

# EXS NEWS



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

**Spring 2018**

## A Note from the Chair

Dear Alumni:



We had a very successful spring semester and finished the year with 232 majors! Commencement was just two weeks ago and 66 majors received their diploma, many of whom will continue their education in one of Creighton's professional schools next fall. In fact, 97% (32/33) of our graduating seniors who applied to professional or graduate school were accepted into a program of their choice including physical therapy; occupational therapy; medicine; dentistry; graduate school; accelerated nursing, and optometry. Several others are taking a gap year in further preparation for professional school and will apply next year. Others are already working in health-related jobs, one will be teaching high school students in New Mexico as part of Teach for America, and we also had three students commissioned as second Lieutenants in the US Army. An amazing group of seniors!

Several faculty were also recognized this spring for their years of service at Creighton including Dr. Dimitrios Katsavelis (5 yr), Dr. Patrick Lambert (15 yr), Ms. Jennifer Yee (20 yr), and Dr. Tom Baechle (40 yr). Dr. Baechle completed a sabbatical in the spring working on a 6th edition of his book, 'Weight Training: Steps to Success,' and recently announced that he will retire after this summer. We're going to miss him and are grateful for his vision, leadership, and will do our very best to continue the legacy he is leaving behind. A reception in his honor is in the planning stages for early fall, so stay tuned for future announcements.

Lastly, six of our junior and senior students are presenting posters at ACSM this year under the direction of Dr. Eric Bredahl and Dr. Jake Siedlik. If you are in the Minneapolis area on May 31st, please join us for an alumni get-together at Kieran's Irish Pub to meet and congratulate them, as well reconnect with other EXS alums – details inside.

## Contact Us

### Let's stay in touch!

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# EXS Senior Awards—Congrats Class of 2018!

The Exercise Science and Pre-Health Professions faculty hosted the annual Senior Awards Dinner on Thursday, April 26. All EXS majors were invited to honor the 2018 graduates. During the evening, awards were given for Outstanding Service to Samantha Bianchi, Amy Clysdale, and Elizabeth Newton in recognition of their commitment to serving others in the department, on campus, and in the community. Emma Munger, Lauren Strzelecki, and Allison Tigner received the Outstanding Major Award in recognition of their outstanding success in the classroom, involvement in research, demonstrated leadership and service to others.



**Samantha Bianchi**



**Amy Clysdale**



**Elizabeth Newton**



**Emma Munger**



**Lauren Strzelecki**



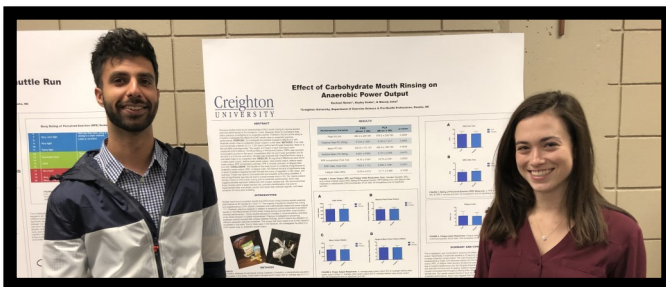
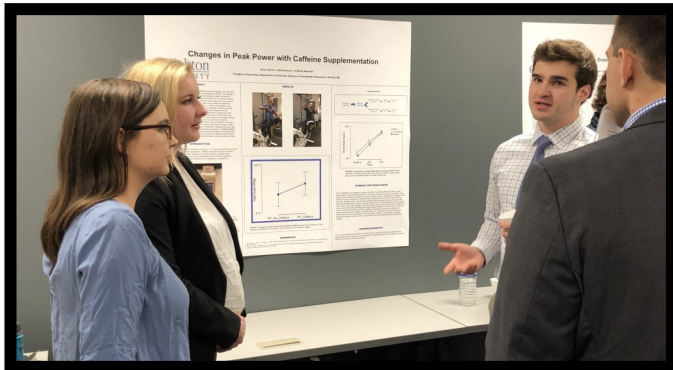
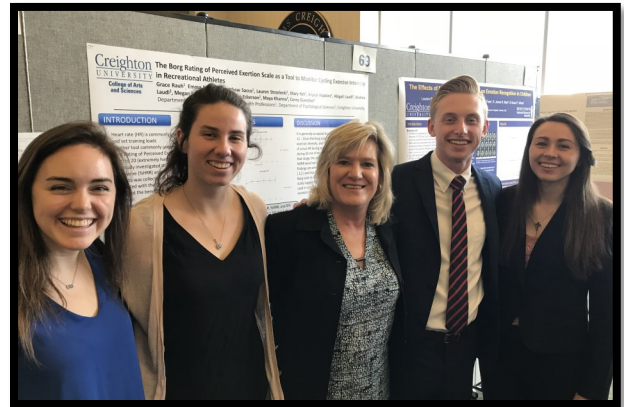
**Allison Tigner**



