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HHP 2012

I'm so pleased to present the 2012 Department of Health and Human Performance (HHP) annual report. It represents a very productive academic year for faculty and students! We continue to make great strides toward offering our students a Tier One education, and to prepare them for success as leaders in the exercise, health and fitness, sport administration and nutrition industries.

The strategic initiatives set forth by UH President Renu Khator and the Board of Regents continues to be the blueprint for our pursuit of research and academic excellence. Those goals and our accomplishment of them are seen in the annual report sections: Nationally Competitive Research, Student Success, Community Advancement, Local and National Recognition, Competitive Resources and Productivity.

“We will create a culture of giving so that students will understand how important their contributions are to the future success of the department.”

This year brought additional competitive resources to enhance and expand our academic programs. Learn about a grant from the Center for Disease Control that is providing multi-year opportunities for students to conduct research. Read about the unique partnership evolving between faculty, students and staff with the establishment of a new undergraduate scholarship from within the department.

Please feel free to contact me at clayne2@uh.edu.

Go Coogs!

Dr. Charles Layne
Professor and Chair



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NATIONALLY COMPETITIVE RESEARCH



Dr. Daniel O'Connor

NATIONALLY COMPETITIVE RESEARCH

TEXAS OBESITY RESEARCH CENTER

Researchers Evaluate CDC Childhood Obesity Programs

The Centers for Disease Control and Prevention (CDC) awarded Dr. Daniel O'Connor, HHP professor and TORC executive committee member, \$4.25 million over four years to create an innovative evaluation method that will examine and compare three comprehensive childhood obesity programs underway in California, Massachusetts and Texas. The team includes a group of health researchers from the TORC and the Texas Institute for Measurement, Evaluation and Statistics (TIMES). The Best Evaluation Tools and Techniques for Effective Recommendations for Policies (BETTER Policies) project seeks to provide evidence-based recommendations to policy makers as part of the Affordable Care Act (ACA): Childhood Obesity Research Demonstration Initiative to support childhood obesity health initiatives.

“Resolving this critical issue will require efforts that target multiple sectors and layers of society, as well as changes in public policy,” said O'Connor.

These programs will target underserved children between the ages of 2 and 12 years old. Programs will be available not only through families and schools, but also through health care providers, community and faith-based organizations and the private sector, as well as incorporating changes in public and institutional policies.

The first year of the project has been devoted to working with sites on their project designs and developing an evaluation plan to measure the various aspects of each program's delivery, effectiveness, feasibility and sustainability.



Dr. Rebecca Lee, Dr. Dan O'Connor, Dr. Charles Layne and TORC team members in Mexico

A Multi National Strategy Against Obesity

The obesity epidemic is a multicultural challenge. Dr. Rebecca Lee, TORC Director, received a \$100,000 grant from the National Institutes of Health (NIH) to support research between UH and the Universidad de Guadalajara to establish a multinational strategy to combat physical inactivity—a breeding ground for obesity.

During the past year, the Multinational Collaboration to Increase Physical Activity in Hispanics project has made great strides toward identifying behavioral and social science research priorities. It held its first scientific meeting in Guadalajara, Jalisco, Mexico, March 26-27, 2012.

Professors Rebecca Lee, Charles Layne and Daniel O'Connor, TORC lab manager, Scher Mama, and a group of HHP graduate and undergraduate students attended the meeting.

The coming year includes additional scientific meetings to be held in both the U.S. and Mexico. A scientific symposium will be held at TORC's biennial conference. The research conference, titled "Time for a Trans-cultural, Transdisciplinary, Transformational Approach to End Obesity" will be held November 5-6, 2012, on the UH campus at the Elizabeth D. Rockwell Pavilion in the M.D. Anderson Library.

Virtual Investigation of Food Addiction

Assistant Professor Tracey Ledoux is using virtual environments to try to induce food cravings in hopes of finding strategies to assess and treat them. “There is a growing body of research that shows that consumption of palatable food stimulates the same reward and motivation centers of the brain that recognized addictive drugs do,” Ledoux said.

In the collaborative investigation with Dr. Patrick Bordnick from the UH Graduate College of Social Work, participants wear a virtual reality helmet to enter a “real-world” restaurant, complete with all the sights, sounds and smells. A joystick will allow them to walk to a buffet, encounter wait staff and other patrons. The innovative approach provides a very effective, cost-efficient tool that can be used to increase the understanding of food cravings.

Texas Obesity Research Center

The Texas Obesity Research Center (TORC) secured new federal research funding, made significant progress on existing research projects, and continued its participation in local health fairs and health-related events. TORC faculty and students showcased their research in the 2011-12 academic year by presenting at national and international scientific conferences and meetings. TORC director, Dr. Rebecca Lee, was awarded the prestigious Fulbright Scholar Award and spent the 2011-2012 academic year in Guadalajara, Jalisco, Mexico researching contributing factors to obesity. Read more about her work on page 21.



Scher Mama and other TORC members providing assessments at a local health fair



Dr. Ledoux and fellow members of the Science and Community partnership get some exercise during a meeting

Science and Community Project

The Science and Community: Ending Obesity Improving Health project is in its final year and has made significant progress toward engaging community members in the research process. During the 2011-12 academic year, the Science and Community partnership created and submitted a research proposal to develop and evaluate a physical activity and dietary habits intervention delivered by mentored high school students to preschoolers in day care facilities.

The partnership plans to hold a final symposium in October 2012, where they will recruit high schools and day care centers to participate in the project. Although funding for this project ends in December 2012, the partnership will continue to work toward sustainable health outcomes.

CENTER FOR NEUROMOTOR AND BIOMECHANICS RESEARCH

Biomechanics and the Arts

Performing artists, like dancers, actors, vocalists and instrumentalists, are at risk of repetitive use injuries that limit their ability to perform, and, in the case of professionals, cause serious economic hardship.

CNBR Postdoctoral Fellow Angela Robertson has been leading a team of investigators, including Dr. William Paloski and Dr. Norman Fischer of the Shepherd School of Music at Rice University, in studying a group of elite cellists, who are particularly prone to back injuries.

This study seeks to determine what combinations of chair height and incline can reduce back muscle activity in cellists (potentially reducing back injury), and how such playing positions vary with individual anthropometrics.

Robertson is testing these hypotheses by recording the back muscle activation patterns (EMG), back angle kinematics, and ground reaction forces from cellists playing short pieces while seated in different positions achieved with a specialized chair and wedge shaped cushions.

This data will be compared with the cellists' records of back pain experienced over the course of several months in order to determine which playing positions might result in broader force distribution, reduced muscle activity and reduced risk of injury.

Thought Control

Recent advances in robotics technologies have led to new hope for mobility restoration through robot-assisted rehabilitation and/or robotic exoskeleton prosthetics for millions of people around the world who suffer from impaired mobility caused by stroke, spinal cord injury, neuromotor disease and other disorders.

CNBR Director William Paloski is collaborating with a team led by Professor Jose Luis Contreras-Vidal of the UH electrical and computer engineering department on an NIH-sponsored project to further

Robotic exoskeleton and brain-machine interface



advance these technologies by creating brain-machine interfaces (BMI) that could use an individual's natural thoughts to control locomotor activities provided by an exoskeleton prosthetic device.

The team is investigating the extent to which it might be possible to reverse engineer human gait and movement control signals. They are correlating non-invasive brain activity signals (EEG activity) with neuromotor activation signals (EMG activity) and kinematic motion signals obtained from normal subjects performing rudimentary locomotor tasks. Accurate decoding of these signal patterns is essential for extracting useful signals for use in controlling neuro-prosthetic devices.

If successful, this work could facilitate independent mobility and enhance the health of disabled persons with neurological disability conditions and provide unprecedented opportunity to enhance their functional independence and quality of life.

Muscle Function During Space Flight

Despite spending hours exercising each day aboard the International Space Station (ISS), astronauts continue to lose muscle mass, strength and endurance during their missions. NASA's Human Research Program (HRP) has identified these muscle function changes as a significant risk to astronaut performance during long space flight missions, and has recently awarded a grant to a group of HRP faculty to study the role of sensory mechanisms in these functional changes.

Professors William Paloski, Mark Clarke, Charles Layne, Daniel O'Connor and Adam Thrasher will use the newly available Muscle Atrophy Research Exercise System (MARES) aboard the ISS to examine systematically the relationships among lower limb loading and antigravity muscle activation, motor coordination, motor control and muscle homeostasis.

By separating the contributions of pressure receptors on the feet from other load receptors embedded in the muscles and joints, they will be able to answer a fundamental physiological question regarding the independent roles of these two sources of loading information. They will also be able to develop physiological evidence related to the potential future use of passive foot stimulation as a countermeasure. If successful, the results should lead to improved crew safety and performance in future long-duration space flight missions.



Astronaut Shannon Walker on the MARES payload in the lab of the International Space Station



LABORATORY OF INTEGRATED PHYSIOLOGY

Long-Term Exposure to Microgravity

Dr. Richard Simpson is the principal investigator of a NASA grant that will research the effects of long-term exposure to microgravity on salivary markers of innate immunity. Professors Mark Clarke, Dan O'Connor, William Paloski and Thomas Lowder make up the research team.

Immune system dysregulation has been documented during and after space flight, but it is not known if these changes increase infection susceptibility or pose a significant health risk to crewmembers. Nor is it known if changes in immunity are due to the microgravity environment per se, or to the stressors associated with landing and re-adaptation to the 1G environment.

Simpson's Flight Definition investigation aims to determine the effects of long-term exposure to microgravity on a host of salivary antimicrobial proteins (AMPs), latent viral reactivation, antibacterial properties of saliva, and blood markers associated with innate host immune defense in astronauts. Saliva, urine and blood samples will be collected from crewmembers of the ISS mission and ground-based controls at various times before, during and after their flight.

This project will help to establish if space flight alters innate immune function, which is important to determine if altered immunity poses a significant risk of an adverse health event among crewmembers.

Exercise Intervention and Lung Function

A major focus of Dr. Thomas Lowder's research concerns how exercise, aging, and stress affect immunity, particularly lung function. Currently, his research is working with a transgenic mouse model to determine if chronic moderate exercise can decrease tumorigenesis prior to and during tumor development, and whether a mental stressor during pregnancy exacerbates tumor development in offspring. He is also investigating if exercise during pregnancy can reduce tumor development in offspring.

NATIONALLY COMPETITIVE RESEARCH

“We have demonstrated that moderate exercise significantly reduces mortality and inflammation during influenza viral infections in both young and aged mouse models,” Lowder said.

His team is also collaborating with several investigators nationwide to determine how lifestyle and behavior affect a rare lung disease that affects women almost exclusively, lymphangioleiomyomatosis (LAM). This research will be a two-phase project, with the first phase examining if an exercise intervention can enhance lung function (FEV1 and other measures of pulmonary function) in LAM patients, while the second phase will examine if an exercise intervention can increase quality of life in LAM patients following lung transplant.



*Dr. Thomas Lowder with team members
Douglass Diak, Courtney Eason and Hawley Kunz*



Dr. Mark Clarke

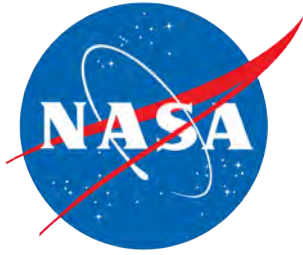
Preventing Muscle and Bone Loss

Professor Mark Clarke, a NASA veteran, is directing a current investigation that aims to assess the behavior of particular proteins known to contribute to muscle wasting, a large concern for astronauts on long-term space flights. He and his investigators are primarily conducting their research in the LIP, with support from the CNBR facilities.

“This type of research has applications not only for understanding muscle atrophy in astronauts, but to many clinical populations here on Earth where muscle wasting is part of the disease, such as spinal cord injury, cancer cachexia and muscular dystrophy,” Clarke said.

Research continued on the OsteoSphere project with NASA where investigators created a process that grows real human bone in tissue culture, which can be used to investigate how bones form and grow. Clarke and his collaborators are investigating the technology’s potential use in clinical orthopedic applications by confirming that the OsteoSpheres and a variety of OsteoSphere-derived products were capable of inducing new bone formation in an animal model.





NASA Awards Graduate Student Researcher

In the fall of 2011, NASA provided a \$60,000 scholarship for research to be awarded to an HHP student to investigate how the muscles of astronauts respond to microgravity. The issue of muscle wasting has been a longtime challenge for astronauts.

Doctoral candidate, Lyle Babcock, was the first recipient of this award, and the program is expected to expand to two student research recipients in the near future. The funds are distributed over three years.

“I came to Houston and UH because of HHP’s ongoing research in the area of space life sciences,” Babcock said. “The scholarship and the possibility of working with NASA made the move much more attractive. I am very grateful to NASA and the department of health and human performance.”

UH and NASA are partners through a Space Act Agreement that allows UH students, faculty and NASA scientists to share information and resources. The NASA student fellowships are funded by a grant obtained by Dr. Layne.

Space Life Sciences

HHP’s Space Life Science program includes a master’s degree in human space exploration sciences, and a doctoral curriculum in space life sciences (SLS).

The department has a grant relationship with Wyle Integrated Science and Engineering Group that provides instructors in the SLS classes who are scientists from NASA’s Human Research Program Space Life Sciences group.



HHP alum and deputy project manager for the Space Exploration Vehicle (SEV) project, Dr. Andrew Abercromby (right), talked to SLS students about the Desert Research and Technology Studies (Desert RATS) used to assess surface operations concepts

The program is designed to prepare doctoral students seeking careers in supporting the space program through clinical and research expertise in federal, state, and private space agencies, industry, universities, and related occupational health settings.

The partnership with NASA provides opportunities for graduate students to conduct research of importance to the future of exploration class manned space flight. Additionally, many of the HHP faculty are former NASA researchers. Opportunities to pursue valuable internships with NASA-Johnson Space Center are also available to many students.

STUDENT SUCCESS



Students, faculty and guests at the inaugural Student Honors and Awards Gala

Inaugural Student Honors and Awards Gala Showcased the Best of HHP

The department launched its Inaugural Student Honors and Awards Gala May 3, 2012 in the Rockwell Pavilion of the M. D. Anderson Library. Faculty, students and staff gathered to celebrate the achievements of its students and to announce two new scholarships to a full house of 125 guests. See the list of award recipients on page 48.

