Greetings everyone,

Welcome to the new school year and to this issue of *Health Matters*! Please join me in extending a very special thank you to all the contributors to this newsletter. I invite you to read about all the wonderful things we are doing on campus and in the community. It is exciting to see our students and faculty working collaboratively in research, study abroad, community service, and in other applied learning contexts. Clearly, we are working together to create better lives for the persons in the lower Cape Fear Region while also creating a wonderful place for our students to grow and learn.

This year brings about many exciting additions to our school. Ms. Carly Allen has joined us as an Administrative Associate in the SHAHS office, and I hope you will stop by and welcome her. We also have several new faculty members in the School. Dr. Alexia Franzidis (Recreation, Sport Leadership, and Tourism Management), Ms. Tamlyn Shields (Exercise Science), and Dr. Lisa Sprod (Exercise Science) bring diverse backgrounds, experiences, and interests that will make for exciting learning opportunities. Finally, I am new to SHAHS as well.

I come to you having spent the previous 17 years at Truman State University (Kirksville, MO) where I served as Chair for the Department of Health and Exercise Sciences. I am so thrilled to be serving as the Director of this wonderful school and to have the opportunity to work with my faculty colleagues in creating the best learning environment possible.

As someone who lived in the land of Tom Sawyer and Huckleberry Fin, I’ve become a fan of Mark Twain quotes. One of my favorite provides us all a unique life challenge. “Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did so. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” I hope you will take Twain’s challenge to heart; dare to sail away from that safe harbor by fully investing yourself in the opportunities our School, University, and Community offer. We are doing great things and I do hope you will explore, dream, and discover with us.

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The Gerontology Generations Graduate student organization will be participating in the Alzheimer’s walk at Hugh McRae Park on November 10th, 2012. The Walk is an annual fundraiser to help end Alzheimer's disease. Please contact Alzheimers North Carolina @ (919) 832-3732 or email development@alznc.org. Together, we can help raise awareness and support for persons with Alzheimer's and families or caregivers.

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**Inside this issue:**

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**New HAHS Director: Dr. Chris Lantz**

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**Editor:** Steve Elliott  elliotts@uncw.edu
Student Research Projects Lead to California Adventure

Two Exercise Science majors, Allen Mullins and Tyler Willett, recently attended and participated in the annual meeting of the American College of Sports Medicine (ACSM) in San Francisco, CA. This experience was the culmination of a year of directed individual studies with Exercise Science professor, Dr. Robert W. Boyce. Over the course of the 2011-2012 school year they all worked as a team to compile and analyze data collected on members of the Charlotte Mecklenburg police department regarding a weight loss competition. Allen and Tyler attended the ACSM meeting as authors and presenters. They both had abstracts published in Medicine and Science in Sport and Exercise, a peer-reviewed journal and then they each presented their individual research projects during the ACSM poster sessions. While at the conference they attended lectures, symposia and poster sessions presented by top professionals from around the world.

UNCW has a mission to encourage and promote undergraduate student research. There are many opportunities at the College of Health and Human Services for students to work with faculty on their research projects. For example, over the past eight years Dr. Boyce has mentored over twenty Exercise Science majors through the directed individual studies (DIS) and honors programs with most of those students attending a variety of regional and national conferences to present their work. A number of them have seen their efforts lead to publications in peer-reviewed journals. Allen and Tyler have submitted their completed article (co-written with Dr. Boyce, Glenn Jones and Dr. Edward Boone) entitled “Metropolitan Police Weight Loss Competition Case Study: Body Mass Change among BMI Categories and Between Genders.” If this article is accepted for publication, Allen and Tyler become eligible to apply for the designation of “Distinguished Scholar” offered by the C-Surf/Honors program at UNCW. They have each received a $1,000 travel award by C-Surf/Honors to assist with expenses involved in attending the ACSM meeting.

In the course of their research Allen and Tyler assisted in preparing a literature review, entering and cleaning the raw data, developing the hypotheses and research questions, analysis of the data via statistical programs, designing and creating figures and tables, reporting the outcomes and then preparing the graphic presentation posters for the meeting. This work was accomplished with the assistance and collaboration of Dr. Edward Boone, Department of Statistical Sciences and Operational Research, Virginia Commonwealth University. One thing that makes this research project special is that the police department weight loss competition they studied is one of the largest, if not the largest, weight loss competition conducted in a police department and reported in the United
Student Research Projects Lead to California Adventure (continued)

States. The data set included approximately 400 subjects. The program was orchestrated in Charlotte by Glenn Jones, owner of Work Physiology Associates Inc., Charlotte, NC.

