

# performance

COLLEGE of HEALTH & HUMAN PERFORMANCE | FALL 2018

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UF

GO GREATER

## PERFORMANCE

MAGAZINE | FALL 2018

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FLORIDA GYMNASIUM

# ask dean reid



**Q.** *What is the Go Greater Campaign?*

**A.** Through the Go Greater campaign, the University of Florida will define the future of higher education for Florida, the nation and the world. The campaign will deepen our relationships with alumni. It will expand our investment in UF students and faculty. And it will strengthen the institutional foundation that underpins this great university. A few of the more exciting goals for this campaign include...

**Create 200 more faculty endowments and 400 new scholarships** to attract and retain academia's best and brightest scholars.

**Invest in priority infrastructure and facilities** to create environments that inspire ideas and solutions.

**Fund multidisciplinary "moonshots"** to address grand challenges and improve how people experience life.

**Strengthen UF's national and global stature** to better serve society.

**Raise \$3 billion in campaign commitments** to move UF's programs and people to new levels of impact and influence.

**Add \$1 billion to UF's endowment** to forever sustain excellence in scholarship, discovery and service.

**Q.** *What does it mean to "Go Greater" at HHP?*

**A.** Momentum is strong at HHP. We are sixth largest among UF's 16 colleges. Our faculty has doubled their research funding over the past five years. And all three of our departments are ranked in the Top 3 among AAU public universities. Hard work and dedication have gotten HHP this far. But now we need strong partners to reach the next level. The Go Greater campaign will empower us to...

- Recruit and retain world-class faculty
- Attract and support the best students
- Establish national leadership in areas of excellence
- Create state-of-the-art facilities for education and research
- Address critical infrastructure needs in the historic Florida Gym

**Q.** *I thought you were tax funded. Why are donations needed?*

**A.** UF is blessed to have strong support from the state of Florida. But state money can't address many issues that face our college. For example, lack of funding means that we must deny scholarship applications for two out of three qualified students. Among our growing faculty — 75 by next summer — we have only three endowed professorships to attract and retain prominent scholars. And our beloved Florida Gym, home to the College for almost 70 years, is overdue for many repairs and upgrades.

**Q.** *What's an endowed gift? Why are endowed professorships and scholarships important?*

**A.** Endowment funds are the financial underpinnings of a strong university. They

provide financial stability that protects against a changing economy, shifting government priorities and unforeseen challenges that impact our students and faculty. Endowed professorships and scholarships are especially valuable. Such gifts provide a permanent legacy at HHP where they support key faculty members and our most deserving students in perpetuity.

**Q.** *I'm not rich, but I want to help. What can I do?*

**A.** Every gift matters! We are honored to receive each gift, no matter the size. Plus, every gift helps to boost our national ranking, moving UF one step closer to Top-5 recognition. So, please join me in supporting our wonderful University by contributing as you are able.

.....  
 Visit [UFF.UFL.EDU](http://UFF.UFL.EDU) for more about the Go Greater campaign  
 .....



COLLEGE OF HHP  
ALUMNI, FACULTY,  
STAFF AND STUDENTS...  
PUSHING THE WORLD  
FORWARD.



Pictured left to right: Amy Mobley, Ph.D.; Megan McVay, Ph.D.; Brian Avery, ABD; Diba Mani, Ph.D.; Michael Spear; Erica Alexander; Emma Rodriquez; Paul Higgerson; Alanna Carinio; Danielle Jake-Schoffman, Ph.D.; Kim Holton, Ph.D.; Travis Hendrickson; Matt Terza, Ph.D.; and Meredith Berry, Ph.D.

**New faculty and staff join HHP**  
This fall, HHP welcomed 18 new faculty and staff at the annual welcome back breakfast this fall. In total, HHP brought on nine new faculty with two in APK, six in HEB and one in TRSM. In addition, nine new staff were brought in to enhance support for research and student advising, among other areas.

>> Visit [HHP news](#) to read more about the new team.

**Chris Brown receives ATAF President's Award**

Congratulations to Professor Chris Brown, Ph.D., for receiving the President's Award for the Athletic Trainers Association of Florida (ATAF) at the symposium earlier this month. Brown serves as ATAF's PR and marketing committee chair. The award is given by the ATAF president in recognition of extreme dedication and hard work to the organization.



**Alumna Lynda Reinhart recognized as Woman of Influence**

Congratulations to HHP Alumna and Director of the Stephen C. O'Connell Center Lynda Reinhart, MSRS '99, on being selected as a Woman of Influence by VenuesNow Magazine.

**UF & HHP break research funding record** — Research numbers for the 2018 fiscal year are out and HHP topped \$8.2 million in expenditures, an increase by \$1.4 million from last year. As a college, research funding accounts for nearly 30 percent of the overall budget with a majority of awards coming from the National Institutes of Health. Overall, UF was awarded \$837.6 million, surpassing the previous record by \$113.6 million.

**UF recognizes HHP for educational excellence** — In 2017-2018, our college

was recognized for educational excellence across the board by UF. Dr. Evangelos Christou won the UF Doctoral Dissertation Mentoring Award. Ms. Sarah Eberhart was named UF's First Year Florida Returning Instructor of the Year. Dr. Amber Emanuel received the UF Online Education Excellence Award. Ms. DeEtta Rhodes was named UF Advisor of the Year, and Dr. Julia Rae Varnes was honored as UF Teacher of the Year. It was a remarkable year for the HHP community.

**Stephen Coombes awarded associate professor with tenure**  
APK's Dr. Coombes received the status of associate professor with tenure last spring.

**Renovations in the Florida Gym**  
The anatomy and physiology labs have reopened this fall with new ceilings to prevent sounds from adjoining labs

from interfering with teaching and learning. Every year, more than 2,700 students make their way through these labs for fundamental coursework in anatomy.

**Chris Hass promoted to Associate Provost for Academic and Faculty Affairs**  
Congratulations to Dr. Chris Hass, professor in APK, on his appointment to Associate Provost for Academic and Faculty Affairs at UF.

**Students recognized at commencement**  
Adeyoola Adeniji, BSHE '18, received the Outstanding Four-Year Student Scholar Award at the spring commencement. The award considers grade point average, curriculum, academic awards, research

projects or honors thesis. Adeniji's thesis aimed to explore the importance of including the African immigrant experience in the field of health promotion. This summer, Cheryl Ryan, HEB '18, received the Outstanding Two-Year Student Scholar Award. Ryan completed her degree online and works in educating patients, staff and other health care providers.



**DPT student receives Joe Cirulli Scholarship Award**

Congratulations to Alison Irwin, a second-year DPT student and BSAPK '17, for receiving the Joe Cirulli Scholarship Award in June. The recently

established award was supported by a gift from the local not-for-profit, The WELLness Network, Inc., and was named in honor of the founder and owner of Gainesville Health and Fitness.

