Welcome to CHHS Founding Dean: Dr. Charles Hardy

The faculty, staff, and students in the School of Health and Applied Human Sciences would like to welcome Dr. Charles (Charlie) J. Hardy to UNCW. Dr. Hardy was selected to lead UNCW’s College of Health and Human Services as its founding dean, effective July 1, 2011.

Dean Hardy comes to UNCW from Georgia Southern University, where he was founding dean of the Jiann-Ping Hsu College of Public Health since 2006, dean of the Jack N. Averitt College of Graduate Studies from 2002-2005, associate dean of the College of Health and Human Sciences from 2001-2002, and chair of the Department of Health and Kinesiology from 1994-2001. He was an assistant/associate professor at UNC Chapel Hill from 1983-1994.

Dean Hardy holds a Ph.D. from Louisiana State University in kinesiology/psychology and was a post-doctoral research fellow in exercise and sport science at UNC Chapel Hill. He earned his Master of Science degree in exercise science from the University of Tennessee and a B.S. in health and physical education from East Carolina University.

SHAHS would also like to welcome the Dean’s support staff of Linda Ferrell and Gina Bowen.

Derick G.S. Davis Tricycle Relays to be held Oct 1st

The Derick G.S. Davis Tricycle Relays will be held October 1, 2011, around the grounds of the UNCW clock tower. The annual race is for students, alumni, and residents in the Wilmington community, to help raise funds for the Davis Scholarship.

Participants race in teams of three for their share of over $1500 in prizes including overnight stays at local hotels and resorts, free dinners for two at upscale restaurants, and free passes at local attractions. Every participant in the fall 2011 race will receive a race day shirt and a bag of free coupons and other goodies. Highlights for this race include a special intermission race with area businesses’ mascots on the course race track.

The Davis Scholarship is awarded annually to an undergraduate student in the Recreation, Sport Leadership and Tourism Management major who meets stringent academic criteria and illustrates leadership and excellence in the industry. Last year at our inaugural race, over 50 individuals participated in the day’s event. Students, alumni, and residents descended on campus around the clock tower for the race. The Recreation, Sport Leadership and Tourism Management program currently has approximately 130 majors, 35 minors, with four full time faculty.

For more information about the Fall 2011 race, contact Dr. Nancy Hritz at hritzn@uncw.edu
Dr. Robert Boyce wins Chancellor’s Teaching Excellence Award

UNCW faculty member Dr. Robert Boyce is the recipient of the 2010-2011 Chancellor’s Teaching Excellence Award. The Chancellor’s Teaching Excellence Award was established in 1991 to recognize all aspects of excellence in teaching and teaching-related activities that foster students' desire for lifetime learning and success. Each recipient receives a $1,500 stipend and medallion.

Dr. Boyce was born in Charlotte, NC. After obtaining his undergraduate degree, from Erskine College, he taught in the public school system for a number of few years. Dr. Boyce later decided to attend Appalachian State University and acquired his master’s degree in Physical Education. Dr. Boyce began to gain a love for science and with this passion he furthered his education on to Florida State University, where he attained his PhD in Exercise Physiology. After a period of being in business for himself and teaching at other universities Dr. Boyce decided he wanted to get back into academia. Dr. Boyce applied to UNCW, and in 2003 began his Seahawk academic journey.

When asked about his teaching philosophy, Dr. Boyce commented that he believes his students are the best there are and he makes sure they know that. He believes that by letting his students know they are the best it allows them to perform at their best. Additionally he puts the responsibility on his students for setting the learning atmosphere in an effort to prepare them for the business setting. Academically Dr. Boyce prides himself on incorporating engaging, interactive learning tools that students find to be fun, and various electronic systems to make learning more stimulating. When working with undergraduate and graduate students on a closer level through research or Directed Individual Studies (DIS), Dr. Boyce notes that this has been a very rewarding, beneficial, and instrumental experience in shaping the future academic and career paths of his students.

