

EXS NEWS



**CREIGHTON UNIVERSITY EXERCISE SCIENCE
AND PRE-HEALTH PROFESSIONS NEWSLETTER**

Fall 2019

A Note from the Chair

Dear Alumni,

The semester is flying by and there have been a lot of great developments in the department. In August, we welcomed 6 new faculty who are featured in this issue and they are absolutely killing it. We also began teaching the freshmen-level nursing anatomy course (EXS 111) and have 180 students enrolled in 4 sections and it's been a great fit for the department. In spring, we're adding another service course, PHA 404 Human Physiology (formerly BMS 404), that will be taught by Dr. Jake Siedlik, so we continue to expand our presence across campus. Speaking of expansions, our relocation to the Criss Health Science Buildings is scheduled to occur before classes start in fall 2020. To make room for our 3 new tenure-track faculty, Dr. Rohan Edmonds, Ms. Emily Beller, JD, and Ms. Mary Conway volunteered to office in the new space in Criss last August. It wasn't an ideal situation, but I'm grateful that they helped us secure a foot-hold in the space. The conceptual plans for our new space are almost finalized and we'll be sure to update you as things progress. We have an event planned for our Omaha area alumni on April 16, 2020 in the new Atlas apartments complex (formerly CUMC hospital). Details inside, so please save the date! Lastly, thanks to those of you who have contributed to our Crowdfunding Campaign for student research! We're off to a great start! Please click here to donate before December 3rd

<https://crowdfunding.creighton.edu/pages/home-66>

We hope you enjoy this issue of the newsletter!

Joan Eckerson, Ph.D.

Contact Us

Let's stay in touch!

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and Nancy Nygren

New Faculty Fall 2019

Leland Barker, Assistant Professor
PhD, University of Nevada, Las Vegas

Leland Barker began his undergraduate education at Creighton University as a pre-med student, but quickly found his passion for human performance in the Department of Exercise Science and graduated in 2010. He earned his MS at California State University, Fullerton and completed his PhD in kinesiology with a focus on the biomechanics of jumping at the University of Nevada, Las Vegas. While at UNLV, he also worked with Cirque de Soleil as a performance scientist and strength coach. Dr. Barker is teaching EXS 334 Biomechanics and EXS 534 Neuromechanics.



Kelley Hammond, Assistant Professor
PhD, University of Alabama at Birmingham

Kelley Hammond earned her BS in Exercise Science at Creighton University in 2008. After her undergraduate studies, she moved to Tennessee, where she earned her MS in human movement science at the University of Memphis and taught in the Department of Health and Sports Science. Dr. Hammond worked as a research assistant at St. Jude's Children's Hospital before returning to graduate school at the University of Alabama at Birmingham where she earned her PhD in rehabilitation science. She completed postdoctoral training at UNLV, and was a visiting assistant professor in the Department of Kinesiology and Nutrition Science before coming to Creighton. Dr. Hammond is teaching human anatomy for nursing and OT students, and will teach EXS 350 Nutrition in the spring.



Mitchel Magrini, Assistant Professor
PhD, Oklahoma State University

Mitchel Magrini earned his undergraduate degree in physical education from Doane University, a masters degree in sports medicine with an emphasis in strength and conditioning from the University of Colorado, Colorado Springs, and a PhD in health, leisure and human performance from Oklahoma State University. His research focus examines the age-related changes in neuromuscular function and how exercise interventions may improve neuromuscular performance, reduce fall risk and improve physical performance in the aging population. Dr. Magrini is teaching human anatomy for nursing (EXS 111) and EXS 335 Exercise Physiology.



Morgan Frahm
BS, Creighton
Exercise Testing and Training Lab Assistant and Instructor for EXS 142 Weight Training & Program Design.



