

# performance

COLLEGE of HEALTH & HUMAN PERFORMANCE | 2016



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**UF** UNIVERSITY of FLORIDA



## PERFORMANCE

MAGAZINE | 2016

### PUBLISHER

DEAN MICHAEL REID

### EDITOR/WRITER

CHRISTINE COOMBES

### DESIGNER

JEREMY CLARK

### CONTRIBUTING WRITERS

DR. JILL VARNES

DR. JOAN CARROLL

CLINTON WYNN

MELISSA PEÑA

COREY HUFF

### COPY EDITORS

SARAH EBERHART

MELISSA PEÑA

### COVER PHOTO

BERNARD BRZEZINSKI,  
UF Director of Photography

Featured: HHP student  
MARIANA FRANZ (BSAPK 2017)

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P.O. Box 118200

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Or email: [ccoombes@ufl.edu](mailto:ccoombes@ufl.edu)

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## CONTENTS

**4** ask dean reid  
Q&A WITH HHP'S DEAN

**6** gator good  
HHP MAKING A DIFFERENCE

**10** alumni  
**10** .....SHERYL FLYNN  
**12** .....BENNY VAUGHN  
**14** .....JASON FASS  
**16** .....CLASS NOTES  
**20** .....ROY BENSON

**22** faculty research  
**22** .....ALCOHOL ABUSE  
**24** .....ESSENTIAL TREMOR  
**26** .....PHYSICAL LITERACY

**30** student profiles  
**30** .....LEA LENA  
ADEYOOLA "YOOLA" ADENIJI  
**31** .....SEBASTIAN FEARON  
VAN CARSWELL II

**32** the College  
**32** .....ROAD LESS TRAVELED  
**34** .....HHP BY THE NUMBERS

**35** the University  
**35** .....DR. KENT FUCHS



# ask dean reid



## Q&A WITH THE DEAN

**Q.** *HHP is celebrating its 70<sup>th</sup> birthday this year. What does HHP have in store for the next 70 years?*

**A.** True, we have so much to celebrate! The rich history of Alligator Alley, the excellence of our faculty, the dedication of our staff, and the success of our students are the heart and soul of our College. These are traditions that will carry us through the next seven decades. But creativity, innovation and growth are also strengths of our College. We look forward to new ideas, new programs, and new traditions that will make us even stronger in 2086 than we are today.

**Q.** *Since we last spoke, HHP has opened a research center in Yon Hall. Can you tell us a little about that space and your goals for it?*

**A.** Yon Hall has been entirely renovated to create 17,000 sq ft of office, laboratory, and classroom space. Faculty and staff from all three departments work shoulder-to-shoulder, providing a rich intellectual environment for collaboration and learning. Our main goals for Yon Hall are to provide modern laboratory space for newly-recruited faculty and to promote interdisciplinary research.

**Q.** *HHP's Eric Friedheim Tourism Institute (EFTI) is hosting a UF Summit on the future of tourism next spring. Tell us about it.*

**A.** This is a very big deal. The EFTI Advisory Board and EFTI faculty are partnering with the University to organize a national summit on the future of tourism. The Summit will be held April 26–27, 2017, at Disney's Boardwalk Inn resort in Orlando. The program will feature leading tourism experts from industry and government who will offer practical solutions for emerging problems. The format will be fast-paced and engaging with great opportunities for attendees to network. We expect to attract loads of Gators who are in the industry. (visit [UFTourismSummit.com](http://UFTourismSummit.com) for details.)

**Q.** *UF is preparing to enter a new philanthropy campaign. How can donor gifts truly make an impact at HHP?*

**A.** Donor gifts are transforming HHP. Scholarships are helping support our most deserving students. Professorships enable us to hire the best and brightest scholars for our faculty. Other gifts are being used to cure crippling diseases, establish world-renowned institutes and create new facilities. None of this would be possible without the generosity of our donors.

**Q.** *We heard you took a pie to the face in the name of charity last year. Who was the pie thrower... and do they still have a job?*

**A.** That was my wife, Laurel. Happy for me, she signed a lifetime contract.



**Q.** *So, when will the University of Florida Online finally offer an undergraduate degree in Applied Physiology & Kinesiology?*

**A.** Great question! Despite pent-up demand (huge, I'm told), there are real hurdles to creating an online APK degree. For example, it's tough to replicate the hands-on learning of our laboratory courses. But never fear! Our outstanding faculty are working hard to solve these problems and provide an online degree with the excellence of our on-campus experience. So, stay tuned...

### HHP at a GLANCE

**Established:** 1946  
**Undergrads:** 1,885  
**Grad Students:** 301  
**Faculty:** 57  
**Endowment:** \$5.5 Million  
 (as of June 30, 2016)

#### DEPARTMENTS

- Applied Physiology & Kinesiology (APK)
- Health Education & Behavior (HEB)
- Tourism, Recreation & Sport Management (TRSM)

#### RESEARCH CENTERS

- Center for Behavioral Economic Health Research
- Center for Exercise Science
- Eric Friedheim Tourism Institute



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HHP FACULTY,  
STAFF AND  
STUDENTS...  
PUSHING  
THE WORLD  
FORWARD.



This year, the Department of Tourism, Recreation & Sport Management (TRSM) hosted its 7th Annual **SWAMP SCRAMBLE GOLF TOURNAMENT**. The tournament was established to generate revenue to enhance the TRSM experience for HHP students. Since its inception, the Swamp Scramble has raised more than \$75,000 to provide scholarships, speaking engagements, fund class trips and create grants for students to complete research. **The Marken-Sario Group at Morgan Stanley** has been the signature sponsor of this event since 2010 and is instrumental to its success. Save the date: the 2017 Swamp Scramble will be March 17 at the UF Mark Bostick Golf Course.



**DR. LEO FERREIRA** was awarded one of the most prestigious awards for young investigators from the American Physiological Society, the Giles Filley Award for Excellence in Respiratory Physiology and Medicine. He received the award in April at the APS meeting in San Diego, and the award included \$15,000 support for his research program.



**DR. JOSIE AHLGREN** was named the University of Florida Teacher of the Year for 2016. Dr. Ahlgren has been at HHP since 2009 and says, “the success of my students is honestly a better gauge of my effectiveness, so this award is just icing on the cake.” In addition to Teacher of the Year, Dr. Ahlgren is a U Matter, We Care Hero and an Anderson Scholar Faculty Honoree, and College Magazine listed her as one of the top 10 UF faculty students should take a class with.

**DR. DAN CONNAUGHTON**, associate dean for faculty and staff affairs, was selected and participated in the 2015–2016 Southeastern Conference Academic Leadership Development Program. The goals of this program are to be proactive in building the academic leadership pool in SEC universities and to prepare current academic leaders to meet the challenges of academic leadership.

Two HHP alumni-led companies were welcomed into the elite group of UF Gator100 Honorees this year. **SHERYL FLYNN’S** Blue Marble Game Company (see more on Sheryl on page 10) and Destinations to Explore, founded by **ALLISON and TIM JONES**. The Gator100 recognizes and celebrates the 100 fastest-growing, Gator-owned or Gator-led businesses in the world each year.



On April 1, Health Education & Behavior doctoral student **LT. COLONEL JULIA WILSON** was named to the Army’s FY17 LTC CSL list. This is a significant accomplishment for Julia and her family. This selection places her in the top tier of her U.S. Army Cohort Year

Group (1998) and as a Senior Officer in the Finance Corps. Additionally, Lt. Colonel Wilson was notified that upon graduation with her Ph.D. she will be assigned as a Battalion Commander at Ft. Riley in Kansas. These selections are Department of the Army and Department of Defense appointments. The attainment of this selection is based on her entire performance as an Army officer over the past 20 years. She has worked extremely hard throughout her career with many sacrifices to attain this significant recognition and future assignment.

**SUSIE WELDON** and **DR. PATRICIA TRIPP** were awarded UF Superior Accomplishment Awards. This program recognizes staff members who contribute outstanding and meritorious service, efficiency and/or economy, or to the quality

of life provided to students and employees. Recognition by one’s peers is the highest point of achievement.

**DR. BRIJ THAPA** was awarded a Fulbright Specialist Grant in Information Business Administration to work at Mid-Western University in Nepal this summer. The Fulbright Specialist Program promotes linkages between U.S. scholars and professionals and their counterparts at host institutions overseas.