The Princess Chinwendu Eke Memorial Foundation was named the HHP Patron of the Year. Sr. Development Officer Margo Wolanin presented the award to Mr. and Mrs. Henry Eke of the foundation. Fort Bend County Commissioner,

James Patterson, received the HHP Distinguished Alumnus of the Year award, presented by HHP Department Chair Charles Layne.

During the dinner, Dr. Layne presented an overview of the department, and Commissioner Patterson and College of Liberal Arts and Social Sciences Dean John Roberts addressed the gathering.

The Princess Chinwendu Eke Memorial Scholarship and the Dr. Andrew Jackson Scholarship were announced as the newest scholarships available to HHP students. Read more about them on page 25.



Student Nutrition Association officers

HHP Launches Educational Showcase

The department added an additional opportunity to its pursuit of student success by establishing a Summer Curriculum Development Program award for their undergraduates, which began during the 2011 summer.

The students and their professors presented the results of their projects in a poster format during the department's inaugural Educational Showcase in October 2011. The event was organized with the help of the HHP Honor Society (HHPHS) and the Student Nutrition Association (SNA).

New Degree Offering

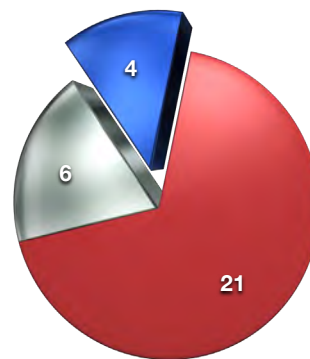
This fall, HHP will begin offering the Master of Arts in Sport and Fitness Administration degree. This new degree is for those students interested in the administration of physical activity programs. The degree change is due, in part, to the growth of the sport and fitness industry as well as the need for professionally trained physical activity administrators. The Master's in sport and fitness administration is designed for sport administrators and managers, exercise and recreational specialists working with fitness programs in corporate and medical settings, as well as physical education teachers and coaches, and business personnel in the sports industry.

Social Media

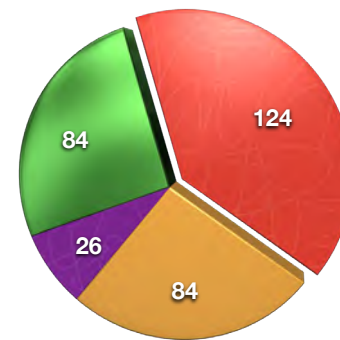
Facebook and Twitter combined, report that they have more than 1 billion users. For some time HHP has used social media to communicate with students, potential students and alumni. Dr. Lisa Alastuey received a UH grant to use social media to enhance the graduate course "Gender and Cultural Issues in Physical Activity and Fitness."

2012 was the second year for the department to host the Virtual Immersive Translational Applied Learning (VITAL) Showcase. This is a cross-course project created in the virtual environment of SecondLife. There was an open invitation on the Internet for individuals to participate in 45 presentations over three days that showcased the HHP students' collaborative work.

Degrees Conferred



- Ph.D
- M.Ed.
- M.S.



- Kinesiology — Exercise Science
- Kinesiology — Sport Administration
- Kinesiology — Fitness and Sports
- Nutrition



We did it...go Coogs!

COMMUNITY ADVANCEMENT

Houston Wellness Challenge

HHP dietetic interns provided nutritional input for the Greater Houston Women's Chamber of Commerce's Wellness Challenge in 2011. During the 90-day program from September 12 to December 10, the Chamber challenged Houston residents to live healthier lifestyles to prevent absenteeism, rising insurance and medical costs, while increasing productivity in the workplace and setting a positive example for the next generation.

Houston Mayor Annise Parker launched the challenge in a ceremony held at city hall. A group of HHP's interns and Dr. Sharon Bode, HHP professor and director of the Dietetic Internship Program also attended the event. The mayor, Houston city council members and 15 Houston corporate executives were invited to participate as role models. During the challenge, the interns gave each participant a complete assessment, created customized menus and monitored their progress regularly.



Dietetic Intern, Sarah Seppa helps mayor Annise Parker plan her nutrition strategy for the Wellness Challenge

Taking Steps to Cure Cystic Fibrosis

HHP celebrated its sixth year of hosting the annual Cystic Fibrosis Foundation's (CFF) "Great Strides — Taking Steps to Cure Cystic Fibrosis" walk on Saturday, May 19, 2012. This year 800 participated in the fundraiser on the UH main campus and a record \$900,000 was raised.

"The CFF is increasingly confident that we are on the right path to cure cystic fibrosis, and it is through the help of hosting organizations like UH's health and human performance department and events like Great Strides that will help us cross the finish line," said, Kim Organ, CFF Sr. Development Director. "This past year has been a time of great progress and promise for the Cystic Fibrosis Foundation. Not only are we developing drugs to treat the basic defect of CF,

but the investments we are making continue to improve the length and quality of life for those with the disease."

Great Strides is the Foundation's largest national fundraising event. Around the country, tens of thousands of co-workers, friends and family come together each year as one community for one cause...to help find a cure for CF. In 2011, nearly \$38 million was raised nationally to support vital CF programs.

Cystic Fibrosis is a debilitating disease that attacks the lungs and digestive system of children and adults. To learn more and to find a walk, visit their website at www.cff.org.



Participants warming up before the CFF walk



Student Nutrition Association at the March of Dimes fundraiser

Student Associations Meet Local Community Needs

The Student Nutrition Association (SNA) and the HHP Honor Society (HHPHS) along with the entire department join forces throughout the year in organizing and conducting activities that assist with local community needs. Some projects are the Houston Food Bank, the UH Sock and Blanket Drive, Star of Hope Mission, the Harris County Protective Services Guardianship Program and the UH Operation School Supplies campaign.

Various HHP degree programs provide students the opportunity to apply their academic and research skills through community-based collaborations and learning experiences. Students gain substantive knowledge in real-world situations by enhancing the condition of others in the community or by contributing to a host organization. Some of these experiences are provided through internships in kinesiology, the Dietetic Internship Program, and volunteering in sport administration service-learning projects.



Health fair at the UH University Center

Community-wide Health Fairs and Related Events

TORC is very active in the community by providing continued support to the Greater Houston area through its participation in monthly community-wide health fairs and health-related events, including health awareness and mini health fairs at the Consulate General of Mexico, Children's Health Day, the City of Houston Employee and Family Wellness Day and many others. This is another opportunity that serves our neighbors with valuable information on obesity prevention, treatment and control for children and adults, while providing graduate and undergraduate students with the experience of applying their academics and research for the benefit of others during the course of their education.



Health fair at the Consulate General of Mexico

LOCAL AND NATIONAL RECOGNITION

HHP Professor Completes Fulbright

Dr. Rebecca Lee was awarded the prestigious Fulbright Scholar Award and spent the 2011–2012 academic year in Guadalajara, Jalisco, Mexico, working with researchers at the Instituto de Ciencias Aplicada a la Actividad Física y al Deporte. Their goal was to develop education and training protocols for health care practitioners and researchers in order to better document and define obesity, as well as the environmental factors that contribute to obesity.

As part of the Fulbright Scholars program, Dr. Lee and the team in Mexico worked to define, determine and document relationships linking neighborhood environmental factors (street features, goods and services and physical activity resources) to dietary habits, physical activities and body composition in a school-based sample. The project aimed to (1) measure neighborhood factors surrounding 40 schools in Guadalajara, Puerto Vallarta and Mexico City, Mexico, (2) measure child dietary habits, physical activity and body composition in 2,400 students from grades 3 to 5, and (3) document associations between neighborhood factors and dietary habits, physical activity and obesity, using state of the art analytic techniques.





EDUCATOR OF THE YEAR

Ledoux Garners Awards

In 2011, Assistant Professor Tracey Ledoux received the Houston Area Dietetic Association's (HADA) Outstanding Dietetic Educator award. This January, the Texas Dietetic Association named her the Texas Dietetic Educator of the Year.

In April, she was selected as a 2012 recipient of the Educator of the Year Award from the Academy of Nutrition and Dietetics (Formerly the American Dietetic Association). The academy is the world's largest organization of food and nutrition professionals.

Ledoux joined the HHP faculty in 2010 with a focus on child obesity and the future goal of conducting research with pregnant women to investigate maternal and child obesity risk. Ledoux uses her background as a clinician, psychologist and dietitian to investigate evidence-based practices to mitigate excess weight gain in pregnant women.

Recently received UH grants from the HHP Summer Curriculum Development, UH/ CLASS Grants-in-Aid, and the UH Division of Research Small Grants programs allow her and her collaborators to identify psychosocial predictors of weight gain, which will be the target that future interventions will aim to change.

The timely research and accomplishments of Ledoux has made her a highly regarded resource for the media. She has been featured in many UH publications and videos, and is frequently called upon about her research and expertise by the local newspaper and television stations, as well as national networks and news outlets. Numerous times as a psychologist and nutritionist, the Houston Chronicle and local ABC and Fox News have called upon Ledoux to provide insight concerning the obesity epidemic and possible solutions. UH Moment videos, news releases and UH News Digest have featured her research of new ways to use technology to address social behavior, addictions and mental health, which have been picked up by national media for reporting and inquiries.

LOCAL AND NATIONAL RECOGNITION



Videographer Jo'Nathan Gwynn working on putting together Dr. Layne's vision for the CNN commercial

On the Airways

Dr. Layne was invited to be interviewed about the department's success on an in-flight radio program for American and US Airways, which ran during the summer of 2011. The interview was re-broadcast during the spring of 2012 for Delta and US Airways at the same time as an HHP commercial, created in-house, was aired on the CNN Airport Network. The combined radio broadcasts reached approximately 10 million listeners on more than 40,000 flights, while the commercial aired on 2,000 airport monitors with more than 40,000 viewers. The interview and the commercial continue to be used in various media to promote the department's programs.

Expertise and Insight

The diverse and outstanding academic and research work of the HHP faculty is widely published and known not only locally, but nationally and internationally. From UH Moment videos and news releases to The New York Times and industry leading publications, the faculty is sought by the media for their expertise and insight on current, national and global issues.

COMPETITIVE RESOURCES

The Princess Chinwendu Eke Memorial Endowed Scholarship

Mr. and Mrs. Henry Eke established the scholarship in memory of their daughter, Princess. In HHP, she earned her bachelor's in kinesiology in 2008 and her master's in physical education in 2010.



Princess Chinwendu Eke

New Undergraduate Student Scholarship

This spring semester, the department announced its new Undergraduate Student Scholarship Endowment. The faculty and staff established the fund with their generous donations to provide a scholarship to an HHP undergraduate student.

The goal is for faculty, staff and HHP students to work together in a partnership to fully fund the scholarship so that money can be distributed as soon as possible to a deserving student. In exchange for a \$1 donation to the fund, donors receive a UH/HHP window decal.



Dr. Andrew "Tony" Jackson with Heather Adamus-Leach

Dr. Andrew Jackson Scholarship Endowment

HHP Professor Emeritus Jackson established the scholarship bearing his name to support outstanding student researchers. He 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.

Mary Louise White Scholarship

Full-time students pursuing a degree in health and human performance or studying special education with an emphasis on mental retardation are encouraged to apply for this scholarship.

Margie Sterr Scholarship

This scholarship is dedicated to the memory of one of our former students, and 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 CNBR, which will give the student hands-on experience with project conception, data collection, analysis and public presentation of scientific results.

For scholarship information, visit <http://tiny.cc/HHP-Scholarships>



Nick Yonko explains the use of technology to meet learning objectives in the Community Nutrition course

Summer Curriculum Development Program

HHP undergraduate students apply with a faculty sponsor for a grant to investigate various approaches to improve and assess learning and retention in HHP undergraduate students. Each student along with their professor spends the summer developing curriculum and various methodologies for assessing scholastic improvement and understanding, and how these methods might be applied to other courses in order to improve upon the department's nationally ranked programs. During the fall semester, the student and faculty member present their summer work at the department's Educational Showcase event.

HHP Summer Research Program

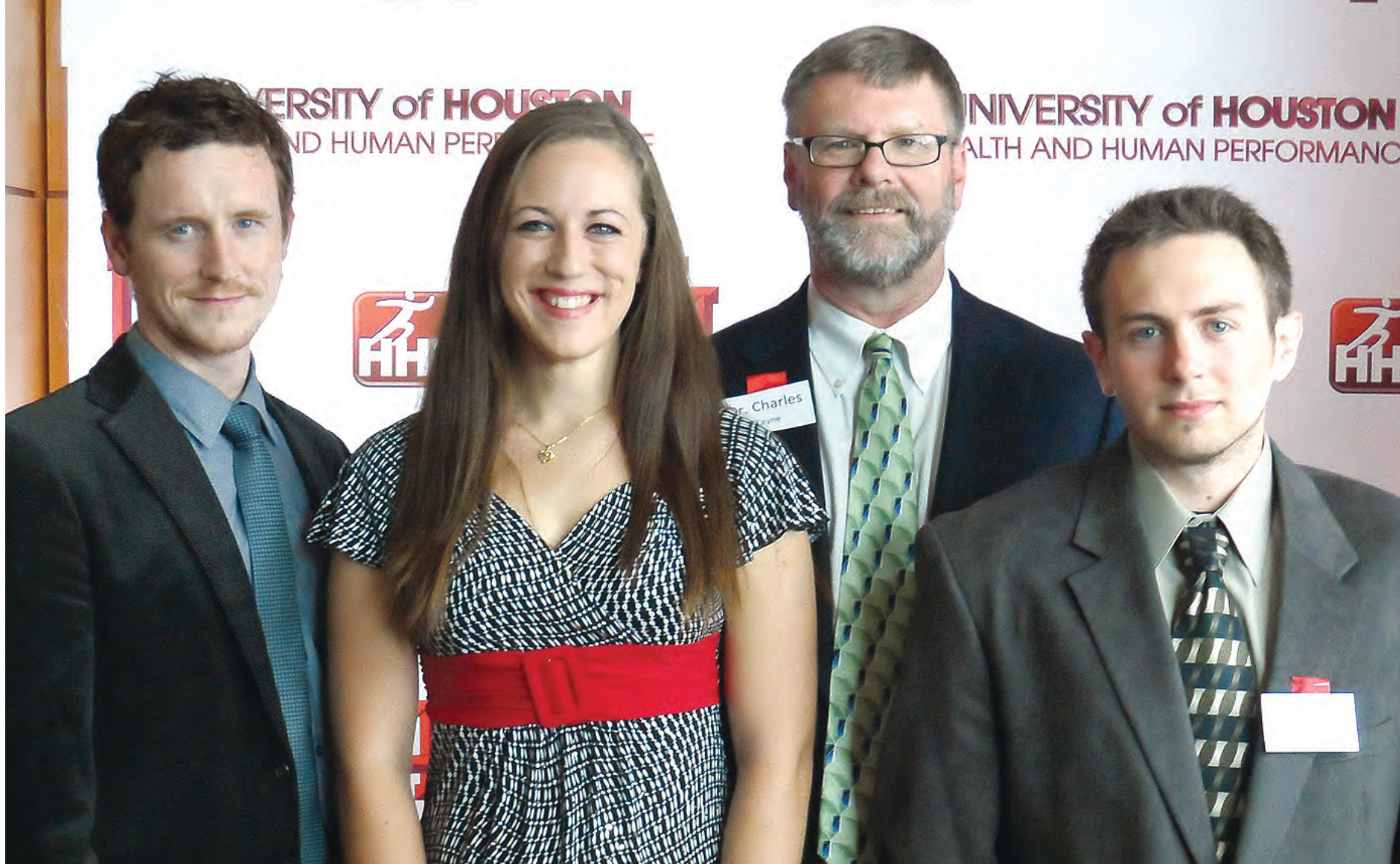
This program promotes research-related scholarships for graduate and undergraduate students who partner together under the direction of an HHP professor. Student researchers collect and analyze data, and present their results to faculty and students. This program provides opportunities for graduate students to serve as mentors to our talented undergraduate students who gain the experience to actively participate in all aspects of a research project.