The trip to San Francisco and the ACSM meeting was not all work; there were other adventures as well. The students were able to meet a wide-range of professionals from around the world in both professional and social venues. These included researchers for the military, police and fire, physicians, exercise physiologists, representatives from graduate schools and much more. The meeting also featured an exhibition hall with representatives from companies that write and sell textbooks and journals, manufacturers of exercise equipment and scientific instruments, sports nutrition products and supplements, just to name a few. Plus there were social events such as student receptions and a baseball game at AT&T Park, a harbor tour, a trip to Alcatraz and time to hike across the Golden Gate Bridge to the Marin headlands. The meeting in California and the soon to be published article (assuming it is accepted by the peer-review panel) were not the only outlet for all their efforts. Allen and Tyler also had numerous other opportunities to present their work at various conferences and symposia at UNCW and a student research conference at Campbell University. Once again, adding valuable items to their resumes.

Since the trip to ACSM Allen has graduated with a degree in Exercise Science and is currently gaining work experience in the field of physical therapy. He plans to apply to graduate school later this year. Tyler is currently an Exercise Science senior at UNCW and plans to attend medical school following graduation. Both students have enjoyed this experience and demonstrated great attitudes in their commitment to completing the myriad of detailed work involved in their research projects. They are to be commended for their efforts. They brought upbeat energy, insightful observations, and attention to detail and dogged determination to the game. They are bound to succeed in whatever they choose to do in the future.

If you are interested in participating in faculty research at UNCW, be sure to contact the professor of your choice, working in your field of interest, to learn more about the Directed Individual Studies programs. Another avenue is to contact the office of C-Surf and the Honors Programs for guidance in how to become a student researcher. Exercise Science majors can contact Dr. Robert Boyce, Dr. Wayland Tseh, Dr. Lisa Sprod or Tamlyn Shields to learn more about their ongoing research efforts. In most cases a two semester commitment is advised.

By Robert Boyce

Athletic Training News

The Athletic Training Education Program is in negotiations with the New Hanover Regional Medical Center for developing a student clinical experience with the EMS Department. The NHR EMS Education Coordinator, Dave Glendenning, and EMT-Paramedic and Certified Athletic Trainer, Meredith Hamill, took the Athletic Training Students through an orientation of their ALS ambulance and equipment on August 28, 2012. Students will be able to get a bird’s eye view of emergency medicine in action as they observe during “ride-a-longs” with the crew.
2013 STUDY ABROAD OPPORTUNITIES IN RECREATION, SPORT LEADERSHIP AND TOURISM MANAGEMENT

The Recreation, Sport Leadership and Tourism Management faculty in cooperation with the Department of Environmental Studies are offering a plethora of summer 2013 study abroad opportunities and experiences. In fact, three (3) different and unique summer session I, 6-credit hour programs are available. There are programs to South Africa, Europe and Australia! Topics will include sustainable tourism, eco-tourism, adventure tourism, recreational sports management, protected land management and natural resource management.

Dr. Nancy Hritz and Dr. Alexia Franzidis are leading a study abroad program to South Africa. This 19 day program integrates popular sites and activities in and around Southern South Africa. While the program will have its base out of Cape Town where activities include climbing Table Mountain and sand-boarding, volunteering at a local primary school, and visiting Robben Island (where Nelson Mandela was imprisoned for 18 years), it will also include some overnight trips rafting up the Orange River, a Garden Route tour that will feature caving, ostrich racing, a visit to Addo Elephant National Park, and whale watching. Students will learn about adventure tourism, its connections to the physical environment and career paths within. Participants will also receive instruction on the impacts of tourism from both a participant and destination perspective. This program is bound to provide a once in a lifetime experience to one of the world’s most popular tourist destinations.