**DR. BRADY TRIPP** was awarded the “Most Distinguished AT” award, the highest honor, at the Athletic Trainers Association of Florida (ATAF) meeting in July.

Each year a committee administered by the Graduate School selects graduate teaching assistants to be recognized for their excellence in teaching. This year, **JARED SKINNER** and **WILL HEDDERSON**, Applied Physiology & Kinesiology doctoral students, were selected as UF Graduate Student Teaching Award recipients.

HHP’s Athletic Training students took home the first place trophy at the SEATA / NATA Quiz Bowl, a Jeopardy-style event, competing against 24 other teams. The HHP team included: **JOSH HARE, NICHOLAS SAMPLE, EMILY KRUTHOF** and **JACKSON WHALEY**.





HHP MAKING A DIFFERENCE.

The **HHP SPRING AWARDS** honors the very best of HHP alumni, faculty and staff. The 2016 Spring Awards saw Ms. Diane Davis receive the Dr. Charles Williams Service Award for her loyalty and service to the College for more than 30 years. For the first time, HHP welcomed two alumni into our Outstanding Young Alumni family: Jennifer Lea and James Di Virgilio. In a crowded field of nominees, these folks stood out and were inducted into our Alumni Hall of Fame: Ms. Dee Dee Ricks, Dr. Ron Pinnell and Judge Frank A. Orlando (ret.) The big surprise of the evening came as HHP alumnus **Coach Steve Spurrier** joined us to honor our **B.K. Stevens Service Award Recipient, Dr. Owen Holyoak.**



**HHP WELCOMES NEW FACULTY** across all departments — **APPLIED PHYSIOLOGY & KINESIOLOGY: Rachael Seidler**, Professor; **Christopher Brown**, Clinical Assistant Professor (Athletic Training); **Blain Harrison**, Lecturer. **TOURISM, RECREATION & SPORT MANAGEMENT: Cytrice**

**Thomas**, Lecturer; **Joon Sung Lee**, Assistant Professor; **Christine Wegner**, Assistant Professor; **Jin-Win Kim**, Assistant Professor; **Angélica Almeyda Zambrano**, Assistant Professor. **HEALTH EDUCATION & BEHAVIOR: Richard Yi**, Associate Professor; **Ali Yurasek**, Assistant Professor

The **D.K. STANLEY LECTURE SERIES** is presented annually by the College of HHP and the Frederick Family Endowment. This year, **Dr. Delia West** marked our 31<sup>st</sup>



lecturer. Dr. West is a professor and Carolina SMART State endowed chair. She is director of the Technology Center to Promote Healthy Lifestyles in the Department of Exercise Science in the Arnold School of Public Health at the University of South Carolina. At the Stanley Lecture, she presented on Motivational Interventions to Improve Long-term Behavioral Weight Control.

**THE UF CAMPAIGN FOR CHARITIES** (UFCC) is an annual employee giving campaign. For the last 11 years, UF employees have given almost \$1 million annually to charities serving our region. In 2015, the College of HHP raised over \$1,000 and had a little fun in the process. HHP was challenged to a paper airplane contest by the College of Journalism. It was \$5 per entry and HHP doctoral student **Bradley Fawver** took home the win. And, it just isn't a party until someone gets pied in the face — HHP's Deans and Chairs put their faces on the line and **Drs. Caurough, Janelle** and **Dean Reid** each took a pie to the kisser! There will be more fun

to have this year as Dean Reid is the UFCC General Campaign Chairman and HHP is raising their goal. Stay tuned to HHP's social media pages for more information coming this Fall.

In June, we found out the results of pending tenure and promotion cases, and **THE FOLLOWING HHP FACULTY RECEIVED PROMOTIONS:**

**Dr. Trevor Bopp** (TRSM) promoted to Senior Lecturer; **Dr. Svetlana Stepchenkova** (TRSM) awarded tenure and promoted to Associate Professor; **Dr. Evangelos Christou** (APK) promoted to Professor; and **Dr. Chris Hass** (APK) promoted to Professor.

**DR. PATRICIA TRIPP** was awarded the SEATA Most Distinguished Athletic Trainer Award. This award is designed to recognize and honor those members of our District who have served and demonstrated outstanding and unusual service to SEATA and the profession of Athletic Training.



We wish bon voyage and happy trails to the following **HHP GREATS WHO RETIRED THIS YEAR:** **Ms. Diane Davis**, director of human resources; **Dr. Randy Braith**, professor in Applied Physiology & Kinesiology; **Dr. Steve Holland**, professor in Tourism, Recreation & Sport Management; **Dr. Chris Stopka**, professor in Health Education & Behavior.

# MORE THAN JUST A SIGN

## Last-minute lark becomes lasting game-day tradition

BY CHRISTINE COOMBES

There is a lot of tradition that takes place in Ben Hill Griffin Stadium. The orange and blue chant, singing “We are the Boys...” after the third quarter and of course, Mr. Two Bits, to name just a few. **So, who knew that HHP’s director of IT services is responsible for one such thing.**

**PETE CALAMORE HAS WORKED ON CAMPUS SINCE 2001 AND HAS BEEN WITH THE COLLEGE OF HHP SINCE 2005.** But, 12 years before he became employed by HHP, he was a student at UF and was about to set forth on what is now a celebrated game-day ritual.

“It was September 18, 1993, and I was a freshmen. I remember it perfectly. I rode my friend’s bike up to the Salvation Army to buy a bedsheet. I brought it back to Hume Hall, the old Hume Hall, and **we spray painted our ‘WORK ‘EM SILLY, GATORS’ message,**” recalls Pete. “It just seemed like a fun, college thing to do.”

Since that day, Pete has gone through 5 or 6 sheets, but the message has always been the same, and he’s only missed one home game in all those years.

“I missed the Kentucky game in 2000 for a good friend’s wedding, but I left the banner behind for some friends to put up — so the sign hasn’t missed a game in the Swamp since 1993,” says Pete.



Now he’s teaching the next generation all about the Gators. His 7-year-old son, Jack, has already been attending the games with him, and once his younger son Luke (5) is just a bit older, he’ll be joining in on the fun.

“It started off as just a sign, but over the years it’s grown into something more,” says Pete. “It’s no longer about just the message or even the game. It’s about all the people we’ve met and the conversations that have started because of it. Fans, alums and even rivals have shared stories, and it helps us to reflect on some really great times.”

With his wife and kids in support, Pete has no plans to stop this Gator game-day tradition: “as long as it’s allowed to go up, you’ll see it there.”





The idea of Blue Marble stemmed from Sheryl's youth as a child who was not interested in reading. While she didn't want to read traditional children's books, she was always interested in the National Enquirer in the grocery store check-out line. Her mother noticed that

she was intrigued with the content and bought a copy. They spent that night reading it together, cover to cover.

"It was my mother's insight from all those years ago that inspired the work I do today," recalls Sheryl. "I realized that I would be motivated to read short, other-worldly, outrageous stories of imaginary characters

system's inner workings," she says.

Sheryl's idea to integrate game theory with physical therapy stemmed from research work she was doing on rats and a walk through a shopping mall where she saw children playing with EyeToy, a PlayStation game. Her inquisitive mind at work, she wondered if this type of exercise program could be an enriched environment for humans similar to the enriched environments they created in the lab for rats to aid in their recovery. This serendipitous walk through the mall changed her career path.

Her research using EyeToy was one of the first studies published related to the use of off-the-shelf video games for adults with neurological impairments. Launching her new career meant a move across the county to where people develop video games — California. There she began working at the University of Southern California's Institute for Creative Technologies.

During this time she realized that the games needed to be developed from the ground up for rehabilitation.

# GAME ON

Improving rehabilitation and wellness through gaming

BY DR. JILL VARNES

**Big ideas often come from an unusual starting point – a very true statement for SHERYL FLYNN, HHP alumna, Gator100 honoree and founder and CEO of Blue Marble Game Company.**

Blue Marble develops mobile "gamified" assessments and treatment applications that track human performance. It's an innovative company that is changing the face of rehabilitation and wellness for its patients.

**The idea to integrate game theory with physical therapy stemmed from a research project on rats and a chance encounter with children playing an interactive video game.**

doing unbelievable acts. Engagement, motivation, encouragement and freedom to fail are all foundational tenets of my company's video games," said Sheryl.

