

# EXS NEWS



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

**Fall 2017**

## A Note from the Chair

A lot has happened and there is much to be excited about since our last issue! We loved reconnecting with some of our alums in Denver at ACSM and at our open house during Homecoming week. Look inside for information about another alumni event at ACSM in the spring. In July, we received news from the Dean that an expansion of the department was given the green light and is tentatively scheduled to begin in summer of 2019 if all goes to plan. We're very excited at the prospect of a much-needed renovation and will keep you posted as things progress. In August, we acquired a second biochemistry lab in the medical school and welcomed three new faculty who are highlighted in this issue. One last highpoint before I sign off - below is a picture of several of our students who presented research at the Nebraska Physiological Society Meeting in late October under the direction of Dr.'s Bredahl and Siedlik. Judging was very rigorous and our students did an outstanding job, with one research poster taking 4th place in the undergraduate division. Enjoy this issue of EXS News and keep in touch!



*Joan Eckerson, Ph.D.*



*Front row (left to right): Ryan Miller, Hannah Lingo, Paige Madsen Back row (left to right): Chavita Ruelas, Duncan Riley, Wisam Nadjawi, Sarah Hook, Mikayla Kaufenberg, Matthew Dovgan, Allison Tigner, Brad Macdonald*

## Contact Us

### Let's stay in touch!

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# Faculty Updates



**Rohan Edmonds, Assistant Professor**  
**PhD, University of the Sunshine Coast, Australia**

*A sports fan, Rohan Edmonds studied sport and exercise science at James Cook University in Australia. After graduating, he completed a one-year postgraduate Honor's at the university working with the North Queensland Cowboys, an elite national rugby league team affiliated with the university. He attended the University of the Sunshine Coast on scholarship, working with Swimming Australia and the High Performance Paralympic Swimming Program and taught lab-based courses in human anatomy and exercise physiology. After completing his PhD, he joined the Health and Exercise Sciences Department at*

*Skidmore College in Saratoga Springs, NY as a visiting assistant professor. Edmond's research interests include cardiovascular physiology and cardiac autonomic function in athlete populations. Away from the office, he enjoys time with his wife, daughter, and two chihuahuas.*



**Kevin Mugno, Adjunct Instructor**  
**BS, Creighton University**

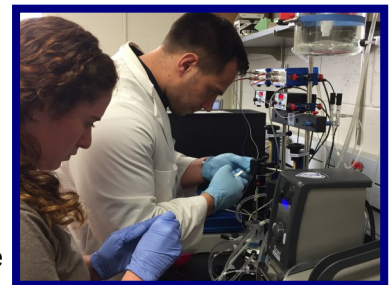
*Kevin Mugno graduated from Creighton University in May 2017 with a degree in Exercise Science and Pre-Health Professions and was the recipient of a 2017 Outstanding Senior Award from the College of Arts and Sciences. He is supervising student testing in the Exercise Testing and Training laboratory, teaching weight training, and personal training. While studying exercise science at Creighton, Mugno developed a passion for health care, which ultimately inspired him to pursue a future career as a physician assistant. Outside of Creighton, he enjoys assisting others at the Siena Francis House and spending time with friends.*



**Lauren Nun, Adjunct Instructor,**  
**BS, Creighton University**

*Lauren graduated from Creighton in 2016 with a degree in Exercise Science and Pre-Health Professions. After graduation, she volunteered as a PE and health teacher at a children's home in Honduras. She is now working as an instructor for Human Anatomy lab and as a lab assistant in the Human Performance Research Laboratory. In her free time, she enjoys working out, attending Creighton basketball games, and spending time with her nephews and niece.*

**Dr. Eric Bredahl** was awarded a \$50,000 grant from the Health Science Strategic Investment Fund to study "The Effects of Resistance Training & Creatine Supplementation on Doxorubicin-Induced Cardiac and Skeletal Muscle Dysfunction".



**Dr. Joan Eckerson** along with Drs. Khanna and Guenther from the Psychology Department were recently awarded a NASA mini-grant for their proposal entitled, "The Effect of Moderate-to-High Intensity Exercise on Cognitive Function". The funding provides stipends for six undergraduate students serving as co-investigators.

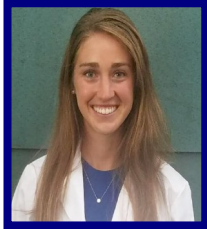
**Dr. Pat Lambert** was awarded a CURAS grant to research "The Effect of Body Composition on Intestinal Permeability."

**Dr. Dimitrios Katsavelis** was awarded a CURAS summer research grant to study "The Effect of Auditory Cues During Running on Joint Loading of People with Reconstructed Anterior Cruciate Ligament" (\$10,000).

# Alumni News

## ACSM Reception

A special thank you to everyone who attended the alumni reception at the ACSM Conference this summer in Denver. We're planning a similar event at ACSM in Minneapolis at the end of May. Watch for more details on Facebook and in our next issue of EXS News.