In our interview Dr. Boyce shared that his research interests lie in the area of Occupational Physiology. His work looked at the physical demands of rigorous work for populations that have for instance police officers or firefighters as well as researching those who had less ambulatory jobs and were confined to sitting down at their work.

After a long pause you could see how positively affected and touched Dr. Boyce was when asked what it meant to him to receive an award such as the one he was awarded. Dr. Boyce states that receiving the award has really meant a lot to him and that we should support those around that are doing a good job. He feels that there are so many wonderful people at the university that do so many great things and work so hard but often go unrecognized. Additionally he feels that by recognizing these people, it gives them a positive outlook on their profession and makes them feel like they are contributing to the university. Dr. Boyce continued to mention that by receiving an award such as the Chancellor’s Teaching Excellence Award, it just makes a difference in you. You feel more open, communicative, and sparks flare. One interesting comment Dr. Boyce shared in our interview was that receiving this award has made him appreciate his colleagues and students more now that he knows how it feels personally. Lastly Dr. Boyce commented that when people do great things, you tell them!

By Stephanie A. Nmashie. MSGRN (c)
Global Health Cruise!

HEA 320 Foundations in Global Health will be adding a study abroad opportunity to this popular course. Beginning Spring 2012 students enrolled in HEA 320 will have the option taking a one hour experiential “lab” to the class. (HEA 492 Global Health Cruise: Comparative Health Delivery Systems in the Western Caribbean). Students will be going on a seven day Western Caribbean Cruise with stops in Grand Cayman, Honduras, Belize and Cozumel. In each country the students will have site visits to different components of the health care delivery systems of that particular country. Students will learn how pharmacies, hospitals, and public health facilities in these countries deal with the health challenges they face. Students will learn about the culture of the Caribbean with tours of each locale and stops to experience some of the local flavor of the different countries.

The trip will be led by Dr. Jorge Figueroa who developed and continues to teach the Global Health class. Dr. Figueroa, a native of Cuba, has been on faculty in the SHAHS since 2008. Dr. Figueroa is described by students as being an outstanding educator who always tries to apply the content from his courses to real world situations.

The trip will take place in between Spring and Summer I semesters departing Miami on June 16th and returning June 23rd. Traveling aboard the amazing Carnival Liberty, students will have the opportunity to mix the academic experience with fun.

Only students who have previously taken HEA 320 (or are enrolled for the Spring 2012 semester) are eligible to participate in this class. The class is capped at 20, so interested students should contact Dr. Figueroa (figueroaj@uncw.edu) or International Studies (studyabroad@uncw.edu).

Casey Solano, Recreation Therapy Student, on Hula Hooping

During my Assessment and Outcome Planning in Recreation Therapy class in the Spring, I was assigned a semester long project that allowed me to implement a personal intervention using the recreation therapy process of APIE (assessment, planning, implementation, and evaluation). My professor, Dr. Johnson, with some hesitation at first, agreed to let me choose hula hooping as my intervention. I can remember the exact day I got my first hoop, February 8th, because since then my life has changed dramatically. The hoop soon became a part of me, I started to enter what fellow hooper's call "flow", the connection of body and mind through the circle. By the end of the semester project I had facilitated hooping with children and adults during Accessible Recreation Day at UNCW, performed at a sold out concert in front of over 1,300 people, and began making my own hoops to sell. I’ve hooped all over the East Coast this summer making a name for myself in the hoop community and passing the joy I have found in it to others.

You can see Casey hooping at:
http://www.hoopcity.ca/video/hurricane-hoopin
http://www.youtube.com/user/cSOLhooper?feature=mhee
Physical Education and Health student Miriam “Mim” Lewis was awarded the Hoggard Medal of Achievement at the Spring 2011 Senior Excellence Awards banquet. This medal, presented through the generosity of the late Dr. John T. Hoggard, is awarded annually to the graduating senior who, in the opinion of the faculty, has shown the most improvement during his or her years at the university. This honor is given in recognition of hard and honest endeavor which has resulted in great self-improvement.