Dr. Spivey and Mr. Nix are leading a 3½ week study abroad program to Europe that will focus on a comparison of the operation and management of professional and recreational sports in the U.S. and Europe. The majority of the trip will be based out of Bonn, Germany and will include multiple day trips and experiences that include: the Nürburgring Car Racing Tourist Entertainment Park; the Institute for European Sport Development & Leisure Studies in Cologne; Bonn University Student Recreation Department; the German Army “Bundeswehr” Sports University in Warendorf; and YMCA Germany, among others. The program will conclude with a 5 day “over-night” excursion to Austria, Switzerland, and other locations in Germany to visit attractions such as: AREA 47 (most modern sports park in Austria); Lake Constance (Switzerland) located on the Rhine River at the northern foot of the Alps; Olympic Village in Munich; and BMW World. Students will also be able to tailor their experience via two “long weekends” to explore other parts of Europe at their leisure. This is the first study abroad program offered that will focus solely on the sport leadership aspects of recreation management.

Dr. Herstine and Dr. Buerger (EVS Department) are teaming together to lead a 22 day study abroad program to the east coast of Australia. The program will begin in Sydney and also include time in Brisbane, Cairns and at the Great Barrier Reef. Field trips will be taken to the Blue Mountains, Lamington National Park, the Atherton Tablelands, Kurando National Park, the Great Barrier Reef Marine Park, Daintree National Park and Cape Tribulation. While on the field trips the students will participate in several boat trips, take beach walks, engage in service learning projects, learn about the Aboriginal culture and eat/prepare Aboriginal traditional foods, hike in various Australian rainforests and cruise by boat to the Great Barrier Reef for some scuba-diving and/or snorkeling. This 22 day study abroad program combines academic instruction with a diverse range of field trips to agencies, organizations, tourist sites, nature reserves, nature parks, national parks and finally The Great Barrier Reef. The program focuses on protected land management, natural resource management, tourism management and natural heritage management.

By Jim Herstine
RTH Students Involved in Applied Learning Summer and Fall 2012

Recreation therapy students continue to be engaged in numerous applied learning activities through their RTH course work. This fall semester RTH students are learning about specific assessment techniques and tools, and using those tools at Trinity Grove Health Care Center and New Hanover Regional Medical Center’s Rehabilitation Hospital. They are also gaining valuable hands-on experiences leading leisure education programs at the Watson College of Education’s Transition Program for high school students with disabilities; working with clients at the Ability Garden at the New Hanover County Arboretum; assisting with programs at Coastal Therapeutic Riding, the Child Development Center and United Cerebral Palsy; and working with the local wheelchair basketball and tennis teams. Other local sites where RTH students are engaged in applied learning this fall include: Autumn Care Assisted Living, Adult Day Services of Wilmington, N.H. County Special Olympics, PACE-Elderhaus, Davis Healthcare, Liberty Commons Nursing & Rehabilitation Center, Pacifica Senior Living, and Cypress Point/Kindred Healthcare. RTH students are also gaining valuable knowledge and skills learning how to facilitate initiatives on UNCW’s ropes course.

In addition, four RTH students are completing their clinical internships this fall semester—two are at Wake Forest University-Baptist Medical Center, one is at the Bay Pines VA Healthcare System in Bay Pines, FL, and another is at Brooks Rehabilitation Hospital in Jacksonville, FL. Seven students successfully completed their internships during the summer semester. They were at sites that included the Children’s Village in Dobbs Ferry, NY, Mt. Washington Pediatric Hospital in Baltimore, MD, Brynn Marr Hospital in Jacksonville, NC, the Boys and Girls Homes of NC in Lake Waccamaw, Mecklenburg/Charlotte Parks and Recreation Department, and New Hanover Regional Medical Center’s Behavioral Health Hospital and Trinity Grove Health Care, both in Wilmington. Also this past summer, RTH students logged over 4200 hours of applied learning activities while completing their practicum experiences.

By Candy Ashton-Forrester

RTH Departmental Honors Students

Three RTH students are currently involved with departmental honors projects.

**Amanda Palm** is working with Dr. Candy Ashton to investigate the experiences of LGBT university students in sport and physical activity over their life course. Data collection on this project is almost complete and Amanda will be presenting a poster on the study’s preliminary results at the American Therapeutic Recreation Association Annual Conference in Phoenix, AZ in Oct., 2012. She hopes to complete her research this Dec. This research is partially funded by the Laboratory for Diversity in Sport at Texas A & M University.