**Students awarded FFEA's Harvey Franklin Campbell Student Scholarship Award**

Event management seniors Shelby Buchanan, Samantha Colmenero and Giovana Perez-Oliveras, as well as grad student Joy Truex, received the Harvey Franklin Campbell Student Scholarship Award.

**HHP's Dan Connaughton and Chris Hass summit Mt. Kilimanjaro**

— Congratulations to Professors Dan Connaughton, Ed.D., and Chris Hass, Ph.D., as well as Colt Little from the general counsel's office, on their ascent of Mount Kilimanjaro this summer. Not only did they climb to 19,344 feet, but together with their group, they raised over \$120,000 to support families undergoing cancer treatment.



## 2019 HHP ALUMNI AWARDS

Each year, HHP recognizes alumni who have made a remarkable and positive impact on society while embracing the core values of respect, integrity, service and excellence. **We are seeking nominations this fall for**

**Alumni Hall of Fame, Outstanding Young Alumni, and the B.K. Stevens Service Award.**



Pictured above, **Janice Tucker, BSHE '81**, was inducted into the Alumni Hall of Fame in 2018.

For details and deadlines: **HHP.UFL.EDU/springawards**

### HHP MAKING A DIFFERENCE

#### Yong Jae Ko receives 2018 Stotlar Award

TRSM's Dr. Ko received the 2018 Sport Marketing Association Stotlar Award, which honors exceptional sport marketing educators who excel at mentoring graduate students, contribute to the growth of graduate level sport curriculum and commit to help aid the professional development of their students. Dr. Ko was selected by a committee of his peers for this annual award.



This fall, the **Bachelor of Science in sport management**, became one of five UF Online degrees offered in partnership with The Walt Disney Company for more than 80,000 full-time and part-time hourly employees. Employees who have more than 90 days of service will be eligible to have 100 percent of their tuition, required textbooks and course materials, plus application and program fees, paid up front by the company. This is just one of the partnerships from UF Online's Employer Pathways program.

#### Shannon Fenn (MSP '17 BSM '15) bikes 4,295 miles in 69 days for research

Fenn was part of the Bike the US for MS, Northern Tier Route, raising money for MS research and treatment this summer. The team of 28 cyclists raised \$98,585 for MS research and treatment. On May 27, the riders left Bar Harbor, Maine and arrived in Seattle, Washington on August 4.



**Michael Ferguson, PhD '02**, was promoted to vice president of health economics and reimbursement for AtriCure, a cardiac surgical medical device organization. Responsibilities include market access strategies for therapies that focus on treatment of atrial fibrillation, surgical left atrial appendage management and postoperative pain management.

**Robert Leeman awarded NIAAA training grant** — HEB's Dr. Leeman and a team of UF researchers received the grant to train and mentor the next generation of scientists working to improve health outcomes in people affected by alcohol and HIV. The training program will ensure appropriate depth in knowledge regarding alcohol, HIV and three additional focus areas that represent areas of strength in UF research: health behavior intervention science; epidemiology and data science; and cognitive science related to aging.

**Rachael Seidler joins National Academy of Kinesiology** — an organization that encourages the study and education in the science of human movement. Dr. Seidler is a professor in APK. Her work has been supported by NASA, NIH, the NSF and various other private research institutions.

**Theresa Wicklin Gillespie, MAHE '77**, a professor of surgery, hematology and medical oncology at Emory University and long-time cancer researcher was recently awarded an NIH grant in STEM education research based on principles of Citizens Science.

#### HHP in the News

- Walt Disney World's \$15-an-hour wage could pave the way for higher Central Florida Pay — Professor **Lori Pennington-Gray**, *Orlando Sentinel*
- "A beginner's guide to space tourism" Professor **Rachael Seidler**, *Engadget*



For the latest alumni, faculty, staff and student news and highlights, **be sure to find HHP on LinkedIn.**



#### Have news to share?

HHP is always looking for good news to share about our alumni, faculty, staff and students in future editions and on social media.

Submit your news at **HHP.UFL.EDU/COMMUNICATIONS**

## about this issue

**A**t the College of Health & Human Performance, we are advancing the way we live, work, and play using expertise in our departments of Applied Physiology and Kinesiology (APK); Health Education and Behavior (HEB); and Tourism, Recreation and Sport Management (TRSM).

The University of Florida is on the rise. We are a top-ten public institution with the goal of joining the top five. Our college is helping achieve this goal by advancing interdisciplinary research with UF colleges and peer universities, expanding pathways for students on and off campus, and partnering with industry and government organizations, including the National Institutes of Health and Department of Defense, to solve real-world problems.

**As a national leader in our disciplines, we are committed to advancing four core initiatives:**

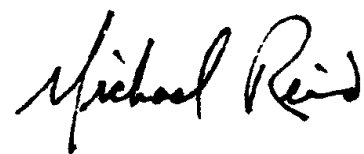
**Training the Next Generation** — Our college has a long tradition of award-winning educators, outstanding advisors, and commitment to students. Across all of our departments, enrollment is continually growing and our students graduate to promising careers in business, the health professions and higher education.

**Promoting Healthy Living** — Research in HEB is improving the health of communities in Florida and across the nation through research on substance misuse, HIV prevention, diabetes, nutrition and health benefits of physical activity, to name a few.

**Enhancing Physical Performance** — APK faculty and students are advancing the frontiers of biomedicine by tackling critical problems that range from muscle disease to movement disorders, from cardiovascular disease to sports-related injuries.

**Enriching Lives** — TRSM researchers are supporting key Florida industries and improving the quality of life by pioneering innovative approaches in tourism and sport management. These include initiatives in sustainable tourism, tourism crisis management and the economic impact of sport.

The HHP community is helping UF lead the nation in educational excellence and research innovation. This edition of *Performance Magazine* focuses on these themes, highlighting the dedicated people and tradition of excellence that makes our college so wonderful.



Mike Reid  
Dean

## Go Gators: A “Chomp” for Scholars

At the HHP fall scholarship convocation, a record-setting 117 scholarships were awarded to undergraduate and graduate students from all three HHP departments. Students count on these scholarships for everything from books to technology. **We’re grateful to the 49 donors for supporting these outstanding students.**



**2018 SCHOLARSHIP CONVOCATION**

Pictured left to right: **Stephen Harrison** (MSSPM '19), **Adriana López** (BSSPM '21), **Dr. Charles Williams**, **Chris Kim** (BSSPM '21)

# 2017-2018 HHP GRADUATES



*who our students are*

photos: Eric Zamora

BACHELORS

Applied Physiology & Kinesiology .....	219
Athletic Training .....	11
Health Education & Behavior .....	186
Sport Management .....	127
Tourism, Event & Recreation Management .....	61

MASTERS

Applied Physiology & Kinesiology .....	33
Health Education & Behavior .....	18
Sport Management .....	79
Tourism & Recreation Management .....	10

Ph.D.