Bode FDIP

Dr. Sharon Bode, clinical associate professor and director of the Dietetic Internship Program, and Claudia Scott, clinical assistant professor, received a Faculty Development Initiative Program (FDIP) grant for post-baccalaureate distance learning course development. The grant will increase the number of online classes available to five and update existing online distance learning materials. The department's goal is to offer the entire upper-level curriculum online for the flexibility and convenience of students within the course schedule, while promoting an optimal learning environment and increasing class enrollment. Some labs require hands-on practical applications that cannot be conducted online.

Strength and Conditioning Curriculum

A grant from the FDIP was awarded to Dr. Thomas Lowder to develop a new graduate strength and conditioning course, Mobility and Functional Training for Sports Performance and Fitness. Lowder and HHP Adjunct Lecturer Dale Jones will create the course, which will be the fourth in a series that will be offered as a stand-alone post-baccalaureate certificate for strength and conditioning coaches and personal trainers. By offering a certificate in this specialized area, UH will be the first university in the country to offer such courses to specialists working in the field who wish to update their knowledge.



Dr. Simpson, Christiana Gentry, Dr. Layne and Brett Siders attend the HHP Inaugural Student Honors and Achievement Awards Gala.

Student Exchange Program

Mr. and Mrs. John McGowan, on behalf of the D. Lynd and Terri K. McGowan Foundation, donated funds that will enable two HHP students to attend Edinburgh Napier University in Edinburgh, Scotland during the fall 2012 semester. The first recipients of the study abroad program, Christiana Gentry

and Brett Siders will expand their educational experience, learn different cultures and raise awareness of the research carried out in HHP. “We hope to create a sustainable student exchange program with the generous support of the McGowan Foundation,” said Dr. Layne.



Dr. Stacey Gorniak working at the CNBR

Articles

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PRODUCTIVITY

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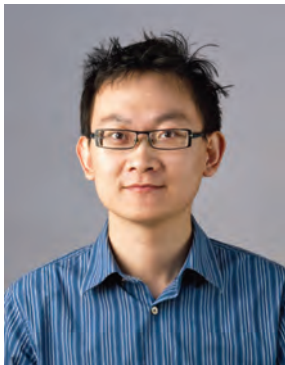
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Dr. Jian Liu

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Dr. Brian McFarlin

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Dr. Adam Thrasher

Book Chapters

Clarke, M. S. F. (2011) Proteomic analysis of skeletal muscle using SELDI-TOFMS: application to disuse atrophy. In SELDI-TOF Mass Spectrometry: Methods and Protocols (Methods in Molecular Biology) (Eds: Clarke, CH and McCarthy, D.L.), Humana Press, 131–141. PMID: 22083821.

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Simpson, R. J. & Spielmann, G. (2012) “Exercise and Immunosenescence.” In *Immunosenescence: Behavioural and Psychosocial Determinants*. (Editors: Bosch, J.A., Phillips, A.C. and Lord J.M.) Springer, NY.

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Other Publications

Clarke, M. S. F. & Feedback, D. L. (2011) Microgravity-compatible sweat collection and analysis device. MSC-23625-1 NASA Tech Briefs.

Matalon R., & **Michals-Matalon, K.** Canavan Disease (2011). In *GeneReviews at GeneTests: Medical Genetics Information Resource* [database online]. Copyright, University of Washington, Seattle, 1997–2010. <http://www.genetests.org>.

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Professional Presentations



Dr. Lisa Alastuey

Alastuey, L. & Ross, H. Physical activity: Addressing barriers and implementing strategies. TAHPERD Convention. Dallas. December 1, 2011.

Alastuey, L. Interviniendo la obsidad infantil. El Instituto Tecnológico de Estudios Superiores de Occidente (ITESO), Universidad Jesuita de Guadalajara, Mexico. January 20, 2012.

Clarke, M. S. F. Sweat: a potential means of monitoring bone loss. HHP Faculty Research Day. 2011.

Clarke, M. S. F., Babcock, L. W., Diak, D. & **O'Connor, D. P.** Sweat analysis for assessment of bone loss biomarkers. NASA Investigators Workshop. Houston. April 2012.

Gorniak, S. L., McIntyre, C. C., & Alberts, J. L. Does Performance of a bimanual rotation task change with deep brain stimulation parameters? Presented at Neuroscience, Washington, D.C. November 2011.

Jackson, A. S., Sui, X., **O'Connor, D. P.,** Church, T. S, Lee, D., Artero, E. G., & Blair, S. N. Longitudinal non-exercise models for estimating cardiorespiratory fitness of men and women [poster]. American College of Sports Medicine 58th Annual Meeting. San Francisco. May 31, 2012.

Layne, C. S., Forrest, A. M., Pourmoghaddam, A., Nguy, S., & **O'Connor, D. P.** Does tendon vibration alter adaptation during split-belt locomotion? Annual meeting of Society for Neuroscience. Washington, D.C. November 2011.

Uzun, S., Pourmoghaddam, A., Ghabshi, H. S., Hieronymus, M., **Layne, C. S., & Thrasher, T. A.** Evaluation of muscle fatigue and endurance of wheelchair basketball players with spinal cord injury using recurrence quantification analysis of surface emg. Annual meeting of Society for Neuroscience. Washington, D.C. November 2011.

Ledoux, T., Watson, K., Baranowski, J., & Baranowski, T. (2012) Mediators and moderators of the Diab and Nanoswarm videogame intervention for children. Symposium presentation accepted at the annual International Society of Behavioral Nutrition and Physical Activity conference. Austin, Texas. June 2012.

Ledoux, T., Chen, A., Baranowski, J., & Baranowski, T. Mediators and Moderators of the “5 a Day Badge” intervention for Boy Scouts. Symposium presentation accepted at the annual International Society of Behavioral Nutrition and Physical Activity conference. Austin, Texas. June 2012.

Adamus-Leach, H. J., Lopez III, Y., **Ledoux, T., & Lee, R. E.** Does binge eating mediate the relationship between the food environment and health? Poster accepted at the annual International Society of Behavioral Nutrition and Physical Activity conference. Austin, Texas. May 24, 2012.

Lee, R. E., Mama, S. K., Adamus-Leach, H. J., & Soltero, E. G. Contribution of neighborhood SES and physical activity resource quality to changes in physical activity in minority women. Paper presented at the Active Living Research Annual Meeting. San Diego. March 14, 2012.

Mama, S. K., Adamus-Leach, H. J., & **Lee, R. E.** Weight perceptions and readiness to change mediate the relationship between intervention exposure and physical activity among ethnic minority women. Paper presented at the Society of Behavioral Medicine Annual Meeting. New Orleans. April 13, 2012.

Lee, R. E., Levesque, L., Galaviz, K., & Castro, C. M. Building a multilevel, multidimensional, multi-country strategy to reduce obesity in the Mexican Diaspora: Implications for theory, practice and policy. Paper presented at the Society of Behavioral Medicine Annual Meeting. New Orleans. April 13, 2012.

Adamus-Leach, H. J., Mama, S. K., & **Lee, R. E.** Relationship of crime and physical activity resource incivilities to physical activity in minority women. Annual meeting for the Society of Behavioral Medicine New Orleans. April.13, 2012.

Mama, S. K., Lopez III, Y., & **Lee, R. E.** Sitting time and cardiometabolic risk factors in African American overweight women. Paper presented at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity. Austin, Texas. May 24, 2012.

Soltero, E., **Lee, R. E.,** Simon, K., Sahnoune, I., Mama, S. K., Saavedra, F., **Ledoux, T. A.,** & McNeill, L. H. Assessing the knowledge of health eating and physical activity guidelines among diverse community members. Poster presented at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity. Austin, Texas. May 25, 2012.

Levesque, L., Carson, V., Hureau, C., Paterson, L., & **Lee, R. E.** Access for all: Sustainable physical activity and recreation for the community, by the community. Presented at the annual conference of the International Society of Behavioral Nutrition and Physical Activity. May 23–26, 2012.

Lee, R. E., Adamus-Leach, H. J., & Mama, S. K. Quantity and quality of neighborhood physical activity resources contribute to public housing resident physical activity. Poster presented at the 59th Annual Meeting and 3rd World Congress on Exercise is Medicine of the American College of Sports Medicine. San Francisco. June 1, 2012.

Lowder, T. W., & Kunz, H. E. Exercise Prior to Pregnancy Enhances Treg-Mediated Suppression and Airway Hyperresponsiveness in Murine Pups. Pittsburgh International Lung Conference. 2011.

Bush, K., & **Lowder, T. W.** Effectiveness of utilizing a peer-matched tutoring program to increase examination scores in a university science course (KIN 3304). UH/HHP Undergraduate Research Showcase. October 2, 2011.

Professional Presentations (continued)

Lowder, T. W. Exercise reduces TH2-cell inflammation and enhances regulatory T-cell mediated suppression in a mouse model of asthma. Gulf Coast Lung Research Conference (poster presentation). Houston. June 2012.

Gao, G., Su, Q., **Michals-Matalon, K.**, & Matalon, R. (2011). Efficacious and safe gene therapy for Canavan disease: A novel approach. *Journal of Inherited Metabolic Disease*, 34:S234. Presented at SSIEM Geneva, Switzerland. August 30, 2011.

Anzures, C., & **McFarlin, B. K.** Validation of flow cytometry to measure PBMC activity following 30-min of exercise. Presented at UH Undergraduate Research Day. October 13, 2011.

Strohacker, K., Breslin, W. L., Carpenter, K. C., Halliday, T. M., Davidson, T. R., Adams, A. N., Agha, N. H., & **McFarlin, B. K.** Pre-meal cycling reduces post-prandial increases in endothelial microparticles in young adults following a high-fat meal. *Obesity*, 19(Supplement: 1): S162-S162 (Nov. 2011). Presented at the 2011 Annual Meeting of the Obesity Society. Orlando, Florida. October 1–5, 2011.

McFarlin, B. K. Use of flow cytometry to assess obesity, CVD, and diabetes related outcomes. FlowTex 5th Annual Conference. Houston. October 26, 2011.

Breslin, W. L., Johnston, C. A., Strohacker, K., Carpenter, K. C., Davidson, T. R., Moreno, J. P., Foreyt, J. P., & **McFarlin, B. K.** Elevated MCP-1, TNF- α , monocyte concentration, and dyslipidemia in obese Mexican-American children. *International Journal of Exercise Science: Conference Abstract Submissions: 2(4)*, Article 12. 2012. Available at: <http://digitalcommons.wku.edu/cgi/cview.cgi/ijesab/vol2/iss4/12>.

Carpenter, K. C., Breslin, W. L., Davidson, T., Adams, A., & **McFarlin, B. K.** Monocyte and cytokine responses are improved by Baker's Yeast β -Glucan supplementation following exercise in a hot, humid environment. *International Journal of Exercise Science: Conference Abstract Submissions: 2(4)*, Article 34. 2012. Available at: <http://digitalcommons.wku.edu/cgi/cview.cgi/ijesab/vol2/iss4/34>.

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Edwards, T. B., Trappey, G. J., Riley, C., **O'Connor, D. P.**, Elkousy, H. A., & Gartsman, G. M. Inferior tilt of the glenoid component does not decrease scapular notching in reverse shoulder arthroplasty: Results of a prospective randomized study. 63rd Annual Meeting of the Association of Bone and Joint Surgeons. Dublin, Ireland. June 2011.

Edwards, T. B., Doherty, D., Elkousy, H., **O'Connor, D. P.**, Rodriguez-Santiago, A., & Gartsman, G. Reverse shoulder-allograft composite prosthesis for reconstruction following severe proximal humeral bone loss. 23rd Annual Meeting of the Société Européenne de Chirurgie de l'Epaule et du Coude. Lyon, France. September 2011.

Elkousy, H., **O'Connor, D. P.**, Rodriguez-Santiago, A., Doherty, D., Gartsman, G., & Edwards, T.B. Ultrasound and clinical evaluation of soft tissue versus hardware biceps tenodesis: Is hardware tenodesis worth the cost? 23rd Annual Meeting of the Société Européenne de Chirurgie de l'Epaule et du Coude. Lyon, France. September 2011.

Rodriguez-Santiago, A., Elkousy, H., **O'Connor, D. P.**, Doherty, D., Gobezie, R., Gartsman, G., & Edwards, T.B. Metal on metal reverse total shoulder prosthesis for shoulder reconstruction in young patients [Poster]. 23rd Annual Meeting of the Société Européenne de Chirurgie de l'Epaule et du Coude. Lyon, France. September 2011.

Rodriguez-Santiago, A., Elkousy, H., **O'Connor, D. P.**, Doherty, D., Gartsman, G., & Edwards, T. B. Use of a press-fit short stem humeral implant in total shoulder arthroplasty [Poster]. 23rd Annual Meeting of the Société Européenne de Chirurgie de l'Epaule et du Coude. Lyon, France. September 2011.