**Jordan Perry** is working with Drs. Candy Ashton and Robert Boyce to study the physical (including health indicators and wheelchair basketball skills), social, and emotional effects of participating in a season of wheelchair basketball. The first round of data was collected early in Sept. at the beginning of the wheelchair basketball season. Data will be collected again in Mar., 2013 at the end of the season, and finally in Aug., 2013 prior to the team starting practice for the 2013-14 season to determine if physical, social, and emotional indicators increase during the season and decrease during the off season. Jordan will complete her research in Dec. 2013. This research is partially funded by the Therapeutic Recreation Division of the North Carolina Parks and Recreation Association.

**Caroline Lewis** is working with Dr. Dan Johnson to develop an evaluation plan for Miracle Field baseball and related activities. This will include player’s social, physical, affective and outcomes; family perspectives and social validity; and other Rapid Assessment Instruments. Currently there is no research on these programs anywhere in the country.
The Honors Approach to Wellness

Do you want to improve your quality of life by taking a course at UNCW? Dr. Cara Sidman, PED 101 Co-ordinator and UNCW alumnus, provided the gift of wellness to the Honors College students during the spring semester. “High Level Wellness” is a seminar course that advocates addressing the entire spectrum of health, which is unfortunately neglected by many college students.

The HON 120 enrichment seminar covers a multitude of topics vital to individual well-being and happiness such as physical activity, emotional health, spirituality, social interactions, and intellectual discovery. The course content is relevant to everyday life, and teaches the importance of being mindful and aware of individual needs in order to achieve lifespan wellness rather than temporary changes to behavior.

This class, while encouraging students to try new activities and explore different facets of their individual wellness, is really about balance and moderation. Wellness is a subjective interpretation and varies for each person, but the primary class goal is to create unique opportunities for enjoying physical activity and other wellness activities. According to Dr. Sidman, wellness is a product of “maximizing your potential given your capabilities and the environment in which you live.” Such a definition makes the goal of wellness attainable and subjective to the individual.

Honors classes are distinguishable by in-depth class discussions, and Dr. Sidman values the input and different viewpoints of students. “Honors is a different level of learning, and it even allows me to think outside the box.”

The benefits of taking High Level Wellness are substantial. Many students do not have the opportunity to apply concepts taught in lectures during the PED 101 university studies lifespan wellness course. But High Level Wellness offers in-class and out-of-class experiential activities, such as nature walks and a boat tour, to further explore each wellness dimension.

Readings are discussed and applied in this Honors course, and the concepts are applicable to students in any state of health. This course is beneficial to anyone trying to improve their quality of life, by examining all five dimensions of wellness, spiritual, emotional, intellectual, physical, and social. With the engaging hands-on activities and in-depth discussions, your life is bound to be transformed in some way!

Jamie Watson, Class of 2015 (with minor modifications by Cara Sidman)

HAHS students serving as UNCW Health Promotion Peer Educators

Congrats to following HAHS students on being selected as 2012-2013 UNCW Health Promotion Peer Educators. The UNCW Health Promotion Peer Educators are students who are trained to educate and inform other UNCW students about issues related to college health. The Peer Educators present a wide range of health programs, plan campus-wide wellness events, and develop marketing campaigns to educate the UNCW campus community.

Melissa Heivly – Community Health
Hannah Bingham – Community Health
Lindsey Arthur – Community Health
Lizzie Van Name – Athletic Training
Sara Janakas – Recreation Therapy
Zac Saunders – Physical Education & Health
Elizabeth McLawhorn – Exercise Science & Biology
Alex Langlois – Community Health
Much to their chagrin...the interviewing process has not ended for Lisa Sprod, Tamlyn Shields, Carly Allen, Chris Lantz, and Alexia Franzidis.

Two Exercise Science students, Kelly Hewitt and Thomas DiCiaccio, took it upon themselves to truly vet these individuals knowing that the respective search committees were too afraid to ask the really hard questions......

**QUESTION:** Blondie, Metallica, or Justin Beiber?

- **Sprod:** Justin Beiber
- **Shields:** None of the above. I prefer the Penguin.
- **Allen:** Blondie
- **Lantz:** Blondie in a landslide!
- **Franzidis:** Yuck! None.

**QUESTION:** If you could be a superhero, what power would you possess?

- **Sprod:** Time-travel
- **Shields:** Invisibility
- **Allen:** Teleportation
- **Lantz:** To deliver absolute justice in the eradication of Justin Beiber.
- **Franzidis:** The ability to influence behavior so I could make people care more about the environment.