Health & Human Performance .....	19
----------------------------------	----

**Undergrad degrees | 604**  
**Graduate degrees | 159**





John Egberts >>



<< Dan Connaughton

*HHP researchers address bike and pedestrian safety in the Sunshine State*

# ON THE RIGHT PATH

by Kyle Chambers

In Florida, the sunshine and pleasant weather encourage thousands to walk or take a bike ride instead of driving.

But as more and more Floridians turn to walking and cycling as a means of transportation and recreation, bike and pedestrian safety has become an important issue facing the state.

A 2015 study conducted by the CDC found that the state of Florida has the highest rate of cycling fatalities nationwide, causing the Florida Department of Transportation (FDOT) to devise new strategies to make our streets safer.

But at the University of Florida, HHP transportation and injury prevention

researchers Dan Connaughton, Ed.D., and John Egberts led the pack by helping head multiple FDOT-sponsored initiatives aimed at increasing pedestrian and bicycle safety.

One such strategy was the creation of a program to strengthen bicycle safety education. The Florida Traffic and Bicycle Safety Education Program and Florida Safe Routes to School Program helped the pair take a huge step towards accomplishing this goal.

The pair developed a curricula relating to pedestrian and bicycle safety to reach a wide audience. By adopting a “train-the-trainer” model of teaching, both researchers conduct

workshops through the program to train individuals to lead bicycle safety initiatives in their areas.

“These aren’t skills that people are born with,” Connaughton said. “They need to be taught them in order to be safer.”

According to Connaughton, the in-class instruction teaches interested adults essential components of bicycle safety. Hand signals, bike inspections, rules of the road and laws are taught free of charge at each session.

Each year, more than 1,500 law enforcement officers, teachers and other professionals participate in these traveling statewide workshops,

Connaughton said. Each trainer takes a different approach towards bringing these skills to their communities, but according to Egberts, education is not the only way that cycling injuries and fatalities can be reduced.

That is why research into safety improvements has been spearheaded by Connaughton and Egberts. Hoping to improve student travel, the HHP researchers will conduct a “pre” and “post” test to determine whether riders benefit from infrastructure changes.

In the study, roughly 300 schools across Florida will be assessed on whether implementing changes, such as sidewalks and bike paths, will

improve safety and increase walking and bicycling to school. The program’s effectiveness will be graded through travel surveys collected by teachers and school officials.

“We hope this is the case,” said Egberts when speaking about his desire for the program to be successful. “Our goal is for more children to be outside walking and biking.”

The researchers also have a third initiative to improve state transportation safety. Through UF, Connaughton and Egberts manage the Florida School Crossing Guard Training Program, a state-mandated initiative to train crossing guard trainers.

Accordingly, the pair work closely with the program administrator to coordinate the program.

Both Connaughton and Egberts are encouraged by the advancements that their programs have made in keeping Florida safer over the course of 10 years. But they are hopeful that these FDOT initiatives will motivate safety-conscious Floridians to join in with their own efforts.

“This isn’t just a local safety effort, it’s a community one,” Connaughton said. “We welcome anyone who wants to help out and make a difference in their local area.”



# BUILDING MUSCLE

HHP's Beth Barton and team are honing in on a specific component of muscle growth for a keener understanding of its impact on metabolic health and overall wellness.

by Kyle Chambers



For many Americans, trying to stay physically fit is a way of life. Combined, the weight loss and fitness industries collect over \$80 billion in revenue each year. Fitness models, transformation pictures and bodybuilders have flooded social media, causing more and more Americans to focus on staying in the best shape possible. But a study by HHP researchers is revealing that these long hours spent in the gym might not just be for show.

Millions of Americans suffer from some form of muscular atrophy, a decrease in the body's amount of natural muscle, impacting the way we live and work. Dr. Elisabeth Barton, an HHP professor in the Department of Applied Physiology and Kinesiology, is attempting to discover how building muscle can not only protect against these negative metabolic effects, but also help support an active lifestyle. Barton and her team work to determine how muscle metabolism is influenced by one specific protein.

Insulin Growth Factor-1 (IGF-1) is a protein found in all tissues. The molecule circulates in the bloodstream and its presence causes skeletal muscle to grow. Muscle makes its own IGF-1, and stores it to promote growth, but work in Barton's lab suggests that it is also important for metabolism. A major aim of Barton's research was to ask what would happen to muscle if IGF-1 was removed from these tissues.

"Building muscle is important for metabolic health," Barton said. "We wanted to see the consequences that would arise if the protein was lacking."

To test this, Barton and her team designed a mouse model where they could turn off IGF-1 in muscles. IGF-1 was not present from birth and "silenced" during the development of young adult male mice, the two greatest periods for muscle growth.

When IGF-1 was absent from birth, the mice had smaller muscles. However, as adults grew over time, male mice ballooned in size, developing obesity and other metabolic

complications. Even more surprising was that these changes also occurred in adult mice following a brief loss of IGF-1 in the muscles.

"The maintenance of muscle mass is not just for show or mobility," Barton said. "Maintaining muscle mass may even help counter diseases such as diabetes."

Natural IGF-1 deletions are only found in a handful of cases, including in patients with some forms of dwarfism. But according to Barton, levels of IGF-1 start to decline as a person ages, reducing their ability to keep muscle mass and maintain metabolic health.

Movement can help counteract the loss of the protein over time, Barton said. Recent research has shown that regular exercise can even help maintain its levels in the body, helping individuals who weightlift regularly to put on and keep their muscle gains.

Barton said that further steps should be taken to confirm the protein's significance in human muscle development. Her research team plans to use the mouse model to explore why there are differences in muscle loss and IGF-1 production between sexes and age groups.

Future studies hope to show that resistance training may keep muscle decline at bay. With further research into the IGF-1 protein, many may soon learn that it is not too late to take the first steps towards preserving their physical health.

"There are many new and exciting questions that we can ask ourselves as we take the next steps with this study," Barton said.

.....

*"The maintenance of muscle mass is not just for show or mobility," Barton said. "Maintaining muscle mass may even help counter diseases such as diabetes."*



# servicing up an ace

by Celeste Mahfood

UF & HHP reach out to community youth through tennis

Gators in Motion is an afterschool program partnered with the university and HHP that incorporates tutoring, sports, college prep and life skills for low-income students. **Developed in Spring 2016 by Addison Staples, a College of Health & Human Performance alumnus and former lecturer, with Trevor Bopp, an alumnus and assistant professor at HHP,** Gators in Motion is partnered with Aces in Motion, a program with a similar theme of improving academic and sport levels.

