

HHP TODAY

HEALTH and HUMAN PERFORMANCE

Spring 2015

From the Chair



We're full speed into the fall 2014 semester! Not only have we had a record enrollment in HHP, but also a record enrollment across the university. In this issue of HHP Today, you can get a glimpse of some current

activities and accomplishments throughout the department. For more information about our academic and research opportunities, you can always keep up with us on our website at www.hhp.uh.edu.

I'm pleased to introduce new faculty members, who joined HHP this fall. Their addition continues to show our commitment to prepare students for success as tomorrow's leaders in the exercise, health and fitness, nutrition and sport administration fields.

HHP hosted the annual Great Strides: Taking Steps to Cure Cystic Fibrosis on campus on May 17, 2014. Almost 1,000 participants helped to raise \$780,000, which goes to support lifesaving research, quality care and education programs.

On Dec. 7, 2014, we will host the third Graffiti Run Houston on the UH campus. A portion of the proceeds from the 5K run goes to support the HHP Undergraduate Scholarship fund. For more details and to register for the event, visit www.thegraffitirun.com.

Through the newsletter, we want to keep you, our alumni, up-to-date with your UH department. I would love to hear from you and learn what you're doing as well. Please feel free to contact me at clayne2@uh.edu.

Dr. Charles Layne
HHP Department Chair

HHP Faculty, Students Impact Adaptive Athletics

The Adaptive Athletics at UH student organization, under the direction of HHP Assistant Professor Michael Cottingham, is making great strides in the nation-wide recognition and implementation of collegiate adaptive athletics.



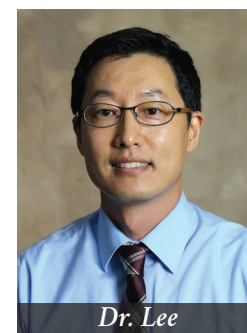
Dr. Cottingham

Cottingham and HHP Assistant Professor Don Lee, have been awarded a 2014 Grassroots Wheelchair Tennis Grant from the United States Tennis Association (USTA) for the adaptive athletics student

organization. The competitive grant is intended to help Adaptive Athletics at UH with its wheelchair tennis program's numbers and its year round sustainability. The USTA is the national governing body for the sport of tennis, and the recognized leader in promoting and developing the sport's growth on every level in the U.S., from local communities to the U.S. Open.



in January, the Eastern College Athletic Conference (ECAC) voted to create more sport opportunities for athletes with disabilities, including providing "reasonable accommodations" in existing sports and adding some events for disabled athletes



Dr. Lee

in the future. The ECAC is the nation's largest conference member of the National Collegiate Athletic Association (NCAA), which is a non-profit organization that regulates athletes in more than 1,000 institutions, conferences, organizations and individuals.

"This decision serves all students interests and guarantees more acceptance of students with disabilities at our universities and in our field houses. I personally look forward to seeing these efforts advance and appreciate the ECAC's leadership," said Cottingham, who is also a Research Fellow, Inclusive Sports Initiative, Institute for Human Centered Design.

The NCAA recently awarded Cottingham funding to research sport statistics concerning youth with disabilities. His researchers are systematically identifying programs state-by-state. The data collected will help researchers and practitioners understand the size, scope, focus, makeup, and determine the direction of disability youth sport.

Adaptive Athletics at UH held its second annual Cougar Cup on Feb. 27-March 1, on the UH main campus. Six teams from Texas and other states played in the competition. Learn more about adaptive athletics in HHP and keep up with events at www.uh.edu/class/hhp/hhp_adaptive_athletics. ■

Faculty Focus: Dr. Jon Gray



► In the fall of 2013, Dr. Jon Gray joined HHP as an instructional associate professor for the physical education basic instruction program (PEB). He received his doctorate in education at UH, and earned his masters at Texas A&M–Corpus Christi, and his bachelor’s at Tarleton State University, Stephenville, Texas.

Gray chose the field of physical education because of the emphasis wellness had in his personal life and his desire to help others improve the overall quality of their lives.

The PEB program contains a variety of physical activity classes that get students moving more, learning new skills and information about safety, nutrition and self-monitoring during exercise. Some of the focal points of the program include collecting relevant learning and physical fitness data to provide important instructional feedback to enhance program effectiveness and individual physical fitness levels.

