

# EXS NEWS



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

**Spring 2019**

## A Note from the Chair

Dear Alumni,



We had a very busy spring and I have a lot of good news to share. Some changes in the School of Medicine including a new PA program and accelerated masters in Biological Science led to a 'hand-off' of the nursing anatomy and OT anatomy courses to EXS. This fall, we'll be teaching approximately 162 freshmen nursing students through 4 course offerings of EXS 111 Fundamentals of Human Anatomy (formerly BMS 111) and will provide instruction for OTD 339/340 next spring. We also added a new course, EXS 534 Neuromechanics of Human Movement, that is intended for our majors with a physics background, while those without a physics pre-req will continue to take EXS 334 Biomechanics. The number of hours required for the internship has also changed. The course can now be repeated for up to 4 credits, but majors only need to complete 2 credit hours (100 hr) for graduation. The change has been well received and allows for more flexibility during the AY and improved accountability during the summer. With the addition of the new service courses, and multiple offerings of EXS 331 and EXS 320 to meet the UG demand across campus, we hired three new FT tenure-track faculty this year and one new adjunct to help with anatomy/physiology. Full bios for the new faculty will be included in our fall issue, but we're happy to be welcoming two of our own back to the department – Dr. Kelley Hammond (2008) and Dr. Leland Barker (2010). We were also fortunate to hire Dr. Mitch Magrini who recently received his PhD from Oklahoma State University. The other big news is a relocation of the department to the Criss Science Building in the next 12 – 15 months; I'll have more details in the fall, but it's a terrific opportunity for our department and we're all very excited at the prospect. Please enjoy this issue of the newsletter highlighting our amazing majors and faculty. Keep in touch.

## 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 24. All EXS majors were invited to honor the 2019 graduates. During the evening, awards were given for Outstanding Service to Kelsey Morihara and Kelly Schmitt in recognition of their commitment to serving others in the department, on campus, and in the community.



**Kelsey Morihara**



**Kelly Schmitt**

The Thomas R. Baechle Outstanding Major of the Year Award was awarded to Caroline Marnin, Wisam Najdawi, and Matt Sacco in recognition of their outstanding success in the classroom, involvement in research, demonstrated leadership and service to others. Dr. Baechle presented the awards at the dinner.



**Caroline Marnin**



**Wisam Najdawi**

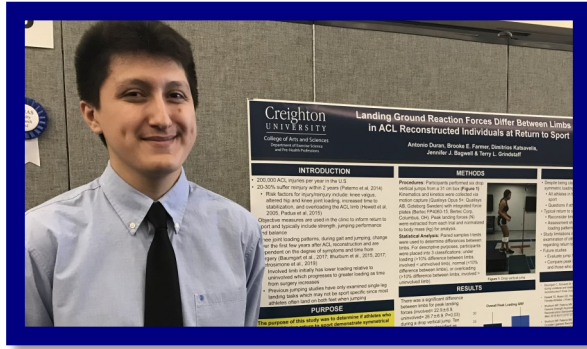


**Matt Sacco**



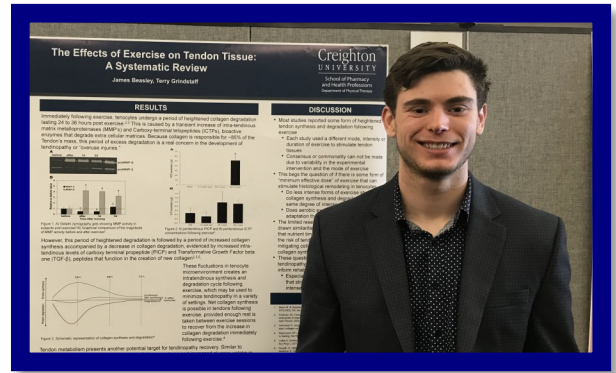
**Congratulations Class of 2019!**

# Student Research News

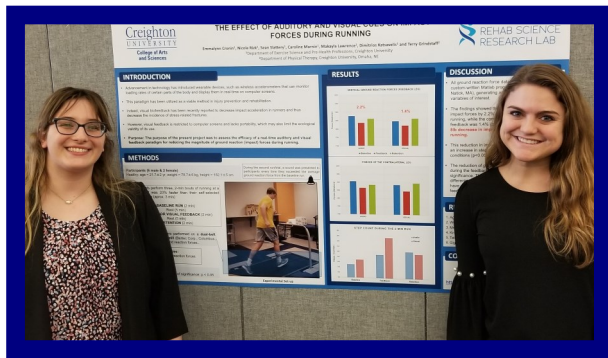


**Antonio Duran**

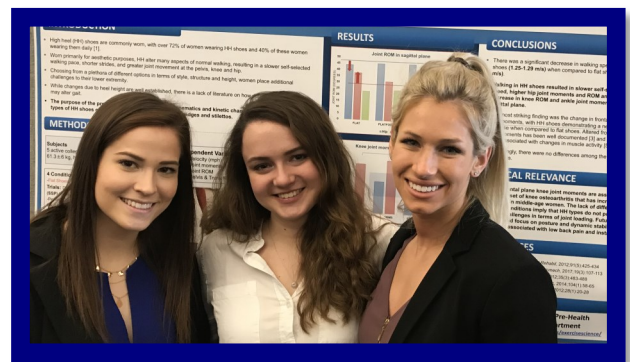
Seventeen EXS students presented their research at the University's annual St. Albert's Day. Many of them also traveled to the ACSM Annual Meeting to present in June.



