

EXS NEWS



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

Spring 2021

A Note from the Chair

Dear Alumni,

I hope you and your families are healthy and well. It's been a crazy year and although the pandemic has presented a lot of challenges, there is a lot of good news to share. I hope you all experienced an unexpected joy, rekindled a relationship, or had a little more family time during this weird year in history. I was on sabbatical last spring when we pivoted to online teaching, so hats off to Dr. Lambert for steering the ship in my absence and all of our amazing faculty who adapted to the situation without complaint and worked long hours to make sure our students received a high-quality education. Technology training continued over the summer, so we were ready for anything this past fall, and I'm proud that Creighton was able to hold in-class instruction the entire academic year. Given the circumstances of the pandemic, as well as our exciting move to the Criss Health Sciences Complex in mid-August just as classes were starting, we missed a couple of issues of the alumni newsletter - so get ready to enjoy this jam-packed issue and a return to a regular rotation. Once the restrictions on campus events are lifted, we will re-schedule our alumni open house that was canceled last April. If you would like to tour the department in person, we can submit a request for a visit, so please contact me and we'll get the paperwork submitted. We are super excited for this new era in the department and know that you'll be amazed by our new 'digs'.



Joan Eckerson, Ph.D.

Contact Us

Let's stay in touch!

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New Faculty

Erin Blankenship-Sefczek, PhD, Ohio State University MA,



Erin Blankenship-Sefczek attended San Diego State University, where she began working in the biological anthropology lab as a sophomore. After graduation, she transitioned to graduate school at SDSU, where she earned her Master of Arts in anthropology with an emphasis in biological anthropology and bioarchaeology. For the next year, she worked on course development while teaching at San Diego City College. In 2011, she moved with her husband to Columbus, Ohio to pursue a PhD, where she studied dental anthropology and bioarchaeology. Dr. Blankenship-Sefczek has two ongoing research projects. The first is an exploration of how the ancient Maya social system impacts biological health for people within each tier. The second focuses on understanding the effects of childhood physiological stress on tooth size and shape. She and her husband enjoy cooking, reading and collecting comics with their twin 5-year-old boys. Dr. Blankenship-Sefczek teaches EXS 112 Fundamentals of Human Physiology as well as other courses in the Department of Cultural and Social Studies.



Sarah M. Giacomini BS, Creighton University

Sarah Giacomini attended Creighton University on an academic merit scholarship for her undergraduate degree in Exercise Science and Pre-Health Professions and is currently working as an adjunct instructor. Ms. Giacomini teaches EXS 142 Weight Training and Program Design and is a lab assistant in the Exercise Testing and Training Laboratory. In her free time, she enjoys Orange Theory, cooking and spending time with friends.

Grace L. Kelly BS, Creighton University

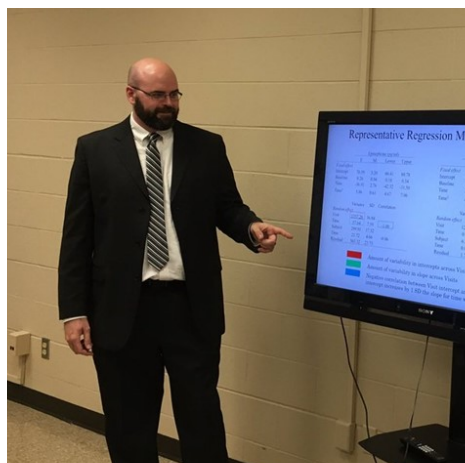
Grace Kelly graduated May 2020 from Creighton University with a bachelor's degree in Exercise Science and Pre-Health Professions and is working as an adjunct instructor in the department. Ms. Kelly teaches EXS 142 Weight Training and Program Design and is a lab assistant in the Exercise Testing and Training Laboratory. She will attend UNMC medical school in the fall of 2021. She enjoys biking, running, teaching group fitness classes and spending time with her dog, Bluejay.



Grant Awards

Although the pandemic adversely impacted the ability to conduct human subjects research, faculty began collecting data in late fall and several projects are underway this spring/summer, with several faculty and undergraduate students receiving either internal or extramural funding.

- Dr. Rohan Edmonds—CURAS grant
- Dr. Pat Lambert—CURAS grant
- Drs. Edmond and Siedlik—Casio grant (second year)
- Drs. Hammond and Magrini—President's Grant
- Dr. Magrini—NSCA Grant
- Dr. Hammond—Haddix Grant
- Ms. Mae Grahek—CURAS Summer Fellowship (mentor Dr. Magrini)
- Ms. Marie Day—CURAS Summer Fellowship (mentor Dr. Blankenship-Sefczek)



Faculty News

Dr. Jake Siedlik Receives Haddix Pre-Tenure Sabbatical Award

Congratulations to Dr. Jake Siedlik who was recently awarded a Haddix Pre-tenure Sabbatical, which will take place Fall 2021! This is a highly competitive and prestigious award. The title of his sabbatical project is “Unraveling Patient Characteristics to Improve Public Health During the Covid-19 Pandemic.”



EXS Begins Teaching Physiology for the Nursing and Pharmacy Students



DR. HAMMOND

The department began teaching two more service course for the professional schools: EXS 112 Fundamentals of Human Physiology and PHA 404 Human Physiology. In addition to freshmen nursing students, EXS 112 also serves pre-professional students outside the major. The course is currently taught by Ms. Jackie O’Doherty and Dr. Erin Blankenship-Sefczek. Dr. Jake Siedlik began teaching PHA 404 in spring 2020 and received the Outstanding Teaching Award by the freshmen class – not bad right out of the gate! This spring, Mr. Caleb Franco, Adjunct Instructor in the department is assisting Dr. Siedlik with tutoring, examinations, and review of material.



MR. FRANCO



DR. MAGRINI

This makes four courses that the department currently teaches for Creighton’s professional schools. The other two are: EXS 111 Fundamentals of Human Anatomy (CON) taught primarily by Drs. Kelley Hammond and Mitch Magrini, and OTD 339/340 Human Anatomy/ Laboratory for OT1 students, and is taught by Dr. Hammond and Ms. Jackie O’Doherty.



MS. O'DOHERTY

Jennifer Yee Receives the 2021 Mary Lucretia and Sarah Emily Creighton Award

Congratulations to Jennifer Yee recipient of the Mary Lucretia and Sarah Emily Creighton Award during Founders Week 2021! Click the link to view the video shown at the ceremony honoring Jen: <https://www.youtube.com/watch?v=E07GkqWKUa4&feature=youtu.be>



Student Presentations

Virtual Presentations at the 2020 NSCA Annual Meeting (* Undergraduate student)

M. Padgett*, J. Sparks*, E. Bredahl, and J. Siedlik. The effect of body composition on CD4+ T cell activation: A pilot study.

J. Sparks*, M. Padgett*, E. Bredahl, and J. Siedlik. The effect of body composition on cytotoxic T cell activation: A pilot study.

H. Fye*, C. Pass*, K. Dickman, J. Eckerson, and J. Siedlik. The effect of a multi-ingredient pre-workout supplement on time to fatigue in collegiate cross-country runners.

C. Pass*, H. Fye*, K. Dickman, J. Eckerson, and J. Siedlik. The effect of a multi-ingredient pre-workout supplement lactate concentrations and perceived exertion in collegiate cross-country runners.

Edmonds, R., Matthies, J.*, Bankers, S.*, Schmidt, B.* Documenting cardiac autonomic function in female collegiate volleyball players: A freshman and senior comparison.

Edmonds, R., Dzandzara, A.*, Siedlik, J. Comparing the acute cardiac autonomic response to home and away games in collegiate female volleyball players.

Gephart, J.*, Kelly, G.*, Barker, L., Siedlik, J., Edmonds, R. Assessing the validity and reliability of heart rate data obtained using a smart watch prototype device against a reference standard.

Giacomini, S.*, Kowalczyk, A.*, Kelly, G.*, Barker, L., Siedlik, J., Edmonds, R. Assessing heart rate data validity and reliability recorded using a prototype wrist worn heart rate monitor against a market comparison watch.

