

performance

COLLEGE OF HEALTH AND HUMAN PERFORMANCE | SUMMER 2015



**SEE HOW
HHP IS
BREAKING
BARRIERS**

**FLG THROUGH
THE YEARS**

65

AND COUNTING

UF | College of Health
& Human Performance
UNIVERSITY of FLORIDA

PERFORMANCE

MAGAZINE | SUMMER 2015

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65 AND COUNTING

The Florida Gym celebrated its 65th anniversary this past year. In this issue, we take a look back at some memorable dates in the College's history.

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PERFORM

ask dean reid

Q&A WITH
DEAN REID.



Q. DURING THE PAST YEAR, YOU SET UP A PROCESS TO DEFINE THE IDENTITY AND FUTURE DIRECTION OF THE COLLEGE. YOU'VE NICK-NAMED THIS PROJECT "ID15". CAN YOU UPDATE US ON THIS PROJECT?

A. First of all, it's our faculty and staff who did the heavy lifting. I simply encouraged them to take time out of their busy schedules to focus on it. We've held four faculty retreats, one staff retreat, and dozens of discovery interviews with faculty, staff, alumni, students and other leaders at UF. These efforts helped clarify who we are as a College and where we want to go in the future. With these guiding principles, our departments have developed their own goals, specific projects and new directions they plan to pursue. Overall, our faculty, staff, and leadership did a terrific job with this initiative and the course of the College over the next few years is very exciting.

Q. RUMOR HAS IT, THE COLLEGE IS ROLLING OUT A NEW BRAND SOON. WHAT CAN WE EXPECT TO SEE?

A. Yep. Beginning this summer, you'll see big changes in the Florida Gym. We'll be updating graphics around the building to better tell the story of our College. The issue of *Performance* that you're reading now, also shares our new messaging. We want to tell the amazing stories of our faculty, students and alumni...but tell them in a more interesting and engaging way.

Q. HHP IS GROWING ITS FACULTY. CAN YOU TELL US A LITTLE ABOUT YOUR NEW FACULTY MEMBERS?

A. I'm delighted you asked. We have hired fifteen new faculty members in this academic year, alone. All are outstanding educators and scholars. Let me mention three who are profiled in this issue of

Performance: Dr. Beth Barton was our first hire under the UF Rising preeminence initiative. She is an internationally-recognized authority on muscular dystrophy and the repair of muscle injury. Her arrival brings important new expertise to our Applied Physiology and Kinesiology department. Dr. Jalie Tucker has been here less than a year as chair of the Health Education and Behavior Department, but has really hit the ground running. She is working with the HEB faculty to recruit scholars from prestigious schools like Yale and the University of Alabama, Birmingham. She is also overseeing the creation of a 14,000 square foot community-based research facility. Finally, Dr. Dan Fesenmaier joined our Tourism, Recreation and Sport Management department as Director of the Eric Friedheim Tourism Institute. His vision builds on EFTI's record of excellence in international tourism by expanding EFTI activity within Florida, making it a preeminent program within our state.

Q. WHAT HAS SURPRISED YOU THE MOST ABOUT HHP SINCE YOU'VE BEEN HERE?

A. That's an easy one! Without a doubt, it's the devotion and passion of our alumni and retired faculty. These folks are amazing and their support is absolutely vital to the success of our students and faculty. Our alums generously donate their time and talent by speaking in the classroom and mentoring student interns. They generously create scholarships for students and provide endowments that ensure HHP faculty will continue to excel as thought-leaders in their respective fields. President Fuchs keeps saying how we don't just want to be a Top 10 school, but we aim to be a Top 5 school. We can't be that without the continued support of our alumni and friends. What can I say...the Gator Nation rocks!

QUICK FIRE: DEAN REID

WHAT'S ON YOUR NIGHTSTAND?
The Best of Frank Deford

FAVORITE FOOD? Grilled anything

LAST MOVIE THAT MADE YOU CRY?
Casino Royale, when James Bond totals the Aston.

ANY LUCKY CHARMS? Nope. I'm a Cheerios guy.

LAST TIME YOU WERE TRULY EMBARRASSED? Last week, when asked for my glasses, the bemused dental assistant just pointed to my nose.

FAVORITE QUOTE?
The entire album Stan Freberg Presents the United States of America, Part 1. Just try me.

DO YOU HAVE A QUESTION FOR DEAN REID? Email askdeanreid@hhp.ufl.edu and your question might even show up in the next issue of *Performance Magazine*.





**Push'em back,
Push'em back,
waaaay back.**

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



DR. BRIAN MILLS (TRSM) has been analyzing the influence of Major League Baseball (MLB) monitoring technology and incentives on umpire performance with respect to ball-strike calls. Recently his research has explicitly been used by the MLB's Playing Rules Committee to reconsider its strike zone policy for the future of MLB. The 2014 baseball season saw the lowest runs per game since 1981 and the research Dr. Mills is conducting shows the increased strike zone as the root of the problem.



Using data from 1988 through 2013, Dr. Mills' found that umpires respond to incentive pay, monitoring, and new training. When there were performance based incentives implemented, they saw a large increase in the strike rate (demanded by MLB). Later, when Question ball tracking systems were put in place, they saw large increases in strike rates, as well as accuracy of ball-strike calls.

HOLLY MOSES (HEB) NAMED HHP 2015 ADVISOR OF THE YEAR Dr. Holly Turner Moses was hired in 2005 by the Department of Health Education and Behavior (HEB) to oversee the undergraduate program. She provides academic advisement and career counseling to HEB majors, manages the department internship program, and serves as the main instructor for the Health Education Professional Development course. Dr. Moses also teaches Community and Environmental Health, Youth Health Issues, as well as Teaching Health in Elementary School for the undergraduate program. Additionally, she serves as the faculty sponsor for the professional student honorary Eta Sigma Gamma, Alpha Lambda chapter, and is the faculty advisor for SHIP (School Health Interdisciplinary Program).



Dr. Moses earned a BSHSE ('03) and MSHSE ('05) from the Department of HEB and earned

a Ph.D. in Curriculum and Instruction from the University of Florida College of Education in 2013. She views her position less as an "advisor" and more as a "life coach." She believes it is her duty to prepare competent, confident, experienced and motivated professionals for their future roles within the health field.

DR. DAVID VAILLANCOURT (APK) and Co-Principal Investigator Dr. Dawn Bowers were recently notified a new training grant will be funded by the National Institutes of Health. The team will direct training of Ph.D. students in the Interdisciplinary Training in Movement Disorders and Neurorestoration. In this specific grant, the focus is on movement disorders. Movement is core to who we are as humans. Diseases that affect movement strip away our ability to live life effectively, which can lead to problems with processing our emotions and can have deleterious effects on how we think. The goal of this new predoctoral T32 is to develop independent investigators with programs of research in movement disorders which focus on the ABC'S of translational research: aetiology, biomarkers/ endophenotypes, and causative and symptom based therapies. Drs. Chris Hass and Evangelos Christou will mentor the Ph.D. students funded by this award.

DR. JULIA ALBER (HEB) graduated from UF in May 2015. She immediately started a postdoctoral fellow position in the Perelman School of Medicine at the University of Pennsylvania. During her time at UF, Dr. Alber received exceptional research experience and training, under the mentorship of **DR. MICHAEL STELLEFSON**, in the application of digital health for the prevention and management of chronic disease. Dr. Alber plans to continue researching in this area at her new position, and hopes to obtain a tenure-track assistant professor position at a research-intensive university in the future.

DR. SVETLANA STEPCHENKOVA (TRSM) was selected by the International Tourism Studies Association (ITSA) for its 2014 Best Emerging Scholar in Tourism (BEST) Award. She was recognized for her achievement at the 5th ITSA Biennial Conference at Murdoch University in Perth, Australia in November 2014.



directs one of the most dynamic clinical-research programs in Parkinson's Disease and movement disorders in the country. Dr. Hass is also faculty in the internationally recognized Center for Movement Disorders and Neurorestoration where he co-leads the interdisciplinary Progressive Supranuclear Palsy & Atypical Parkinsonian Disorders clinic, a one of a kind partnership between the University of Florida's College of Medicine and the College of HHP.



DR. CHRIS HASS (APK) was selected to present at the 2015 TedxUF talks on March 21. He presented on "Empowering the Fight Against Parkinson's Disease: One Step at a Time." This is TEDxUF's 6th year and with over 1,200 people in attendance and 8 speakers, it is the biggest TEDx event in the Southeast. Dr. Hass

DR. CHRISTINE STOPKA (HEB), with her team of graduate (led by Mona Sayedul Huq) and undergraduate students (led by Chelsea Stewart), continue to run the **UF Inclusive Fitness & Sports Program** with students from Sidney Lanier Center School. These 18-22 year old students with developmental and intellectual disabilities, continue to inspire our 120+ UF student volunteers. Since 1989, this program has thrived; but recently, with greater numbers of UF volunteers and increased research skills, more light has been shed on these incredible improvements. The Sidney students are showing significant advances in all physical fitness skills as well as improved developmental motor skills such as running speeds and throwing distances, many surpassing the skills of UF students! Vocational skills such as sequencing and shelving tasks and cognitive function have also improved. New observational rubrics are showing enhanced communication skills, enthusiasm, and self-confidence and future research will focus on identifying usable, formal tests for these metrics.



HHP MAKING A DIFFERENCE.



SARAH EBERHART, HHP's director of undergraduate student services, was awarded a UF Superior Accomplishment Award on March 12. This award 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. Division-level award recipients receive cash awards of \$200 each, then compete for university-level awards, which offer eight \$1,000 and eight \$2,000 cash awards.

"GET UP! WHY YOUR CHAIR IS KILLING YOU" author, Dr. James Levine was the keynote speaker at the 2015 **D.K. Stanley Lecture Series** on March 26. "Sitting is more dangerous than smoking, kills more people than HIV and is more treacherous than parachuting. We are sitting ourselves to death," says Levine, a professor of medicine at the Mayo Clinic, in his recent book. Levine's claims are based on a study



"SITTING IS MORE DANGEROUS THAN SMOKING, KILLS MORE PEOPLE THAN HIV AND IS MORE TREACHEROUS THAN PARACHUTING." —DR. JAMES LEVINE



of "non-exercise activity thermogenesis" or NEAT, which is the amount of energy we use doing everything except sleeping, eating and exercise. NEAT activities include going to work, shoveling snow and taking a walk – and the more active your job is, the more NEAT calories you burn. According to Levine, "low NEAT is linked to, among other things, weight gain, diabetes, heart attacks and cancer. So, standing while you read this could do something towards saving your life." Dr. Levine is the 30th Stanley Lecturer to participate in the D.K. Stanley Lecture series funded by the Frederick Family Endowment at the College of HHP.

THE 2015 SPRING AWARDS took place on April 10 to honor the very best of HHP alumni and staff. The award selection committee is tasked with the challenge of selecting individuals who have made an impact on their communities and helped advance their industries forward. This year's recipients truly fulfilled the criteria. The 2015 Alumni Hall of Fame inductees were Dr. Charles King, Steve Mesler, Judi Patrick and Berry Patrick. Christina M. Ramos received HHP's Outstanding Young Alumni award. Kim Hatch, a dedicated staff member of the College received the Charles S. Williams Service Award and Drs. Paul and Jill Varnes, beloved retired faculty members, were awarded the notable B.K. Stevens Service Award.



THIS MARCH, HHP'S DEPARTMENT OF TOURISM, RECREATION AND SPORT MANAGEMENT (TRSM) successfully hosted the **6th Annual Swamp Scramble Golf Tournament**. Swamp Scramble was established in 2010 to generate revenue to enhance the TRSM experience for HHP students. In the past six years, through the help of our very generous sponsors, the tournament raised over \$65,000 that has enabled the department to:

- support student organizations by hosting speakers and special events geared toward professional development,
- fund faculty to take students on class trips,
- provide scholarships for students to travel and present research,
- create grants for undergraduate students to complete research with faculty advisors.

Marken-Sario Group at Morgan Stanley has been the Signature Sponsor of this event since its inception and is instrumental to the success of the tournament. To view pictures from this year's event, visit the photo gallery section at hhp.ufl.edu.

A LIFE OF ADVENTURE AND

SERVICE

BY MARY LANE

As a young University of Florida student in the late 1940s and early 1950s, **Maury Edmonds** had aspirations to be a football coach. He was on a scholarship as the manager of the basketball team and football team which he felt would help him prepare for a life in athletics. This, along with his major in physical education, gave him a solid foundation.



HOWEVER, IN 1953 UPON GRADUATION, he was commissioned into the United States Army as an infantry officer through UF's ROTC program. In the Army, Edmonds was able to put his leadership skills to work.

"I found my niche in the Army," Edmonds explains. "I never thought it would end up being a 35 year career, but the satisfaction I got from the camaraderie with my fellow soldiers and the lessons I was learning about leadership and loyalty, could not have been more instrumental in my life."

Edmonds served in the United States, Korea, Germany and Vietnam including two combat tours with infantry units. These were life-changing experiences which helped to mold Edmonds and the many troops that served with him. At times it was lonely as the only means of communication back home were thoughtful, handwritten letters to his wife, Jane. Meanwhile, Jane was busy raising their two sons that were both born in Germany.

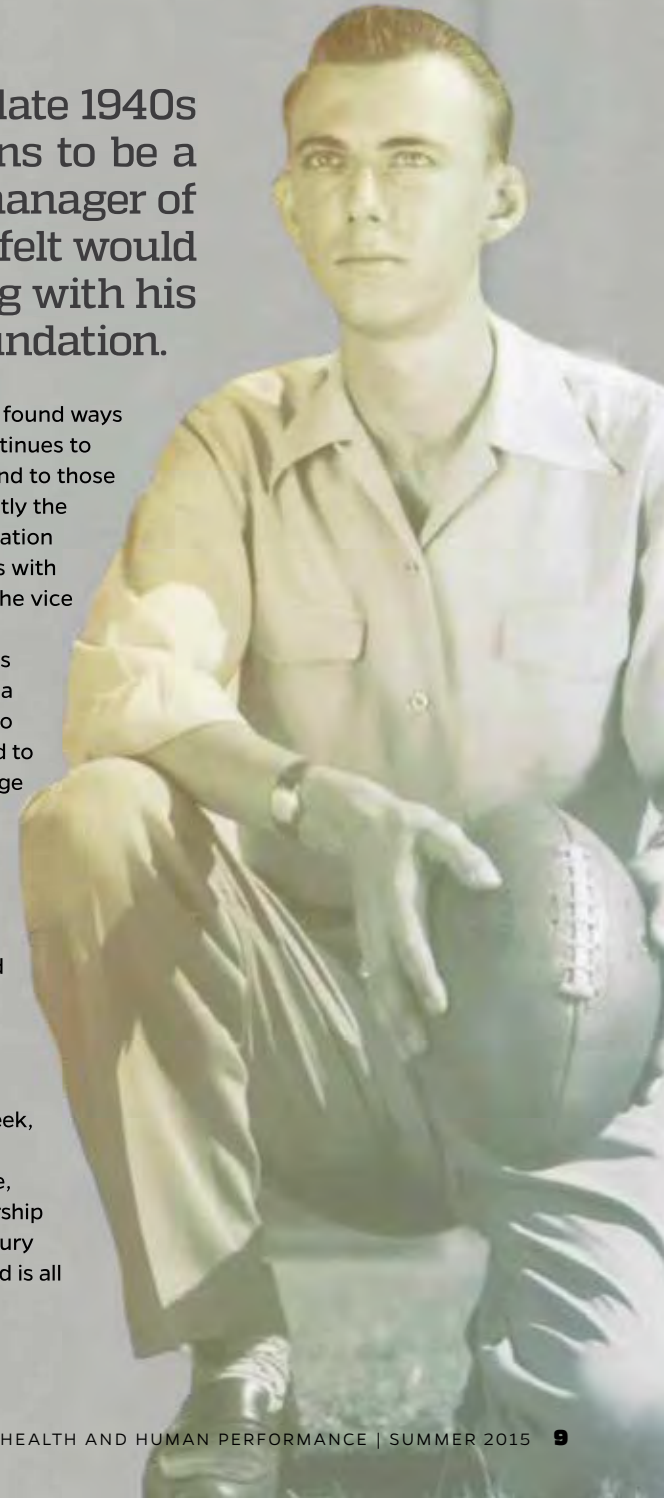
Jane Edmonds, married to Maury for 56 years, says that they led an "adventurous and an exciting life." They never knew where the Army would send them next but they would always pack their bags with a smile for what lay ahead. The Army life left its mark on their sons, Neal and Mark, as both are still active in the military. Commitment and dedication is a hallmark trait in this family.

With a rank of Major General, Edmonds retired

from the Army in 1988 but has still found ways to give back to the military. He continues to serve as a mentor, advisor and friend to those who have also served and is currently the president of the 5/7 Calvary Association for veterans. His second career was with IPALCO Enterprises where he was the vice president for 8 years.

Edmonds has never forgotten his education at the University of Florida which provided the foundation for so much of his success. He is dedicated to serving the University and the College of Health and Human Performance. He has served on the HHP Dean's Leadership Council and supports the continued advancement of the College. Additionally, Edmonds has achieved the status of Distinguished Alumnus of both the University and the College.

As an active retiree in Ponte Vedra Beach, Edmonds is an avid reader, plays golf several times a week, enjoys a good card game of gin and remains active in his church. Service, commitment, dedication and leadership are all qualities of Major General Maury Edmonds. He is what the Gator Good is all about.



JUST
KEEP

SWINGING

BY CHRISTINE COOMBES

Golf wasn't the only sport in which **Billy Horschel** (BSSPM '09) excelled. Throughout his youth he played baseball, tennis and football, in addition to the sport for which he's now famous. But, golf started for him at a very young age. He would go out in the backyard with his father, a single digit handicap golfer, and just started swinging the club. "I wanted to follow my dad and do what he did," he remembers.

"I ALWAYS KNEW I WANTED TO BE A PROFESSIONAL ATHLETE, and when I was 15 or 16 years old I shifted that focus solely to golf," says Billy Horschel, PGA Golfer and HHP Alumnus. "Right after my freshmen year of college, I realized that dream could come true."

With hours of practice and endless amounts of determination, Horschel earned a golf scholarship to the University of Florida. He was a four-time All-American, including three first team honors, and the Southeastern Conference (SEC) player of the year in 2007 and 2009. He was also a 2008 PING southeast all-region selection. While at UF, he concen-

trated his studies on a Sport Management degree from the College of Health & Human Performance (HHP).

"The financial side of sports was always so interesting to me. I remember taking a sport business class at HHP that explained how money is worked into facilities and infrastructure of sports teams and how athletes are paid. It was fascinating. If golf wasn't meant to be, sports would still have been a part of my life," Horschel recalls.

But, it turns out golf was definitely meant to be. Horschel turned professional in 2009 and after several years slowly moving up the PGA ranks, he celebrated his first win in

2013 at the Zurich Classic of New Orleans in his 61st PGA Tour start. Horschel earned his second win at the 2014 BMW Championship and moved to 23rd in the world rankings. The next week, he won The Tour Championship and with it the FedEx Cup. Two weeks later, he and wife Brittany welcomed their first daughter, Skylar, into the world.

"I always thought golf was the biggest thing in my life and in a way it has been. But, when I found out Brittany and I were expecting Skylar, I realized golf was a big deal, but not as big as I had made it. Skylar put things into perspective for me. Also, having an infant teaches anyone a huge lesson in patience,

it's hard, but she's the best," gushes Horschel.

While most people play a round of golf to relax from their everyday lives, Horschel takes to the slopes to get away from "the office". Four years ago, he took up snowboarding and since then has gone to the mountains every winter to clear his head and get away from the greens.

With Horschel's success on the golf course, he and Brittany embrace the spirit of giving back. They are actively involved in a Jacksonville-based food bank called Feeding NE Florida

(feedingnefl.org) dedicated to providing meals to people who don't have food on a regular basis. They also volunteer with Habitat for Humanity (habitat.org).

When trying to think of the best advice he's been given, he confesses he is sure it's from his dad, but can't recall a specific nugget. In the end, he knows what he's learned from his parents, "Always work hard. As long as you're working hard, feel like you're doing the right things, and maybe take a few punches along the way, success will follow and it will be rewarding." And so it has.



ALUMNI PROFILE.

QUICK FIRE: BILLY HORSCHTEL



ON VACATION DO YOU PREFER BEACH OR SNOW?
"Snow...definitely snow."

WHAT'S ON YOUR NIGHTSTAND RIGHT NOW? "My iPad."

WHAT IS THE MOST UNUSUAL THING YOU KEEP IN YOUR GOLF BAG? "A 1936 quarter. I used to keep a 1986 quarter, the year I was born, but I lost it. I was handed the 1936 quarter as change at the Checkers on the corner of University and 34th in Gainesville. I figured it was 50 years before I was born...I liked that."



ANY HIDDEN TALENTS?

"Not really, I'm a bad singer, don't whistle...well, I'm a half-way decent dancer." (Note: Brittany, Billy's wife, chimed in at this point and said "he's being modest...he's a great dancer!")



IF YOU COULD HAVE A DRINK WITH ONE PERSON, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?

"George Washington, and not just because he was our first President. I would want to know more about the American Revolution. I like history."

ANY SUPERSTITIONS?

"I always keep four tees, a ball marker and a divot repair tool in my right pocket on tour. If I use a new tee out of my pocket, I replace it right away otherwise I feel like my equilibrium is off. If I shoot a bad shot and realize a tee was missing, I blame it on that."



A TRUE

TRAILBLAZER

BY DR. JILL VARNES

Mary Kirkland (BSPE 1986) did not plan to study Athletic Training (AT) when she transferred to UF from the University of South Florida in 1984. A pre-nursing major at USF, she considered studying journalism, but after meeting with a College of Health and Human Performance (HHP) academic advisor, the words Athletic Training resonated as her perfect fit. Having been an athlete who loved sports, she had an interest in science and medicine, but had little AT practical experience. She began honing her skills in the Student Injury Care Center (SICC), a joint venture with UF Student Health and HHP.

MARY WAS INDEED A TRAIL

BLAZER. As one of the few female students in athletic training, she was one of the first females the University Athletic Association (UAA) agreed to have as a student volunteer in their Sports Medicine department, which in the 1980s was a segregated program for men's and women's sports. When a new Women's Head Athletic Trainer was hired, she was so impressed with Mary's work ethic and AT skills she assigned her to gymnastics, women's golf, tennis, track and field, and swimming and diving. According to longtime HHP professor and Mary's program advisor, Dr. Christine Stopka, "Mary's excellence helped to get the UAA to accept our students, yes females, for the first time - even for men's sports!"

After graduation, Mary began working as a football graduate assistant at the University of Cincinnati but returned to Florida to begin her professional athletic training career. Having grown up on Florida's Space Coast and the

daughter of a Kennedy Space Center (KSC) engineer, it's no wonder Mary was drawn to NASA. Hired in 1989 as an exercise specialist, Mary addressed a need expressed by KSC employees for onsite access to athletic training services. In 1997 she became rehabilitation coordinator and used a 100 square foot space within the KSC Fitness Center to create "RehabWorks," NASA's first and only Athletic Training/Musculoskeletal Rehabilitation Clinic. This accomplishment established her as one of the first female ATs to work in the newly emerging occupation/industrial setting.

According to Mary, "having immediate access to ATs, the KSC workforce is provided with prevention, treatment, rehabilitation and reconditioning services utilizing a sports medicine model that maximizes long-term recovery and reduces lost work time."

In 1998, Mary was promoted to athletic training supervisor, and since that time, her RehabWorks program has expanded into a

1,500 square foot clinic.

Mary has been repeatedly recognized by the National Athletic Trainers' Association (NATA) for significant contributions as a leader in bringing athletic training/health services to the occupational and industrial world, as well as breaking down barriers for women in the field of athletic training. From 1999 to 2008, Mary held several NATA leadership positions and in 2009 was recognized as a Most Distinguished Athletic Trainer by the NATA.

And as an integral member of NASA's Aerospace Medical Team from 1998-2011, Mary is proud of the role she played in America's space program, providing athletic training services for US and international astronauts during launch and landing of the space shuttle. Mary's most recent project at KSC has been the development and implementation of a Balance Initiative, for which she was awarded NASA's Center Innovation Funding to develop "Balance

Zones" at KSC where employees can learn how to reduce slip, trip and fall (STF) injuries using a skill set common to athletes - proprioception. Partnering with NASA Safety and fellow UF alumnus Dr. Keith Naugle, she is researching a best practice methodology for STF injury prevention among middle aged workers.

For Mary, her role at KSC is more than an occupation, it's caring for her family. "I'm there to provide daily, expert musculoskeletal knowledge, skills and education to the KSC's 'industrial athletes.'"

Although Mary credits the College of HHP with her success and finding her "calling," it is her continued dedication to excellence and her enthusiasm for what she does that enables her to excel in her field. In 2002, Mary was inducted into the HHP Hall of Fame in recognition of her outstanding contributions to the field of athletic training. She is a true pioneer for women, for occupational health services, and for the field of athletic training.



BORN AND BRED

GATOR

BY ERIC JANG

In the 1940s, **Clint Wynn's** (BSESS 1998) grandfather studied business at UF and played in the Florida Band. He was also on the newspaper staff of the "Florida Alligator." In the 1960s, Wynn's father was a pre-vet student at UF and earned his BS in Agriculture. He was actively engaged in Alpha Tau Omega (ATO) fraternity. When it came time for Wynn to pick a school, the choice was clear.

"I AM A THIRD-GENERATION GATOR and am proud to continue our family tradition," Wynn says with pride.

During his time at UF, Wynn built many unforgettable memories with his peers. "If the walls of the Florida Gym could talk, they would back up the many solid friendships that were made during our years attending classes at the College of Health and Human Performance," recalls Wynn.

One specific friendship, carries on today. Wynn first met Jamie Pesek during orientation at the University of Florida in 1996. Their friendship is still strong today, partly because both Jamie's Aunt and Wynn's father suffered from amyotrophic lateral sclerosis (ALS) in later years. Through the years they have stayed connected and recently participated in an ALS fundraiser together and have supported each other in the loss of their loved ones.

In December 1998, Wynn graduated from HHP with his Exercise Sport Management degree and a specialization in Athletic Training. After graduation, he was hired to travel the circuit with the US Women's National Soccer Team for the 1999 Women's World Cup. He traveled

from coast to coast in the US, and served as the team's massage therapist through 2000.

Since 2004, Wynn's focus has been on orthopedics and he is now owner of Sports Orthopedic Services, Inc. Through his distributorship, he represents different companies and sells their products to physicians, hospitals and individuals. "I truly love my job. The work I get to do directly impacts people's lives and helps them return to regular activities. I get to see positive results, every day," says Wynn.

Wynn has contributed to the development of the College of Health & Human Performance and is proud to serve on the Dean's Leadership Council. He is also a life individual member of the University of Florida Alumni Association, and a member of the President's Council at the silver level, as well as the UF Legacy Society.

Wynn has also left his legacy in the foyer of the Florida Gym. As you enter the historic building, you will find yourself face-to-face with an alligator caught by Wynn and Pesek and kindly donated to the College in 2008. In 2010, another shared catch was gifted to Emerson Alumni Hall.

Wynn travels the two hours north from Pasco County for most of the Gator Football games and tailgates in the Florida Gym courtyard with his daughter, Anna, and fellow HHP graduates, faculty and students. You can't miss Wynn, as he's always donning his spirited alligator skin vest. Just another reason you know, he's a true Gator.



class notes

Got News? We want to hear about it!

E-mail your alumni update to the editor to be included in the next addition of Performance Magazine: ccoombes@ufl.edu



PATTY BLAKE (BSHSE 1981) is captain of a USTA 3.0 Women's 18 and over division tennis team called the Maitland Miracles. They are the 2014 Florida Sectionals Champions and competed in the National tournament in Tucson, Arizona where they finished 5th in the

nation. They play at their community park in Maitland, Florida.

MICHELLE PARK (BSREC 1976) has over 35 years of experience in the public park and recreation profession having worked at the local level in Palm Beach County and now with the City of Gainesville, at the state level with the Ohio Parks and Recreation Association and the Maryland Recreation and Parks Association and at the national level with the National Recreation and Park Association. She has been a volunteer at the local, state and national level on boards and committees and is truly passionate about explaining the benefits of parks, recreation and cultural affairs to all who will listen! It Starts in Parks! As a Gator giving back, Michelle leads the 6th Annual Swamp Scramble Golf Tournament for the Department of Tourism, Recreation and Sport Management raising funds for student travel and professional involvement in state and national conferences.

MARY LANE (BSPE 1977, MAPE 1978) currently serves as the Chairperson for the Dean's Leadership Council for the College, is the Chair for the Donor Relations Council for the Foundation and serves on the Board of Directors for the Foundation for the University of Florida. The Central Florida Gator Club recently recognized her as a Gator Great.



STEVE YOUNG (BSAPK 2008) is the new chief operating officer at Doctors Hospital in Sarasota. Steve will oversee the day-to-day operations at the 155-bed acute care hospital, owned by HCA Holdings, Inc., along with three other Southwest Florida hospitals. Prior to this position, he was associate COO at Osceola Regional since 2012.

JAMES DI VIRGILIO (BSBA 2004, MSSPM 2005) is the founder of Chacon Diaz & Di Virgilio Wealth Management, a fiduciary consulting firm located in Gainesville, FL. The firm was recently honored to be named to the inaugural Gator 100, recognizing the 100 fastest growing companies started by Gator alums. This past year, James served as the President of the Gainesville Sports Commission, an organization that brings over \$4 million a year to the Gainesville community through sports tourism. James is also an adjunct professor at the University of Florida, where he teaches undergraduates, graduate students, and student athletes about investing. When not engaged in professional activities, James quenches his wanderlust by adventuring all over the world and immersing himself in the local cultures and customs.



ROY T. BENSON (MPE 1981), former UF track and cross country coach from 1969-1979, recently retired as founder and President of Running Ltd. The company offered Nike sponsored camps for distance runners for over 40 years and built a reputation that attracted over 1700 high school runners each summer. In 1986 he pioneered private coaching services for adult road runners. Using his philosophy of Effort Based Training, he designed individualized training programs for serious age-group competitors.

From 1993 to 2008, Benson served as a Community Coach at Marist School in Atlanta where his boy's and girl's cross country teams won a total of 16 state championships.

He has written four books about training runners. The most recent, "Heart Rate Training" co-authored with Declan Connolly, Ph.D. and published by Human Kinetics, has been translated into Czech and Italian. Since 2002, Benson had been annually visiting his former UF physiology professor, mentor and friend, the late Dr. Christain Zauner in Portland, Ore.

Benson lives on Amelia Island, Florida. He enjoys volunteering with the Fernandina Beach HS cross country team and his Rotary Club and traveling with his wife Betty.

ALEX HANSE (BSAPK 2009) is the Founder of Foolies Limited Clothing, a motivational apparel company that inspires and motivates millennials to live out their goals and dreams. The goal for the company this year is to inspire 10,000 millennials to begin working towards their goals before the year is over. Alex also hosts Dream Without Limits Radio, a podcast where people who are fulfilling their dreams share their story to motivate others. He strives to encourage as many people as possible through social media and speaking engagements. Alex is an active member of Central Florida Urban League Young Professionals.

Alex earned an A.S in Recording Engineering from Full Sail University and hopes to combine music and health to encourage rehabilitation for those in need through music therapy.

SORANGI DE LEON (BSHE 2011, MSHEB 2012) is now the Associate Director of Development and Alumni Affairs for the UF College of Journalism and Communications.

ARIELLE GOUSSE, (BSR 2013) is the Program Manager for the Eric Friedheim Tourism Institute held within the Department of Tourism, Recreation and Sport Management at the University of Florida. She provides support for the directors and faculty in the institute as well as coordinates all international academic exchanges including the UF Academic Exchange Experience with Walt Disney World®.

JAMIE BELLAMY BARTHOLOMEW (BSHSE 2003) recently accepted the Executive Director position for the North Central Florida Division of the March of Dimes. Since the year 1938, the March of Dimes has been the leading organization dedicated to eradicating polio, ending premature birth and preventing birth defects. Through research advancements, advocacy in government and public health education, the March of Dimes strives to reach its ultimate goal for all babies to be born healthy.

CHARLIE LECHNER (BSREC 1977) is spending an adventurous summer on the Appalachian Mountain Trail. He started on March 1, 2015 and hopes to finish at the end of July.



FLG

65 AND COUNTING.

A look back through the years

The Florida Gym celebrated its **65th Anniversary in 2014**, and as anyone who walked these halls knows, this building is brimming with history. The entire UF Student Body used to fit in the gymnasium and it was the location for all commencement ceremonies and many large concerts and events in the state of Florida. Not to mention, all Florida Gator Basketball home games were played here, prior to the O'Connell Center opening. Here are just a few of the highlights from the Florida Gym's 65 years...



1946

The College of Physical Education, Health and Athletics officially opened. Dennis K. "Dutch" Stanley is named Dean.

1947

Mrs. E. Ashby Hammond initiated the physical education program for women.

1949

Construction of the Florida Gym is completed. It could hold the entire UF student body and faculty, seating about 5,500 people.

47



“For thirty years, the students, faculty, my old department of Exercise and Sport Sciences at HHP, and the University of Florida helped create the best experiences and employment this country boy from Utah could have ever expected.”

—OWEN HOLYOAK, RETIRED FACULTY

1954

The College’s first master’s degree is offered as a Master of Physical Education and Health, with a major in physical education.

1957

John F. Kennedy spoke in the Florida Gym. He was a US Senator at the time.

1964

Johnny Cash performed before a packed house in the Florida Gym.

1967

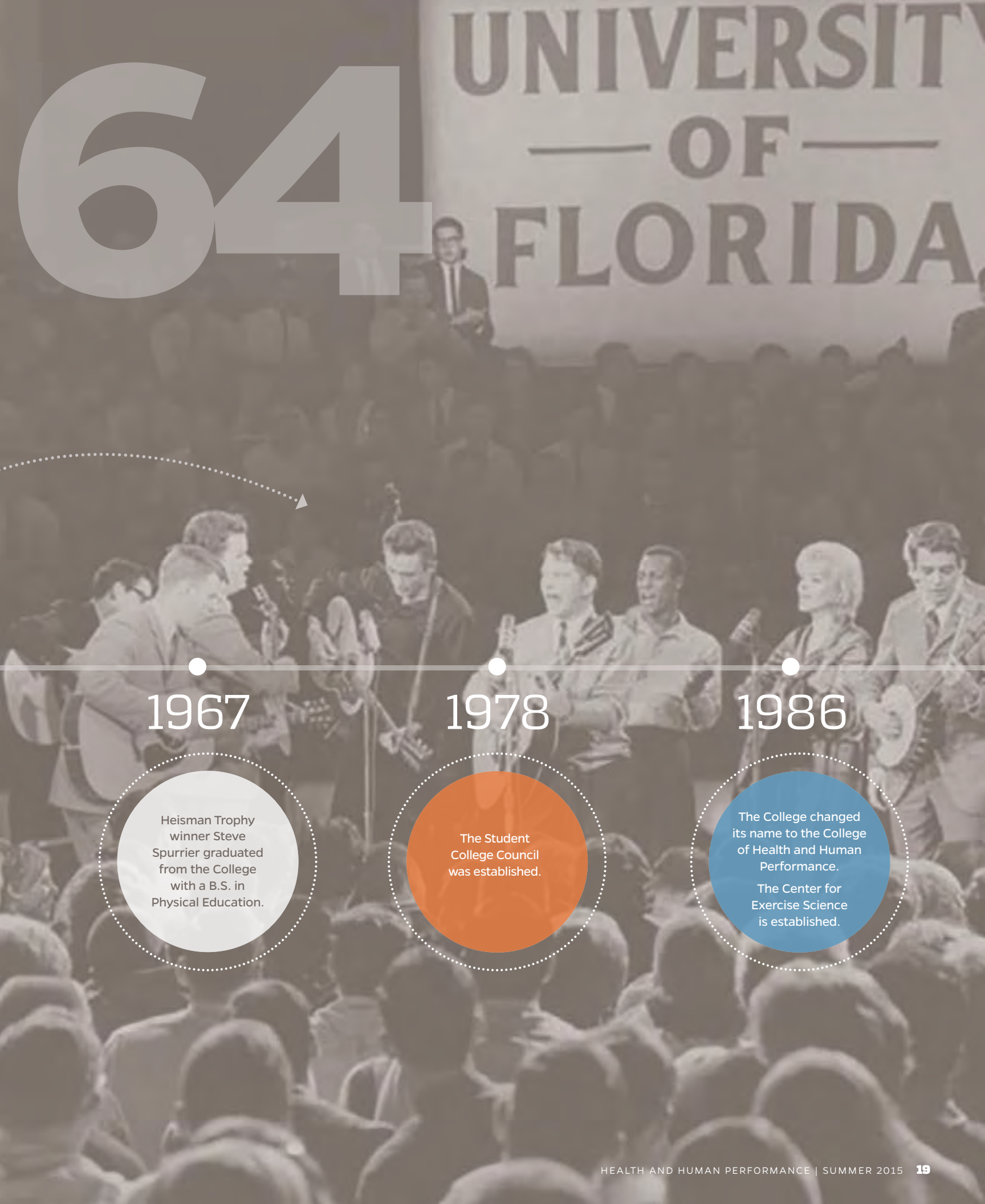
Heisman Trophy winner Steve Spurrier graduated from the College with a B.S. in Physical Education.

1978

The Student College Council was established.

1986

The College changed its name to the College of Health and Human Performance. The Center for Exercise Science is established.



99

“In the mid 1970s the College of HPER (now HHP) gave me a new direction in my life when Dr. T took interest in my future and guided me toward the Recreation curriculum. Forty years later, I am forever grateful for her doing so! I love this profession that provides so many benefits to people and the environment.”

— MICHELLE PARK, CPRP, BSR 1976, CITY OF GAINESVILLE PARKS, RECREATION AND CULTURAL AFFAIRS



1989

The College offered its first Ph.D. degree, with several concentration areas.

1996

The Florida Gym's \$10 million renovation is completed.

1998

HHP faculty first exceeded \$1 million in new external funds for research and graduate student support.

1999

One of HHP's international exchange programs began in Sydney, Australia.

2000

For the first time, combined degree programs (BS/MS) were offered at HHP.

2003

The College reorganized its departments: Applied Physiology and Kinesiology, Health Education and Behavior, and Tourism, Recreation and Sport Management.

15



“The HHP community combines rich history with modern innovation to provide a truly unique college experience for our students, and ambassadors represent this culture at our core. We are a diverse set of students, representing HHP’s investment in our student population, united by a passion to serve our college.”

—CHELSEA STEWART, HEB '15

2004

The College received its first endowed chair in Applied Physiology and Kinesiology.

2006

HHP Student Ambassadors Program is established.

2010

HHP offered its 1st online degree program in Sport Management
The Center for Digital Health & Wellness is established.

2011

The College received a significant gift to create the Eric Friedheim Tourism Institute.

2013

Michael B. Reid becomes Dean of the College of HHP.

2015

The College houses nearly 2,000 students and is home to more than 18,000 alumni and friends worldwide.



COMING

CLEAN

The research of natural recovery

BY CHRISTINE COOMBES

We've all seen movies or TV shows with a similar story line. There's an alcoholic or drug addict, ruining their life and visibly disappointing their friends and family. Then comes the intervention and the months or years of clinical treatment and participation in mutual help groups. Since we're all familiar with this scenario, we might think we understand the process of recovery from substance use disorders, but research tells us otherwise. This is not the only pathway to recovery, and it isn't even the most common one.



JALIE A. TUCKER, PH.D., M.P.H. joined the College of Health and Human Performance (HHP) last fall as a professor and chair of the Department of Health Education and Behavior (HEB). Dr. Tucker's research investigates "natural recovery," which refers to how people resolve their alcohol or drug problem without the benefit of clinical treatment. The focus is on understanding success—how do people do it, what circumstances support it, and how does initial cessation of problem use become a new sober lifestyle?





The majority of people with problems are engaging in everyday life and want to find a way to quit drinking or drug use and be able to maintain stable sobriety. And many of them succeed. We need to understand how they do it.



Findings to date indicate that individuals who plan well into the future (e.g., by saving money) even when drinking abusively have a better prognosis and are relatively more likely to be able to drink moderately without problems.

They're participating in finding their own solution and perhaps even helping others find success through research.

Population studies show that most people with alcohol or drug problems do not seek professional treatment. In fact, between 66% and 75% of remissions occur without treatment, but the mechanisms of behavior change that produce those rates have not been well investigated. Understanding how alcohol and drug abusers recover on their own has potential for increasing the appeal, effectiveness, and population impact of services.

"A common misconception is that people struggling with alcohol or drug abuse are unemployed, in denial and unmotivated to change their lives," explains Dr. Tucker. "Although this is what we're used to seeing in movies, the vast majority of people with problems are engaging in everyday life and want to find a way to quit drinking or drug use and be able to maintain stable sobriety. And many of them succeed. We need to understand how they do it."

Dr. Tucker is working directly in the community, recruiting people through media advertisements ranging from newspaper and television ads to Facebook posts. Her research team studies the behavior change process by recruiting people shortly after they naturally quit problem substance use and then following them longitudinally through the early recovery process when relapse risk is high.

A key goal is understanding what predicts stable versus unstable resolutions and the circumstances that either support or undermine sobriety. Findings to date indicate that individuals who plan well into the future (e.g., by saving money) even when drinking abusively have a better prognosis and are relatively more likely to be able to drink moderately without problems.

"Everyone we're talking to has quit and wants to overcome this problem. We want to understand why some succeed and why some fall back. There is a lot of variability in the

process of change. Some people get it right on their first attempt and others are still challenged on their fifth attempt," says Dr. Tucker. "The secret to success is to keep trying."

Often times, members of Dr. Tucker's team are the first people the participant has talked to about their substance use problems. It's reassuring to them to know they aren't being labeled or judged when they have a setback. They're participating in finding their own solution and perhaps even helping others find success through research.

Dr. Tucker comes to the University of Florida as a clinical psychologist with public health experience. In addition to her department chair and professor positions, she serves as director of the Center for Digital Health and Wellness at UF. She previously held academic positions at four Carnegie-designated Research Universities, including the University of Alabama at Birmingham (2000-2014), Auburn University (1989-1999), Wayne State University (1986-1989), and the University of Florida (1980-1986).

Dr. Tucker is actively developing the Department of HEB with the goals of growing the faculty and strengthening the department's research portfolio in the areas of substance abuse and other addictive behaviors, HIV/STI risk reduction, weight management and physical activity promotion, among others. A common feature of faculty research programs is that they are community-based, including in disadvantaged neighborhoods experiencing health disparities, and many make use of digital health applications.

"In the past, and sometimes still today, substance abuse problems are viewed as a character or moral weakness," says Dr. Tucker. "We know from research that this isn't the case and are committed to finding solutions and promoting successful recovery through a spectrum of assisted and natural pathways."

Strength in Research

New HHP preeminence professor asking loaded questions about muscle

BY CHRISTINE COOMBES

Muscle wellness means different things to different people. To a body builder, it might conjure up ideas of strength and glamour. To an elderly person, it might mean the difference between independence and assisted living. To a child suffering from muscular dystrophy and their parents, it can mean avoiding more tragic consequences. According to the research Dr. Elisabeth Barton is doing, all of the above are important, and so much more.

"Maintaining muscle mass and good muscle repair is key to all areas of our lives," says Dr. Elisabeth Barton. "Successful aging, generalized health and well-being, and combatting devastating diseases like muscular dystrophy, are just a few of the reasons I came to UF to continue my tenure studying muscle damage and repair. My new colleagues have tremendous expertise in this area, and I hope we can capitalize on our mutual interests and move the field forward."

Dr. Barton recently joined the HHP Faculty as a preeminence professor in the Department of Applied Physiology and Kinesiology (APK). She is a molecular physiologist with a primary interest in skeletal muscle repair. Her work has broad applications including accelerating the resolution of muscle damage after acute injuries, alternating the balance between damage and repair in chronic injury associated with neuromuscular disease, and enhancing the repair axis in aging muscle.

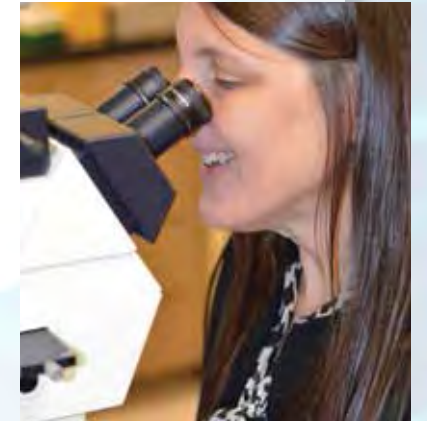
She has spent the last 15 years studying an insulin-like growth factor (IGF-I), a key player in the muscle regeneration process. More recently, Dr. Barton has focused on how muscles sense load, and how these sensors become dysfunctional in muscle disease. This work

was bolstered by being selected as one of 25 scientists who received mice that had been to space and back to better understand the effects of a non-gravity environment on our muscles.

"For healthy people, strength or endurance training is not only beneficial to boosting muscle mass or activity, but it can also help maintain bone health, and combat against diabetes. We are trying to understand how the signals caused by training, and the factors released from muscle contribute to these whole body benefits," explains Dr. Barton. "Clearly, the 'use it or lose it' rule has broader impact than on muscle alone. Figuring out these pathways may lead to strategies that can enhance training effects, and also to therapeutics that can counter the loss of functional muscle in genetic diseases."

In addition to her own research program, Dr. Barton serves as the director of the Physiological Assessment Core in the Paul D. Wellstone Muscular Dystrophy Cooperative Research Center since its inception. The Core, which has also moved to the University of Florida, supports investigators from academia and industry, to see if their proposed treatments and agents for muscular dystrophy and other muscular ailments are good, bad or indifferent.

Dr. Barton is delighted with her move to Gainesville. "I'm enjoying the eclectic nature of the city and the strong sense of community I've already found at the College of HHP. My ambition for coming to the lab every day is to help people live better quality lives, a perfect fit with my colleagues at the College of HHP."



New directions in tourism

Eric Friedheim Tourism Institute Director gives a voice to the future of tourism

BY CHRISTINE COOMBES

Elkhart, Indiana is most commonly known as being a large Amish community, but in the late 1800s, musical instrument factories became the base of its booming economy. It's from this musical history that the Elkhart Jazz festival was born in 1988...with a little help from a professor that now calls Gainesville home.

Dr. Dan Fesenmaier has been director of the National Laboratory for Tourism and Ecommerce for more than 25 years. When he started, he was at Indiana University and struck up a relationship with Diana Lawson, the director of Elkhart's Visitor and Convention Bureau (VCB). They were looking to create a tourism destination out of this small city nestled next to South Bend (home of Notre Dame University) and nearby Chicago.

"We started our work with Diana and the city of Elkhart by redesigning what Elkhart could look like from a tourism perspective," recalls Fesenmaier. "We helped define what tourism was about. Not just making money, but improving people's quality of life."

The Elkhart Jazz Festival's inaugural weekend welcomed 67 musicians and 3,000 jazz enthusiasts. Today, the festival showcases more than 100 performers and draws an audience of 15,000 supporters from across the country. Revolutionizing tourism destinations is just the beginning of what Fesenmaier and his team are all about.

One of the big aspects of Fesenmaier's research is to understand demand; how people respond to their environment and the advertising around them. In addition, his team works with VCBs and state tourism organizations across the globe guiding them on how to best invest in infrastructure and development that will encourage and facilitate travel to

their regions. Lastly, Fesenmaier's team maps people's experiences. Everything from the sounds, smells, music, people and restaurants they see when they're traveling. They want to fully understand the tourist, and ultimately design the best possible journey for the masses.

EFTI WAS FOUNDED in 2003 in honor of Eric Arthur Friedheim. In his more than 60 year career, Mr. Friedheim personified and shaped the travel and tourism industries into what they are today. As owner, publisher and editor-in-chief of Travel Agent Magazine, he reported on all major developments in travel and tourism, logging over a million miles and 150 countries and eventually winning a place in the Travel Hall of Fame and a seat on the Tourism Advisory Board to the President of the United States. (uftourism.org)

"Our objective is to help cities and destinations redesign themselves to offer products and moments that create more value for their visitors and residents, alike," says Fesenmaier.

Fesenmaier moved to the UF College of Health & Human Performance in July 2014 and was appointed as the Director of the Eric Friedheim Tourism Institute (EFTI). His first course of action was to establish a fresh vision for the institute.

The mission of EFTI is to become the leading voice for the future of tourism. This will be achieved by conducting applied and academic research, writing journal articles, leading workshops and implementing training and educational programs. The goal of these efforts is to support decision making in key areas of tourism crisis management,

analytics, information technology and tourism education.

"I believe the University of Florida can be a leader in shaping what tourism should be. Right now, the tourism industry faces pressures ranging from global climate change, threat of war, the Ebola crisis and financial turmoil. These are huge global forces reshaping the nature of tourism and what it will look like in the next hundred years," says Fesenmaier. "Everything associated with tourism is about quality of life. The goal for us is to be forward-thinking and to be a partner to the industry by imagining what the future of tourism can be. This was the conversation I had more than 25 years ago when we helped to design the Elkhart Jazz Festival and it's the same conversation today."



What I really learned in college

BY ALIYA SCALAMOGNA

"This is hell." The first three words I muttered as I looked into my dorm room on my first day of being a Gator. I could hear my dad and sister laughing behind me as I gazed at the assortment of stains on the floor, the distressed wooden furniture and plastic mattress that I don't ever care to know what happened on. As I approach my senior year, I realize that although I'm ready to embark on grad school, I would kill for one more night in that old dorm room with the girls who became my best friends.

My time here at UF is a culmination of good and bad. I can remember the first time I cried during an exam, and the second, and the third, and at Starbucks, and on the sidewalk outside of the chem lab building. Oh yeah, and outside the physics building too. Name a place on campus and chances are, I've cried there. College is hard. Mom and dad are no longer there to bail you out, you've gained that freshmen 15 (or 20 if you're me) and you no longer have that 4.0 that now seemed so easy to attain in high school.

Looking back, that 48% I received on my first chemistry exam is now laughable (kind of), the jeans I put on with the giant hole in them from some spillage in my chem 2 lab makes for a great anecdote and the realization I wasn't born to be a chemist is something I've come to peace with. Disclaimer: not all my grades were 48%...I did get a few A's that semester, too.

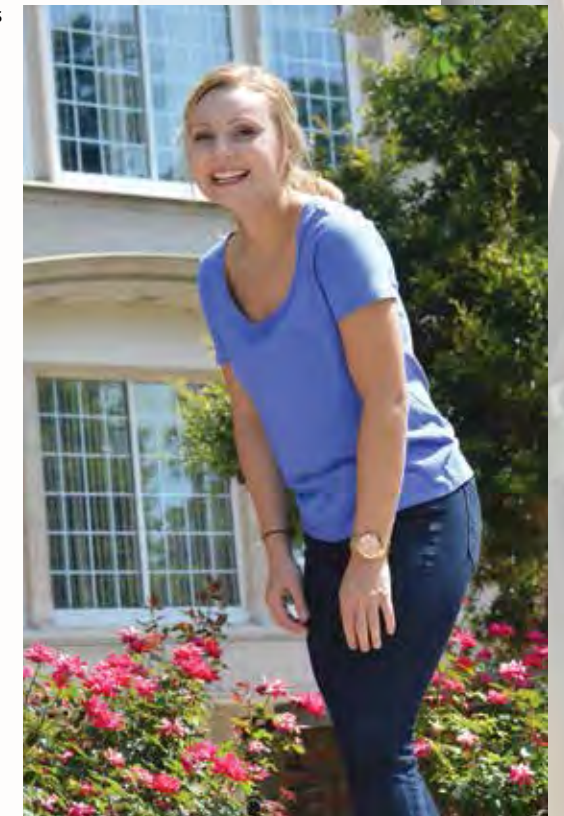
As much as UF's curriculum has made me reconsider my existence, there's no shortage of what people describe as, "the best 4 years of your life" moments. These times may include some things I probably won't be telling my future kids about. From my first college party to helping my roommate get home from midtown while still strutting in heels with a Relish burger in the opposite hand (all very gracefully I might add), to something more permanent.... like my tattoo (sorry you had to find out this way mom and dad).

What it all boils down to is the memories, people you meet along the way and the milestones you never thought you'd reach that make it all worthwhile. As I enter my final semester, I can't help but think about all of the HHP alumni out there. Those who walked the halls of the Florida Gym, just like me and maybe made a few mistakes along the way; I'm sure you can draw some parallels between our generations. And, to all the future gators, get out while you have a chance.

Yes, that was a joke.

Nothing can replace the quality of the education we have and the camaraderie we share in the Gator Nation.

Aliya is graduating in December 2015 with a degree in Applied Physiology and Kinesiology. She currently carries a 3.7 GPA, is a member of HHP Student Ambassadors and volunteers at UF Health. She plans to attend Physical Therapy school after graduation.



“HHP is full of people who encourage learning, foster creativity, and inspire students like me to **find their passion.**”



Andrea Cedono-Tobon

BS APK 2015, UF Physical Therapy School, Class of 2018

WHERE WERE YOU BORN? Montreal, Canada.

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

I left Canada when I was five, so assuming I would be able to handle frigid winters, I believe I would really enjoy living in Montreal.



WHAT DID YOU EAT FOR BREAKFAST?

First, always coffee. Today I made the best breakfast food ever created, also known as a waffle (plus cream and strawberries, of course).

FINISH THIS SENTENCE: “IN THE FUTURE, I PLAN TO...”

Run the world. Not in a tyrant sense, but more a Beyoncé “Who run the world? Girls” sense. I plan to work hard to become a successful physical therapist and continue building a joyful life around family and friends.

“At HHP, well-being does not solely mean physical health; it also encompasses many **emotional, mental and cultural aspects.**”



Shixiu Wang

BS HEB 2017, 2015-16 HHP Student Ambassador

WHERE WERE YOU BORN? Shaanxi, Xi’an

WHO’S YOUR FAVORITE ACTOR/ACTRESS?

Amy Poehler

BEST PIECE OF ADVICE YOU WERE EVER GIVEN?

“Do not go where the path may lead, go instead where there is no path and leave a trail.”

—Ralph Waldo Emerson



LAST BOOK YOU READ? The Divergent Series

FINISH THIS SENTENCE: “IN THE FUTURE, I PLAN TO...”

be a genuinely good person.”

“HHP transformed the way I view health; from someone looking to cure, into someone **pushing to prevent.**”



Goeto Dantes

BS APK 2015, UF Med School, Class of 2019

WHERE WERE YOU BORN? I was born in Port-Au-Prince, Haiti

IF YOU COULD VISIT ANY ERA OF TIME, WHEN WOULD YOU CHOOSE?

I would love to visit the 50s early 60s era and jam out with Ray Charles and other Jazz Superstars



HOW DO YOU LIKE YOUR MEAT? