



HHP TODAY

HEALTH and HUMAN PERFORMANCE

Spring 2014

From the Chair



► Welcome to another edition of our HHP Today newsletter! I'm excited to report another record-high enrollment in HHP for the 2013-2014 academic year! There are many factors that contribute to this

trend. Our diverse and energetic faculty that is student oriented and highly productive is at the top of the list.

Another important and exciting factor is the continuous improvement of our programs, designed to assure student success and retention. With the recent changes in our nation's health care system and its increased emphasis on preventative behaviors, our degree programs are expected to become even more popular.

In this issue, you will learn about the new Master's of Athletic Training degree, the first of its kind in the Greater Houston area, which begins this summer.

We've expanded and streamlined the PEB courses, providing students with greater skills concerning safety, nutrition and self-monitoring. Learn about the new assessment technique that allows our instructors to quickly respond to the specific needs of our students.

Read about student and community engagement that are integral parts of developing tomorrow's leaders in the health and fitness industries, AND don't forget to check out our Alumni Spotlight--You may know him!

We want to update everyone about you, our alumnus, in our newsletter and on our website. Let me know where you are and what you're doing at clayne2@uh.edu.

Dr. Charles Layne
HHP Department Chair

New Master's of Athletic Training

► According to the U.S. Department of Labor, Bureau of Labor Statistics, employment for athletic trainers is expected to grow by 30 percent through 2020, much faster than the average for all occupations, with job growth being concentrated in traditional settings, as well as the healthcare industry, fitness and recreation centers, physician offices and other non-traditional settings such as the military, public safety, law enforcement and the performing arts.

non-sport patient populations, and a variety of conditions other than orthopedics. These will be conducted with clinical sites and preceptors that have been evaluated and approved by the MAT program.

Dr. Josh Yellen, MAT program director and clinical assistant professor, joined the HHP faculty in June of 2013. From 2004-2013, he served as a faculty member, program director and clinical education coordinator for the athletic training program at Southeastern Louisiana University, Hammond. Yellen received his doctorate in educational leadership from there in 2012.

Dr. Mark Knoblauch, MAT clinical education coordinator and clinical assistant professor, joined the HHP faculty in January of 2014. He finished his post-doctoral fellowship in 2013 at the Baylor College of Medicine, Houston. Knoblauch earned his doctorate in kinesiology with an emphasis in exercise science from HHP in 2011, and served as a head athletic trainer at Lamar University, Beaumont, Texas from 1999-2005 and at Pratt Community College, Kansas from 1998-1999.



Drs. Mark Knoblauch & Josh Yellen

To meet the demand, HHP will begin offering classes for its new Master of Athletic Training (MAT) this summer. The MAT program, the first of its kind at UH and in the Greater Houston area, is an entry-level master's degree designed to prepare students for entering the workforce as an athletic trainer.

Students will obtain clinical education experiences in the following areas: individual and team sports, sports requiring protective equipment, patients of different sexes,

The MAT program has aligned itself with local professionals in the Houston area, who are experts in their respective disciplines and contribute successfully to the field of sports medicine, both clinically and academically.

The program has submitted its application to the Commission on Accreditation of Athletic Training Education (CAATE), which will allow graduates to be eligible for the Board of Certification exam.

To learn more, visit www.hhp.uh.edu/mat. ■

WELCOME New Faculty



► Dr. Christopher Connaboy is a visiting assistant professor from Edinburgh Napier University, Scotland, UK. At Edinburgh, he was the director of the Military and Veterans Health Research Consortium and the Institute of Science and Health Innovation. Connaboy was also a lecturer in motor control and biomechanics, School of Life, Sport and Social Sciences at the university. He earned his doctorate in

motor control and biomechanics and his master's from Edinburgh. He received his bachelor's in sport and exercise science from Lancaster University, England, UK.

Connaboy's research interests are broadly focused on the performance and rehabilitation of military personnel. He also investigates underwater undulatory swimming in skilled swimmers and the effects of unilateral strength and conditioning on jump and change of direction performance. ■



► Ms. Carla Ferrell, a visiting assistant professor of nutrition, instructs in face-to-face and online classes. She is a graduate of Texas Woman's University, Denton, where she earned her master's in nutrition, and was in the Houston VA Medical Center Dietetic Internship Program. Ferrell is also a registered and licensed dietitian; and a certified Nutrition Fellow by Baylor College of Medicine Neonatal and Leadership in Adolescent Health organizations. At

Houston's Memorial Hermann Memorial City Hospital, she served as clinical manager and clinical dietitian. Her experience also includes the Houston Independent School District where she served as a school food service dietitian.

Ferrell conducts classes in the Bachelor of Science in Human Nutrition and Foods program in HHP. Advanced, Life Cycle and Metabolic nutrition courses, as well as Food Science, are included in the curricula. ■

Alumni Spotlight: Elkin Romero

► "In 2009, I found a small flyer posted at one of the buildings at the Johnson Space Center (JSC-Houston). Upon searching the program online, it became very apparent that the program description entailed exactly my job function," said Elkin Romero, HHP's first graduate from the Master of Science in Human Space Exploration Sciences program.