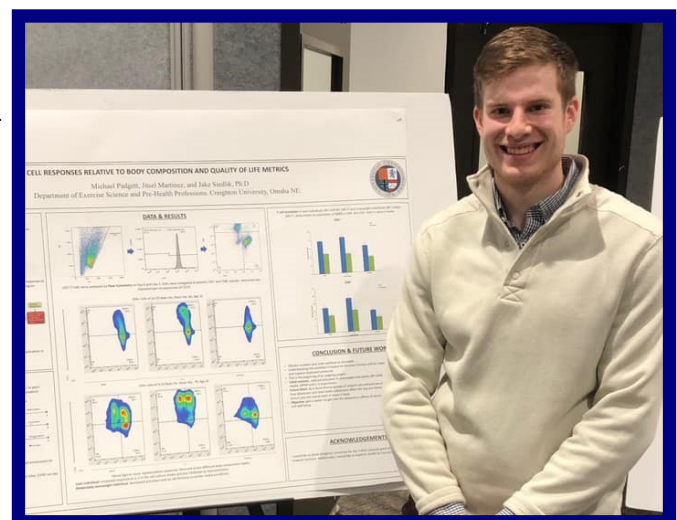
Kowalczyk, A.*, Giacomini, S.*, Kelly, G.*, Barker, L., Siedlik, J., Edmonds, R. Assessing the validity and reliability of heart rate data obtained using a smart watch prototype device against a reference standard.

Virtual Presentations at St. Alberts/Honors Day April 2020 (* Undergraduate student)

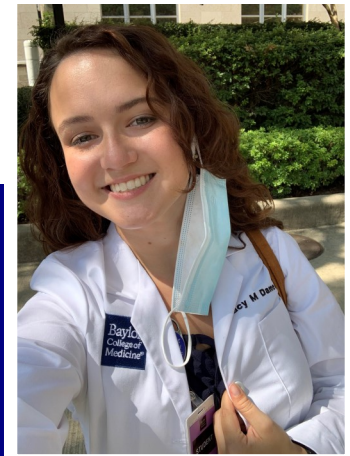
Travis, E.*, Merriman*, C., Adamiec, M.*, Frerichs, C., Menk, C.*, Hofstra, T.*, Peck, K., Godden, E., Smith, K., Katsavelis, D., Kyvelidou, A. A new method to assess effectiveness of hippotherapy in children with autism spectrum disorder.

Vierow, E., Dionisio, P.*, Garcia, N.*, Humprey, H.*, Meyer, M., Torbet, P., Katsavelis, D., Kyvelidou, A. Sensory integration and postural control in childhood.

Quast, M*, Ackerman, M.*, Burrignt, I*, Piper, E*, Farmer, B, Grindstaff, T, Katsavelis, D. The effect of synchronous and asynchronous music on treadmill running performance of recreational athletes.



Recent Grads



Where did they go?

Congratulations to these 2020 EXS graduates who are attending professional or graduate schools:

Dental

- Jordan Matthies (*Creighton*)
- Wendy Zhao (*Univ Nebraska Med Ctr*)

Masters Program

- Allison Ihlenfeldt (*Benedictine Univ*)
- Justin Jackson (*UNO*)
- Caroline Pass (*Creighton*)
- Pete Ryan (*John's Hopkins*)

Medicine

- Isaac Burrigh (*Creighton*)
- Brendan Chamberlain (*Creighton Fall 21*)
- Macy Damewood (*Baylor Prosthetics & Orthotics*)
- Grace Kelly (*Univ Nebraska Med Ctr Fall 21*)
- Michael Padgett (*University of Kansas*)
- Nicole Rizk (*DO—Des Moines University*)

Nursing

- Erika Sailer (*Creighton*)

Physician Assistant

- Isabella Herrera (*Creighton*)

Occupational Therapy

- Emily Austin (*Creighton*)
- Kailey Beckwith (*Creighton 3 & 3*)
- Ben Boonstra (*Creighton 3 & 3*)
- Jordan Bottom (*Creighton*)
- Breann Campos (*Creighton*)

- Kelsey Jones (*College of St. Mary*)
- Megan Murphy (*Creighton*)
- Kristyn Nakayama (*Creighton 3 & 3*)
- Gabi Rasmussen (*Creighton*)
- Brianna Woitalla (*Creighton*)

Physical Therapy

- Kendall Camaresi (*Creighton 3 & 3*)
- Clara Crenshaw (*Creighton*)
- Laura Ecklund (*Creighton*)
- Haley Fye (*University of Iowa*)
- Patrick Gaffney (*Univ of Nebraska Med Ctr*)
- Tess Hofstra (*Creighton*)
- Daniel Jewell (*Creighton 3 & 3*)
- McKenzie Meola (*Creighton*)
- Aaron Ramos (*Creighton Fall 21*)
- Hannah Smith (*Creighton*)
- Mackenzie VandenHeuvel (*Creighton*)
- Libby Wilson (*Creighton 3 & 3*)

Did you know?

48% EXS graduates in May of 2020 received academic honors:

17% summa cum laude

8% magna cum laude

23% cum laude

2020 Senior Awards Presented During Virtual Award Ceremony

The annual senior awards night was April 30 via Zoom with over 64 students in attendance. We definitely missed not being able to get-together for one last picture and the chance to celebrate our seniors in person, as well as see everyone dressed for the occasion, but we were grateful for the opportunity to highlight several of our majors. **The winner of the Thomas R. Baechle Outstanding Major of the Year Award was Ms. Grace Kelly and the Outstanding Service Award winner was Ms. Laura Ecklund.**

Alumni News

Teaching Award Goes to Radniecki 2008 EXS grad



Scott Radniecki, DDS'12, Assistant Professor in General Dentistry, has received the 2021 Charles Craig Teaching Award, which recognizes young dental educators who have demonstrated innovative techniques in teaching the art, science and literature of dentistry. This award honors individuals who have implemented innovative teaching techniques into dental education.

Student News



Senior Alex Tenuta Receives National Scholarship from the NSCA

Senior EXS major Alex Tenuta was recently awarded a Challenge Scholarship by the National Strength and Conditioning Association Foundation. This highly competitive program awards \$2,000 to NSCA members seeking either an undergraduate or graduate degree in a strength and conditioning-related field. In addition to majoring in Exercise Science, Alex is pursuing a minor in both Military Science and Behavioral and Cognitive Neuropsychology. For the past two years, he has worked as a certified personal trainer at Fitness and Beyond, locally owned by EXS alumna Jacey Gengenbach, specializing in clients over the age of 50 years, as well as older adults with Parkinson's disease. As Command Major Sergeant, he is also responsible for planning and leading the physical training for over 80 ROTC cadets each week and is a founding member and current president of the CU Strength Club.

Baby Bluejays!



Felix Barker

Welcome the newest members of the Exercise Science and Pre-Health Professions department!

- Felix Thomas John Barker born November 28, 2020— Congratulations to the Barkers!
- Bristol Beth Magrini born March 31, 2021— Congratulations to the Magrinis!

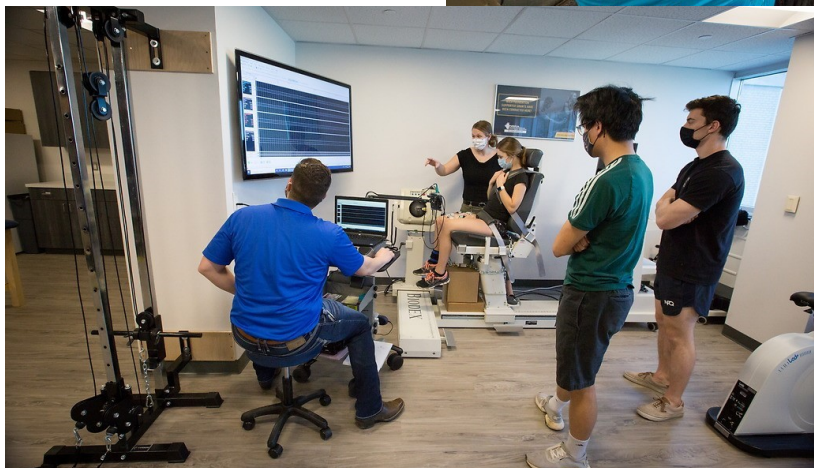


Bristol Magrini

Sneak Peek of our new space in the Criss Heath Sciences Complex...



We have several large classrooms equipped with the latest technology.



Faculty and students use this area for research as well as laboratory classes.

The days of studying on the floor in the reception area are no more!!!! This is just one of the amazing places our students use for studying.





Reception area for office suite



Lounge area—entrance to faculty offices

Smaller classroom



One of four student study rooms



Old Gym research laboratory