Blue Marble's web-based data visualization dashboard offers clinicians and administrators actionable information to improve care delivery and improve adherence, while being cost effective. The Blue Marble platform has apps that range from assessment and treatment of ADHD to identification of fall risk and exercises to reduce fall risk.

"Blue Marble software works because we know that people really do enjoy games. They get into a flow and don't even realize how much time has passed. Blue Marble's tele-therapeutic platform offers a challenge both cognitively and physically — sometimes without the player even realizing it," explains Sheryl.

Sheryl's path from being an HHP student to founder of Blue Marble was not a straight line. She began her physical therapy career in the New York City school system and soon became a staff physical therapist at Beth Israel Hospital on the neurology floor. The more she worked with her patients, the more she wanted to learn about their impairments and what the causes and most effective treatments were.

"My graduate work led to a deeper sense of awe, wonderment, admiration and respect for the nervous system. I wanted to learn all I could about the nervous

After contacting several large game publishers to see if they had any interest in "games for health" and finding none, she took matters into her own hands and launched Blue Marble Game Company — soon to be newly branded as Blue Marble Health whose "products improve health one player at a time!"

The future looks bright for this Gator entrepreneur along with her clinical research and production teams at Blue Marble as they continue to grow. Blue Marble Health is currently seeking investors to support them through the arduous task of commercializing innovation in healthcare. They have their sights set on a number of pilots with large healthcare systems and senior care providers.

Sheryl has many great memories from the University of Florida, but the best is the lifelong friends that she made through her undergraduate and graduate experiences. Amazingly, many were together for over 10 years in pursuit of their academic goals.

"I became a 'thirty-something' while at UF. It was a very important phase of my life. Many of the friends I met in Gainesville are still in touch, and they are very precious to me. UF is what brought us together and where I started my rewarding career path. I couldn't be more grateful," says Sheryl.



# RUNNING DOWN A DREAM

BY DR. JOAN CARROLL

When Benny Vaughn entered UF as a freshman in 1969, he didn't envision becoming the **father of sports massage**. He came to run track and enjoy all that student life had to offer – like attending a Janis Joplin concert in the Florida Gym!

Along with breaking records in the half-mile event, he broke barriers being only the fifth black athlete at UF. After leaving the University, he read an article about how massage therapy was being used by European athletes to enhance performance. Naturally, this intrigued him enough that he enrolled at the American Institute of Massage in Gainesville. Soon, that wasn't enough.

"Discovering massage made me realize I wanted to know more about health and wellness that only a college degree could provide. I was, and continue to be, incredibly curious about the human body, athletic performance and wellness," explains Benny.

Returning to UF in 1982, he enrolled in the health education program at HHP, but a crucial piece in his education was completing the requirements to become a certified athletic trainer. The focus on assessment skills in athlete care was the key to making his massage career take off.

Benny's idea that it's the "strategy not the technique" sets him apart in his massage practice and places him in high demand among elite athletes. He worked as a manager for athlete

medical services at the 1996 Summer Olympics in Atlanta. He has gone on to work with the USA Olympic Track and Field Teams for three other Summer Olympics games (2004 Athens, 2008 Beijing, and 2012 London) as well as numerous indoor and outdoor World Athletics Championships, and NCAA regional and national track and field competitions.

*I was, and continue to be, incredibly curious about the human body, athletic performance and wellness.*

Benny's contributions to the fields of both massage therapy and athletic training have long been recognized. Massage magazine selected Benny as one of the most influential contributors to massage therapy and bodywork. But one of his most cherished awards was being inducted into the HHP Alumni Hall of Fame in 2010.

In 2014, Benny moved his Fort Worth practice into a new 5,000-square-foot, purpose-built dream facility. It's a far cry from the tiny rooms he worked in as a young

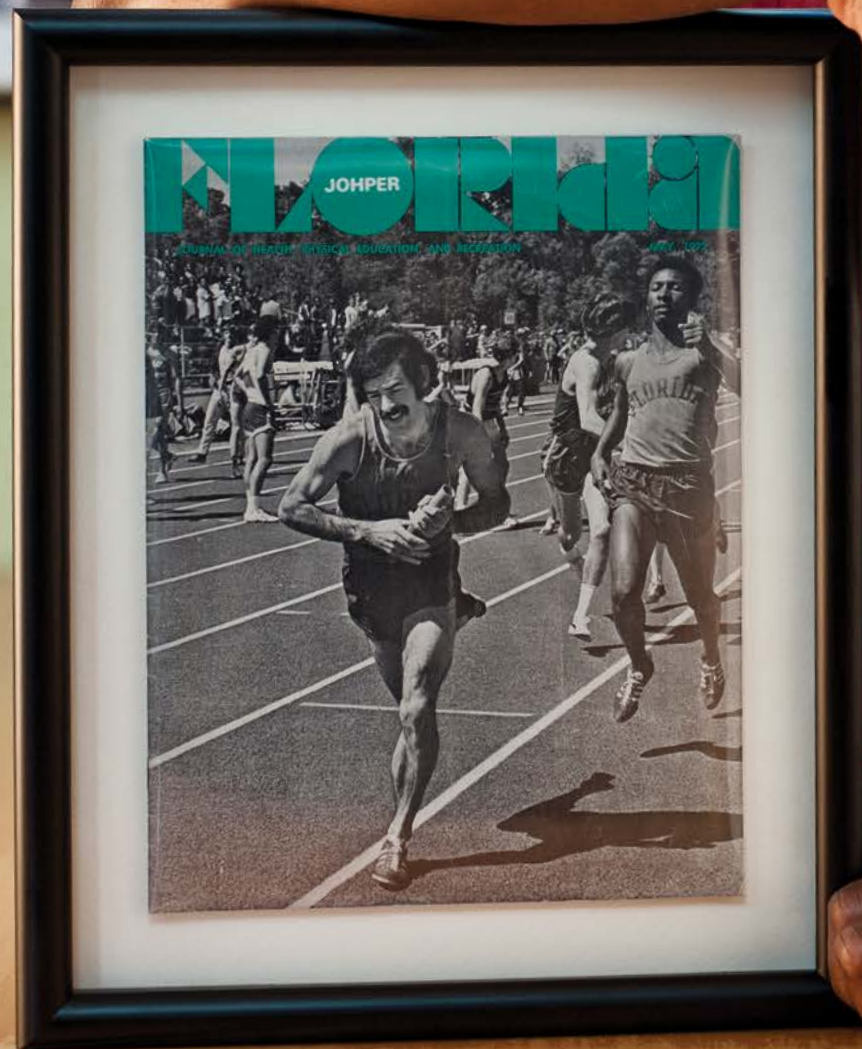
therapist, but the lessons he learned at UF remain powerful.

Benny often credits his time at UF and with HHP professors such as Dr. Jerry Lafferty, Dr. Barbara Rienzo and Dr. Jill Varnes with giving him the skills needed to educate clients and athletes alike for self-care and performance improvement. He also credits Chris Patrick, head athletic trainer at UF-UAA

for giving him opportunities as a student trainer. Later, as a staff trainer, Benny was able to institute massage therapy within the athlete care system at UF in sports such as swimming, gymnastics and football.

A poster in Benny's clinic states "Sport Saves." It is this belief that prompts Benny to give back to the profession that has given him so much. He often provides athletic therapy services to young athletes at no or low cost with the knowledge that sport can provide a foundation for future success.

Benny is also proud to serve on the Dean's Leadership Council at HHP and on the National UF Alumni Board. But it is Benny's insatiable curiosity about the human body and its function that makes him get up every day and look forward to the challenges of his work.





# DATA-DRIVEN PERFORMANCE

## A MARRIAGE of ATHLETIC TRAINING and TECHNOLOGY

Over the years, thousands of students have called the College of HHP home and have wandered the halls of the Florida Gym. They have walked away with quality educations, experiences and friends. **Jason Fass walked away with a lot more than just that.**

“My favorite memory at HHP would have to be meeting my gorgeous wife. We were in an Exercise Physiology lab together and she was the subject of a VO<sub>2</sub> test. Our first conversation was about our school work.”

In addition to leaving UF with his future wife, he walked out with a degree in Exercise and Sport Science in 1999 and started a career as a trainer in California. Shortly after he moved, he and two athletic trainer friends started their first business, a high-end performance training center in Los Altos, CA, in the middle of Silicon Valley.

“The biggest thing I learned during that chapter of my life was that I loved running a business and had a particular knack for sales and marketing,” recalls Jason. “I also had a very strong passion for technology.”