**Live healthier lives and develop life skills. That is the goal of Gators in Motion, an afterschool program that partners with the University of Florida's Department of Tourism, Recreation and Sport Management, the Gainesville Area Community Tennis Association and UF's College Reach Out Program. This unique partnership is for local low-income, middle and high school aged students and incorporates tutoring, sports, college prep and life skills.**

Developed in spring 2016 by Addison Staples, a College of Health and Human Performance alumnus and former lecturer, along with Trevor Bopp, an alumnus and assistant professor at HHP, Gators in Motion has partnered with Aces in Motion, a program with a similar theme of improving academic and sport levels.

Using tennis to promote character development, academic achievement and healthy lifestyles, Gators in Motion specifically targets middle and high school students from local, low-income neighborhoods in the Gainesville area. Thanks to grants and private donations, the program is free, but participants must commit to attending three days a week, and parents must attend quarterly group and individual meetings with the Gators in Motion staff.

One of the goals is to create equity in the community, despite economic disparity, says Staples, who serves as the Aces in Motion Executive Director. One hundred percent of the student participants are at or below the federal mark of poverty, he said. The majority of the 38 regular students are African-American. The volunteers are trained to

teach children and to be culturally competent and culturally sensitive.

"When people typically hear of a tennis program, they're not typically thinking of low-income, black youth," said Staples. Universities can appear unreachable to children in low-income neighborhoods, he adds. Gators in Motion provides opportunities for students to develop personal relationships with University of Florida professors and introduce them to new sports, interests and career options.

UF athletics and club sports teams volunteer throughout the semester, said Bopp, who, as an assistant professor at HHP, collects data to measure and ensure the program will positively impact the students by analyzing participants' grades, physical literacy and resiliency.

Held on campus at the Florida Gymnasium, UF benefits by creating more involvement with current students and generates interest in attending college among the participants. Every week over the past year and a half, 13 UF interns and 140 UF volunteers assist with the program.

"We are delighted to host Addison and the team at Gators in Motion in the Florida Gym," said Michael Reid, the dean of the College of Health and Human Performance. "The college is proud to be associated with this inspiring program and the many community members who participate. Our students and faculty are truly blessed by this wonderful partnership."

Bopp says one reason the program has been so well received by the UF community is because it



*"Gators in Motion is hopefully changing futures and motivating kids that college is an option..."*  
 << **Addison Staples**

offers practical and local impact, alongside its research component.

Each day, the first hour is spent doing homework with one-on-one tutors. The second hour consists of tennis on Mondays, and character development and life skills on Tuesdays through Thursdays. In addition, the students tour facilities and colleges and attend UF sporting events throughout the year in an effort to showcase the rich academic offerings on campus.

"Gators in Motion brings the kids onto campus and gives them experiences they might not otherwise have," Bopp said. "It's really instilling in them the value of education and the opportunities that they have in front of them."

Asa Garcia, a former UF track athlete and recent alumna from HHP, volunteered at Gators in Motion for over a year, starting in 2017. She first heard about the program through an email sent out through the college. She took on the mentorship role to make a difference in the children's lives. The students were able to look up to her as an African-American college athlete, said Garcia.

Volunteers are from a variety of backgrounds, ethnicities and majors. The students don't only get one type of person to interact with, Garcia says. "I felt like I was being so much of a benefit with who I am. I'm a college athlete. I'm from out of state. They Google my name, and they're like 'Miss Asa, you're on Google!'"

Respect, responsibility, discipline and character development are all things Gators in Motion stands for, said Garcia. Seeing the volunteers with positive attitudes while struggling to play tennis motivated the students to try. The volunteers led by example by encouraging each other and using positive teamwork.

One participant, Camryn Ford, a 10th grader at Eastside High School, was accepted into the program in eighth grade. Garcia's presence in the program fueled his inspiration to try out for the track team in high school, but he said she was his favorite volunteer because she also helped him academically. His plan after high school is to become an entrepreneur or maybe a chef. He was accepted into Eastside High School's culinary program, and the Gators in Motion coaches continue to encourage him in his life goals.

"Gators in Motion is hopefully changing futures and motivating some kids that college is an option," Staples said. "And I think that is the power that UF holds in this community. I think UF should be commended for opening their doors."



**"I FELT THAT A PLANNED GIFT WAS A WAY TO AFFORD OTHERS THE SAME OPPORTUNITY I WAS GIVEN."**

*As an employee of the University of Florida Student Health Services, Carol Nicholson received full tuition assistance to earn her master of health education. She says the education and experience she received from UF helped shape her successful career as a healthcare provider and advisor. Now, 33 years later, Carol is providing that same opportunity to students in the College of Health and Human Performance.*

*Her planned gift to support scholarships ensures a brighter tomorrow for future generations of leaders, thinkers and doers.*

To learn how you can make an impact contact:

**LESLEY THURSTON | LTHURSTON@UFL.EDU | 352-294-1650**

GO GREATER 

# THE ROAD TO WELLNESS

ALUMNI PROFILE

by LINDSY CARRASQUILLO

**When Stacy Cutrono took the course adaptive physical activity at UF, it completely changed her mindset about health and wellness.**

“It changed my life,” she said. “The class changed how I thought about everything.”

The class, which was taught by Professor Christine Stopka, who has since retired, was an avid proponent that physical activity could be adapted for individuals with disabilities. One of the most memorable assignments that Cutrono recalls was when they had to create a brand-new game for kids in wheelchairs. That class still impacts her today and allowed her to realize that health and fitness is for everyone. “For the past five years I worked in oncology and would tell cancer patients ‘you have to find a way to keep moving’ and then encourage them that they could do it.”

Before finding her place in exercise physiology, she started out pursuing a degree in health science with an eye towards attending medical school, but switched majors junior year when she realized it wasn’t exciting her. Deciding she needed a different path, she flipped through the course catalog until she landed on exercise physiology. “Luckily, I didn’t have to flip through the catalog for too long,” she said. “It was the perfect combination of health and athletics. It was absolutely what I was meant to do.”

After moving to Gainesville from Weston, Florida, she immediately liked the city and UF. “Everything was so welcoming from the very beginning,” she said. “I had a

different university as my first choice, but didn’t get in. It was honestly one of the best things that ever happened to me.”

In addition to taking classes at UF, her first job was working at the calling center on campus, where part of her work included calling alumni who may be interested in donating to the college. That now has come full circle as her and her husband, whom she met while working as a lifeguard at Lake Wauburg, have established a student conference scholarship in HHP. “Conferences are a great opportunity for networking, but travel expenses can be limiting for students,” she said. This scholarship provides students with the ability to attend a national conference and even present their own work. The scholarship started last year and occurs every spring. Over time, she wants to build it into an endowment so it is self-sustaining. “I want more alumni to realize how easy it is to give back,” she said.