Mim’s life changed when she was a high school senior when she was diagnosed with Hodkins Lymphoma, a form of cancer. After some intensive treatment she arrived on campus in the fall of 2008. Things were going well for her until one night when she felt a familiar lump in her groin area. She didn’t need to wait for the biopsy results to know that the cancer had returned.

When the rest of her class were returning to their dorms after the Christmas break, Mim was at home in Statesville, NC starting an intense chemotherapy regime that saw her lose her hair, weight, and have all of her natural energy pulled out of her body. She did not return to UNCW for that semester. Her treatments involved six bouts of spending four days and three nights in hospital receiving chemotherapy.

During the summer of 2008, as Mim’s hair slowly grew back, so did her confidence and desire to live a normal life again. She re-enrolled in UNCW and decided that she wanted to be a Health and Physical Education major as she liked working with children in physical activity settings. The University was very accommodating to Mim and provided her with early registration privileges. This enabled her to avoid Friday classes as she had to undergo PET scans and maintenance chemotherapy throughout that semester.

One of the side effects of the cancer radiation treatment was some nerve damage and muscle loss in her left leg. Mim recalled some of her classes as being “painful and awkward” and that for the first time in her life she had to have some honest discussions with her professors about her physical limitations. Despite these physical challenges Mim continued to excel in her coursework with outstanding grades.

Mim’s success story was not just reflected in her grade point average. The big difference that faculty saw in Mim was in her assertiveness and her hunger to get involved in campus activities and professional activities. When she returned to campus she made a vow to enjoy her college years and to not hide in her room because she was embarrassed about her physical appearance. Wearing baseball hats and lots of pink (so people would know she was a girl), Mim played intramural sports every night of the week and volunteered hundreds of hours at local elementary schools helping children with special needs in physical education. She was employed as a mentor in the “I can do it” program. This program, supported by a federal grant to UNCW faculty, provides children with special needs a 1-on-1 mentorship experience with the goal of increasing physical activity levels and improving eating habits.

In the fall of 2010, Mim approached the faculty and told them that she wanted to help k-12 teachers learn how to accommodate children with cancer in their classes. She submitted a proposal to the North Carolina Alliance for Athletics, Health, Physical Education, Recreation, and Dance (NCAAHPERD) Convention and was selected as one of only three student sole presenters on the program. Her hour long presentation titled “Teaching Students with Cancer in k-12 Health and Physical Education Classes” was well attended and appreciated by the audience. This undergraduate scholarly activity was supported by a CSURF Undergraduate Student Research & Travel Award of $1000.
Selected Examples of SHAHS Outreach & Engagement

The Tobacco Free Colleges Initiative allows Community Health Education faculty and students to assist university and community colleges in our region in advocating, developing, and implementing campus tobacco policies.

Faculty and students from the Health and Physical Education program are providing mentoring for physical activity programs for individuals with disabilities in the Wilmington community through its "I Can Do It, You Can Do It! Program." This program, supported by a NIH Federal Grant, utilizes mentors who are matched with individuals with disabilities with the expressed purpose of assisting participants to safely and successfully participate in recreation and leisure-time pursuits of their choice in the communities in which they live.

Faculty and students in the Recreation, Sport Leadership, & Tourism Management program collaborate with the NC Carolina Coastal Federation and Ft. Fisher State Recreation Area on environmental management events and issues.

Health and Physical Education Teacher Licensure and Early Education majors in HEA 304 are partnering with Coastal Horizons to deliver a 10 lesson program titled "Safe Dates". This is an example of a primary health prevention program being delivered in our local middle schools via our HAHS majors and in collaboration with a non-profit community health organization.

The Community Health Education program has an ongoing collaboration with the Wilmington Fire Department whereby faculty and students are developing their fitness and wellness program, helping assess the level of fitness of each of the firefighters and establishing assessments and programs to improve the health of fire department personnel.