This passion is what would lead Jason into his next several jobs and getting an MBA at Pepperdine University.

“After graduating with my MBA I was offered a job at Apple as a

product manager for the MacBook Pro. It was a dream come true in terms of jobs, companies and career, but I still had the passion for human performance, data, fitness and health that wasn't being fulfilled,” says Jason.

It was at that time Jason was introduced to Jawbone, a company working on their first mass fitness tracker. Finally, his passions of sport/health and technology were married. In 2012, the connections and experience he gained at Jawbone opened up an opportunity for Jason, and he joined the Zepp team as CEO.

“My first day at Zepp was in January, and by April, we launched our first product. GolfSense was a small sensor worn on the back of your golf glove. It captured tons of data such as club head speed, club path, plane, tempo and more.

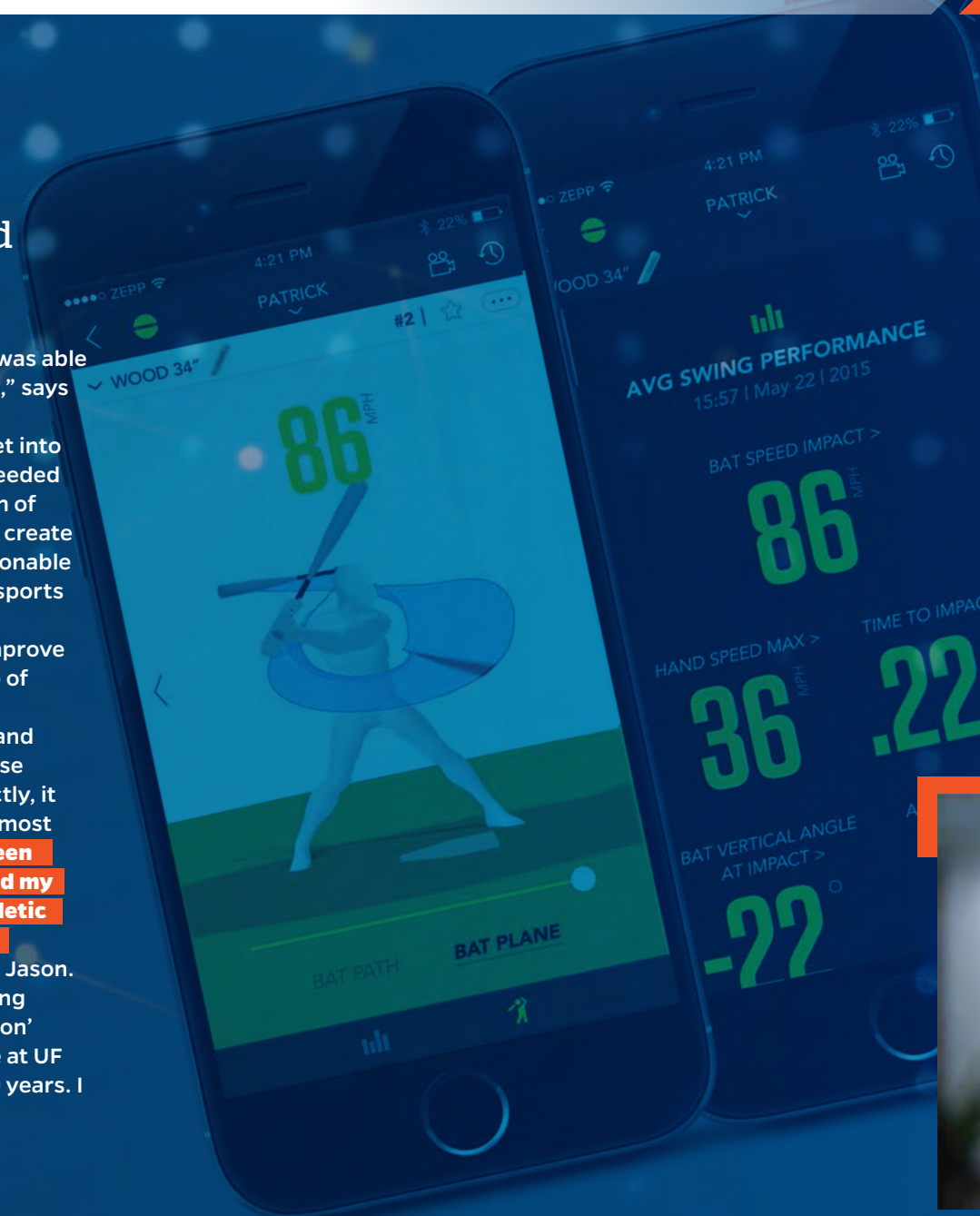
“We would use the data gathered from GolfSense to help people improve their golf game. This is the goal I was always after. I didn't just want to just track people's movements. I wanted to track them

and then improve them. Zepp was able to provide this actionable data,” says Jason.

The success of GolfSense set into motion the money and team needed to focus on the next generation of products. Zepp has gone on to create products that provide this actionable data to athletes at all levels in sports like golf, baseball, softball and tennis. The opportunities to improve an athletes game with the help of technology are endless.

“I learned so much at HHP, and while I no longer use my exercise and sport science degree directly, it helped me figure out what I'm most passionate about in life. **I've been very fortunate, having pivoted my career several times from athletic training to technology to the combination of the two,**” says Jason.

“I'm a huge believer in the saying 'everything happens for a reason' and am confident that my time at UF catapulted me into the past 20 years. I wouldn't change a thing.”



### QUICK FIRE: Jason Fass

Compiled by Clint Wynn (BSESS '98)

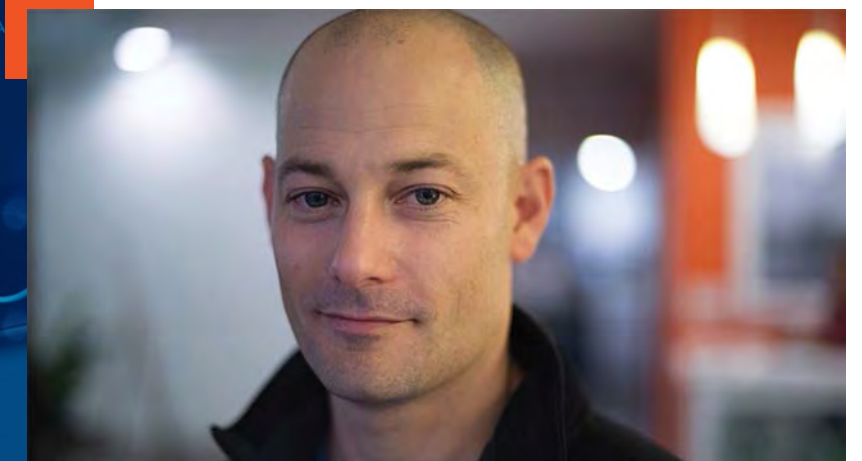
**WHAT IS YOUR FAVORITE MEMORY FROM HHP?** Meeting my wife, of course!

**WHAT MADE YOU PICK YOUR MAJOR?** My friend, Leo Sarmiento, recommended the Athletic Training program. I met with the program directors at the time, Dr. Horodyski and Dr. Kaminski. They explained what an AT did and I immediately started logging my hours as a student AT.

**WHAT ARE YOUR CAREER GOALS?** Taking care of my family! Building amazing products that people love. Enjoying life to its fullest.

**WHAT DID YOU LOVE THE MOST ABOUT BEING AT UF?** I met some of my best friends during my time at UF. I also enjoyed the Gator pride and passion that we all shared for UF Athletics—it's truly a first class program.

**DID YOU HAVE A FAVORITE PROFESSOR?** Definitely Dr. Kaminski. He was an amazing mentor for me, while at UF and while I was making early career decisions.





## Got News? We want to hear about it!

E-mail your alumni update to the editor to be included in the next issue of *Performance Magazine*: [ccoombes@ufl.edu](mailto:ccoombes@ufl.edu)

**MATT COLIN** (BSESS 1998) is a teacher at Wellington High School in West Palm Beach, FL, and was fortunate enough to guide his high school basketball team to the 8A state title this past year. It was the first time Wellington won a state title in basketball. Matt was also named the 2016 Palm Beach County Sports Hall of Fame Annual Sport Awards High School Coach of the Year.