## Leytem Receives Scholarship

Congratulations to EXS alum **Tessa Leytem** (2016) the winner of the Dr. Roger Ott, Sr. Scholarship awarded by the Medical Associates Clinic in Dubuque, Iowa. Tessa was chosen based on her outstanding essay and excellent grade point average. Tessa is currently attending the University of Iowa where she is enrolled in the Physician Assistant program.

## Kinsella awarded OT Clinician of the Year

**Sara (Welniak) Kinsella** (2006) was named the 2017 OT Clinician of the Year at Nebraska Medicine. Her nominators commented: "Sara is very patient and kind. She maintains excellent communication with staff, and always greets us with a smile. She is truly a joy to work with...We appreciate all Sara does for us and our patients." Congratulations, Sara!



# Student News

## EXSEL News:

The EXSEL club has another big year planned under the direction of newly-elected President: Allison Tigner, Vice President: Sam Bianchi, Secretary: Courtney Donahoe, Treasurer: Will Moore and Public Relations Representative: Derreck Caldez. This fall the club hosted the EXSEL Annual Barbeque at Opus Courtyard as a way to welcome students back to campus and get to know the faculty and new student members. The EXSEL club has been extremely active this semester, attending the Skutt Shutdown event, participating in the WellFest Health Fair, hosting a guest speaker discussing Chiropractic Medicine, and organizing a volleyball tournament.



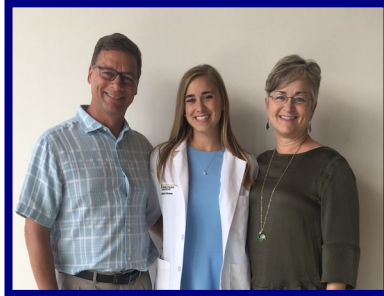
## CURAS Director's Fund Grants Awarded to:

- **Wisam Najdawi** (2018) for his research with Dr. Bredahl to examine the effects of resistance training on MMP expression in rat myoblast cells (\$279).
- **Amy Clysdale** (2018) and **Lindsay Durand** (2017) for their research with Dr. Katsavelis to examine the effect of different types of high heel shoes on joint loading and dynamic balance during walking (\$200).

# Recent Grads



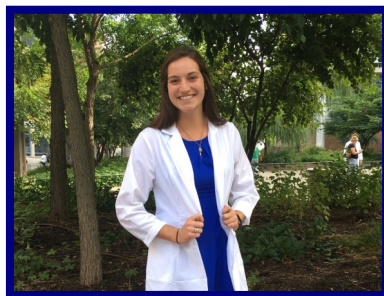
Lauren Vera



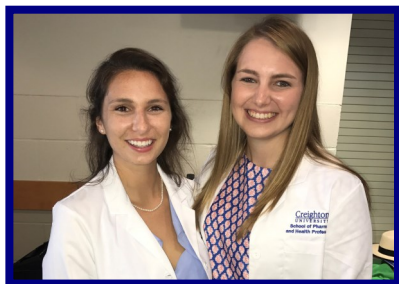
Sarah Kottenstette



Maggie Fleita



Alex Berry



Kenzie Twaddell & Maggie Griffin



Natalie Turner



Back Row: Alex Sikora, Megan Moran, Samantha Erickson, Leah Hamilton, Kelsey Biaggi, Matt Noguchi, Eric Klein, Justin Magsanoc, Joey Torigoe  
Front row: Meghan Wagner, Alyssa Uwayne, and Julie Zheng

## Where did they go?

*Congratulations to these 2017 EXS graduates who are attending professional or graduate schools:*

### Accelerated Nursing

- Kaitlyn Kalthorn (Creighton)
- Meghan Maguire (Creighton)
- Heather Urquhart (Creighton)

### Chiropractic

- Blake DeJong (NW Health Sciences University)

### Dental

- Natalie Turner (Creighton)

### Masters in EXS

- Meghan Vande Hei (UNO)
- David Salazar (UNO)

### Medicine

- Sarah Kottenstette (Iowa)
- Michael Schulte (Creighton)

### Occupational Therapy

- Maggie Fleita (Washington University—St. Louis)
- Maggie Griffin (Creighton)
- Vanessa Miller (Washington University—St. Louis)
- Kenzie Twaddell (Creighton)

### Pharmacy

- Mariecarl Baliscao (Creighton)

### Physical Therapy

- Alex Berry (Washington University—St. Louis)
- Kelsey Biaggi (Creighton)
- Samantha Erickson (Creighton)
- Leah Hamilton (Creighton)
- Will Herron (Cal State Northridge)
- Eric Klein (Creighton)
- Justin Magsanoc (Creighton)
- Megan Moran (Creighton)
- Zoe Reed (Univ. of St. Mary)
- Alex Sikora (Creighton)
- Joey Torigoe (Creighton)
- Alyssa Uwayne (Creighton)
- Lauren Vera (USC)
- Meghan Wagner (Creighton)
- Julie Zheng (Creighton)