Rodriguez-Santiago, A., Elkousy, H., **O'Connor, D. P.**, Doherty, D., Gartsman, G., & Edwards, T. B. Proximal humeral bone loss occurring with a press-fit humeral stem: A prospective study with minimum four-year follow-up [Poster]. 23rd Annual Meeting of the Société Européenne de Chirurgie de l'Epaule et du Coude. Lyon, France. September 2011.

Brinker, M. R., Hanus, B., Sen, M., **O'Connor, D. P.** Effect of tibial nonunion on health-related quality of life. American Academy of Orthopaedic Surgeons 79th Annual Meeting. San Francisco. February 7, 2012.

Elkousy, H. A., Rodriguez, A. I., **O'Connor, D. P.**, Edwards T.B., Gartsman G.M. Ultrasound and clinical evaluation of soft tissue versus hardware biceps tenodesis: Is it worth the cost? [Poster] American Academy of Orthopaedic Surgeons 79th Annual Meeting. San Francisco. February 7–11, 2012.

Elkousy, H. A., Rodriguez, A. I., **O'Connor, D. P.**, Edwards, T. B., & Gartsman, G. M. Metal on metal reverse total shoulder prosthesis for shoulder reconstruction in young patients. [Poster] American Academy of Orthopaedic Surgeons 79th Annual Meeting. San Francisco. February 7–11, 2012.

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Edwards, T. B., Casagrande D., Rodriguez, A., Doherty, D., **O'Connor, D. P.**, Elkousy, H., & Gartsman, G. M. Proximal humeral bone loss occurring with Press Fit Humeral Stem: A prospective study with minimum four year follow-up. American Academy of Orthopaedic Surgeons 79th Annual Meeting. San Francisco. February 8, 2012.

Lopez III, Y., **O'Connor, D. P.**, **Ledoux, T. A.**, & **Lee, R. E.** The accuracy of predicting body fat percentage using published BMI and BIA equations in a sample of African American women. Poster presented at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity. San Antonio. May 24, 2012.

Herring, M. P., **O'Connor, D. P.**, **Jackson, A. S.**, Hessong, D. N., Williams, J. L., & Bray, M. S. Prescribed exercise dose and associated physiological outcome changes in the TIGER study [poster]. American College of Sports Medicine 58th Annual Meeting. San Francisco. May 31, 2012.

Evetts, S. & **Paloski, W. H.** Artificial Gravity with Ergometric Exercise (AGREE) overview. Presented (via telecon) at: International Space Station Multi-lateral Medical Operations Panel Meeting. Tokyo, Japan. October 26, 2011.

Özdemir, R. A., Pourmoghaddam, A. & **Paloski, W. H.** Prediction of posture control performance in blind and sighted individuals: the role of lower body strength and proprioception. NCHP Annual Meeting. [Student poster award winner]. Houston. November 4, 2011.

Hieronimus, M., Özdemir, R. A., Pourmoghaddam, A., Forth, K. E., & **Paloski, W. H.** Balance assessment in community-dwelling elderly fallers vs. non-fallers. NCHP Annual Meeting. Houston. November 3–4, 2011.

Madansingh, S., Mittag, U., Rittweger, J., & **Paloski, W. H.** Design and validation of Vicon Bonita motion capture system for use on the ESA short-radius human centrifuge in Cologne, Germany. NCHP Annual Meeting. Houston. November 3–4, 2011.

Wood, S. J., Reschke, M. F., Harm, D. L., **Paloski, W. H.**, & Bloomberg, J. J. Which way is up? Lessons learned from space shuttle sensorimotor research. 83rd Annual Aerospace Medical Association Scientific Meeting. Atlanta. May 13–17, 2012.

Paloski, W. H. Effects of space flight on motor control. HHP Faculty Research Day, University of Houston. Houston. April 3, 2012.

Pearson, D. W., & Lam, E. T. C. Prole sport social consciousness during an era of sport greed. North American Society for the Sociology of Sport Annual Convention. Minneapolis. November 2011.

Pearson, D. W., Hurst, J., Bradford, S., & Johnson, A. Bullying and the sport/physical activity culture. Texas Association for Health, Physical Education, Recreation and Dance Annual Convention. Dallas. December 2011.



Dr. William Paloski

Professional Presentations (continued)

Pearson, D. W., & Treviño, R. Pedagogical strategies and essential elements within the sport management curriculum. Texas Association for Health, Physical Education, Recreation and Dance Annual Convention. Dallas. December 2011.

Lam, E. T. C., Cheung, S., **Pearson, D. W.**, & Bae, S. Factors affecting spectators' decisions in attending NBA home games. American Alliance for Health, Physical Education, Recreation and Dance, Annual Conference. Boston. March 16, 2012.

Pearson, D. W., & Lam, E. T. C. Prole sport social consciousness during an era of sport greed. Faculty Research Day. HHP Department, University of Houston. April 3, 2012.

Pearson, D. W., & Treviño, R. Student engaging pedagogical ploys via innovative resource utilization. North American Society for Sport Management Annual Conference. Seattle. May 2012.

Simpson, R. J., Ploutz-Snyder, L., **O'Connor, D. P.**, Wickwire, P. J., & **Paloski, W. H.** Development of a submaximal exercise protocol to identify the ventilatory threshold in astronauts. NASA Human Research Program Investigators Meeting, Houston. February 14–16, 2012.

Simpson, R. J. The Effects of long-term exposure to microgravity on salivary markers of innate immunity. NASA Human Research Program Investigator's Workshop. Houston. February 14–16, 2012.

Ingram, L., **Simpson, R. J.**, Malone, E. & Florida-James, G. Lymphocyte subset response to an acute bout of exercise following a night of sleep disruption. American College of Sports Medicine Annual Meeting, San Francisco. June 1, 2012.

Pollonini, L., Re, R., Howell, P., Prasad, K., Dacso, C. & **Simpson, R. J.** Relationship between systemic and local physiological response to graded exercise assessed with near-infrared spectroscopy. American College of Sports Medicine Annual Meeting, San Francisco. June 2, 2012.

Simpson, R. J. Poster presentation: Latent CMV infection accounts for the age-related differences in the mobilization and egress of senescent CD8+ T-cells in response to acute exercise. The Psychoneuroimmunology Research Society Annual Meeting, San Diego. June 9, 2012.

Bigley, A. B., Lavoy, E. C. P., Momcilovic, M., Reed, J., Ograjsek, T., & **Simpson R. J.** Acute exercise preferentially mobilizes NK-cells with a late-differentiated phenotype. The Psychoneuroimmunology Research Society Annual Meeting, San Diego. June 9, 2012.

Chitlangia, P., Fisher, S., & **Thrasher, T. A.** Dynamic postural control in Parkinson's Disease during gesture controlled virtual reality. NCHP Annual Meeting. Houston. November 4, 2011.

Thrasher, T. A., Fisher, S. Alterations in muscle coordination following robot-assisted gait training in hemiparetic stroke: A case series. Annual Meeting of the Society for Neuroscience. Washington, DC. November 12–16, 2011.

Thrasher, T. A., Fisher, S. Muscle activation signals during gait are more rhythmic than normal in Parkinson's disease. Movement Disorder Society International Congress of Parkinson's Disease and Movement Disorders. Dublin, Ireland. June 17–21, 2012.

Invited Presentations

Clarke, M. S. F. Different approaches for investigating bone loss during space flight. Graduate Seminar Program, Department of Exercise Science, Oklahoma University, Norman, OK. November 2011.

Clarke, M. S. F. Skeletal muscle function in space flight-cellular and molecular adaptations to unloading. Graduate Seminar Program, Department of Exercise Science, Oklahoma University. Norman, OK. April 2012.

Honig, C. Beyond the meal plan: Using non-traditional/eclectic approaches during eating disorders treatment and the recovery process. Rosewood Centers for Eating Disorders. May 8, 2012. Phoenix and Wickenburg, AZ. May 8–9, 2012.

Layne, C. S. Does tendon vibration impact adaptation to split-belt locomotion? Presented at: School of Life, Sport and Social Sciences, Edinburgh Napier University. Edinburgh, Scotland. September 9, 2011.

Layne, C. S. "Achieving success in graduate school." Summer Undergraduate Research Fellowship (SURF) Symposium. UH Honors College. July 18, 2012.

Layne, C. S., & O'Connor, D. P. Assessment and analysis of physical activity. Presented at the Spring 2012 Multinational Collaboration to Increase PA in Hispanics Conference. Guadalajara, Mexico. March 26–27, 2012.

Ledoux, T. Overeating behavior patterns: Why do we eat when we aren't hungry? UH Food for Thought Speaker Series. Houston. March 2012.

Ledoux, T. Preventing obesity among members of the early family unit. Harris County WIC Quarterly Staff Meeting. Houston. June 2012.

Lee, R. E. & Levesque, L. Ecologic model of physical activity. Spring 2012 Multinational Collaboration to Increase PA in Hispanics Conference. Guadalajara, Mexico. March 26–27, 2012.

Lee, R. E. Neighborhood food environment and dietary quality in Mexican school children. Presented as part of the Master of Nutrition Colloquium Series, University of Guadalajara. Guadalajara, Mexico. June 6, 2012.

Lee, R. E. Soltero, E., & Pacheco, A. Environmental methods to measure the nutrition and physical activity environment. Workshop presented at Universidad Autónoma Metropolitana, Coyoacan, Mexico. June 11–12, 2012.



Dr. Thomas Lowder

Lowder, T. W. Exercise and lung immunity. PPIA 2012 Positive Health Promotion Forum. Houston. May 2012.

Lowder, T. W. Exercise reduces Th2-cell inflammation and enhances regulatory T cell-mediated suppression in a mouse model of asthma. Gulf Coast Consortia Lung Research Conference (poster presentation). Houston. June 2012.

McFarlin, B. K. The Science of exercise stress and immune suppression research with immune health ingredients. Closing the Window on Stress-Related Immune Suppression Webinar. September 14, 2011.

Paloski, W. H., & Charles, J. B. Human health risks: Extended duration microgravity. Presented at: Human Space Flight Architecture Team Artificial Gravity Decision Technical Interchange Meeting, NASA Johnson Space Center, Houston. June 28, 2011.

Paloski, W. H. Modulation of muscle function by lower limb loading during space flight. Presented at: MARES Utilization Meeting, European Space Agency Technical Center (ESTEC), Noordwijk, the Netherlands. September 28, 2011.

Paloski, W. H. Gravitational neurophysiology: Human adaptation to spaceflight. School of Life, Sport and Social Sciences, Edinburgh Napier University, Edinburgh, Scotland. September 9, 2011.

Paloski, W. H. Human performance resources in the Texas Medical Center: the University of Houston center for neuromotor & biomechanics research. Presented at: National Center for Human Performance Annual Meeting, Houston. November 4, 2011.

Paloski W. H. Sensory-motor adaptation to space flight. Presented at: PHOL 3009: Space Medicine & Extreme Environments Course, Department of Physiology, University College London, London, England. December 12, 2011.

Pearson, D. W. Research Symposium: Race and Sport. Discussant. Center for the Study of African American Culture. African American Studies Program, University of Houston. April 6, 2012.

Simpson, R. J. Exercise, persistent viral infections, and the aging immune system. Edinburgh Napier University, Scotland, UK. September 2011.

Simpson, R. J. T-cell responses to acute exercise: Implications for adoptive transfer immunotherapy? Texas Children's Hospital, Baylor College of Medicine, Houston. November 2011.

Simpson, R. J. Exercise, persistent viral infections, and the aging immune system. University of Illinois, Urbana-Champaign. December 2011.

Simpson, R. J. Age-related differences in the CD8+ T-cell response to acute exercise: are they infectious? American College of Sports Medicine Annual Meeting, San Francisco. June 1, 2012.

LaVoy, E. C. P. & **Simpson, R. J.** Acute exercise increases cytokine expression in late but not early differentiated CD8+ T-cells. American College of Sports Medicine Annual Meeting, San Francisco. June 1, 2012.

Funded Grant Proposals

Alastuey, L. Using social media to enhance an HHP graduate course. Faculty Development Initiative Program (FDIP A Program), University of Houston, 2012–2013. \$4,000.

Bode, S. & Scott, C. Post-Baccalaureate distance learning course development. FDIP grant. \$11,800.

Gorniak, S. L. (PI) Effects of duration & severity of Type II diabetes on upper extremity function. UH New Faculty Grant Program. \$6,000.

Gorniak, S. L. (PI) Cortical and cognitive-motor function in Type II Diabetes. HHP Summer Research Program. \$10,000.

Layne, C. S. Enhanced development of the Office of Scientific Data Review and Dissemination September 1, 2011–August 31, 2012 — \$621,445 (DC: \$414,297; IDC: \$207,148).

Layne, C. S. Space Life Sciences Graduate Research Stipend. National Aeronautics and Space Administration. 9/1//2011 – 5/30/2012, \$19,997 (IDC included).

Ledoux, T., Using technology to meet learning objectives of CADE and the demands of increasing student enrollment in Community Nutrition (NUTR4334). Faculty advisor, HHP Summer Curriculum Development Program. \$3,500 faculty salary and \$1,500 student stipend. 2011.

Ledoux, T. (PI) Does intuitive eating predict healthy weight gain among pregnant women? UH CLASS Grants-in-Aid Program. 2012–2015. \$6,000.

Ledoux, T. UH Division of Research Small Grant Program. Identifying psychosocial predictors of excess gestational weight gain. 2012. \$3,000.

Ledoux, T. UH Provost Faculty Travel Award. \$750.

Lee, R. E. (PI). National Institutes of Health, National Cancer Institute (1R13CA162816). Multinational Collaboration to Increase PA in Hispanics. Project period: 11/2011–10/2013 (DC: \$100,000; IDC: \$0).

Lee, R. E. Understanding health habits in Mexican children. College of Liberal Arts and Social Sciences Grant-in-Aid. 2012. \$5,474.

Lee, R. E. Kinect-ing in Second Life to increase physical activity. HHP Summer Research Program. 2012. \$10,000.

Mama, S. K. (PI) & **Lee, R. E.** (Sponsor). Predicting PA adoption among minority women using SEM and participatory research (1F31NR013349-01A1). National Institutes of Health, National Institute of Nursing Research. 6/1/2012–8/31/2013. \$35,940 (IDC: \$0).

Lee, R. E. (PI) & **Ledoux, T. A.** Interactive garden nutrition education in pre-schools. University of Houston, Grants to Enhance and Advance Research (GEAR). 2012. \$30,000 (IDC: \$0).

Lee, R. E. (PI), **Ledoux, T. A.**, & **O'Connor, D. P.** National Institutes of Health, NICHD (1R21HD073685-01). Science and Community: Partnering to prevent early childhood obesity. Project period: 7/2012–6/2014 (DC: \$275,000; IDC: \$136,125).

Lowder, T. W. UH Provost's Faculty Travel Award to the 2011 Pittsburgh International Lung Conference. October 28–29, 2011. \$750.

Lowder, T. W. 2011. UH Small Grant. Investigating exercise and stress in tumor development and in asthma. 2011. \$3,000.

Lowder, T. W. HHP Summer Curriculum Grant to redesign KIN 4370 (Exercise Testing and Prescription). \$5,000.

Lowder, T. W. Investigating exercise, stress and pregnancy in a mouse model of cancer. UH/HHP Summer Research Grant. \$10,000.

Lowder, T. W., & Jones, R. D., Enhancing post-baccalaureate education for strength and conditioning professionals. UH FDIP grant. \$15,000.

McFarlin, B. K. (PI) Do individuals with below average fitness respond differently to Wellmune WGP Supplementation prior to exercise in a hot, humid environment? Biothera, The Immune Health Company. 11/15/11–12/31/12 (Direct: \$157,871; Indirect: \$25,124, 20%).

McFarlin, B. K. (PI). The metabolic effects of exercise on the fish and kangaroo machine. Funded by The Fish and Kangaroo Machine Company. 11/1/11–10/31/12 (Direct: \$2,030, IDC: \$406, 20%).

O'Connor, D. P. (PI), Layne, C. S., Ledoux, T. A., & Lee, R. E. Centers for Disease Control and Prevention (1U18DP003350-01). Best Evaluation Tools & Techniques for Effective Recommendations for Policies (BETTER Policies). Project period: 9/2011–8/2015 (DC: \$2,833,331; IDC: \$1,416,666).

O'Connor, D. P. Joe W. King Orthopedic Institute. Clinical and translational methods and outcomes in orthopedic surgery (renewal). (10% total effort: responsible for design, project management, implementation, analysis, and reporting). 12/2011–11/2014. \$402,000 (49.5% IDC).

Paloski, W. H. (PI), & Contreras-Vidal, J. (Co-I). Noninvasive neural decoding of walking. Funding Agency: NIH NINDS R01NS075889-01, Performance Period: 7/1/2011–6/30/2015, Total Award: \$1,332,380. (Direct: \$117,422; IDC: \$58,123).

Paloski, W. H. (PI), & Robertson, A. (Co-I) Testing the iShoe insole and balance score. Source: iShoe Corporation. Performance Period: 12/1/11–9/1/12. UH Budget: \$20,033 (IDC: N/A).

Pearson, D. W. (PI), Conyers, J. L., & Curtis R. L. Sport theme feature films in the new millennium: Salient trends in the data. UH CLASS limited Grant-in-Aid Program (LGIA). December 2011. \$6,000.

Pearson, D. W. Computer Upgrade Program, UH/HHP. Application submitted for computer upgrade to enhance instructional delivery. Application approved for Apple MacBook Pro Laptop computer and auxiliary equipment (Summer 2011). Estimated Award: \$1,799.

Pearson, D. W. UH Provost's Travel Fund award to present paper at North American Society for Sport Management Annual Conference. Seattle, WA. May 2012. \$750.00.

Simpson, R. J. (PI) Using acute exercise to increase numbers and function of viral specific T-cells for immunotherapy. UH Small Research Grant. \$3,000.

Simpson, R. J. (PI), Momcilovic, M. & Reed, J. The effects of exercise intensity on the mobilization of antigen-specific T-cells: Implications for adoptive transfer immunotherapy. HHP Summer Research Program, University of Houston. \$10,000.

Achievements and Milestones

Alastuey, L. Elected as Faculty Senate representative. 2012–2015.

Butcher, A. Received a 2012 UH Staff Excellence award. June 7, 2012.

Clarke, M. S. F. Elected full member of the University of Houston Chapter of the National Honor Society of Phi Kappa Phi. 2011.

Clarke, M. S. F. Awarded the University of Houston President's Leadership Award by President Khator for outstanding leadership of the UH Faculty Senate. 2011.

Clarke, M. S. F. NASA Technical Innovation Space Act Award: "Microgravity-Compatible Sweat Collection and Analysis Device." 2011.

Clarke, M. S. F. & Feedback, D. L. (2011) US Patent # 7,968,073 titled Stable aqueous dispersions of carbon nanotubes.

Clarke, M. S. F., Sundaresan, A., & Pellis, N. R. (2011) US Patent # 8,076,136 titled Mineralized three-dimensional bone constructs.

Clarke, M. S. F., Sundaresan, A & Pellis, N. R. (2011) European Patent # EP2013730 (A2) titled Three-dimensional bone constructs.

Clarke, M. S. F. Appointed interim Associate Vice Chancellor/Associate Vice President for Technology Transfer for the University of Houston. 2012.

Guined, J. Received BRAVO award from Wyle Life Sciences Houston. September 23, 2011.

Layne, C. S. Named to the Academic Advisory Panel for the Master of Science in Orthotics and Prosthetics Program at Baylor College of Medicine. Houston.



Amanda Butcher

Achievements and Milestones *(continued)*

Ledoux, T. Named 2011 Houston Area Dietetic Association's (HADA) Outstanding Dietetics Educator.

Ledoux, T. Named 2012 Outstanding Dietetics Educator of the Year by the Texas Dietetic Association.

Ledoux, T. Named 2012 Outstanding Dietetics Educator of the Year from the national Academy of Nutrition and Dietetics. March 2012.

Ledoux, T. NIH Special Emphasis panel member, SBIR Contract Proposals. Computer generated diet and exercise reminders promoting cardiovascular health.

Ledoux, T. Summer Institute on Social and Behavioral Intervention Research, NIH, Columbia University. New York. 2012.

Lee, R. E. "Reversing the Obesogenic Environment" book adopted for use at Furman University, Greenville, S.C. October 2011.

Lee, R. E. Promoted to Professor in the Department of Health and Human Performance, College of Liberal Arts and Social Sciences, University of Houston. 2012.

McFarlin, B. Named member of Research Awards committee American College of Sports Medicine (3 year term).

McFarlin, B. Named editor-in-chief of the Journal of Immunometabolism.

McFarlin, B. Appointed as an ad hoc member to NIH's National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) study section.

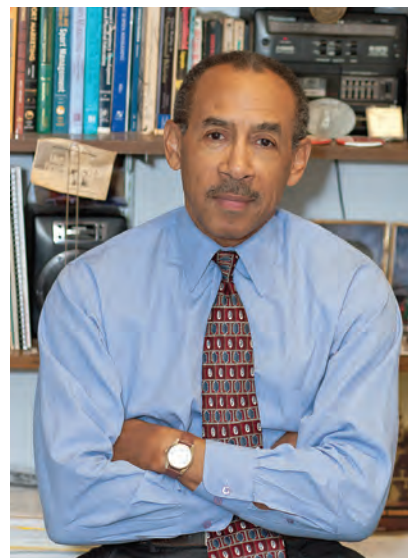
McFarlin, B. Appointed to the editorial board for the Journal of Child Health and Nutrition.

Paloski, W. H. NASA Group Achievement Award for valuable contributions to the NASA book: Wings in Orbit: Scientific and Engineering Legacies of the Space Shuttle. July 28, 2011.

Paloski, W. H. NASA Peer Award for outstanding contributions to NASA's Human Research Program. November 8, 2011.

Pearson, D. W. Re-appointed by Dr. Elizabeth Gregory (via Dean Roberts) to CLASS Ad-Hoc Committee on Diversity. September 2011.

Pearson, D. W. Elected to Executive Board, North American Society for the Sociology of Sport (NASSS). November 2011.



Dr. Demetrius Pearson

Pearson, D. W. Session Moderator, North American Society for the Sociology of Sport. (NASSS) Annual Conference. Minneapolis. November 2011.

Pearson, D. W. Elected Chair, Sport Management Section. Texas Association for Health, Physical Education, Recreation and Dance. Dallas.

Pearson, D. W. Abstract Reviewer for Research Consortium, Sociocultural Section, AAHPERD National Convention. March 2012.

Pearson, D. W. Conference Abstract Reviewer for Association for Education in Journalism & Mass Communication. April 2012.

Conyers, J. L., **Pearson, D. W.**, & Crawford, M. Research Symposium: Race and Sport. Organizing Committee. Center for the Study of African American Culture. African American Studies Program, University of Houston. April 6, 2012.

Pearson, D. W. Appointed to Sports Leadership Committee, Texas Association for Health, Physical Education, Recreation and Dance. January 2012.

Pearson, D. W. Research Scholar Interviewee for Poitier Productions, LLC documentary. "Cowboys of Color: A Multi-Cultural Legacy." February 6, 2012.

Scott, C. Received Certified Diabetes Educator Certification from the National Certification Board for Diabetes Educators. 2011.

Simpson, R. J. Presented in a featured science session titled: Exercise immunology: Clinical implications at the ACSM annual meeting, San Francisco. June 2012.

Simpson, R. J. Appointed to CLASS selection committee for graduate research assistantships. January 2012.

Simpson, R. J. Invited to contribute a book chapter titled: “Effects of Exercise on Blood Leukocyte Numbers.” In: Exercise Immunology (Editor’s: M. Gleeson, N. Bishop & N. Walsh), Routledge, UK.

Simpson, R. J. Invited to serve as guest editor of Brain, Behavior and Immunity for a special issue titled: “Exercise, Immunity and Health.”

Simpson, R. J. Appointed to the editorial board of Frontiers in Physiology.

Simpson, R. J. Invited to chair a thematic poster session titled “Exercise and Inflammation” at the ACSM annual meeting, San Francisco. June 1, 2012.

Simpson, R. J. Awarded one of two slots allocated to the University of Houston by the Cancer Prevention and Research Institute of Texas (CPRIT) for applications to the High-Risk/High-Impact research awards program.

Treviño, R. Named Chair of the Mentoring Committee of USA Cycling’s Mountain Regional Technical Commission.

Treviño, R. Named to the advisory board of My Fit Future.



Dr. Rey Treviño

Publicity

Alastuey, L. “Panel Advises Junior Faculty.” TheDailyCougar.com. <http://tinyurl.com/HHP-Alastuey-TDC>. September 29, 2011.

Alastuey, L. Expone Estrategias para una Vida Mas Saludable e los Ninos. Noticia, Universidad Jesuita De Guadalajara. <http://tinyurl.com/HHP-FB-Alastuey-MX>. January 24, 2012.

Alastuey, L. “Like, Comment, Share: UH Graduate Class Uses Facebook, Twitter to Teach.” UH news release. <http://tinyurl.com/HHP-Alastuey-Media>. July 5, 2012.

CNBR/HHP “ECE Department Welcomes Contreras-Vidal, Brain-Machine Interface Researcher.” UH College of Engineering website: <http://www.egr.uh.edu/news/1211/?e=contreras-vidal>. December 13, 2012.

CNBR HoustonPBS UH Moment: “Center for Neuromotor & Biomechanics Research.” http://www.youtube.com/watch?v=qKD4kg_C69k. February 28, 2012.

CNBR UH Moment: “Cello.” http://app1.kuhf.org/houston_public_radio-uh_moment.php. March 1, 2012. “Cello Project.” NCHP newsletter. July 2011.

Gorniak, S. Featured in “The College Welcomes New Faculty Members.” CLASS news article. <http://tinyurl.com/HHP-Gorniak-New>. August 30, 2011.

HHP “HHP Hosts Graduate Student Research Day.” CLASS home page and article on CLASS News and Events page. <http://tinyurl.com/HHP-GSRD-2011>. January 25, 2012. Publicity

HHP HoustonPBS UH Moment: “Wii Exercise Class” featured in UH News Digest. July 26, 2012.

Layne, C. S. “Using Sensory Information for Movement Coordination.” NCHP newsletter. June 2011.

Layne, C. S. Miller Outdoor Theatre’s Dean’s Night at the Houston Shakespeare Festival featuring Othello. <http://tiny.cc/HHP-Deans-Night>. August 2011.

Layne, C. S. “Tough Decisions on Mars and Moon.” UH news release. <http://tiny.cc/HHP-Layne-Space>. February 13, 2012.

Ledoux, T. A. HoustonPBS UH Moment: “Virtual Reality Clinical Research Lab.” http://www.youtube.com/watch?v=nbY4cl_O0gl. July 2011.

Publicity (continued)

Ledoux, T. A. Quoted in “Dietitians Needed to Feed the Need for Better Nutrition” article in The Houston Chronicle. November 20, 2011.

Ledoux, T. A. HoustonPBS UH Moment: “Studying Food Cravings Through Virtual Reality.” <http://tinyurl.com/HHP-Ledoux-Cravings>. December 12, 2012. Featured video on UH News Digest. December 13, 2012.

Ledoux, T. A. Featured on CLASS website home page as the recipient of the Houston Area Dietetic Association’s (HADA) Outstanding Dietetics Educator award, Outstanding Dietetics Educator of the Year by the Texas Dietetic Association and 2012 Outstanding Dietetic Educator by the Academy of Nutrition and Dietetics. February 8, 2012.

Ledoux, T. A. UH Moment: “Pregnant Weight.” http://tiny.cc/HHP-Ledoux_PG-weight. February 22, 2012.

Ledoux, T. A. “UH Researcher Takes High-tech Approach to Curbing Cravings.” Chron.com article. <http://tinyurl.com/HHP-Ledoux-VR>. February 24, 2012.

Ledoux, T. A. “Pink Slime in Your Kids’ Meals?” video and article by Houston’s FoxNews 26. <http://tinyurl.com/HHP-Ledoux-Meals>. May 7, 2012. UH News Digest. May 8, 2012.

Lee, R. E. Included in President Khator’s fall 2011 address. <http://tiny.cc/HHP-Lee-Khator>. October 3, 2011.