**MIKE ROBISHAW** (BSHSE '01, MPH '03) is in his sixth year as the Supervisor of Employee Wellness, Health Services and Safety Education for the School Board of Charlotte County. He oversees wellness initiatives for over 2,000 employees while also serving as the liaison between employees and the district's on-site employee wellness center. In collaboration with the services provided at the wellness center, Mike's initiatives have helped the district reduce overall insurance expenses for the past five years. Mike and his wife, Cristina Robishaw (Pharm D '05, MPH '05), have a daughter Malia and a son Colin.

physical activity and disease risk factor modification, one can curtail the development of many chronic diseases. In addition to her clinic, she continues to practice hospital medicine at several locations and is a mother to a wonderful 5-year-old son.

**BARRIE PRESSLY** (BSESS 1989) After a 25-year career in the healthcare industry developing executive leadership skills, building relationships and expanding sales, marketing, and training programs, Barrie left corporate America to launch her company, Zone Mastery. As CEO and a Certified Executive Coach, consultant, and facilitator, Barrie works with top executives, sales reps, and athletes, helping them identify their greatest Peak Performance obstacles and how to overcome them. Her clients enjoy more powerful performances, profitable successes, better personal relationships and deeper fulfillment in their lives. Barrie credits her time at HHP as a research assistant for Dr. Cade, who developed Gatorade, as the catalyst for her interest in Peak Performance.



**KENT TUCKER** (BSHSE 1980, MSHE 1982) is VP at Texas Health Huguley Hospital Fort Worth South and received the 2015 Citizen of the Year Award from the Burleson Chamber of Commerce. In honoring Kent, chamber president Sherri Sechrist said, "He has been a visible leadership presence in our community and with his employer. While he is a valued colleague on his executive team, more importantly he has served as a mentor to many and is a good friend to everyone in the community."

**PAGGIE SAINTILIE** (BSAPK 2015) is currently completing her Master's degree in Applied Physiology and Kinesiology with a specialization in Human Performance at the UF. She also works full time as a personal trainer at Sweat Life Fitness located in Haile Plantation and has started her own freelance training business called Pegasus Fitness. Paggie enjoys traveling and checking items off her bucket list such as parasailing, jet skiing and taking international trips.

**SHARON BORNEMAN** (BSREC 2002) left her job of 15 years at the UF/IFAS Office of Conferences and Institutes as a Conference Coordinator to pursue a corporate position at Koogler and Associates, Inc. in Gainesville. Koogler is an Air Pollution firm that has clients all over the Southeastern U.S. She is coordinating meetings, events and reporting to government agencies such as FDEP and the EPA. She also volunteers on the Gainesville/Alachua County Cultural Affairs Board.

**DAMON ANDREW, Ph.D.** (MSESS 2002) is currently dean at the LSU College of Human Sciences & Education. In September 2015, he was named an Active Fellow in the National Academy of Kinesiology (NAK). Andrew was officially recognized and inducted during the National Academy of Kinesiology's annual meeting in Philadelphia and joins only four other sport management professors who have ever been named NAK fellows in the history of the field.

**JENNIFER M. WADDY, MD** (BSAPK 2005) is the owner and chief Medical Director at Endurance Wellness and Weight Loss Center in Orlando, FL. Her undergraduate experience and Duke University medical

training has laid the foundation for a community-based wellness and weight loss program in the developing Lake Nona area. She believes that by making our health a priority through nutrition,



**SAMANTHA WILEY** (BSR 2014) has been chosen as a winner of The American Small Business Championship hosted by Sam's Club and SCORE, a national nonprofit dedicated to mentoring small business owners. Less than a year after graduating, Samantha started her own wedding planning and design business in Charleston, SC. Chosen among thousands of entrants, Samantha will receive a \$1,000 Sam's Club gift card, an all-expense-paid trip to a regional training event, and SCORE mentoring for one year.



Early on, **DANIELLE EAVES HERNANDEZ** (BSREC 2008) realized the value of helping others. Her leadership and level of compassion are seasoned well beyond her years — especially as it pertains to seriously ill children and their families. This distinction of character was recognized by the Jacksonville Business Journal as Eaves Hernandez was honored as a 2015 Health Care Hero. She is a certified child life specialist for

Community PedsCare®, a pediatric program of Community Hospice of Northeast Florida.

**JOHN HERBERT** (MESS 1991) was named the 2014-15 Teacher of the Year at South Lake High School in Lake County, FL, where he has been a health science teacher since 2003. Advisor for South Lake's Health Occupations Students of America (HOSA) since 2005, he recently took a group of students to participate in the HOSA National Leadership Competition in Anaheim, CA, where they represented Florida in a creative problem solving event. In addition, he has worked as an adjunct professor in the Natural Science Department at Lake-Sumter State College in Clermont.

**JEREMY M. LUSKI** (BSR 2002) At UF, Jeremy Luski found his passion creating unique, innovative programs and graduated with a degree in event, hospitality and tourism management in the College of HHP. After planning conferences,



events and exhibitions in 35+ countries, he launched JML Worldwide, a global event agency specializing in geo-adapting the client experience to bridge cultural differences when organizing conferences, meetings, programs, social functions, special events, summits and trade shows.

HHP Alumna, **FITZ KOEHLER'S** (MSESS 1998) Morning Mile program is accomplishing incredible things. With nearly 200 schools participating in the program throughout the United States and abroad, participating students have now run more than two million miles! Morning Mile is a before school walking/running program for kids (and their parents and teachers can join in!) With this morning exercise, kids will be fitter and more likely to do better at school in academics and behavior. If you'd like to add the Morning Mile to your children's school or if you'd like to sponsor a program, visit [morningmile.com](http://morningmile.com).



<< Golfing buddies and former Gator Football QB's **STEVE SPURRIER** (BSPE 1981) and **JOHN W. BRANTLEY, III** (BSR 1980) after a game of golf.

Former Gator QB, **JOHN W. BRANTLEY, III** (BSR 1980) and his wife **KAREN ANN BRANTLEY** (BSN 1979) join their daughter Morgan Marie and their son John Brantley IV, also a former Gator QB, in the Swamp. After graduating from HHP, John joined Nationwide Insurance and now continues to be an independent insurance agent with The Heart of Florida Insurance Group in nearby Ocala. He's never lost his passion for football or coaching and is currently the head football coach at Belleview High School after having coached 12 years at Trinity Catholic in Ocala.



# enduring legacy

Regarded as a visionary leader in Florida's tourism industry, **MR. SIDNEY GEFEN** was a dear friend to the College.

When the Japanese attacked Pearl Harbor, Mr. Gefen enlisted in the United States Army Air Force. When the war ended, he returned to Jacksonville and established a series of successful businesses including Duval Marine on Main Street and International Productions, a company that staged massive annual international trade shows for the tourism industry.

Mr. Gefen was chairman of the Eric Friedheim Foundation and instrumental in establishing the Eric Friedheim Tourism Institute at UF. In 2011, he received the Lifetime Achievement Award from the College of Health & Human Performance for outstanding service to the tourism and recreation industries. Following his passing, many friends of the College came together with donations to create the Sidney J. Gefen Fund. The goal of this fund is to help HHP continue the research that Mr. Gefen was so passionate about throughout his life. If you would like to make a donation in his honor, please email [ltthurston@ufl.edu](mailto:ltthurston@ufl.edu).



# 2017 SWAMP SCRAMBLE GOLF TOURNAMENT

The College of Health & Human Performance Swamp Scramble Golf Tournament is an annual event that helps raise money for student development and **brings together alumni, faculty and students for a day of fun on the golf course.**



**PLEASE JOIN US, AND HELP HARD-WORKING STUDENTS LIKE EMILY.**

SAVE the DATE

**March 17**  
UF Mark Bostick Golf Course

**Class of 1966**  
GRAND GUARD REUNION



November 17-19, 2016 | **We welcome you into the Grand Guard Society** — fellow HHP alumna Frances Mariello Vandiver is serving on the Grand Guard Reunion Committee. Contact her directly at [fvandiver@gmail.com](mailto:fvandiver@gmail.com), or learn more at [ufalumni.ufl.edu/grandguard](http://ufalumni.ufl.edu/grandguard).