Although he has a background in education, including experience as a tenure track faculty member in Texas, and work in research as a post-doc research fellow with the U.S. Department of Education and The Center for Research on Education, Diversity and Excellence, he has seen a change in his career direction.

“Over the years, my career focus has definitely shifted more toward providing service and giving back to the educational community. I think this is especially true since returning to UH and having the opportunity to give back to my alma matter,” he said. “My current position in HHP is a perfect fit for both my passion to teach as well as to serve the department, college and University.”

Since returning to UH, Gray has been impressed with the outstanding quality of his students, how focused they are on their studies and career aspirations, and surprised by the increase in school spirit.

“I contribute these outcomes to the fact that UH has an incoming student body that is graduating with a higher rank from their high schools, they are entering college with higher test scores, and they are genuinely satisfied about their choice of becoming Cougars,” he said. ■

Alumni Spotlight: Carlos Reyes

► “There’s nothing more exciting than thinking about the potential for UH five years from now,” according to Carlos Reyes ('12). One of the best parts of his time in HHP while studying for his bachelor’s in kinesiology- sport administration (with a minor in business administration) was watching the University grow each year.

He recalls working with the UH operations department as an outstanding opportunity and memory, “I wasn’t sure if this was something I wanted to do long-term. Years later, I can say it’s one of the best decisions I ever made,” he said. “I’ll never forget setting up and breaking down football games; being at the stadium for 18 straight hours some days. I loved every second of it.”

Reyes has been assistant manager of operations at BBVA Compass Stadium, Anschutz Entertainment Group (AEG) Facilities for more than a year and is responsible for day-to-day operational functions and activities in and around the stadium.

This spring, the Compass Stadium will host three concerts including Kenny Chesney on

May 22, in addition to the Dynamo season and the Houston Dash as part of the recently formed National Women’s Soccer League (NWSL). “This is the job I was meant to have, and ever since I started, I haven’t looked back,” he said.

Sports have always been an important part of Reyes’ life. After playing for two years at UH and one year at San Diego City College, he returned to UH to finish his degree.

He worked two jobs concurrently during this time that were crucial in his life. He was a health and wellness coordinator at Verizon Wireless and an Event Management Specialist for UH Athletics. Both jobs kept him actively involved in sport and motor development.

From these opportunities he says, “stadium operations is something I grew to love and eventually stick with.”

His dream job is to be a general manager of a multisport stadium, like BBVA Compass Stadium that houses not only sports but also music entertainment. He is interested in the



many different aspects of the position, which includes all event services and operations from development to contract negotiations to logistics to marketing. ■

HHP Faculty Win Awards from The Houston Academy of Nutrition and Dietetics



Ms. Honig (seated) is surrounded by her nutrition class.



Dr. Layne (center) poses with December 2014 graduates.

► Two of HHP's faculty members have received awards from the Houston Academy of Nutrition and Dietetics. Ms. Caryn Honig, a faculty member in the nutrition program, received the 2014-2015 Outstanding Nutrition Educator Award. The educator award honors a registered dietitian who has made a major contribution to nutrition education of the public and/or health professionals. Honig is also the owner of The Healthy Weigh, a Houston area nutritional counseling center, where she and her team counsel patients who struggle with eating disorders, disordered eating and weight management.