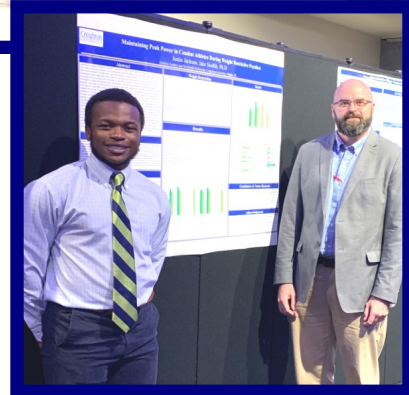
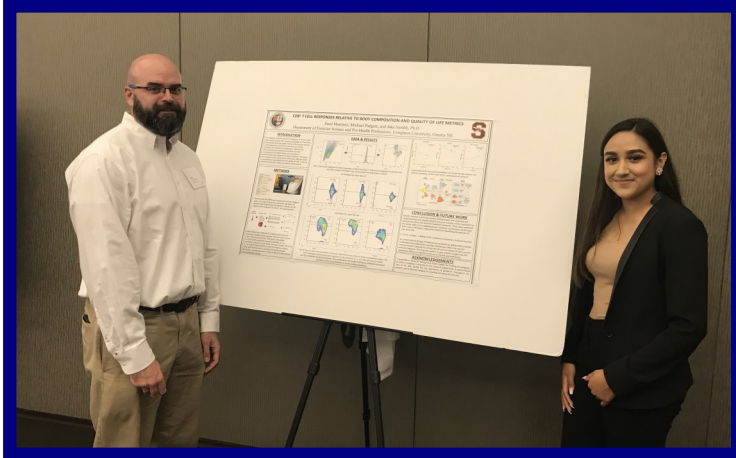
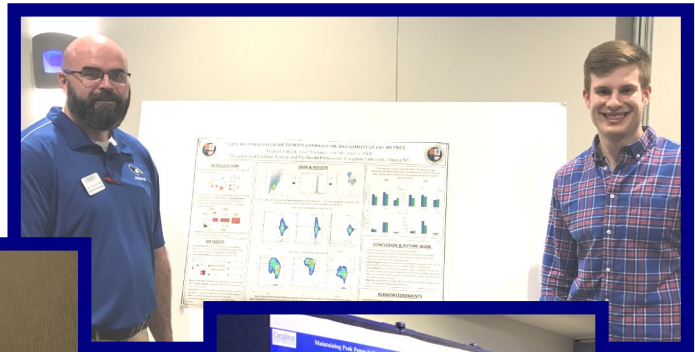
Jayne Gephart
BS, Creighton
Exercise Testing and Training Lab Assistant and Instructor for EXS 142 Weight Training & Program Design.



Jackie O'Doherty
MS, University of Nebraska Medical Center
Lab Assistant for EXS 111 Fundamentals of Human Anatomy, EXS 331 Human Anatomy, and OTD 340.

Faculty News

Dr. Jake Siedlik spent the summer conducting research with EXS majors Michael Padgett (CURAS) and Justin Jackson (HS MACA Summer Research Omaha), and Omaha South High student Jitsel Hernandez (Haddix STEM Corridor Institute).



Dr. Rohan Edmonds completed the first phase of a grant from the Casio Corporation to assess the validity of a new wearable device. The second phase of testing is underway. During a recent visit, the team enjoyed an evening at Omaha Prime.



Dr. Dimitrios Katsavelis presented at the International Society of Biomechanics annual meeting in Calgary, Canada this summer. His research examined the effect of auditory cues on impact forces during running in people with ACL reconstruction.

Professor Emeritus, Dr. Tom Baechle received the Alvin Roy Lifetime Achievement Award at the NSCA Annual Meeting in Washington D.C. Pictured are: Dr. Joan Eckerson, Dr. Tom Baechle, Susie Baechle, Satoshi Ochi, and David Potach.



Alumni News

EXS alum and former Creighton Head Strength Coach Satoshi Ochi was recently featured in a story highlighting how coaches prepare their athletes for major competitions, including the US Open Tennis Championship. Currently, Satoshi is the Head Strength and Conditioning Coach for the US Tennis Association National Campus in Orlando, FL where he works with top Americans including Reilly Opelka, Tommy Paul, Bjorn Fratangelo, Frances Tiafoe, Jennifer Brady, Caroline Dolehide and Christina McHale. He is pictured here with Yutaka Nakamura, Head of Tennis Physical Conditioning at the IMG Academy in Bradenton, FL. (<https://www.tennis.com/pro-game/2019/08/top-trainers-us-open-preparation/84556/>)



In November, the EXSEL Major's Club invited several EXS alums back to campus for a panel discussion and Q&A to help current undergraduates prepare for professional school. The event was attended by over 25 majors and non-majors and our featured alums included: **Medicine:** Allison Tigner (M2), Emma Munger (M2); **Dental:** Natalie Turner (D3), **Physician Assistant:** Kat Kavan (Practicing PA); Sam Bianci (PA1), **Pharmacy:** Mariecarl Baliscao (3rd year); **Occupational Therapy:** Mackenzie Twaddell, Courtney Donahoe (2nd year); **Physical Therapy:** Maria Beacom, Kelsey Windisch, Corey Larson, (all PT2). Pictured here are some of the alumni along with members of the EXSEL team, and the club moderator, Ms. Emily Beller.