“Thanks to money raised from the Swamp Scramble Golf Tournament, I've participated in six conferences — including presenting research at the College Sport Research Institute's Conference on College Sport. It's at conferences like the 2015 Collegiate Sports Information Directors of America National Convention where I was able to make contacts who have already helped me in my job search. I learned about industry trends in leading college and professional sports teams and heard speakers from organizations like the NCAA and ESPN. **I am so appreciative of the opportunities that Swamp Scramble has made available and am grateful to be part of a college that is committed to supporting students' growth and professional development.**”

**EMILY PADGETT** | HHP student (MS, Sport Management 2016)



## The impact of mentorship and **PAYING IT FORWARD**

BY MELISSA PEÑA

When Roy Benson heard about the scholarship in his mentor's name, he knew making an estate gift to it was the perfect endeavor for him to support: "I realized I can pass on the good passed on to me... it felt like the right thing to do, and it absolutely still feels that way."

HHP professors impact student's lives during their time in the classroom, that's no surprise, but in many cases their influence and mentorship carry on after graduation. That is the case with Dr. Christian Zauner.

Dr. Zauner made such a difference in HHP alumnus Kevin Clair's life that Kevin started a scholarship in his favorite professor's memory. When Roy Benson heard about the Christian Zauner Scholarship, he knew making an estate gift to it was the perfect endeavor for him to support. Roy made a provision in his will to have a percentage go directly to the scholarship.

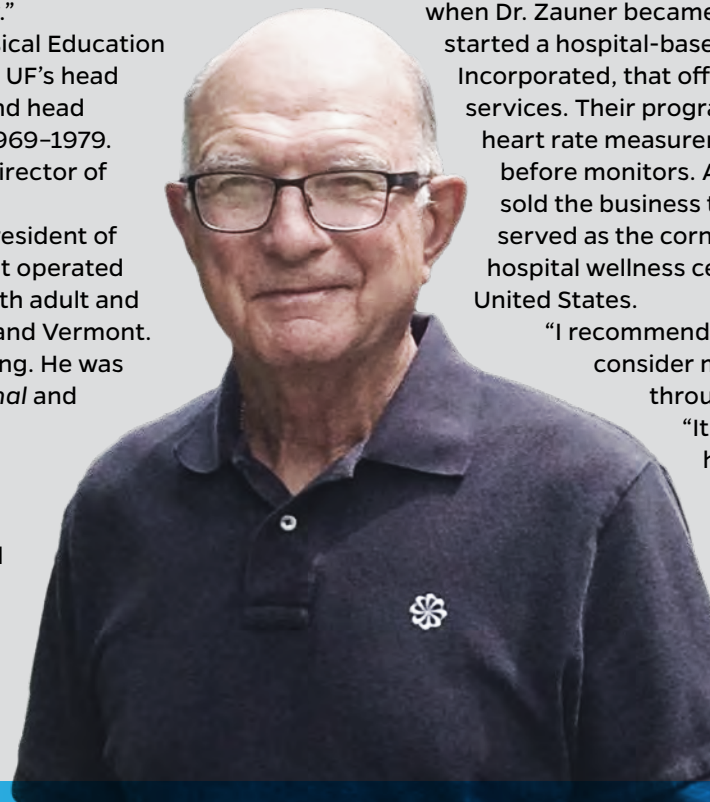
"I realized I can pass on the good passed on to me by Dr. Zauner," said Roy. "At the time, it felt like the right thing to do, and it absolutely still feels that way."

Roy got his Master's Degree in Physical Education from the College of HHP and served as UF's head cross country coach for seven years and head track coach for three years between 1969-1979. He was also President and Executive Director of the world-famous Florida Track Club.

Roy spent 42 years as owner and president of Running Ltd., a company in Atlanta that operated Nike-sponsored summer camps for both adult and high school runners in North Carolina and Vermont.

Roy now enjoys writing about running. He was a monthly columnist for *Running Journal* and *Running Times* magazines for over 20 years. He has also written four books about running, the latest of which, *Heart Rate Training*, has been a best seller translated into Czech, Italian and Chinese.

Roy gives all credit to Dr. Zauner for jumpstarting his career. When Roy was a student at HHP, Dr. Zauner



taught exercise physiology courses and also coached a young group of swimmers in his backyard pool. One day in class, Dr. Zauner mentioned how he used the swimmers' heart rates to determine their recoveries during an interval workout. This was an immediate eureka experience for Roy.

"Dr. Zauner's process of measuring effort by counting heart rates made so much sense. As a graduate assistant coach with the UF varsity distance runners at the time, I found heart rate monitoring to be the best way to reveal the truth about the runners' efforts and recoveries," explains Roy. "That one serendipitous moment led to my life's work and study of cardiac response to exercise."

Roy's education really expanded after graduation when Dr. Zauner became his mentor and they started a hospital-based business, Fitness Incorporated, that offered fitness rehabilitation services. Their program was designed around heart rate measurements taken in the days before monitors. After several years, they sold the business to the hospital, and it served as the cornerstone of one of the first hospital wellness centers in the southeastern United States.

"I recommend that other HHP alumni consider making a gift to the college through their estate," urges Roy. "It's an easy way to make a huge impact, especially in a time when public education is largely underfunded. As alumni, we need to step up and try to fill in the gaps."

## **DOUG LIKES TO PLAY CHESS, BUT SUPPORTING UF IS HIS PASSION.**

Doug, age 72, isn't wealthy, but he created an endowment in his will that funds research to help UF students and professors reach new heights. It allows him to stay connected to all those Gators working to achieve something bigger than themselves. **NICE MOVE, DOUG.**



Your planned gift to the College of Health & Human Performance has a lasting impact on students and faculty. To learn more, contact Lesley Thurston today:

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# SETTING THE BAR HIGH

## Getting a handle on addictive drinking

BY CHRISTINE COOMBES

**B**inge drinking across college campuses is an ill-fated behavior that university communities are trying to manage on a regular basis. There is a lot of discussion on what can be done to help students create better drinking habits and one department at the College of HHP has fashioned an innovative way of doing just that.

HHP's department of Health Education & Behavior recently opened a research center in Yon Hall, next to the Florida Gym. In this new space consisting of 9,200 square feet, the most talked about component is the simulated lab that replicates a working bar or pub. Yes, HHP is home to a new, state-of-the-art research lab that can be used to conduct first hand studies on the effects of addictive drinking behaviors among young adults in the Gainesville community. One of HHP's new faculty members, Dr. Robert Leeman is leading the charge for this research endeavor.

Dr. Leeman hails from Yale Medical School to join the team at HHP and assist in re-focusing the Department of Health Education and Behavior with department chair, Dr. Jalie Tucker. "Coming to Gainesville was a clear choice for me. UF is so strong academically and offers many resources for collaboration across campus," says Dr. Leeman. "Additionally, to work directly with a department chair who is a true leader in the addiction field is unparalleled." So, how does the simulated lab work? Participants are recruited via campus flyers, word of mouth or other

social media-based efforts. They go through an intensive screening process. Once they are approved for this study, they will spend a three-hour period in the lab with HHP researchers and other participants. During this time they are to behave how they would in any other drinking establishment. They have alcoholic and non-alcoholic beverage options available and can make their own selections. Following the three-hour window, participants must stick around in the Yon Hall facility for four hours and must have a breathalyzer reading of .02 before they can leave. Participants are provided

transportation to and from the facility. Dr. Leeman's goals for this kind of research seem quite simple, but in the complicated world of addiction, nothing is truly simple. "My hope is to find new interventions to reduce or stop excessive consumption behaviors with addictive substances. I want to do my part to enhance intervention and at the same time get a handle on who is at higher risk of partaking in addictive behavior. It would be a massive win to offer prevention alternatives before addictions begin," adds Dr. Leeman.



### GRADUATE RESEARCH ASSISTANTS BENJAMIN BEREY & TESSA FROHE



#### Tell us about your work in Dr. Leeman's lab.

- B** My current focus is on the use of technology-based tools as a way to help educate young adults on their drinking patterns. Not only am I immersed in innovative research, but I also get to work with people who encourage new ideas and approaches to better understanding addiction.
- T** I help ensure protocol is followed, and I will be interacting with participants and collecting data. Our research helps to understand people's motives for drinking, patterns of drinking, and subconscious behaviors that affect an individual's drinking.

#### What do you hope the research will reveal?

- B** I hope to identify useful ways in which a smartphone breathalyzer app, called AlcoHoot, can help moderate heavy drinking in young adults. Moving forward, we would like to integrate more traditional intervention methods into easily accessible technology for the young adult population.
- T** I hope to further understand young adults' drinking habits and motives for drinking heavily even when consequences are known. I am excited to learn more about the process and how the data starts to look after we are able to collect it from multiple people.

#### What's next for you?

- B** I am interested in differences in the way people perceive the effects of alcohol and drugs and how that can predict future adverse outcomes. Additionally, I am interested in personality characteristics, such as impulsivity, and how they relate to the etiology of addiction. I hope to combine these interests using novel sampling techniques that will allow me to gain insight on various ethnicities and at-risk populations.
- T** I am interested in mindfulness-based relapse preventions. I'm hoping mindfulness can be integrated into more harm reduction programs for young adults who are not interested in quitting drinking but would have fewer consequences if they could reduce their drinking.



## UNDERSTANDING essential tremor

BY CHRISTINE COOMBES

Movement is the core to who we are as humans. It allows us to enjoy life. When you have a problem with how you move, it effects your everyday existence.

**The research being done at HHP includes movement disorders ranging from Parkinson's disease (PD) to dystonia, however, one of the most prevalent disorders the aging adult faces is essential tremor.** As many as 10 million Americans are living with essential tremor and have fears of how it will progress and what their future will hold. Drs. Chris Hass and David Vaillancourt are two HHP professors doing their part to understand the brain and behavior of patients with essential tremor.

Essential tremor (ET) is a neurological condition that causes a rhythmic trembling of the hands, head, voice, legs or trunk. Some people even feel an internal shake. One major aim for Dr. Vaillancourt is to understand where in the brain tremor occurs and the specific brain networks that impact the severity of the disease.

"It is well known that tremor originates in the brain, yet the network that drives tremor is not well understood," explains Dr. Vaillancourt. "Understanding the brain network for tremor is key in developing new

therapies that would dampen tremor."

Additionally, the work being done in Dr. Vaillancourt's lab is to look for specific biomarkers that distinguish Parkinson's disease from ET. ET is often confused with Parkinson's disease because Parkinson's patients also have tremor. However, ET is eight times more common than PD, and the tremor is different to what Parkinson's patients experience. Treatment approaches are also different, so accurate diagnosis is essential.

According to Dr. Vaillancourt, he and his team are focused on understanding the brain networks for each type of tremor. This will provide a signature in the brain that would be helpful in diagnoses of essential tremor and Parkinson's.

Meanwhile, down the hall of the Florida Gym, Dr. Chris Hass is actively understanding the impact tremor has on walking and mobility and trying to better understand the disease process so that more effective interventions can be identified.

"Although ET is often described as a condition that creates tremor within the

upper extremities, we have uncovered identifiable impairments in walking and balance abilities," says Dr. Hass. "Our research is focusing on fully explaining the detriments in performance and relating them to abnormal brain activity so that effective rehabilitation programs can be implemented."

Deep brain stimulation (DBS) therapy is very effective at reducing tremor in persons with ET; however, we have found that a significant subset of surgical cases report falling episodes and increased hospitalization due to falls. Dr. Hass' Applied Neuromechanics Laboratory is performing studies evaluating the impact of DBS therapy on gait and balance performance to further understand the effects of DBS, ET and associated balance issues.

"It is through the collaboration we have with our colleagues at HHP and across campus at the UF medical school that we can make such groundbreaking strides in this important research and also be a part of training the next generation of researchers and scientists," says Dr. Hass.



Chris Hass, Ph.D. >>  
David Vaillancourt, Ph.D. [right]  
UF College of Health & Human Performance  
Dept. of Applied Physiology & Kinesiology

# THE START OF A

# MOVEMENT



# GETTING THE JUMP ON CHILDHOOD INACTIVITY

BY CHRISTINE COOMBES

We all want what's best for our kids, but research shows **we might be dropping the ball when it comes to the physical literacy of our children.** Now, to be fair, you might not even know what physical literacy is. The idea behind it has been slow to catch on in the United States, but in a dozen other countries, especially Canada, it's a program that almost every child is participating in. >>>



**DR. MIKE SAGAS**, chair of the Tourism, Recreation & Sport Management (TRSM) Department at HHP, is committed to making physical literacy a household term in the U.S.





**Physical literacy represents the ABCs of movement, and children with higher levels of physical literacy tend to be more active during their youth, adolescence, and adulthood.** It is important not to miss key developmental windows where kids have opportunities to learn specific motor skills that they can use for the rest of their lives.



*“Many children and adolescents today... lack the basic skills, knowledge and physical activity behaviors that contribute to an active and healthy lifestyle.”*

Rebecca Mercado, HHP grad student

So, what is physical literacy? According to the Aspen Institute’s Project Play, physical literacy is the mastering of fundamental movement and sport skills that permit a child to read their environment and make appropriate decisions, allowing them to move confidently and with control in a wide range of physical activity situations.

Dr. Sagas wants to be clear that physical literacy is different than physical education and physical activity, and it’s definitely not about becoming an elite athlete. “Physical literacy represents the ABCs of movement, and children with higher levels of physical literacy tend to be more active during their youth, adolescence, and adulthood. Therefore, it is important not to miss key developmental windows, especially at a young age, where kids have opportunities to learn specific motor skills that they can use for the rest of their lives,” he explains.

Decreasing opportunities for physical activity at school paired with societal shifts away from free play, an increase in youth sport specialization, and the overuse of technology has aided in physical activity rates plummeting in the U.S. over the past two decades. According to Rebecca Mercado, an HHP graduate student working on this project, “it is appropriate to assume that many children and adolescents today lack physical literacy, meaning they lack the basic skills, knowledge and physical activity behaviors that contribute to an active and healthy lifestyle.”

Research shows that physically literate adults have fewer injuries and live healthier and more active lives, as well as having more physically literate children.

An emerging research project being conducted by HHP faculty and graduate students hopes to create and validate a simple instrument to measure the physical literacy

in kids. Dr. Trevor Bopp, a TRSM professor, is leading this research initiative.

“We are aiming to create a program to develop and enhance some of the areas where kids are lacking,” explains Dr. Bopp. “But, first we have to get an instrument in place to take valid measurements of physical literacy.”

In order to create this instrument, Dr. Bopp’s team is visiting kids and their coaches at several Gainesville area sport organizations and having the participants complete nine to twelve exercises. These exercises include tasks like jumping, throwing, catching and hopping. They are videotaped, evaluated and rated on four to six specific criteria for each exercise on a simple three point scale. Once HHP researchers establish if this process is a valid tool of measurement, they hope to get funding to create a digital application for schools, youth sports organizations, and even parents to use to monitor and evaluate physical literacy levels of their students and young athletes.

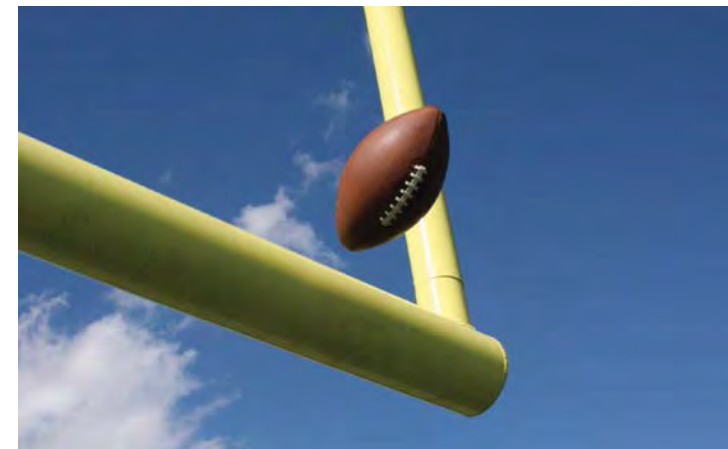
“Based on the research that has been done in other countries, we truly believe that physical literacy is the most important outcome of any recreational or competitive youth sport activity, yet it is also one that is essentially never measured or monitored for progress. As a society, we are too busy worrying about winning and losing games and as a result we are not creating well balanced and healthy adults,” says Dr. Sagas. “Physical literacy builds kids into adults who are more confident, healthy, and physically active. Physical literacy development also allows kids to develop as competitive and elite athletes that are more resilient, healthy, and balanced competitors that are able to play more than one sport if they choose.”

Physical literacy is one outcome that is critical to get right for all of our kids, regardless of sport, athletic ability or access.