Lee, R. E. “Texas Obesity Research Center Gathers Multinational Force to Combat Obesity.” UH News release. <http://tiny.cc/HHP-Lee-Multinational>. CLASS home page. November 14, 2011.

Lee, R. E. Co-Authored the Physical Activity Special Interest Group’s blog “Moving to Action! Five Steps to Improved Physical Activity-Related Policy.” <http://www.sbm.org/resources/sig-blog>. May 2012.

Lowder, T. “HHP Hosts Graduate Student Research Day.” CLASS News and Events. <http://tiny.cc/HHP-GSRD-fa11>. December 1, 2011.

McFarlin, B. K. “Wellmune WGP® Reduces Respiratory Infections Common in Marathoners” on Enhanced Online News. <http://tinyurl.com/HHP-McFarlin-WGP>. May 30, 2012.

O’Connor, D. P. “Childhood Obesity Demonstration Project.” Centers for Disease Control and Prevention. September 30, 2011.

O’Connor, D. P. “Weighing the Benefits: Researchers Tapped to Evaluate CDC Childhood Obesity Programs.”

- UH News release: <http://tiny.cc/HHP-OConnor-Benefits>; HealthCanal.com: <http://tiny.cc/HHP-OConnor-HC>; NewsWise: <http://tiny.cc/HHP-OConnor-NW>. September 30, 2011.
- CLASS News Update. October 31, 2011
- “CDC Childhood Obesity Programs Evaluated.” CLASS home page and November newsletter. November 14, 2011.
- UH Magazine: <http://www.uh.edu/magazine/11f/index.php>. November 28, 2011.

O’Connor, D. P. “CDC Grant Puts Fun ‘n FITchburg in High Gear.” Sentinel and Enterprise. com. http://tiny.cc/HHP-OConnor_CDC. April 13, 2012. Featured in UH News Digest. April 17, 2012.

O’Connor, D. P. “Taxpayers Increasingly Foot Bill for Bariatric Surgery.”

- The Texas Tribune. <http://tiny.cc/HHP-OConnor-TxT>.
- “State Spending for Weight-Loss Surgery Increases.” The New York Times. <http://tiny.cc/HHP-OConnor-NYT>. June 23, 2012.
- CLASS News Update. July 3, 2012.

Paloski, W. H. “Research Proposals Chosen To Support Crew Health On Missions” article on moonandback.com. <http://tiny.cc/HHP-Paloski-Proposal>.

Pearson, D. “UH Experts Available to Discuss Black History Month.” UH news release. <http://tinyurl.com/HHP-Pearson>. January 27, 2012.



Claudia Scott, MS, RD, LD, CDE

Scott, C. W. Featured in “Reversing Diabetes” article in Absolutely! Katy magazine. http://tiny.cc/HHP-Scott_Diabetes. June 2011.

Shasta’s “What’s Cookin’ in Shasta’s Kitchen” video on TheDailyCougar.com. <http://tinyurl.com/HHP-Shastas-TDC>. October 3, 2011.

Shasta’s HoustonPBS UH Moment: “Shasta’s Culinary Workshop” featured video in UH News Digest. <http://www.youtube.com/watch?v=z5CzO-TbKOY>. April 12, 2012.

Simpson, R. J. Research on exercise and the aging immune system featured in the Swedish press: “Träning gör gott ända ner på cellnivå.” SvD Nyheter. <http://tiny.cc/HHP-Simpson-SVD>. December 14, 2011.

Simpson, R. J. Research on exercise and the aging immune system featured in the HIV treatment Bulletin: “Basic Science and Immunology.” <http://i-base.info/htb/15898>.

Shasta’s Featured on the UH home page. March 2012.

Thrasher, A., & Simpson, R. J. “Using Exercise to Fight Infections in Persons with Spinal Cord Injuries.” TIRR Foundation grant featured in NCHP newsletter. June 2011.

TORC “NIH Funds Cross Border Obesity research in US and Mexico.” CLASS Home page. January 25, 2012.

Wilson, J. Photograph accompanied “A Mind to Walk” article based on research collaboration between the CNBR and UH Cullen College of Engineering. The Economist. <http://tinyurl.com/HHP-CNBR-Wilson>. May 19, 2012. Photos also appeared with the article “Professor Developing Brain-Machine Interface” in Parameters, Spring 2012. egr.uh.edu/parameters/spring2012/spring2012.html.

Student Achievements

Ledoux, T. A., Mama, S. K., O’Connor, D. P., **Adamus, H. J.**, Fraser, M. L., & Lee, R. E. (2012) Home Availability and the Impact of Weekly Stressful Events Are Associated with Fruit and Vegetable Intake among African American and Hispanic/Latina Women. Journal of Obesity, 2012, 737891. PMID: 22666558.

Lee, R. E., Mama, S. K., **Adamus-Leach, H. J.**, & Soltero, E. G. Contribution of neighborhood SES and physical activity resource quality to changes in physical activity in minority women. Paper presented at the Active Living Research Annual Meeting. San Diego. March 14, 2012.

Lee, R. E., Mama, S. K., Medina, A.V., Ho, A., & **Adamus-Leach, H. J.** (2012) Neighborhood factors influence physical activity among community dwelling African American and Hispanic or Latina women. Health & Place, 18, 63–70.

Adamus-Leach, H. J. Recipient of a Doctoral Student Research Development award from the Texas Chapter of the American College of Sports Medicine. 2012–2013.

Adamus-Leach, H. J., Mama, S. K., & Lee, R. E. Relationship of crime and physical activity resource incivilities to physical activity in minority women. Annual meeting for the Society of Behavioral Medicine. New Orleans April.13, 2012.

Student Achievements (continued)

Mama, S. K., **Adamus-Leach, H. J.**, & Lee, R. E. Weight perceptions and readiness to change mediate the relationship between intervention exposure and physical activity among ethnic minority women. Paper presented at the Society of Behavioral Medicine Annual Meeting. New Orleans. April 13, 2012.

Adamus-Leach, H. J., Lopez III, Y. Ledoux, T., & Lee, R.E. Does binge eating mediate the relationship between the food environment and health? Poster accepted at the annual International Society of Behavioral Nutrition and Physical Activity conference. Austin, Texas. May 24, 2012.

Lee, R. E., **Adamus-Leach, H. J.**, & Mama, S. K. Quantity and quality of neighborhood physical activity resources contribute to public housing resident physical activity. Poster presented at the 59th Annual Meeting and 3rd World Congress on Exercise is Medicine of the American College of Sports Medicine. San Francisco. June 1, 2012.

Agha, N. H., Breslin, W. L., & McFarlin, B. K. (2012) Vitamin D status in lean and obese Mexican-American children. International Journal of Exercise Science: Conference Abstract Submissions: 2(4), Article 61. Available at: <http://digitalcommons.wku.edu/cgi/cview.cgi/ijesab/vol2/iss4/61>.

Clarke, M. S. F., **Babcock, L. W., Diak, D.** & O'Connor, D. P. Sweat analysis for assessment of bone loss biomarkers. NASA Investigators Workshop. Houston, Texas. April 2012.

Babcock, L. W., Received a \$60,000 grant as part of NASA's partnership with the HHP department. "Flexing on Mars: Student Research Examines Astronauts' Muscle on Missions." UH news release. <http://tiny.cc/HHP-Babcock>. December 8, 2011.

Bigley, A. Passed Ph.D. comprehensive examination. April 2012.

Bigley, A. B., Lowder, T. W., Spielmann, G., Rector, J. L., Pircher, H., Woods, J. A., & Simpson, R. J. (2012) NK-cells have an impaired response to acute exercise and a lower expression of the inhibitory receptors KLRG1 and CD158a in humans with latent cytomegalovirus infection. Brain Behavior and Immunity, 26:177–186.

Simpson, R. J., Lowder, T. W., Spielmann, G., **Bigley, A. B., LaVoy, E. C., & Kunz, H.** (2012) Exercise and the ageing immune system. Ageing Research Reviews [Epub ahead of print]. PMID: 22543101.

Bigley, A. B., Lavoy, E. C. P., Momcilovic, M., Reed, J., Ograjsek, T., & Simpson R. J. Acute exercise preferentially mobilizes NK-cells with a late-differentiated phenotype. The Psychoneuroimmunology Research Society Annual Meeting, San Diego. June 9, 2012.

Strohacker, K., **Breslin, W. L., Carpenter, K. C.**, Halliday, T. M., Davidson, T. R., Adams, A. N., **Agha, N. H.**, & McFarlin, B. K. Pre-meal cycling reduces postprandial increases in endothelial microparticles in young adults following a high-fat meal. Obesity, 19 (Supplement: 1): S162-S162 (November 2011). Presented at the 2011 Annual Meeting of the Obesity Society. Orlando, Florida. October 1–5, 2011.

Breslin, W. L., Johnston, C. A., Strohacker, K., **Carpenter, K. C.**, Davidson, T. R., Moreno, J. P., Foreyt, J. P., & McFarlin, B. K. Elevated MCP-1, TNF- α , monocyte concentration, and dyslipidemia in obese Mexican-American children. International Journal of Exercise Science: Conference Abstract Submissions: 2(4), Article 12. 2012. Available at: <http://digitalcommons.wku.edu/cgi/cview.cgi/ijesab/vol2/iss4/12>.

Breslin, W. L., Johnston, C. A., Strohacker, K., **Carpenter, K. C.**, Davidson, T. A., Moreno, J. P., Foreyt, J. P., & McFarlin, B. K. (corresponding author) (2012) Obese Mexican-American children have elevated MCP-1, TNF- α , monocyte concentration, and dyslipidemia. Pediatrics. [Epub ahead of print].

Strohacker K., **Breslin, W. L., Carpenter, K. C.**, & McFarlin, B. K. (corresponding author) (2012) Aged mice have increased inflammatory monocyte concentration and altered expression of cell-surface functional receptors. Journal of Bioscience. 37(1):55–62.

Strohacker, K., **Breslin, W. L., Carpenter, K. C.**, Davidson, T. R., **Agha, N. H.**, & McFarlin, B. K. (2012) Moderate-intensity, premeal cycling blunts postprandial increases in monocyte cell surface CD18 and CD11a and endothelial microparticles following a high-fat meal in young adults. Applied Physiology, Nutrition and Metabolism, 37(3):530–9. PMID: 22519907.

Breslin, W. L. Defended her dissertation titled "Systemic Inflammation and Obesity-Related Disease Risk Factors In Mexican-American Children." July 6, 2012.

Bush, K., & Lowder, T. W. Effectiveness of utilizing a peer-matched tutoring program to increase examination scores in a university science course (KIN 3304). UH HHP Undergraduate Research Showcase. October 2, 2011.

McFarlin, B. K., Johnston, C. J., **Carpenter, K. C.**, Davidson, T., Palcic, J. L., Strohacker, K., **Breslin, W. L.**, & Foreyt, J. P. (2011) The effect of a one-year diet/exercise intervention on disease biomarkers in Mexican-American children. *Maternal and Child Nutrition*. doi: 10.1111/j.1740-8709.2011.00398.x. [Epub ahead of print].

Carpenter, K. C., **Breslin, W. L.**, Davidson, T., Adams, A., & McFarlin, B. K. Monocyte and cytokine responses are improved by Baker's Yeast β -Glucan supplementation following exercise in a hot, humid environment. *International Journal of Exercise Science: Conference Abstract Submissions*: 2(4), Article 34. 2012. Available at: <http://digitalcommons.wku.edu/cgi/cview.cgi/ijesab/vol2/iss4/34>.

Carpenter K. C., Strohacker K., **Breslin W. L.**, & McFarlin, B. K. (corresponding author) (2012) Voluntary wheel running results in more weight loss and differential changes in monocytes in previously obese mice. *Comparative Medicine*, 62(1):1–6.

Carpenter, K. C., Strohacker, K., **Breslin, W. L.**, Lowder, T. W., **Agha, N. H.**, & McFarlin, B. K. (2012) Effects of exercise on weight loss and monocytes in obese mice. *Comparative Medicine*, 62(1):21–6. PMID: 22330647.

Carpenter, K. C., **Breslin, W. L.**, Davidson, T., Adams, A., & McFarlin, B. K. (2012) Baker's yeast β -glucan supplementation increases monocytes and cytokines post-exercise: implications for infection risk? *British Journal of Nutrition*, 10:1–9. [Epub ahead of print]. PMID: 22575076.

Carpenter, K. C. Defended her dissertation titled "Effects of the Consumption of a High-Fat Meal on Consecutive Days on Immune Cells and Inflammatory Biomarkers." July 6, 2012.

Chitlangia, P., Fisher, S., & Thrasher, T. A. Dynamic postural control in Parkinson's Disease during gesture controlled virtual reality. NCHP Annual Meeting. Houston. November 4, 2011.

CLASS Scholarships Received by HHP Students



Chi Lee



Kwame Mensah



Darren Randle



Hailee Shuttlesworth



Karim Sadiwala

- Lee, C. H., Leonard Rauch Scholarship
- Mensah, K., CLASS Scholarship
- Randle, D. E., Virginia Barnett Scholarship
- Shuttlesworth, H., GMM Scholarship
- Sadiwala, K., India Studies Scholarship

Hughes, S. O., Power, T. G., Papaioannou, M. A., **Cross, M. B.**, Nicklas, T. A., Hall, S. K., & Shewchuk, R. M. (2011). Emotional climate, feeding practices, and feeding styles: An observational analysis of the dinner meal in Head Start families. *International Journal of Behavioral Nutrition and Physical Activity*, 8(1), 60. doi:10.1186/1479-5868-8-60 PMID: 21663653.

Cross, M. B. Featured in "Dinnertime Observations: Parents' Behaviors May Play a Role in Obesity" article. *Nutrition & Your Child*. <http://www.bcm.edu/cnrc/index.cfm?pmid=21750>. November 4, 2011.

Hughes S. O., **Cross, M. B.**, Hennessy, E., Tovar, A., Economos, C. D., & Power, T. G. (2012). Caregiver's feeding styles questionnaire: Establishing cutoff points. *Appetite*, 58(1), 393–395. doi:10.1016/j.appet.2011.11.011 PMID: 22119478.

Sleddens, E. F. C., Kremers, S. P. J., **Cross, M. B.**, Hughes, S. O., Thijs, C., de Vries, N. K., & O'Connor, T. M. (2012). Physical activity parenting: a systematic review of existing validated questionnaires and associations with child activity levels. Presented at the annual meeting of the International Society of Behavioral Nutrition and Physical Activity. Austin, Texas. May 23–26, 2012.