She recently switched careers from health and medicine to technology. She now works at Ultimate Software, where their “people first” culture allows her to focus on facilitating health and wellness for all employees. She still travels with her Gator gear, recently proudly displaying a Gator flag at the top of Mt. Kilimanjaro.

“UF taught me to dream big. I want to change the way the world views fitness and wellness,” she said. “I like to take the winding path. It’s harder but it’s worth it.”



*“UF taught me to dream big. I want to change the way the world views fitness and wellness... I like to take the winding path. It’s harder, but it’s worth it.”*

# A Gator GIVES BACK

BY LINDSY CARRASQUILLO



**David Sobelman's time at UF was one of the most influential periods of his life.** With his Gator degree he's figured out how to use his experiences from his time in Gainesville to forge a career in real estate investment.

In the 1990s and 2000s, he lived in Washington, D.C. and worked for the federal government. Living in that area piqued his interest in exploring a career in real estate. Today, he focuses on triple net lease investments, a niche type of commercial real estate, in which he has founded three companies that service different aspects of the asset type. Generation Income Properties is a public company that focuses on purchasing assets that are tenanted by some of the country's largest companies. 3 Properties is a brokerage firm for triple net lease investments. Sobelman also partnered with Greg Smersh, a professor at USF, and Noah Shaffer, a grad student at USF, to formulate an algorithm that helps derive a more accurate value for real estate assets. "It's amazing how math and technology, combined with millions of lines of data, can completely alter the way you look at an entire industry," he said. "It's nice to have a true hunger for your professional work, so much so that I would consider myself a real estate nerd."

As a first-generation college student raised by a single mother, he learned determination through the

examples of his mother's actions and sacrifices. His other motivators include his wife, Tanner, who has shown him that kindness and grace always win, and a group of 20 childhood and Gator friends who go to Lake Tahoe every year — for the last 28 years. They serve as a reminder of how fortunate he is to have such great examples of tremendous relationships and how impactful they have been in his life. For those who are considering higher education, he says to do it when it's right for you, as the work, effort and sacrifices made during your educational years show your ability to accomplish tasks and persevere. "They are meaningful traits in which most people assign a high value to as you develop your professional life," he said.

When going through a challenging time, he was not able to keep up with his studies and received a letter stating that he would have to sit out for a semester. While not in school, he worked to prove himself to former dean, Dr. Jill Varnes, and he has never forgotten the influence that she had on his life. "Her decision to allow me to finish my degree was one that truly altered my life, allowed me to say that I graduated from UF, and she showed me that second chances should not be squandered," he said.

Sobelman's educational experiences led to a motivation that he still carries into his professional endeavors and proved what he was capable of accomplishing. "Without

her recognition of my desire to change my course in life, I'm not sure where I would be today," he said. "Her decision to 'dock' me a semester and ultimately reinstate me was the turning point in my life. I not only became motivated to succeed, but overly motivated."

His degree is something that he uses regularly as his background allows him to cope with the stresses of everyday life. Before a knee injury and two surgeries, he completed five Ironman Triathlons around the globe including the most well-known race in Kona, Hawaii. "I continually use exercise as a way to try to balance my work, family and personal lives," he said. "It's also really cool to explain the anatomy of a colleague's injury to them and watching their face as I go into a cursory physiological diatribe because their initial perception of me is usually that I solely studied finance or economics."

Sobelman's affinity for UF led his family's foundation to establish the Sobelman-Wellspring Foundation Award, which recognizes a current UF student who has made substantial and outstanding contributions toward fostering diversity, inclusion and intercultural engagement both on campus and in the Gainesville community. The Sobelman Family and their foundation share the goal of bringing young people of diverse backgrounds together to learn from one another and understand worlds beyond their own.



## A second chance leaves a lasting impact

HHP grad David Sobelman parlayed challenging formative years into a desire to succeed and to give back.

**The Sobelman-Wellspring Foundation Award recognizes a current UF student who has made substantial and outstanding contributions toward fostering diversity, inclusion and intercultural engagement both on campus and in the Gainesville community.**



# POISED FOR SUCCESS

BY ERIKA E. NELSON



## HHP's Online Sport Management program is expanding opportunities for graduates

The M.S. degree program offers a unique opportunity to meet the educational needs of full-time professionals, and students can, and do, live all around the world while completing courses at UF.

« After graduating a year ago with a Masters of Science from the Online Sport Management program at the University of Florida, Pete Paciorek landed his dream job as the Director of

**Athletics at Principia — an NCAA Division III college.**

Paciorek says, "To say that the (OSM) degree paid for itself is an understatement. The online platform at UF allowed me to continue to work full-time and provided me with an increased knowledge and skill set from an inspiring and accomplished faculty." Pete also serves as an adjunct professor in OSM and is the author of *Character Loves Company — Defining the Teachable Moments in Sports: A Guidebook to Character Literacy Development*.

Currently, HHP enrolls more than 400 students per year who are pursuing their undergraduate and graduate degrees completely online. HHP has an ever-growing number of online programs, and one that has become increasingly popular is the Online Sport Management Master of Science (OSM) degree. As with other online programs, OSM offers a unique opportunity to meet the educational needs of full-time professionals, and students can, and do, live all around the world while completing courses at UF.

Dr. Alyssa Tavormina, Professor and Director of the OSM program, believes OSM is effectively "designed for the working professional, especially

those who are working in sport, which requires long work weeks along with nights and weekends...this program is perfect for individuals who need to work at their own pace and on their own schedule."

The OSM program "is taught by the same expert faculty members as the residential Sport Management program. The student is getting no lesser experience by completing the degree online," said Tavormina. Recent graduate Danielle Pechous, who now works for the Orlando Magic, considers her success in the program partly due to the video lectures the professors posted. "Even though I couldn't be on campus, these video lectures helped simulate the classroom setting where I could follow along with what they were doing. As a visual learner, this was particularly helpful for me," said Pechous.

Unlike a lot of other graduate programs, OSM offers the option to specialize in three different areas: Athlete Development, High Performance Coaching, and Sport Law. With the Athlete Development specialization

the program qualifies students to pursue a PAADS certificate, which is the Professional Association of Athlete Development Specialists. The OSM program is a perfect fit for those interested in all facets of sport and the essential administrative duties that help keep athletes on the field and effectively steer a successful organization. "We have had alumni landing jobs as college athletic directors, high school athletic directors, collegiate coaches and director of operations," said Tavormina.

**DANIELLE PECHOUS >>**  
**Orlando Magic, OSM graduate**

"I couldn't be on campus, [and] video lectures helped simulate the classroom setting where I could follow along... as a visual learner, this was particularly helpful for me."



