student Research Grant 2008 (Direct costs: \$5,000). Not Funded.

**Strohacker, K. (PI) (M<sup>c</sup>Farlin, B.K., mentor).** "Incremental Increases in Body Weight are Associated with Non-Linear Increases in Monocyte TLR4 Expression." TACSM Student Development Research Award (Doctoral category). (Direct costs: \$1,000). Not Funded.

**Strohacker, K. (PI) (M<sup>c</sup>Farlin, B.K., mentor).** "Weight Gain, Weight Loss and Monocyte TLR4 expression in Mice." ACSM Graduate Student Research Grant. (Direct costs: \$5,000). Not Funded. 2009.

**Vasen, N.** AAHE/AAHPERD 2009 Outstanding Health Education Major of the Year Award.

**Wilson, P.L. (Lee, R.E., mentor).** Selected to attend the NIH Office of Dietary Supplements Practicum, Bethesda, MD. Selected to receive a \$1,500 travel award. June 1–5, 2009.

**Wilson, P.L. (Lee, R.E., mentor).** Editor, Nutrition Entrepreneurs Newsletter (an American Dietetic Association Dietetic Practice Group). 2008–2009.

**Zaborowski, A.** Nutrition student who was accepted into the UH Optometry school.

## *Alumni Accomplishments*

**Forth, Katherine** (Ph.D. '05). Was part of the team that created the iShoe and has been named as the chief technology officer for a startup company based on the iShoe concept.

**Foster, Brice** ('08). Joined the Peace Corps and is in South Africa working with the Olympic Youth Ambassador Program under the Lesotho Olympic Committee.

**Gonzalez, Ricky** ('08). Featured on KHOU Channel 11's "Great Day Houston" show as a successful personal trainer who overcame Guillain-Barré syndrome as a child.

**Guilliams, Mark** ('91) NASA trainer featured in a CNN article on health and fitness for astronauts: "How Astronauts Stay Fit, On and Off the Planet."

## *Alumni Accomplishments*

**Green, Dan W.** ('71, M.S. '75). Retired after 33 years as the Woodlands High School's track and cross-country coach in The Woodlands, TX.

**Hughes, Daniel C.** (M.S. '99, Ph.D. '04). Recently won a prestigious Mentored Career Development Award from the National Cancer Institute (NCI). The award includes 3 years salary and \$30,000 research costs per year.

**Joseph, Kevin** ('09). Featured in the Houston Chronicle for his popular radio show "Cougars Tonight" on AM radio "1560 The Game."

**Kuehl, Mike L.** ('06). "Obesity Does Not Result in Altered Leukocyte Count Following Thermal Injury" presented at the 50<sup>th</sup> Annual National Student Research Forum in Galveston, TX. April 2009.

**Pruett, Casey J.** (M.S. '97). Participated in selecting six new European Space Authority (ESA) astronauts. He served as deputy project manager for the psychological and medical aspects of the selection process.

**Pakhalina, Yulia** ('05). Won 2 silver medals at the Beijing 2008 Olympic Games. At the National Aquatics Center, she won the silver medal for Russia in the women's 3-meter springboard diving final and the silver in the women's synchronized 3-meter springboard diving final.

**Pakhalina, Yulia** ('05). Won the gold medal in women's 1-meter springboard diving at the 2009 world championships in Rome, Italy.

**Rutter, Amanda** ('07). Joined the HHP department as a graduate assistant for academic advising and began pursuing her graduate degree in early childhood education at UH's College of Education.

## *New Faculty*

**Dr. Jian Liu** brings years of research experience from a variety of projects investigating slip and fall accidents. His future research will focus on the age-related mechanism and creating innovative solutions to prevent falls and fall-related injuries.

He earned his M.S. and Ph.D. in industrial and systems engineering from Virginia Tech, Blacksburg, VA. While there, Liu was part of an engineering team that designed a pair of e-textile pants to determine elderly individual's risk of slipping and falling by sensing any variations in their walking gait.

The research team compared measurements from a group of elderly individuals with a medical history of falling, and a group of healthy individuals of various ages. The pants were successful in differentiating those individuals with a high risk of falling from their healthy counterparts.



*Dr. Jian Liu*



*Dr. William Paloski*

**Dr. William Paloski**, a 23-year veteran at NASA in their neuroscience laboratory, brings a wealth of real-world experience to the department and his students. While at NASA, he researched postural stability, control, and performance before and after space flight. He also maintained laboratories at the Kennedy Space Center in Florida, the Dryden Flight Research Center in California, and the Gagarin Cosmonaut Training Center in Star City, Russia.

Paloski's research focus is improving our understanding of the way the central nervous system integrates sensory information for use in spatial orientation and movement control.

He graduated from Clarkson University, Potsdam, NY with a B.S. in mechanical engineering. Paloski earned his M.S. and Ph.D. in mechanical engineering from Rensselaer Polytechnic Institute, Troy, NY.

**Dr. Richard J. Simpson's** long-term goal in research is to understand the mechanisms that underpin age-related immune dysfunction and accelerate biological aging.

"We are considering certain disease states and conditions, such as obesity and persistent viral infections, which are known to accelerate biological aging and lead to immune dysfunction," he said.

In the short term, he is continuing to seek external funding for research and hoping to recruit quality graduate students to help advance the work. He received his B.S. and Ph.D. from Napier University, Edinburgh, Scotland, UK.

He states enthusiastically "the University of Houston will be the best institution in the country for exercise immunology research within the next few years."



*Dr. Richard Simpson*