At that time, he was integrating all of the human health and human performance issues identified during the development of the NASA Constellation Program, which was ultimately redirected towards the exploration of Mars by humans. The nature of his job, then and now, requires a broad-based knowledge of the challenges imposed on the human body by the hostile space environment.

"My knowledge needs to be comprehensive enough to be able to understand the relationships of various issues, integrate all functions, and identify the gaps that will need



to be filled by our subject matter experts to overcome such problems," he said. "I basically decided to formalize my job function with a master's degree, so I contacted my former colleague and HHP faculty member, Dr. William Paloski." Paloski is also the current manager of NASA's Human Research Program.

Romero has worked in the human space business since 1996, and knew what the master's program could provide for him.

He wanted to have as much knowledge as possible about humans in space, and he wanted to develop one or two projects that could be implemented in his current job, in order to improve processes.

NASA and HHP have a long history of collaboration. Many of Romero's NASA colleagues are HHP faculty. Some provide lectures through the program's course work, and others allow graduate students to develop their master thesis or doctoral dissertations by working with them in their laboratories at NASA.

"This close relationship assures that the graduate students receive the latest knowledge in human space biology, and are provided the actual work environment for their future careers. I think that the program offered at UH is the best to train the future JSC workforce," Romero said. ■

HHP Research Symposium



Dr. Layne; Elevator Speech contestants: Stefan Madansingh, Wen-hao Chou, Rahul Goel, Nereyda Ochoa, Douglass Diak; Dr. Lowder & Emily LaVoy. Back row: Judges & UH professors: Stuart Long, Leigh Leasure & Steve Craig.

► The department held its annual Research Symposium Oct. 29-30, 2013 on campus in the M. D. Anderson Library's Rockwell Pavilion. It was the first time the event was held in the Pavilion, where about 750 audience members listened to more than 30 HHP graduate students and faculty members present their research on a wide variety of topics, including obesity, physiology and sports medicine.

During the symposium, an Elevator Speech contest was held, where students gave a two-minute informative and persuasive sales pitch to a panel of judges, composed of UH professors. The top three contestants received funding to support their research. This year's first-place winner was Emily LaVoy, also one of the current recipients of the Dissertation Completion Fellowship. ■



Thousands participated in the second, 5K Graffiti Run sponsored by HHP on the UH campus, Dec. 8, 2013.

Weight Loss for Women with Disabilities

► In all the focus on obesity, there remains an underserved population, which includes the healthy lifestyles of mobility-impaired women. Dr. Margaret Nosek, from Baylor College of Medicine's Center for Research on Women with Disabilities and HHP Professor Tracey Ledoux, both TORC researchers, and their team recently finished the beta testing for developing a weight management program for women with disabilities.

According to Stephanie Silveira, program coordinator, the GoWoman Weight Loss Research Study is now making plans to recruit approximately 30 women for the pilot study, beginning in the late spring or early summer.

The 16-week program is based on the National Diabetes Prevention Program, with revisions specifically tailored to address exercises and medical needs for women with disabilities.

The curriculum is delivered online through Second Life and also incorporates MyFitnessPal, a handbook, some online lectures and other resources.

"We want to emphasize the discussions and interaction among the participants and facilitators, which is where we can use the unique features of Second Life," Silveira said. "For example, we have a



Back row: Tabbetha Lopez (trainer), Dr. Ledoux & Perla Pedraza (caregiver). Front row: Titilayo Awoniyi (demonstrator) & Dr. Nosek.

kitchen set up in Second Life, where we can all virtually sit down at the table and practice ordering at a restaurant."

In addition to forming the habits of exercise and eating healthy, the study aims to encourage and inform the women about places near them, which offer activities that will keep them moving and promote socializing. ■

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PEB Continues to Transform



► With the ever-expanding problem of obesity and generally low levels of physical activity engagement among the student body, HHP is dedicated to doing its part to battle this epidemic.

"At the forefront of this effort are the courses comprising the Physical Education Basic (PEB) Instruction Program," said Jessica Wheeler, HHP program coordinator. "This program contains a variety of physical activity classes that get our students moving more, learning new skills and information about safety, nutrition and self-monitoring during exercise."

This spring, PEB instructors have begun implementing Classroom Assessment Techniques (CATs) into their classes. These CATs are classroom and Internet activities that give the students an easy way to provide feedback about a variety of topics in the class that the instructor can use to make positive feedback over the course of the semester.

"CATs is a formative way of evaluating how our students are doing, or how well they understand a concept," said Dr. Jon Gray, HHP instructional associate professor. "Based on the information we collect from our students, we can change our instruction immediately to make sure we're meeting their needs and promoting student success, which is always a major focus."

In addition to intensifying and streamlining the curriculum, HHP strives to provide students with the best facilities and equipment UH offers. This spring, the department began conducting basketball and volleyball classes in the UH Campus Recreation and Wellness Center (CRWC), and hope to add soccer and racquet ball in the future.

Maintaining a space in the CRWC's rotunda will also increase HHP's presence and impact on all the student body. It will be a venue where the diverse aspects of the department can provide information and conduct assessments in nutrition, athletic training and health, for example.

Each PEB course includes core content in the areas of weight management, nutrition and physical fitness. To learn more about this program, visit <http://tinyurl.com/HHP-PEB>. ■