**QUESTION:** What is your favorite guilty-pleasure TV show?

- **Sprod:** The Daily Show
- **Shields:** I don’t watch much TV but when I do, any of the HGTV shows.
- **Allen:** Criminal Minds
- **Lantz:** River Monsters. To this day I still yell “fish on!” when fishing.
- **Franzidis:** Breaking Bad

**QUESTION:** Room, Desk, or Car – which do you clean first?

- **Sprod:** My desk is decent, but my car is full of sand.
- **Shields:** Room
- **Allen:** Room
- **Lantz:** Desk
- **Franzidis:** Desk

**QUESTION:** Time Machine – what year and why?

- **Sprod:** 2050, to see myself and what beach I’m living on.
- **Shields:** 1960, to see my Dad’s family growing up.
- **Allen:** 1965, to witness Vietnam War era.
- **Lantz:** 1979, to say goodbye to my father.
- **Franzidis:** Roaring 20’s.

**QUESTION:** If you were to host an episode of Oprah’s Favorite Things, what would I find underneath my seat in the audience?

- **Sprod:** French coffee press.
- **Shields:** Key to a new car.
- **Allen:** Cruise tickets to Peru.
- **Lantz:** Life-size portrait of Robert Boyce.
- **Franzidis:** Tim Tams.

**QUESTION:** What is an unexpected influence in your life that has gotten you to where you are today?

- **Sprod:** My research with Cancer and Exercise leading me to upstate New York, which led me to Wilmington to this teaching job!
- **Shields:** Mike McCammon – my advisor and mentor during my undergraduate and graduate degrees.
- **Allen:** Commander Nadeau – my former boss in the Coast Guard.
- **Lantz:** Blind luck. All of the things in life are due in part to good luck or being in the right place at the right time.
- **Franzidis:** The Gumtree website

**QUESTION:** Obama and Romney challenge you to two-on-two basketball at the White House. Who are you going to bring as your teammate?

- **Sprod:** Derrick Rose
- **Shields:** Dawn Staley
- **Allen:** The round mound of rebound, Charles Barkley.
- **Lantz:** It won’t matter; they won’t work with each other regardless of who I bring.
- **Franzidis:** Oh no, no – cricket is my game. I don’t know anything about basketball!
The School of Health and Applied Human Sciences faculty member Dr. Steve Elliott was recently presented with a 2011-2012 Chancellor’s Teaching Excellence Award. The purpose of this award is to recognize all aspects of excellence in teaching and in teaching-related activities that foster students’ desire for lifetime learning and success.

Dr. Elliott received his undergraduate degree from UNCW (B.A. in Physical Education), his Master’s Degree (Curriculum & Instruction) and his PhD (Kinesiology) from the University of Virginia. Prior to coming to UNCW as a now Associate Professor and Interim Associate Director of SHAHS, Dr. Elliott was a faculty member at Georgia Southern University, and also taught and coached in the New Hanover County public school system for several years.

When asked about his teaching style, Dr. Elliott explained that he tries diligently to engage students in the learning process. He stays current in issues in the field, and he strives to model effective teaching for those who will be teachers in the future. He gets his students to be excited about the field, instilling in them that they have the power to "make a difference" in the lives of the students they teach.

Dr. Elliott is quick to give credit to both his wife, Liz, a Research Analyst with the UNCW Center for Marine Science for keeping him grounded and providing inspiration. His young daughter, Penny, reminds him "that kids are like sponges – they soak up information." Giving them the "right message" with regard to physical activity, health, and nutrition has lifelong impacts. He states, "having a daughter in kindergarten allows me to really see how important teachers are in the lives of young children, and how children view their teachers as role models and learn from all the verbal and non-verbal messages they receive from them."

Coming full circle from an undergraduate at UNCW, to a tenured faculty member at his alma mater has been an exciting journey for Dr. Elliott. He states that it is joy to work alongside colleagues who have been mentors to him for the past 20 years, adding that, "the education I received at UNCW prepared me to be successful in graduate school and then for a career in higher education. It is exciting to look at my UNCW students and to know what a difference they will make in the lives of k-12 children and that one day, perhaps one of them will be my colleague at UNCW?"