Gerontology faculty and students work with New Hanover County Department of Emergency Management to collect disaster prevention and management documents from Long-term care administrators; Students work one-on-one with older adults to create personal disaster management plans.

Leisure Education in the Transition Program for Youth (TPY). Each semester students in RTH 371 (RT Interventions I) plan, implement and evaluate a 14-session leisure education program from Leisure Education in Compensatory Education to the high school transition program for youth (TPY) program located in the Watson School of Education. Prior to implementing the interventions, the RT students assess the high school students interests and abilities.

Accessible Recreation Day. Each spring, RT students assist with the implementation and evaluation of a day-long event held at the Student Recreation Center for individuals of all ages with disabilities in Southeaster NC. RT students adapt activities and equipment and assist professional athletes with disabilities and other instructors in teaching such activities as accessible golf, wheelchair tennis, wheelchair basketball, adapted climbing, seated yoga and aerobics, and numerous other activities.

Adapted Water Sport Day. Each fall, RT students aid with the Adapted Water Sport Day and aid individuals with disabilities to participate in such activities as water and sit-skiing, jet skiing, kayaking, sailing, and tubing.

Athletic Training students provide education on current trends in sports medicine to the community through pamphlets, speaking engagements, and events. For example, students recently hosted a demonstration table at the "Southeastern NC in Motion" event sponsored by Congressman Mike McIntyre.

Faculty, staff and students help to provide Athletic Training services for the community with events such as state gymnastics competitions, local high school lacrosse and football games, UNCW club sport events, Charlotte Bobcats' training camp, and UNCW Athletic Dept. summer camps.
Congratulations to Dr. Elizabeth Fugate-Whitlock

Elizabeth Fugate-Whitlock, Lecturer of Gerontology, defended her dissertation at the Medical College of Virginia in July 2011. She will walk in the December 2011 graduation ceremony earning her PhD in Allied Health with a concentration in Gerontology. Her dissertation, “Natural Disasters and Older Adults: The Social Construction of Disaster Planning,” involved grounded theory research relating to emergency management planners and older adult women residents of housing authority communities concerning the social construction of natural disasters.

Undergraduate Research in Exercise Science: An Interview with Matt Skelly

What is your name and where are you from?
My name is Matt Skelly and I am from Raleigh N.C.

Why did you choose EXS as your major?
Growing up, I was obese when I entered high school. I had a weight training coach that really motivated me and got me excited about exercising. Once I saw drastic changes in my appearance and confidence, I knew that I wanted to help others achieve their goals.

Why are you doing research?
I thought this would be a great way to expand my knowledge and learn the process of doing research in a lab setting. Also, this will help broaden my options of where I want to go in my career of exercise science and give me more opportunities by having research already under my belt.

What is the most difficult aspect about conducting a research study?
The hardest thing I find about conducting research is finding the volunteer subjects and holding them accountable for showing up at their scheduled time. There have been many instances where the subject does not show up at all.

What is the most enjoyable aspect about conducting a research study?
The most enjoyable aspect is meeting new people, analyzing, and interpreting the data.

Where are you hoping to present your research?
If everything goes according to plan, hopefully, in the spring of 2012, I plan to receive funding and present this data at the National Conference of Undergraduate Research (NCUR) in Ogden, Utah.

Ultimately, how is this experience going to help you in your career?
This experience is going to help me to see if I would like to conduct research as a career or use this experience to give me the edge in grad school. By having research on my resume, it will look great when applying for graduate schools and/or jobs because it shows that I possess inquiry-based experience.

Last question, if you can have dinner with any person, past or present, who would that be and why?
That's tough! I would have to say the cast of pumping iron. That movie gets me pumped before I go into the gym and the dedication they have towards their passion is admirable to me. Plus, I want to know their true secrets on how they became so enormous – haha.