Cross, M. B. Received 2012 Hydro Angel Award from the Hydro Angels Over America (Previously known as Hydro Angels Over Texas: <http://www.hydroangelsovertexas.org>).

Cross, M. B. Featured in March and May 2012 Hydro Angels Over Texas E-News in conjunction with being a nominee for and recipient of the 2012 Hydro Angel Award.

Student Achievements (continued)

Sleddens, E. F. C., Kremers, S. P. J., Hughes, S. O., **Cross, M. B.**, Thijs, C., de Vries, N. K., & O'Connor, T. M. (2012). Physical activity parenting: a systematic review of existing questionnaires and associations with child activity levels. Poster presentation at the preconference of the annual meeting of the International Society of Behavioral Nutrition and Physical Activity. Houston. May 20 – 22, 2012.

Lee, S. M. C., Clarke, M. S. F., O'Connor, D. P., Stroud, L., Ellerby, G. E., & Soller, B. R. (2011) Near infrared spectroscopy-derived interstitial hydrogen ion concentration and tissue oxygen saturation during ambulation. *European Journal of Applied Physiology* 111:1705–14. PMID: 21212975.

Layne, C. S., **Forrest, A. M.**, **Pourmoghaddam, A.**, Nguy, S., & O'Connor, D. P. Does tendon vibration alter adaptation during split-belt locomotion? Annual meeting of Society for Neuroscience. Washington D.C. November 2011.

Hieronymus, M., **Özdemir, R. A.**, **Pourmoghaddam, A.**, Forth, K. E., & Paloski, W. H. Balance assessment in community-dwelling elderly fallers vs. non-fallers. NCHP Annual Meeting. Houston. November 3–4, 2011.

Pollonini, L., Re, R., **Howell, P. T.**, Prasad, K., Dacso, C. & Simpson, R. J. Relationship Between Systemic And Local Physiological Response To Graded Exercise Assessed With Near-infrared Spectroscopy. American College of Sports Medicine Annual Meeting, San Francisco. June 2, 2012.

Keenum, C.

- “Keenum Named C-USA Player of the Week.” Houston Channel 2 KPRC: <http://tiny.cc/HHP-Keenum-KPRC>. UH Official Athletic Site: <http://tiny.cc/HHP-Keenum-CUSA>. September 2011.
- “Cougars Soar Into National Rankings.” UH Official Athletic Site. <http://tiny.cc/HHP-Keenum-Rankings>. October 9, 2011.
- “UH’s Keenum Becomes NCAA’s All-time Leader in Offense in 63–28 Win.” Chron.com. <http://tiny.cc/HHP-Keenum-NCAA>. October 23, 2011.
- “Football Secures TicketCity Bowl Victory Over #24/23 Penn State, 30–14.” UH Official Athletic Site. <http://tinyurl.com/HHP-Keenum-Bowl>. January 2, 2012.
- “Houston’s Case Keenum Wins FCA Bowden Award.” CBSHouston.com. <http://tinyurl.com/HHP-Keenum-Bowden>. January 6, 2012.

- “Case Keenum Preparing for the Draft.” FOX Sports Houston.com. <http://tiny.cc/HHP-Keenum-Draft>. January 25, 2012.
- “Texans Sign Ex-UH Star Case Keenum.” <http://blog.chron.com/ultimate-texans/2012/04/texans-sign-ex-uh-star-case-keenum/>. April 28, 2012.

Lowder, T. W., & **Kunz, H. E.** Exercise prior to pregnancy enhances Treg-mediated Suppression and airway hyperresponsiveness in murine pups. Pittsburgh International Lung Conference. 2011.

LaVoy, E. C. P. McFarlin, B. K., & Simpson, R. J. (2011) Immune responses to exercising in a cold environment. *Wilderness & Environmental Medicine*, 22:343–51.

LaVoy, E. C. P. Passed and submitted candidacy research paper to *Journal of Applied Physiology*. March 2012.

LaVoy, E. C. P. Passed Ph.D. comprehensive examination. April 2012.

LaVoy, E. C. P. Presented in a featured science session entitled: “Exercise Immunology: Clinical Implications” at the ACSM annual meeting. San Francisco. June 2012.

LaVoy, E. C. P., & Simpson, R. J. Acute exercise increases cytokine expression in late but not early differentiated CD8+ T-cells. American College of Sports Medicine Annual Meeting, San Francisco. June 1, 2012.

LaVoy, E. C. P. Awarded a CLASS doctoral student research assistantship for 2012/2013.

Lee, S. M. C. Q&A: Legacy of the Space Shuttle, part I: Understanding human physiology for Earth, space and beyond. American College of Sports Medicine. <http://tiny.cc/HHP-Lee-Space>. August 2011.

Lopez III, Y. O'Connor D. P., Ledoux, T. A., & Lee, R. E. (2011). Analysis of body composition methods in a community sample of African American women. *Women & Health*, 51:709–723.

Lee, R. E., Mama, S. K., & **Lopez III, Y.** (2012) Sitting time and cardiometabolic risk factors in African American women. *Journal of Obesity*. 803467.

Lopez III, Y., O'Connor, D. P., Ledoux, T. A., & Lee, R. E. The Accuracy of predicting body fat percentage using published BMI equations in a sample of African American women [poster]. International Society for Behavioral Nutrition and Physical Activity Annual Meeting. San Antonio. May 24, 2012.

Mama, S. K., **Lopez III, Y.**, & Lee, R. E. Sitting time and cardiometabolic risk factors in African American overweight women. Paper presented at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity. Austin, Texas. May 24, 2012.

Madansingh, S. Chosen by the Canadian Space Agency to collect data using the European Space Agency's new short-arm centrifuge at the German Aerospace Center in Cologne.

Madansingh, S., Mittag, U., Rittweger, J., & Paloski, W. H. Design and validation of Vicon Bonita motion capture system for use on the ESA short-radius human centrifuge in Cologne, Germany. NCHP Annual Meeting. Houston. November 4, 2011.

Morrison, M. Successfully defended his thesis titled: Changes in regulatory T-cell expression following acute exercise in young and middle-aged subjects.

Ochoa, N. Recipient of 2012 UH SURF Award. \$3,500.

Özdemir, R. A., Pourmoghaddam, A., & Paloski, W. H. Prediction of posture control performance in blind and sighted individuals: the role of lower body strength and proprioception. NCHP Annual Meeting. [Student poster award winner]. Houston. November 3–4, 2011.

Özdemir, R. A. "The National Center for Human Performance 2011 Annual Meeting" (November 3–4, 2011). Highlighted in the NCHP November newsletter

for his award winning third place poster, "Prediction of Postural Control Performance Both in Blind and Sighted Individuals: The Role of Lower Body Strength and Proprioception." December 1, 2011.

Pourmoghaddam, A. Recipient of a 2011–2012 Dissertation Completion Grant awarded by UH/CLASS Houston Endowment gift.

Uzun, S., **Pourmoghaddam, A.**, Ghabshi, H. S., **Hieronimus, M.**, Layne, C.

S., & Thrasher, T. A. Evaluation of muscle fatigue and endurance of wheelchair basketball players with spinal cord injury using recurrence quantification analysis of surface emg. Annual meeting of Society for Neuroscience. Washington D.C. November 2011.

Bryant, M. S., **Pourmoghaddam, A.**, & Thrasher, T. A. (2012) Gait changes with walking devices in persons with Parkinson's disease. *Disability and Rehabilitation: Assistive Technology*, 7(2):149–152.

Uzun, S., **Pourmoghaddam, A.**, **Hieronimus, M.**, & Thrasher,

T. A. (2012) Evaluation of muscle fatigue of wheelchair basketball players with spinal cord injury using recurrence quantification analysis of surface EMG. *European Journal of Applied Physiology*. Published online.

Pourmoghaddam, A. Completed his doctoral defense of his dissertation titled: SYNERGOS: An index for quantifying multiple muscle activation.

Workman, C. "The National Center for Human Performance 2011 Annual Meeting" (November 3–4, 2011). Highlighted in the NCHP November newsletter for his award winning second place poster, "Effects of Static Stretching During the Instep Soccer Kick." December 1, 2011.



Faculty, graduate and undergraduate students at the CNBR

2012 HHP Outstanding Student Awards:

Excellence in Undergraduate Studies

- **Randall Williams** Exercise Science
- **Rosie Ford** Fitness/Sports
- **Jesika Orellana** Nutrition
- **Ina Javier** Sport Administration

Scholarship Recipients

- **Paul Espinoza** Margie Sterr Scholarship
- **Jose Soria** Mary Louise White Scholarship

American Kinesiology Association's 2012 National Undergraduate Scholars

- **Rosie Ford**
- **Paul Stuart**

Excellence in M.Ed. Studies

- **Erik Andrews** Sport Administration
- **Andrew Crane** Physical Education

Graduate Awards in Other Categories

- **Recep Özdemir** Teaching Excellence
- **Whitney Breslin** Overall Graduate Student Excellence
- **Heather Adamus-Leach** Dr. Andrew "Tony" Jackson Research Excellence

2012 NASA Human Research Program Investigators' Workshop, February 2012:

Hackney, K. J., **Everett, M.**, & Ploutz-Snyder, L. L., Nutrition coupled with high-load or low-load blood flow restricted exercise during human limb suspension.

Simpson, R. J., Ploutz-Snyder, L., Wickwire, P. J., **Howell, P. T.**, O'Connor, D. P., & Paloski, W. H., Development of a submaximal exercise protocol to identify the ventilatory threshold in astronauts.

Moore, A. D. Jr., Evetts, S. N., Feiveson, A. H., **Lee S. M. C.**, McCleary, F. A., Platts S. H., & Ploutz-Snyder, L. Oxygen uptake responses to submaximal exercise loads do not change during long-duration space flight.



Rosie Ford, Dr. Thomas Lowder and Jenny Berridge

Phillips, T. R., Arzeno, N. M., Stenger, M. B., **Lee, S. M. C.**, Bloomberg, J. J., & Platts, S. H. Functional Task Test: 2) Space flight-induced cardiovascular changes and recovery during NASA's functional task test.

Lang, T. F., Streeper, T. S., Cavanagh, P. R., Saeed, I. H., Carpenter, R. D., Frassetto, L. A., **Lee, S. M. C.**, Spiering, B., Grodzinsky, C. M., Funk, J., Hanson, A. M., Bloomberg, J. J., Mulavara, A. P., & Sibonga, J. D. An integrated musculoskeletal countermeasure battery for long-duration lunar missions.

Lee, S. M. C., Westby, C. M., Stenger, M. B., Smith, S. M., Zwart, S., Ploutz-Snyder, R. J., & Platts, S. H. Defining the relationship between biomarkers of oxidative and inflammatory stress and the risk for atherosclerosis in astronauts during and after long-duration space flight.

Bloomberg, J. J., Arzeno, N. M., Buxton, R. E., Feiveson, A. H., Kofman, I. S., **Lee, S. M. C.**, Miller, C. A., Mulavara, A. P., Peters, B. T., Phillips, T., Platts, S. H., Ploutz-Snyder, L. L., Reschke, M. F., Ryder, J. W., Spiering, B. A., Stenger, M. B., Taylor, L. C., Wickwire, P. J., Wood, S. J., Functional task test: 1) Sensorimotor changes associated with post-flight alterations in astronaut functional task performance.

Phillips T. R., Arzeno N. M., Stenger M. B., **Lee S. M. C.**, Bloomberg J. J., & Platts S. H. Functional task test: 2) Space flight-induced cardiovascular changes and recovery during NASA's functional task test.

University of Houston Cougars 2012 Athletic Alliance (UHCAA) Academic Scholarship Recipients:

- **Chambliss, W.** Sport Administration (Undergraduate)
- **Thompson, A.** Kinesiology (Undergraduate)
- **Davis, J.** Sport Administration (Graduate)
- **Pulliam, K.** Strength & Conditioning (Graduate)

Alumni Accomplishments

Abercromby, Andrew F. (Ph.D. '06) Received the Rotary National Award for Space Achievement's (RNASA) 2012 Early Career Stellar Award for technical excellence and innovation in advancing the Lunar Electric Rover/Multi-Mission Space Exploration Vehicle from concept to functional prototype.

Banda, Jorge ('04, M.S. '07) John Luehrs Annual Fellowship Award, Arnold School of Public Health, University of South Carolina. August 2011.

Lee, R. E., O'Connor, D. P., Smith-Ray, R., Mama, S. K., Medina, A. V., Reese-Smith, J. Y., **Banda, Jorge A.** ('04, M. S. '07), Layne, C. S., Brosnan, M., Cubbin, C., McMillan, T., & Estabrooks, P. A. (2012). Mediating effects of group cohesion on physical activity and diet in women of color: Health is power. *American Journal of Health Promotion*, 26(4):e116e125.

Mama, S. K., Quill, B. E., Fernandez-Esquer, M. E., Reese-Smith, J. Y., **Banda, Jorge A.** ('04, M. S. '07), & Lee, R. E. (2011). Body Image and Physical Activity among African American and Hispanic or Latina women. *Ethnicity & Disease*, 21(3):281–287.

Carter-Francique, Akilah ('00) A Rites of passage for black female student-athlete? Research Symposium: Race and Sport. Center for the Study of African American Culture. African American Studies Program, University of Houston. April 6, 2012.

Hieronymus, M., Özdemir, R. A., Pourmoghaddam, A., **Forth, Katherine E.** (Ph.D. '05) & Paloski, W. H. Balance assessment in community-dwelling elderly fallers vs. non-fallers. NCHP Annual Meeting. Houston. November 3–4, 2011.

Houser, Jeremy (Ph.D. '07) Named associate professor at Kirksville College of Osteopathic Medicine, Kirksville, MO.

Hutchison, Alexander (Ph.D. '07) (2011) Increased inherent intestinal granzyme B expression may be associated with SIV pathogenesis in Asian non-human primates. *The Journal of Medical Primatology*, 40(6):414–26.

Pearson, D. W., & **Lam, Eddie T. C.** (Ph.D.'00) Prole sport social consciousness during an era of sport greed. Minneapolis. November 2011.

Lam, Eddie T. C. (Ph.D.'00), Cheung, S., Pearson, D. W., & Bae, S. Factors affecting spectators' decisions in attending NBA home games. American Alliance for Health, Physical Education, Recreation and Dance, Annual Conference. Boston. March 16, 2012.