EXS Alums Join the College of Arts and Sciences Alumni Advisory Council :

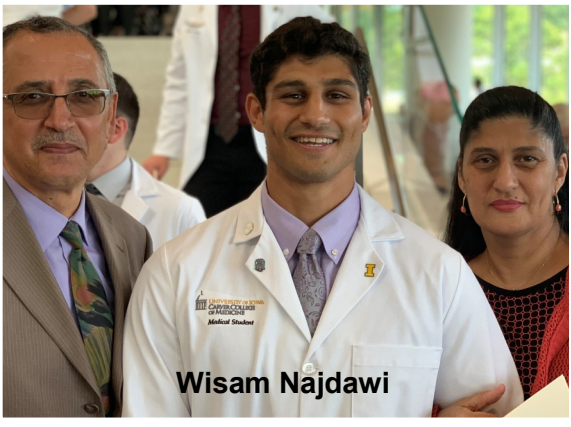
Lenli Corbett received her BS in exercise science from Creighton University in 2005 and a master's degree in sport management from the University of San Francisco. She is currently the executive director of the Home Instead Senior Care Foundation. Lenli has an extensive non-profit background and previously held positions as the vice president of advancement at Jesuit Academy, and in development for Partnership 4 Kids. Lenli is involved in the community and has served on several boards in Omaha.



Dr. Tony Gaspard received his BS in exercise science from Creighton University in 2005 and his DDS from Creighton in 2010. Tony is currently practicing general dentistry at Shadow Ridge Dental in Omaha. Tony volunteers his time and skills to various groups and causes, including Creighton's ILAC program in the Dominican Republic, Nebraska Special Olympics dental screenings and Give Kids a Smile.



Recent Grads



Wisam Najdawi

Where did they go?

Congratulations to these 2019 EXS graduates who are attending professional or graduate schools:

Dental

- Kaitlin Carlson (*Southern Illinois*)
- Savannah Oliver (*Creighton*)
- Blake Putman (*Creighton*)
- Jared Smalley (*Creighton*)

Masters Program

- Ashton Legenza (*UNO*)
- Nathanael O'Reilly (*UNO*)

Medicine

- Maria Burch (*ATStill—DO*)
- Matt Dovgan (*Creighton*)
- Wisam Najdawi (*Iowa*)
- Matt Sacco (*Creighton*)

Nursing

- Kelsey Johnson (*South Dakota State*)
- Taylor Kashiwabara (*Hawaii*) - Nurse Practitioner
- Shoaib Qadri (*Creighton*)

Occupational Therapy

- Claire Begley (*Creighton*)
- Claire Dyer (*Creighton*)
- Julia Humbert (*Creighton*)
- Kiera Rogers (*Texas Tech*)

Pharmacy

- Karlyn Tse (*Creighton 3 & 3*)

Physical Therapy

- James Beasley (*Creighton*)
- Megan Dalmacio (*Pacific University*)
- Makayla Lawrence (*Northwestern*)
- Caroline Marnin (*Iowa*)
- Cindy Menk (*Creighton 3 & 3*)
- Kelsey Morihara (*Pacific University*)
- Jenna Robertson (*Creighton*)
- Kelley Schmitt (*Creighton*)
- Emma Welsh (*Creighton*)



Dayna Sur spent the summer at the John A. Burns School of Medicine at the University of Hawaii working on a project in the Shimarimizo laboratory to characterize Raman spectra fingerprints from a range of different childhood cancers including lymphomas, brain tumors, bone tumors and soft tissue tumors.



Megan Dalmacio and Kelsey Morihara

Did you know? Of the 66 EXS graduates in May of 2019 academic honors were awarded to:

- 14% summa cum laude
- 26% magna cum laude
- 11% cum laude

S A V E T H E D A T E

**04
16
20**

*Exercise Science and
Pre-Health Professions
Alumni & Faculty Gathering*

**Hosted apps & drinks from 4:30-6:30
The Flight Deck (at the Atlas)
2929 California Street - Omaha, NE**