Online Master's Degree in Sport Management

[SM.HHP.UFL.EDU](http://SM.HHP.UFL.EDU)

Distance Education programs at HHP

[HHP.UFL.EDU/AREAS-OF-STUDY/ONLINE-LEARNING](http://HHP.UFL.EDU/AREAS-OF-STUDY/ONLINE-LEARNING)

# LOST IN TRANSLATION

Trying to Make Sense of Irrational Behavior

by NEO GEBRU



*Assuming that people are perfectly rational under all circumstances, as we know, is of course not accurate.*

Neo Gebru | Ph.D. student,  
Health Education & Behavior >>

## THE GRAD-STUDENT PERSPECTIVE

There were 56,400,000 deaths in 2015, according to the World Health Organization. Of those, approximately two-thirds were attributed to noncommunicable diseases, such as tobacco use, physical inactivity or alcohol overuse, which are primarily driven by behavioral choices. There are many fields that try to address this issue from various angles. For instance, medicine heals the ill, public health disseminates health messages to the masses, public policy sets laws and regulations (hopefully) to ensure healthcare, and business studies consumer behavior. Of these, economics has been used to predict people's behavior. However, in the last few decades, there has been a move away from the assumptions of economics, chiefly that people are rational. What has resulted is behavioral economics, a more ecologically valid approach.

**As a new graduate student, I'm still making my way through the literature. The more and more I dive into the world of behavioral economics, which weds the fields of psychology and economics in the study of human behavior, the more and more I realize that the two fields have so much in common but actively share very little.** It is challenging

to find a succinct description of what a behavioral economist specifically does besides to say that they are behavioral scientists who study judgement and decision making in all aspects of life. The field has examined varied human behavior such as consumer choices to addiction to health care insurance decisions, organ donation, retirement savings, and the list goes on.

Our department studies behavioral economic approaches in basic and applied research and explores health behaviors such

as addiction, obesity and risky behaviors.

The gap that behavioral economics is trying to close between these two fields, psychology and economics, which also incorporates concepts from business, marketing, public health, sociology and public policy, among others, is wide. It will take years to build the bridge, and it starts with the words we use. What a psychologist might call relapse when discussing addictions, an economist might call a preference reversal. Happiness or benefit gained in psychology is utility in economics and so on. Thought leaders in these two fields have studied, philosophized, hypothesized, theorized and tested human behavior in several ways for decades. However, it seems to me that their collaborative efforts have been inhibited because they are essentially speaking different languages. This, I believe, is at the heart of the lack of translational and collaborative work that has stifled growth and development of practical approaches in both fields.

Another divide is the basic assumptions between the fields. Economics assumes that people are rational beings. However, psychological studies have shown time and again that people are irrational. Or as Dan Ariely, professor at Duke University, captured with the title of his book: "Predictably Irrational." This predictability in our irrational decision making is largely the focus of behavioral economics. Assuming that people are perfectly rational under all circumstances, as we know, is of course not accurate.

Richard Thaler, recipient of the 2017 Nobel Prize in economics, emphasized the need for the study of decision making on an episode of NPR's Hidden Brain. Thaler said, **"economists might as well be studying unicorns," because people are not rational beings. For the field of economics to be impactful to its fullest extent, we need to introduce the irrationality of humans to its models. And that is what behavioral economics aims to achieve.** This transdisciplinary field has come to fruition over the past few decades and has made several tangible impacts in several fields.

We can see that there are several behavioral economic concepts that have been applied to the area of human health and behavior. These include the use of incentives and rewards in changing people's behavior to get them to stop smoking or start exercising, setting defaults in policy setting to increase organ donations or retirement savings and discounting delayed rewards in long-term decision making. Behavioral economic concepts can be found in all aspects of our daily lives, sometimes when we are not even aware of them.

# student spotlight

“HHP prepares you for the real world, not only with the curriculum but especially with the full-time internship that all students participate in.”



## Jae'Lyn Dorsey

BS HEB, 2019, Community Development Intern at HeartSafe City Foundation

**Where were you born?** St. Petersburg, FL

**Who's your favorite actor or actress?** Will Smith — he's versatile and can master any role or genre.

**If you could visit any era in time, when would you choose?** I would visit the '90s. The culture was amazing from the apparel to the music to the quality television shows and cartoons.

**What's your favorite campus or Gainesville spot?** The Flying Biscuit Cafe

**What's the best advice you were ever given?** My mom taught me to stand for something or to fall for anything. It is important that everyone's voice is heard.

**In the future, I plan to...** pursue a master's of public health with the hopes of diving into the health education industry. My biggest hope is to effectively bridge the gap between health professionals and minorities in underserved communities.

“HHP's invested community has allowed me to form authentic relationships with people who care about my growth and success.”



## Alfeil Felipe

BS APK, 2020

**Where were you born?** Sasebo, Japan

**What did you eat for breakfast?** Chobani Peach Greek Yogurt with Trader Joe's coconut granola and a banana — breakfast food is the best type of food known to mankind.

**If you could live anywhere in the world, where would you choose?** Anywhere with scenic landscapes and nature! I love the water, the ocean, creeks, waterfalls, as well as mountains and forests. I miss living in Japan — the landscape and culture was incredibly beautiful.

**What's the best advice you were ever given?** As a leader, you should be replaceable. If you leave, and the organization dies with you, you failed. Teach others and keep the work going.

**In the future, I plan to...** attend medical school as I chase my dream of becoming a doctor.

“HHP takes a holistic approach to health — we examine the various dimensions of wellness and try to create methods for preventing a disease before it arises.”



## Morgan Fusco

BS HEB, 2019

**Where were you born?** Commack, New York

**What did you eat for breakfast?** A toasted bagel with salmon cream cheese.

**What's the best advice you were ever given?** During a tour of UF, I was overwhelmed by the huge campus and large student population. The Cicerone leading the tour said, “You can make a big school small, but you can't make a small school big.” That piece of advice convinced me to come to UF.

**What's your favorite campus or Gainesville spot?** My favorite Gainesville spot is Dragonfly Sushi and Sake Company.

**What is your favorite TV show?** “Big Little Lies”

**In the future, I plan to...** use the knowledge I've acquired to assist individuals in making positive lifestyle changes to improve their overall health and well-being.

“The emphasis on experiences outside the classroom has been huge, and [it] will help me figure out work environments where I can flourish.”



## Omar Trujillo

Combined Degree in SPM, 2019, Facility Operations Intern at O'Connell Center

**Where were you born?** Miami, Florida

**If you could visit any era in time, when would you choose?** The Paleolithic Period, so I could see the dinosaurs roam the earth.