*“We are aiming to create a program to develop and enhance some of the areas where kids are lacking...”*

Trevor Bopp, Ph.D., HHP Faculty



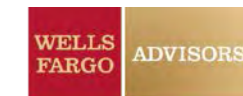
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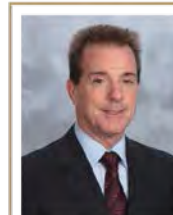


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## UF Hosts D-TOUR A GLOBAL TOURISM SUMMIT

Addressing the transformation and disruption of the global tourism industry, and how to lead in this new environment, will top the timely agenda at the University of Florida Tourism Summit D-TOUR.

**With a focus on seeking answers to global issues, the D-TOUR summit is open to the tourism industry as well as to businesses that rely on tourism.**

### TOPICS COVERED INCLUDE...

- >> Identifying and maximizing opportunities in changing markets
- >> Turning sustainable tourism in a new direction
- >> How data, technology and innovation are transforming the industry
- >> On-the-ground management of a crisis and security predictions



For details, sponsorship information and registration:  
[UFTourismSummit.com](http://UFTourismSummit.com)

2017  
**D-TOUR**  
THE UF TOURISM  
SUMMIT



APRIL 26-27, 2017  
**Boardwalk Inn at Walt Disney World**



“HHP has prepared me to fulfill my passion of helping people through **advocacy, health promotion**, and empowerment to strive for **wellness.**”



## Lea Lena

BS HEB, HHP Online student  
Class of 2017

**WHERE WERE YOU BORN?** Lexington, KY, but my family is not from there. My dad is retired from the Navy, so we were stationed there at the time.

### IF YOU COULD LIVE ANYWHERE IN THE WORLD, WHERE WOULD YOU CHOOSE?

I really love Italy, but I need a warmer ocean, so I would choose Antigua.



### WHAT'S YOUR FAVORITE PASTIME?

Definitely traveling! I love visiting a new country and culture.

**WHAT DID YOU EAT FOR BREAKFAST?** I always have two eggs, fruit and two cups of coffee.

**IN THE FUTURE, I PLAN TO...** earn my M.S. in Public Health and work for the CDC or WHO; enjoy my time with my husband and son; return to Bavaria where I lived for a while; and visit every country in the world at least once.

“HHP has taught me that **good health is a means of empowerment** that should never be taken for granted.”



## Adeyoola “Yoola” Adeniji

BS HEB, Class of 2018

### WHERE WERE YOU BORN?

Lagos, Nigeria

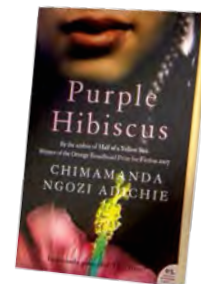
### WHO'S YOUR FAVORITE ACTOR/ ACTRESS?

Lupita Nyong'o

### BEST PIECE OF ADVICE YOU WERE EVER GIVEN?

The best piece of advice I have ever been given is to trust in God's plan for my life — Jeremiah 29:11

**LAST BOOK YOU READ?** *Purple Hibiscus* by Chimamanda Ngozi Adichie



**IN THE FUTURE, I PLAN TO...** work in the field of global health to ensure that everyone is capable of attaining a healthy life regardless of their living conditions.

“HHP has allowed me to realize my dreams of **becoming a medical professional**, and for that, I am forever grateful.”



## Sebastian Fearon

BS APK, Class of 2017

### WHERE WERE YOU BORN?

Bloomfield, New Jersey

**IF YOU COULD VISIT ANY ERA OF TIME, WHEN WOULD YOU CHOOSE?** I would love to visit the late 1820s during the Gold Rush and Western Expansion — sounds like an exhilarating time to be alive.

### WHAT'S ON YOUR NIGHTSTAND RIGHT NOW?

A water bottle, a watch, my laptop and sunglasses

### ANY HIDDEN TALENTS?

I can DJ for weddings and parties!

### IN THE FUTURE, I PLAN TO...

be a physical therapist for a professional football team and be happy!



“HHP has helped me establish a network within the College and long-term friendships that will only **help me grow as an individual.**”



## Van Carswell II

BS SPM, Class of 2018

### WHERE WERE YOU BORN?

Tampa, FL

### IF YOU COULD HAVE DINNER WITH ANYONE, WHO WOULD IT BE AND WHAT WOULD YOU EAT?

Barack Obama, mac & cheese

### WHAT'S YOUR FAVORITE TV SHOW?

*Martin* — He's just so funny, and so are the characters he portrays.

### LAST MOVIE THAT MADE YOU CRY?

I was pretty close to shedding a tear in *Finding Dory*.

**IN THE FUTURE, I PLAN TO...** work in a management position within a sport organization and eventually open my own sports firm.





# road less traveled

At HHP, we're proud to be Gators. We also know that **the Gator Nation is everywhere**. When our students, faculty and alumni travel the world, we want to see where they've been and how they're impacting the Gator Good.



1) Pikes Peak, Colorado



2) Cape Canaveral, Florida



3) Great Barrier Reef, Australia



4) Venice, Italy



5) Neptune Islands, Australia



6) Grand Canyon National Park



7) Votua, Fiji

- 4 HHP alumni Chuck & Judy Fessler enjoying Venice, Italy, in Plaza De San Marco.
- 5 HHP Alumni and recent Outstanding Young Alumni recipient, James Di Virgilio, swimming with sharks in the Neptune Islands in Southern Australia. It is one of the four places in the world that you can dive with great white sharks.
- 6 Chelsea Stewart (HEB BS 2014 and MS 2015) and Nicholas Boughton (HEB BS 2014 and Gator ROTC alumni, active duty 82nd airborne 1-504) bring their Gator pride to the Grand Canyon.
- 7 HHP Study Abroad students (L-R) Margaux McIntyre, Charlotte Mallardi and Annosha Kishore spend time with children from the village of Votua in Fiji.

- 1 David, Candice and HHP alum Joseph Gross doing the chomp 14,110 feet at the summit of Pikes Peak in Colorado.
- 2 HHP's Athletic Training students visit NASA to learn about the latest training techniques for astronauts.
- 3 HHP and UF students on their study abroad trip to Australia and the Great Barrier Reef show their Gator spirit!



# UF & HHP by the numbers

# #1

HHP is home to UF's **Teacher of the Year, DR. JOSLYN AHLGREN**



**730** >> The 2015 football tailgates brought more than 730 alumni & friends to the FL Gym. **Join us this year before every home game!**



**\$5,500,000+**  
HHP award monies put towards **ground-breaking research** last year.



Corporations ranked UF among the **top 10 places to recruit new employees**



UF has **4,000** award-winning faculty members with distinguished teaching and research records

# 33%

Percentage of **HHP students** who applied and were **accepted to medical schools** in 2015



This year celebrates HHP's **70th Anniversary.**

**310** Number of HHP online undergrad and grad degree-seeking students.

This year, HHP students received **53 merit-based scholarships** funded by our generous donors

# 53

# GETTING SOCIAL with **PRESIDENT FUCHS**

UF President Dr. Kent Fuchs has made a reputation for himself around campus as a social media expert. He's used his twitter account to connect with students and alumni in a way no other President has. Here's a glance at President Fuchs' twitter page so you can see his view of life on campus.

W. Kent Fuchs @PresidentFuchs · 7 Sep 2015  
Congratulations to UF faculty and everyone involved in record \$707M in research to extend boundaries of knowledge.

W. Kent Fuchs @PresidentFuchs · 24 Jan 2016  
Practicing my new role for Saturday. Need a wardrobe change! @FloridaGators @UF

W. Kent Fuchs @PresidentFuchs · 3 Oct 2015  
Just signed up for lifetime membership in the UF Alumni Association @ufalumni goo.gl/HCdCRc

W. Kent Fuchs @PresidentFuchs · 29 Oct 2015  
My first tour of the new @ReitzUnion. WOW! @UF students are so fortunate.

W. Kent Fuchs @PresidentFuchs · 29 Oct 2015  
Celebrating Women's History Month @UF with awards reception. Today is also #InternationalWomensDay #PledgeForParity

W. Kent Fuchs @PresidentFuchs · Jan 14  
"I have fought the good fight, I have finished the race, I have kept the faith." UF will forever be grateful.

W. Kent Fuchs @PresidentFuchs · May 1  
Last commencement in The Swamp for many decades. Sunday night May 1, 2016 Beautiful! ❤️🎓 #UFGrad

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THANK YOU JEREMY





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