Pearson, D. W., & **Lam, Eddie T. C.** (Ph.D.'00) Prole sport social consciousness during an era of sport greed. HHP Faculty Research Day. Houston. April 3, 2012.

Miller III, Fred (Ph.D. '08) Completed the 2012 Boston Marathon. April 16, 2012.

McAlexander, Kristen (Ph.D. '10) Nominated for Who's Who in America, Leadership, National. Marquis *Who's Who in America*. 2011.

McAlexander, Kristen M. (Ph.D. '10), Sahnoune, I., Alastuey, L., Bode, S., & Lee, R. E. (2011) Using virtual and real, immersive technologies to enhance learning in obesity studies. *Journal of CyberTherapy & Rehabilitation*, 4(4), 455–460.

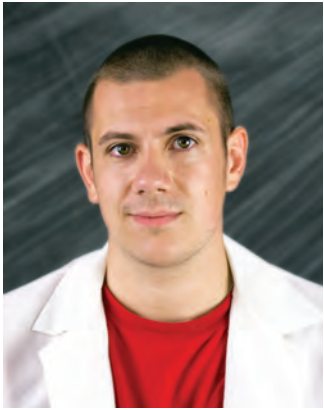
McAlexander, Kristen M. (Ph.D. '10), Mama, S. K., Medina, A. V., O'Connor, D. O., & Lee, R. E. (2012) Concordance and correlates of direct and indirect built environment measurement among minority women. *American Journal of Health Promotion*. 26(4): 239–44.

Patterson, James ('72) Fort Bend County Commissioner awarded the 2012 HHP Alumnus of the Year Award.

Spielmann, Guillaume (M.S. '11), McFarlin, B. K., O'Connor, D. P., Smith, P. J., Pircher, H., Simpson, R. J. (2011) Aerobic fitness is associated with lower proportions of senescent blood T-cells in man. *Brain, Behavior, and Immunity*, 25(8):1521–9.

Cosgrove C., Galloway, S. D., Neal, C., Hunter, A. M., McFarlin, B. K., **Spielmann, Guillaume** (M.S. '11), & Simpson, R. J. (2011) The impact of 6-month training preparation for an Ironman triathlon on the proportions of naïve, memory and senescent T cells in resting blood. *European Journal of Applied Physiology*. [Epub ahead of print].

Alumni Accomplishments (continued)



Guillaume Spielmann

Spielmann, Guillaume (M.S. '11) Appointed postdoctoral research fellow in HHP. He will investigate the effects of space flight on astronaut immunity. This is a 4-year grant awarded by NASA to Dr. Richard Simpson.

Simpson, R. J., Lowder, T. W., **Spielmann, Guillaume** (M.S. '11), Bigley, A. B., LaVoy, E.C. P., & Kunz, H. (2012) Exercise and the ageing immune system. *Ageing Research Reviews* [Epub ahead of print]. PMID: 22543101.

Simpson, R. J. & **Spielmann, Guillaume** (M.S. '11) (2012). "Exercise and Immunosenescence." In *Immunosenescence: behavioural*

and psychosocial determinants. (Editors: Bosch, J.A., Phillips, A.C. and Lord J.M.) Springer, NY.

Bigley, A. B., Lowder, T. W., **Spielmann, Guillaume** (M.S. '11), Rector, J. L., Pircher, H., Woods, J. A., & Simpson, R. J. (2012) NK-cells have an impaired response to acute exercise and a lower expression of the inhibitory receptors KLRG1 and CD158a in humans with latent cytomegalovirus infection. *Brain Behavior and Immunity*, 26:177–186.

Simpson, R. J., Lowder, T. W., **Spielmann, Guillaume** (M.S. '11), Bigley, A. B., LaVoy, E. C., & Kunz, H. (2012) Exercise and the ageing immune system. *Ageing Research Reviews* [Epub ahead of print].

Wing, R. R., **Strohacker, Kelley** (Ph.D. '11), & McCaffery, J. (2012) Letter to the editor: Long-term hormonal adaptations to weight loss. *The New England Journal of Medicine*, 366(4):380–382.

Strohacker Kelley (Ph.D. '11), Breslin, W. L., Carpenter, K. C., Halliday, T. M., Davidson, T. R., Adams, A. N., Agha, N. H., & McFarlin, B. K. Pre-meal cycling reduces postprandial increases in endothelial microparticles in young adults following a high-fat meal. *Obesity*, 19(Supplement: 1): S162-S162 (November 2011). Presented at the 2011 Annual Meeting of the Obesity Society. Orlando, Florida. October 1–5, 2011.

Carpenter K. C., **Strohacker, Kelley** (Ph.D. '11), Breslin W. L., & McFarlin, B. K. (corresponding author) (2012) Voluntary wheel running results in more weight

loss and differential changes in monocytes in previously obese mice. *Comparative Medicine*. 62(1):1–6.

Carpenter, K. C., **Strohacker, Kelley** (Ph.D. '11), Breslin, W. L., Lowder, T. W., Agha, N. H., & McFarlin, B. K. (2012) Effects of exercise on weight loss and monocytes in obese mice. *Comparative Medicine*, 62(1):21–6. PMID: 22330647.

Breslin, W. L., Johnston, C. A., **Strohacker, Kelley** (Ph.D. '11), Carpenter, K. C., Davidson, T. A., Moreno, J. P., Foreyt, J. .P, & McFarlin, B. K. (corresponding author) (2012) Obese Mexican-American children have elevated MCP-1, TNF- α , monocyte concentration, and dyslipidemia. *Pediatrics*. [Epub ahead of print].

Strohacker Kelley (Ph.D. '11), Breslin, W. L., Carpenter, K. C., & McFarlin, B. K. (corresponding author) (2012) Aged mice have increased inflammatory monocyte concentration and altered expression of cell-surface functional receptors. *Journal of Bioscience*, 37(1):55–62

McFarlin, B. K., Johnston, C. J., Carpenter, K. C., Davidson, T., Palcic, J. L., & **Strohacker, Kelley** (Ph.D. '11), Breslin, W. L., & Foreyt, J. P. (2011) The effect of a one-year diet/exercise intervention on disease biomarkers in Mexican-American children. *Maternal and Child Nutrition*. doi: 10.1111/j1740-8709.2011.00398.x. [Epub ahead of print].



Kelley Strohacker

Strohacker, Kelley (Ph.D. '11), Breslin, W. L., Carpenter, K. C., Davidson, T. R., Agha, N. H., & McFarlin, B. K. (2012) Moderate-intensity, premeal cycling blunts postprandial increases in monocyte cell surface CD18 and CD11a and endothelial microparticles following a high-fat meal in young adults. *Applied Physiology, Nutrition and Metabolism*, 37(3):530–9. PMID: 22519907.

Breslin, W. L., Johnston, C. A., **Strohacker, Kelley** (Ph.D. '11), Carpenter, K. C., Davidson, T. R., Moreno, J. P., Foreyt, J. P., & McFarlin, B. K. Elevated MCP-1, TNF- α , monocyte concentration, and dyslipidemia in obese Mexican-American children. *International Journal of Exercise Science: Conference Abstract Submissions*: 2(4), Article 12. 2012. Available at: <http://digitalcommons.wku.edu/cgi/cview.cgi/ijesab/vol2/iss4/12>.

Wilson, Penny L. (Ph.D. '10), "Tips from the Trainer: Dietary Supplements." Houston Rockets Official Site. <http://tinyurl.com/HHP-Wilson-Rockets>. December 2011.

Wilson, Penny L. (Ph.D. '10), O'Connor, D. P., Kaplan, C. D., Bode, S., & Lee, R. E. (2012). Relationship between fruit, vegetable, and fat consumption and binge eating symptoms in African American and Hispanic or Latina women. *Eating Behaviors*, 13(2):179–82.

Wilson, Penny L. (Ph.D. '10) "ABC Reporter Turns Running into Science" on Houston's KTRK 13 Eye Witness news. <http://tiny.cc/HHP-Wilson-Running>. January 15, 2012.

Wilson, Penny L. (Ph.D. '10) "Age of Obesity" on Houston's KTRK 13 Eye Witness news. <http://tiny.cc/HHP-Wilson-Obesity>. February 23, 2012.

Wilson, Penny L. (Ph.D. '10) "Got Carb Cravings? Try These Tasty Alternatives" on Houston's KTRK 13 Eye Witness news. <http://tiny.cc/HHP-Wilson-Carbs>. February 24, 2012.

Wilson, Penny L. (Ph.D. '10) "Fried Food Alternatives at the Rodeo." ABC 13 Health Check. <http://tinyurl.com/HHP-Wilson-Rodeo>. March 1, 2012.

Wilson, Penny L. (Ph.D. '10) "Memorial Hermann Helps Athletes" segment on Houston's KHOU TV's Great Day show. <http://tiny.cc/HHP-Wilson-Athletes>. May 16, 2012.

Wilson, Penny L. (Ph.D. '10) "Searching for the Fountain of Youth? Eat Your Vegetables." Chron.com. <http://tiny.cc/HHP-Wilson-Youth>. June 8, 2012.

2012 NASA Human Research Program Investigators' Workshop, February 2012:

- Ryder, J. W., Wickwire, P. J., **Buxton, Roxanne E.** (M.Ed. '12), Bloomberg, J. J., & Ploutz-Snyder, L. Functional task test: 3) Skeletal muscle performance adaptations to space flight.
- Ploutz-Snyder, L., Ryder, J., **Buxton, Roxanne E.** (M.Ed. '12), **Redd, E., Scott-Pandorf, M. M.** (Ph.D. '05), Hackney, K., Fiedler, J., Ploutz-Snyder, R., & Bloomberg, J. Thresholds of muscle strength below which function is impaired.

- Ryder, J. W., Wickwire, P. J., **Buxton, Roxanne, E.** (M.Ed. '12), Bloomberg, J. J., & Ploutz-Snyder, L. Functional task test: 3) Skeletal muscle performance adaptations to space flight.
- Bloomberg, J. J., Peters, B. T., Mulavara, A. P., Brady, R. A., Batson, C. D., Miller, C. A., Ploutz-Snyder, R. J., Guined, Jamie R., **Buxton, Roxanne E.** (M.Ed. '12), & Cohen, H. S. Locomotor adaptation improves balance control, multitasking ability and reduces the metabolic cost of postural instability.
- Adams, G., Cotter, J., **Scott-Pandorf, M. M.** (Ph.D. '05), Haddad, F., Tesch, P., Baldwin, K., & Caiozzo, V. The effects of muscle unloading with and without exercise countermeasures on loading sensitive cellular and molecular biomarkers.
- Thompson, W. K., Lewandowski, B. E., Humphreys, B. T., Ploutz-Snyder, L., Caldwell, E. E., Newby, N. J., **Scott-Pandorf, M. M.** (Ph.D. '05), Peters, B. T., Fincke, R. S., DeWitt, J. K., Pennline, J. A., Myers, J. G., & Mulugeta, L. Integrated biomechanical modeling of the squat exercise on the advanced resistive exercise device (ARED) using LifeMOD®.
- Newby, N. J., Caldwell, E. E., **Scott-Pandorf, M. M.** (Ph.D. '05), Peters, B. T., Fincke, R. S., DeWitt, J. K., & Ploutz-Snyder, L. L. Computational models of exercise on the advanced resistance exercise device (ARED).

New Dietetic Interns

The Nutrition program had several graduates accepted into the Dietetic Internship this year including:

- | | |
|-------------------|---------------------|
| • Camille Booker | • Afchan Mohammed |
| • Simica Deel | • Fatima Tai |
| • Rachel Huisman | • Bernadette Valdez |
| • Kristen Kabay | • Natalia Yanez |
| • Lai (Jamie) Lee | • Nicholas Yonko |
| • Megan Litterer | |

Personnel



Dr. Michael Cottingham will serve as an assistant professor of sport administration. He is a recent doctoral graduate in human performance from the University of Southern Mississippi. Cottingham received his master's in recreation administration from the University of Southern Mississippi, and he earned his bachelor's in political science from the University of Arizona. His research interests focus on consumer behavior in non-traditional sports and promotional strategy of disability sport. Cottingham's work has been published in journals including the International Journal of Sport Management and the International Journal of Sports Marketing and Sponsorship. In addition, he serves on committees with the United States Tennis Association and the International Wheelchair Rugby Federation.



Dr. Daphne Hernandez joins the HHP faculty as an assistant professor of nutrition and obesity studies. She comes to Houston from Pennsylvania State University where she served as assistant professor in the human development and family studies department. Hernandez earned her doctorate in developmental and educational psychology from Boston College, her master's in psychological services from the University of Pennsylvania and her bachelor's in psychology from Princeton University. Her research includes how family-related factors, such as poverty and family structure, as well as food insecurity and participation in public assistance programs influence child and adult health outcomes.



Dr. Brian McFarlin has accepted a position as tenured assistant professor at the University of North Texas in Denton, Texas beginning this fall. He served as an HHP assistant professor in exercise physiology and nutrition since 2005.



Erin Prevet-Major was an academic adviser in the department for eight years. She and her husband recently moved to Owasso, OK.

FACULTY

Dr. Lisa Alastuey, Clinical Assistant Professor
Dr. Sharon Bode, Clinical Associate Professor
Dr. Mark Clarke, Associate Professor
Dr. Stacey Gorniak, Assistant Professor
Ms. Audra Hollingsworth, Visiting Assistant Professor
Dr. Charles Layne, Department Chair, Professor
Dr. Tracey Ledoux, Assistant Professor
Dr. Rebecca Lee, Associate Professor
Dr. Jian Liu, Assistant Professor

Dr. Thomas Lowder, Assistant Professor
Dr. Kimberlee Matalon, Associate Professor
Dr. Daniel O'Connor, Associate Professor
Dr. William Paloski, Professor
Dr. Demetrius Pearson, Associate Professor, Associate Department Chair
Ms. Claudia Scott, Clinical Assistant Professor
Dr. Richard Simpson, Assistant Professor
Dr. Adam Thrasher, Assistant Professor
Dr. Rey Treviño, Clinical Assistant Professor

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Ms. Amanda Butcher, Office Assistant 1
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Ms. Laurel Flores, Academic Advisor 2
Ms. Alma Gonzalez, Academic Advisor 1
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Ms. Joy Wilson, Graphic Designer 2/Photographer



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