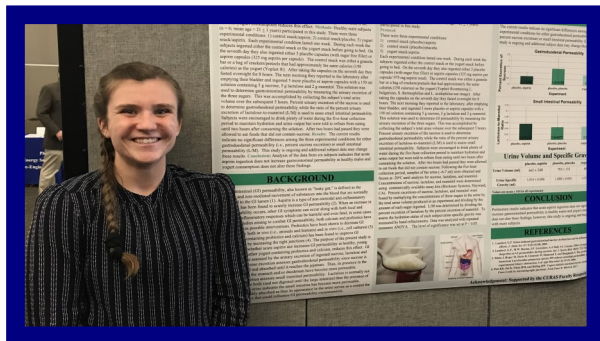
**James Beasley**



**Emmalyn Cronin & Nicole Rizk**



**Makayla Lawrence, Macy Damewood & Cyndi Menk**



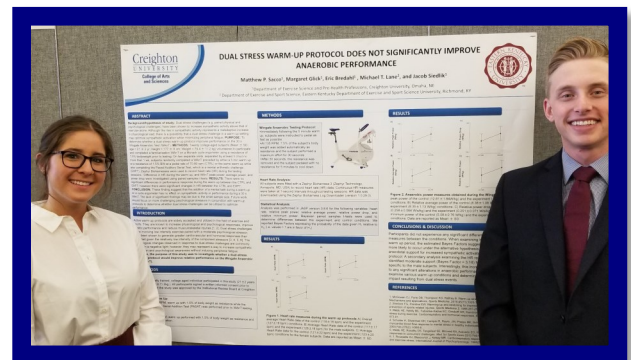
**Grace Kelly**



**Ciara-Lyn Lee**



**Wisam Najdawi, Ashton Legenza & Chase Reyes**



**Margaret Glick(Physics major) & Matt Sacco**

## Did you know?

In academic year 2018-2019:

\*66 EXS majors graduated

\*51% graduated with honors

\*83% of those grads who applied to professional programs or graduate school were accepted and 56% of those chose to attend graduate school at Creighton!

## Alpha Sigma Nu and Phi Beta Kappa

Alpha Sigma Nu (ΑΣΝ) is the Honor Society of Jesuit Colleges and Universities that recognizes students who distinguish themselves in scholarship, loyalty, and service through their academic, community, and professional pursuits. Only students ranking in the top 15% of their class are eligible for ΑΣΝ and no more than 4% of the junior and senior enrollment at Creighton can be nominated. Congratulations to the Exercise Science and Pre-Health Professions majors inducted into ΑΣΝ this year:



**Isaac Burrigh**  
**Katherine Herbst**  
**Morgan Karloff**  
**Grace Kelly**

**Cindy Menk**  
**Jackson Midtlien**  
**Michael Padgett**  
**Wendy Zhao**

Phi Beta Kappa (ΦβΚ) is the nation's oldest and most prestigious academic honor society. It was founded at the College of William and Mary in 1776 and only 10% of US colleges and universities have a chapter with a total of 290 chapters nationwide. Each chapter selects only 10% of their Arts and Sciences undergraduates to join. According to the society, 17 US Presidents, 7 of the current US Supreme Court Justices, and more than 130 Nobel laureates are members of ΦβΚ. Congratulations to **Anne Meyer** for her induction into ΦβΚ this year!!



## Congratulations, Dr. Eckerson!

*In February during Founder's Week, Dr. Eckerson received the Excellence in Scholarship Award from the College of Arts and Sciences! Jen Yee and Geri Moore snapped this photo as they were leaving the EXS office to attend the awards ceremony.*



*At the 2019 Faculty and Staff Service Awards in March, Dr. Thomas Baechle was recognized as Professor Emeritus. Thank you, Dr. Baechle for your many years of service at Creighton. The Exercise Science and Pre-Health Professions Department is forever grateful for your leadership!*

## Faculty Research Updates:

**Dr. Eric Bredahl** was featured in the last edition of the Creighton Magazine. You can read about his research for evidence pointing to the benefits of exercise for cancer patients undergoing chemotherapy <https://www.creighton.edu/creightonmagazine/2019sprunewscancerchemotherapy/>



This past year **Dr. Pat Lambert** studied the effect of aspirin on gastrointestinal permeability (“leaky gut”) and whether yogurt consumption can minimize the effect. The study was funded by a Faculty Research Fund Grant from the Center for Undergraduate Research and Scholarship (CURAS). One undergraduate student, Grace Kelly, was highly involved in the project and presented results at St. Albert’s Day.

## New Baby Welcome :



Congratulations to the Katsavelis family who welcomed **Elizabeth Georgia Katsavelis** on May 21st. They’re calling her “Ellie”!

Congratulations to the Edmonds family on the arrival of **Ayla (pronounced eye-lah) Lottie Edmonds** born June 6th.

May you be filled with much joy and happiness with the arrival of your newest little Jay!!