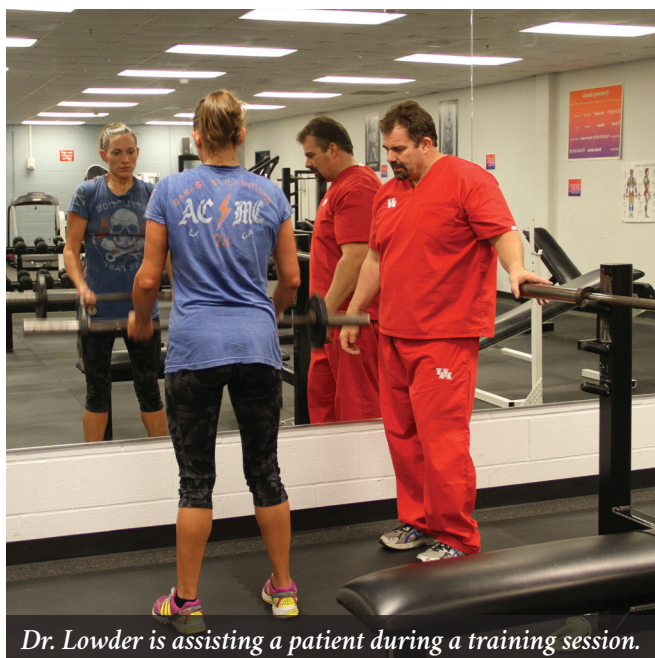
The Houston Academy has awarded Dr. Charles Layne, HHP chair and professor, the 2014-2015 Bluebonnet award, which recognizes an individual who is not a dietitian, but who has contributed significantly to the promotion, recognition or progress of nutrition and dietetics in Texas. Layne has overseen the fast-paced growth of HHP's didactic program, expansion of the dietetic internship program and creation of master's and doctoral level specializations in nutrition and obesity research. ■

New Angle on Rare Lung Disease May Improve Quality of Life for Patients

► Assistant HHP Professor Thomas Lowder is examining how physical activity impacts the quality of life and disease progressions of those living with a rare lung disease, known as lymphangioleiomyomatosis (LAM). It strikes women exclusively, regardless of age, ethnicity, genetics or physical conditioning.

LAM is characterized by cysts in the lung, tumors in the kidneys, respiratory failure and eventual lung transplant, there is no cure and limited treatment options. There are approximately 100 researchers studying this disease in the country and about 1,500 diagnosed cases in the U.S. currently. Lowder's year-old study includes a marathon runner, a soldier, a physician and a mom.

The participants engage in training sessions—lifting weights, running, sprinting and walking. They are re-assessed every three months. Patients were referred by



Dr. Lowder is assisting a patient during a training session.

Dr. Khalid F. Almoosa, whose LAM clinic in the University of Texas Health Science Center in Houston is one of only two in Texas. Almoosa's 24 patients are mostly from the

Houston area, but some travel from as far away as Brazil and Honduras. "Claudia" was living in Georgia when she was diagnosed.

"I didn't know I had this disease until I got an X-ray on my neck following a car accident," she said. "The doctors happened to notice something not right on the tops of my lungs. I had never heard of LAM, nor, as I found out, had many others. When I found out about the clinic and study, I moved to Houston."

"All of our patients are improving—better lung function and bone mineral density, which is awesome," Lowder said. "This study isn't trying to cure the disease. We want to improve their quality of life in their daily activities and slow the decline in pulmonary function, so that if they do need a transplant, they can have it in three years instead of two years down the road." ■

This article is taken from a UH news release written by Marisa Ramirez.

For questions or comments:
 Martha S. Hayes, Editor/Designer
 msHayes@uh.edu
 713.743.0327



The University of Houston is an EEO/AA institution.

Learn about HHP research projects at <http://hhp.uh.edu/>

CNBR

CENTER FOR NEUROMOTOR AND BIOMECHANICS RESEARCH

LIP

LABORATORY OF INTEGRATED PHYSIOLOGY

TORC

TEXAS OBESITY RESEARCH CENTER

INNOVATION

HHP gets UH into Guinness Book of World Records

The Wii Performance course, first unveiled in 2009, is now listed in the 2014 Gamers edition of the Guinness Book of World Records as the world's first Wii-based university course. The video game system serves as a personal trainer and tracks a person's movements and measures daily exercise against personal fitness goals. HHP saw the trend early and quickly became an innovator in game-based fitness courses.

"Using the Wii to exercise is especially relevant for individuals who don't have access to a park or a gym—or for anyone who needs easy access to a workout," said Jessica Wheeler, Program Coordinator.

Periodic quizzes are given to ensure students comprehend these concepts—as well as how to properly care for and operate the equipment. Students keep nutrition and food journals, study Body Mass Index, and participate in VO2 testing, which measures their oxygen usage and aerobic fitness.

"Being recognized by the Guinness Book of World Records is certainly a unique honor for an academic department," said Dr. Charles Layne, HHP chair. "We are always looking for ways to more effectively serve our students' overall wellness needs, and the Wii class is a great example of that. We are pleased to be acknowledged as being on the cutting edge as indicated by this singular world record."

