

EXS NEWS



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

Spring 2017

A Note from the Chair

Greetings! And thanks to all of you who contacted us to let us know how much you enjoyed our first newsletter! We love to hear from you! The 2016/17 academic year was very successful for both EXS faculty and our majors, and several accomplishments are highlighted in this issue. We recently held our Senior Banquet on April 26th and will be saying good-bye to 66 majors in either May or December – look inside for some photographs of the evening. A major update regarding space was the acquisition of an additional biochemistry laboratory in Criss I that has been named the 'Integrative Physiology Laboratory', and is currently being shared by Dr. Eric Bredahl and Dr. Jake Siedlik. We've also received additional office space in the Campus Recreation suite to accommodate another tenure-track faculty member, Dr. Rohan Edmonds, who will be joining the faculty in August. Lastly, a big THANK YOU to Dr. Matt Pavlovich who recently donated funds for the department to purchase a Monark Anaerobic Cycle Ergometer that will be used for both teaching and undergraduate research. Matt graduated with his BS in EXS in 2004 and from CU Dental School in 2008. He is currently in Seattle where he runs a successful practice and lives with his wife Cory and son Luke.



Contact Us

Let's stay in touch!

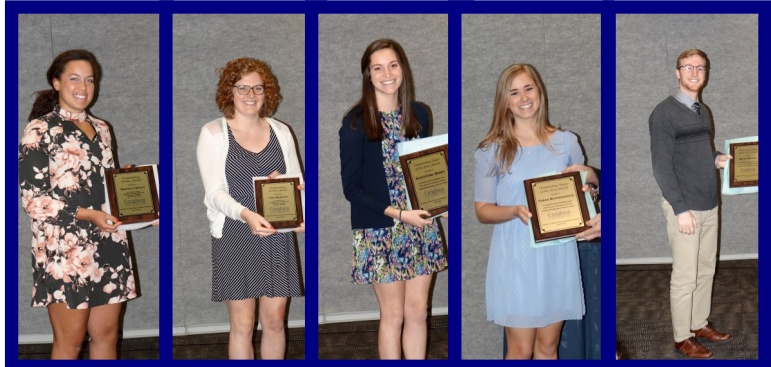
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EXS Senior Awards

The Exercise Science and Pre-Health Professions faculty hosted the annual Senior Awards Dinner on Wednesday, April 26. All EXS majors were invited to honor the 2017 graduates. During the evening, awards were given for Outstanding Service to **Whitney Coriolan**, **Leah Hamilton**, and **Vanessa Miller** in recognition of their commitment to serving others in the department, on campus, and in the community. **Alex Berry**, **Sarah Kottenstette** and **Kevin Mugno** received the Outstanding Major Award in recognition of their outstanding success in the classroom, involvement in research, demonstrated leadership and service to others.



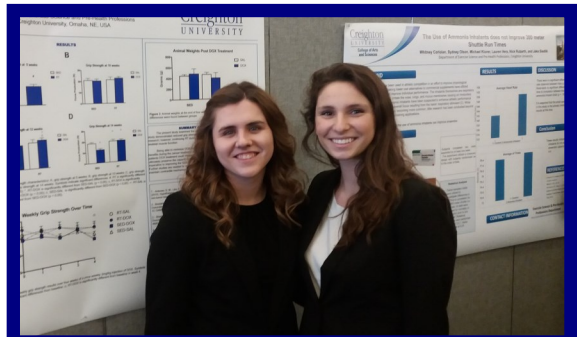
Award winners (left to right): Whitney Coriolan, Leah Hamilton, Alex Berry, Sarah Kottenstette, and Kevin Mugno. Not pictured: Vanessa Miller

Congratulations 2017 EXS grads



Student Research Award

Congratulations to **Mackenzie Twaddell**, **Allison Tigner**, and **Meghan Wagner** who received the St. Albert's Day Student Research Forum award for best poster (undergraduate) in the basic science division. Their research "The Effects of Resistance Training During Chemotherapy On Grip Strength in Rats" was under the direction of Dr. Bredahl. They will also present their research findings at the annual ACSM meeting in Denver.



Left to right: Meghan Wagner & Mackenzie Twaddell
Not pictured: Allison Tigner

STUDENT NEWS



Will Herron (2017) received the Student Support Services Tamara Faye Stovall-Smith Achiever Award.



Morgan Baldwin (2018) was selected for the Army Medical Department Internship Program and will intern with the Army Medical Corps at Walter Reed Medical center this summer.



Jacob Wessling (2018) won the Ex Phys Ice Cream Challenge eating 12 scoops of ice cream with 12 toppings in 6 minutes while wearing a bio-harness to record his heart rate and other data.

EXSEL News

The EXSEL club hosted an event called “**EXSELENT Opportunities**” on April 11th in the KFC classrooms. EXS students in attendance had the unique opportunity to talk with a number of EXS Alumni currently enrolled in professional school. **Eric Knight**, **Jess Johnson** and **Ben Ota** discussed Physical Therapy School, **Nate Rosol** and **Marcus Fearing** shared their experiences in Medical School and **Christin Albright** shared her insight as a current student in Occupational Therapy School.



EXS Space Update

We are pleased to announce the opening of the **Integrative Physiology Laboratory** a biochemistry laboratory in Criss I that is currently shared by Dr. Eric Bredahl and Dr. Jake Siedlik. Significant improvements have been made to the **Human Performance Research Laboratory** in the Old Gym that is also used as a classroom for Exercise Physiology, Biomechanics, and Statistics & Research Design classes.



Dr. Bredahl with undergrad research assistants in the Integrative Physiology Laboratory



Students enjoying research in the Human Performance Research Laboratory

Faculty Updates



Congratulations to **Ms. Geri Moore** who was presented the Distinguished Service Faculty Award at the President's Convocation in February 2017! It is a well deserved honor for her excellent service to the students, department, college, university and Omaha community.

Congratulations to the EXS Faculty who recently received grant funding:

- **Dr. Dimitrios Katsavelis** received a CURAS Summer Faculty Fellowship grant to fund his research on "The Effect of Auditory Cues During Running on Joint Loading of People with Reconstructed Anterior Cruciate Ligament."
- **Dr. Pat Lambert** was awarded a CURAS grant to research "The Effect of Body Composition on Intestinal Permeability."
- **Dr. Eric Bredahl** and **Dr. Joan Eckerson** will research "The Effect of Resistance Exercise on Cancer Cachexia" funded by a grant from the George F. Haddix President's Faculty Research Fund.
- **Dr. Jake Siedlik** also received a grant from the George F. Haddix President's Faculty Research Fund to study "Exercise Induced T Cell Activation and Its Impact on HIV Susceptibility."

Alumni News

Joe Lesnak (2015) won the **Best Graduate/Professional Oral Presentation Award** at the **St. Albert's Day Student Research Forum**. Joe is attending **Creighton PT**.

Congratulations to Alums **Carli Culjat Zegers (2012)** and **Matt Dorwart (2012)** who were chosen by their peers to receive the **University of Nebraska Medical Center Student Impact Award** for dedication and outstanding service.



Save the Dates