# Student Research News

## St. Albert's Day & EXS 407 Research Presentation Day

Many EXS faculty members and students presented their Research on March 22nd at the annual St. Albert's Day Research Forum. Students in Drs. Bredahl and Edmond's EXS 407 Basic Statistics and Research Design spring 2018 classes shared their research projects on April 27th. EXS faculty and students were invited to the poster presentations.



## CCAS Dean's 2018 Summer Undergraduate Research Scholar Award

- **Wisam Najdawi** (2019) "Normalizing Gelatinase Expression During Doxorubicin Treatment with Creatine." Faculty Mentor: Dr. Eric Bredahl



## Faculty News

Congratulations to Jennifer Yee who received the Dean's Special Award for serving on the College of Arts and Sciences Advising Task Force this past year.

Dr. G. Patrick Lambert, Department of Exercise Science, received the Center for Undergraduate Research and Scholarship Faculty Research Fund Award to study *Effect of Yogurt Consumption on Aspirin-Induced Gastrointestinal Permeability*.

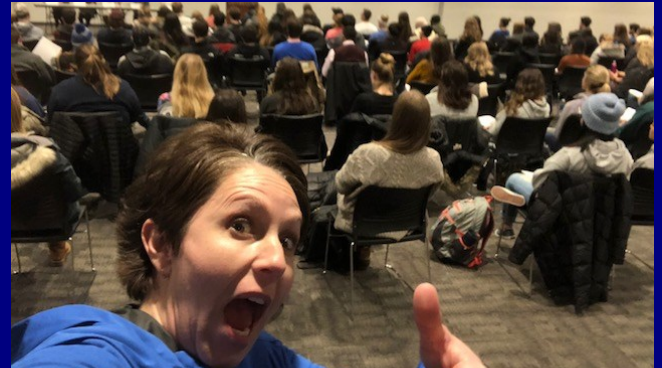
## Alumni News

Congratulations to alum Stacy (Pladera) Wong (2007), instructor in physical therapy at Creighton, who recently received the Academy of Pediatric Physical Therapy's Outstanding Clinical Practice Award at the American Physical Therapy Association's Combined Sections Meeting in New Orleans.



## Unlimited Opportunities:

The Department of Exercise Science & Pre-Health Professions in collaboration with the College of Arts and Sciences and the Career Center hosted, "Careers for Arts & Science Majors: Unlimited Opportunities" on February 22nd in the Skutt Student Center Ballroom. The evening was a huge success with over 173 undergraduate students in attendance. This event featured Exercise Science alumni: Scott Granger, Creighton University Dental student, Maggie Griffin, Creighton University Occupational Therapy student, Katherine Kavan, Physician's Assistant, Alex Sikora, Creighton University Physical Therapy student and Kenzie Twaddell, Creighton University Occupational Therapy student. This was a unique opportunity for students to learn more about the Exercise Science & Pre-Health Professions major and to have the chance to ask EXS alumni questions about their specific career choices.



**SAVE THE DATE:  
5/31/2018**

**KIERAN'S IRISH PUB  
85 NORTH 6<sup>TH</sup> STREET  
MINNEAPOLIS, MN  
6 - 9 P.M.  
HOSTED APPS & DRINKS**

**CREIGHTON UNIVERSITY EXERCISE SCIENCE ALUMNI & FACULTY GATHERING**