**What's the best advice you were ever given?** Everything in life will pass, good or bad.

**What's your favorite campus or Gainesville spot?** The Baughman Center — too beautiful!

**What is your favorite video game?** League of Legends

**In the future, I plan to...** work somewhere in the sports industry; my dream would be to work for the Miami Heat.



# 2017-18 Dean's Circle

## Orange & Blue \$50k+

Monisa Cline • Alisa & G. Richard Cohen • Edith Hall Friedheim • Ross Schilling • Dave & Tanner Sobelman • Anonymous (3)

## Platinum \$10k-\$49,999

Steve Amos • Brian Carwile • Wendell & Jacqueline Davis • Darren & Kimberly Gutierrez  
William Lindsay • Margaret & Bob Schuemann

## Gold \$5k-9,999

Roy & Betty Benson  
Ronald & Julia Pinnell  
Kimberly & Andrew Steele  
Anonymous (1)

Charlie & Stephanie Toraño  
Joan Carroll & Benny Vaughn  
Anonymous (2)

John & Silvia Mainieri  
Jack & Joy Masson  
Kenneth May  
William & Linda McGrane  
Mindy Menn

## Silver \$1k-\$4,999

Christopher Baker  
Louis Brandy  
Jaimie & James Brooks  
James & Kathryn Cauraugh  
Douglas & Joanne Dickey  
James & Anna Erneston  
Chuck & Judy Fessler  
Dean & Laura Fishman  
Kay A. Garrison  
Jordan & Victoria Grabel;  
Zachary J. Grabel  
Valera Jackson & Matthew Gissen  
Gail & Jeffrey Jacobs  
Jack Kirtland  
Cameron & Carly Macmillan  
Carol & Michael Madden  
William Marchman  
Charles McPhilomy Jr.  
& Janis McPhilomy  
Teresa Milicevic  
Radley & Jennifer Ruland  
Joseph & Amy Schuemann  
William Sharkey Jr. & JoAnn Sharkey  
Charles & Sue Siler  
Bennett Stephens Jr.  
Carey Strickland  
Theta Chi  
Lesley Ann Thurston

## Bronze \$250-\$999

Rebecca & Robert E. Allen  
Robert Attack  
Kathy & Brian Baker  
Thomas Bell  
Thomas Bell II  
Christopher & Heather Black  
Elvis Brandon IV & Loretta Brandon  
Bill & Janis Bunting  
Douglas & Tutita Casa  
Merry Chewning  
Joel Chitwood Jr. & Susan Chitwood  
Tom & Pamela Clanton  
Peter & Abby DeSanctis  
Alexander Diaz  
Maurice & Jane Edmonds  
Cheryl & Paul Fetscher  
Jared Fleet & Marni Jacob  
Chris & Tona Gargani  
Leith George  
Theresa Gillespie  
James & Patricia Hasbrouck  
Scott & Lisa Hawkins  
Patrick Hill  
Matthew Hoepner  
Roger & Kay Ingley  
Christopher & Heather Janelle  
VyVy & Lawrence Lee  
Shannon Lennon & David Edwards  
Robert & Frances Lundquist  
Madison Dental Associates

Frank & Lynn Mercer  
John Milling  
Natalie Mitchels  
Lynn & Ronald Moore  
Terry Pappas  
Jonathan & Jacquelyn Pavey  
Erce Phillips III & Sonja Phillips  
Morgan Pigg Jr. & Nancy Pigg  
James Ponitz  
Jerry & Martha Posey  
Clint & Catherine Rogers  
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Cathy & Phillip Smith  
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Sports Orthopedic Services, Inc.  
Sue & Timothy Stoops  
Jack & Charis Thompson  
Miriam Linda Thornton  
Kent & Elizabeth Tucker  
Horace Tucker Jr. & Janice Tucker  
Robert Weiss  
Peter & Lynne Wells  
Charles & Linda Williams  
Betty Ann Zauner  
Anonymous (2)

## Fellows of the College – Recognizing HHP philanthropy over \$100,000

Rebecca & Robert Allen  
Roy & Betty Benson  
Monisa Cline  
Alisa & G. Richard Cohen  
Wendell & Jacqueline Davis  
Maurice & Jane Edmonds

Edith Hall Friedheim  
Lois & Harold Herman  
Chip & Mary Lane  
William & Linda McGrane  
William & Leslie Sims  
David & Joan Sobelman

Jill & Paul Varnes  
Joan Carroll & Benny Vaughn  
Joel & Shirley Wahlberg  
Thomas & Susie Wasdin  
Paula Welch  
Clinton Wynn

**JOIN THE CIRCLE TODAY!** Visit [HHP.UFL.EDU/ALUMNI](http://HHP.UFL.EDU/ALUMNI)

# enduring legacy

## REMEMBERING PAUL VARNES

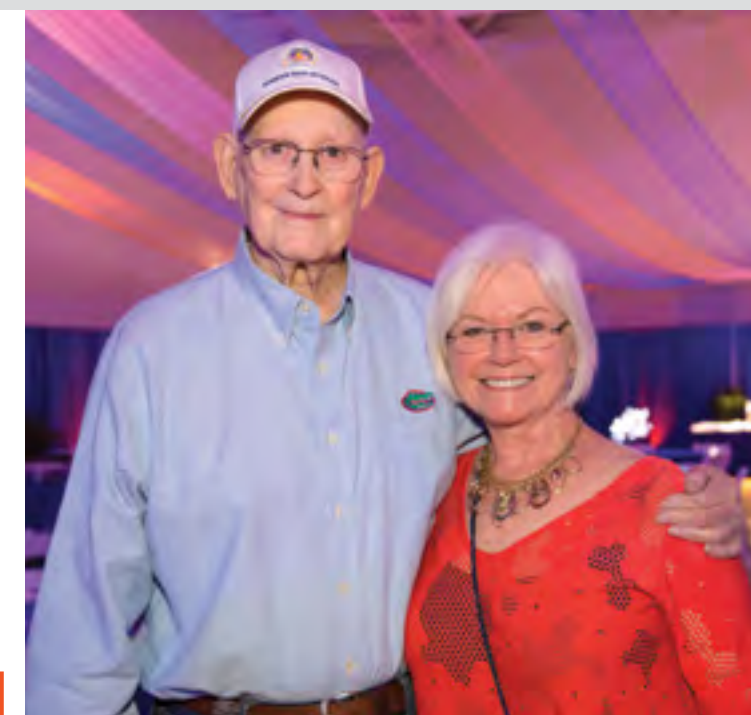
Paul Varnes, Ed.D., former chair of HHP's Department of Recreation, Parks and Tourism, died of injuries sustained by an automobile accident on Sept. 7, 2018. He was 84.

Following service in the United States Army, Dr. Varnes earned a bachelor's and master's degree in physical education from the College of Physical Education, Health and Athletics (now HHP), and a doctor of education, all at UF.

Dr. Varnes returned to UF briefly in 1964 as assistant director of intramurals and recreational sports while attending graduate school. He became director in 1968 after the death of Dr. H. Spurgeon Cherry, his mentor. In the interim, he was project director for an ESEA Title III grant based in Marion County, serving five counties with a focus on making sure K-12 students have a fair, equal and significant opportunity to obtain a high-quality education. He served as department chair of intramural athletics and in 1975 became a full professor and department chair of recreation.

Dr. Varnes was a leader in his field as author of numerous articles and books, as well as sponsored research, around intramurals, drug education and coaching. He retired from HHP in 1996.

"Paul was a doer who made things happen, especially for students, UF and the college," said Dr. Owen Holyoak, former chair of HHP's Department of



Paul and Jill Varnes at the 2018 HHP Spring Awards

Exercise and Sport Science. "He never took any of the limelight and really believed in recreation."

Dr. Varnes and his wife, Dr. Jill Varnes, former interim HHP dean, are inaugural members of the HHP Distinguished Alumni Hall of Fame. Their daughter, Dr. Julia Rae Varnes, is a lecturer in HHP's Department of Health Education and Behavior.

"Dr. Varnes and his family have left a legacy here in HHP that will never be forgotten," said Dr. Michael Reid, dean. "We will deeply miss Dr. Varnes at HHP."

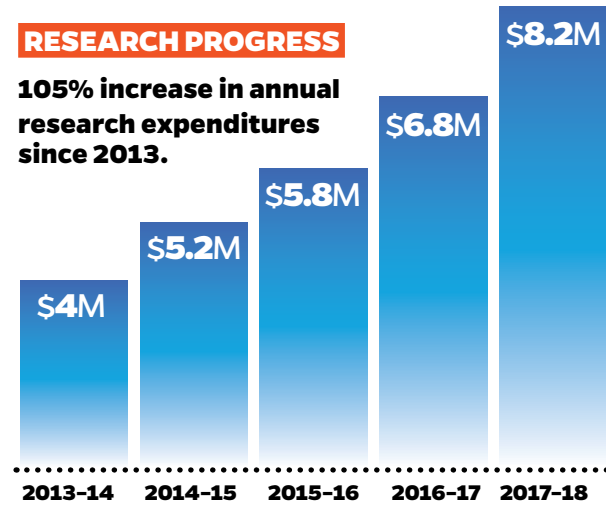
*"Paul was a doer who made things happen, especially for students, UF and the college."*

— Owen Holyoak

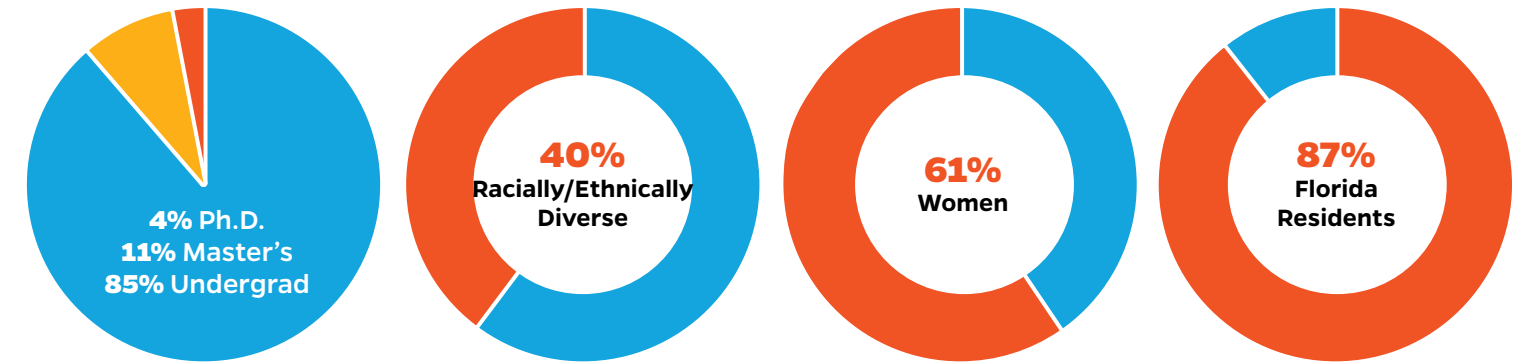
# UF & HHP by the numbers



**UF ranked #8 Best Public University**  
U.S. News & World Report 2019



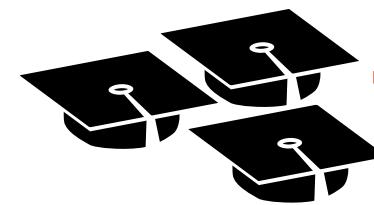
## HHP students are...



**HHP student satisfaction rate** on teaching evaluations exceeds UF average



\*includes projected new-hires for 2019



**77%** HHP 4-Year Graduation Rate  
UF 4-Year Graduation Rate **68%**

HHP departments are ranked **TOP THREE** among public schools in the Association of American Universities (AAU).

**16%** increase in degrees awarded over the past five years



HHP departments rank in the **top-two** against U.S. benchmarks.

Rankings	Kinesiology & Exercise Science	Health Behavior & Promotion	Tourism & Sport Management
1	<b>UF APK</b>	S. Carolina	Penn St./Hospitality
2	Illinois	<b>UF HEB</b> Penn State	<b>UF TRSM</b>
3	Penn State		Penn St./Recreation
4	N. Carolina	Georgia	N. Carolina State
5	Michigan	Indiana	Texas A&M
6	Texas	Alabama	Washington
7	Wisconsin	Texas A&M	FSU
8	Ohio State		Illinois
9	Virginia		Michigan State

**20K+** ALUMNI WORLDWIDE

**6<sup>TH</sup>** largest college on campus by enrollment with **2,621 students.**

**UF recognizes HHP's outstanding faculty and staff WITH CAMPUS-WIDE AWARDS**

- Teacher of the Year:** 2018, 2016, 2011, 2008, 2000
- Doctoral Mentoring Award:** 2018, 2017, 2009, 2008
- Adviser of the Year:** 2018
- Teacher/Scholar of the Year:** 2017
- Academy of Distinguished Scholars:** 2013

## HHP in National and International Rankings

- 4<sup>th</sup> in US**..... **Dept. of Applied Physiology & Kinesiology**; National Academy of Kinesiology; 2015
- 10<sup>th</sup> in US**..... **Athletic Training/Trainer Degrees**; www.Universities.com; 2017
- 8<sup>th</sup> in world**..... QS World Rankings for Sport-Related Subjects (**APK & Sport Management**); TopUniversities.com; 2017
- 10<sup>th</sup> in world**..... Hospitality, Leisure, Sport & Tourism (**Sport Management & Tourism**); Center for World University Rankings; 2017

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**SUSIE AND TOM WASDIN LECTURE SERIES.**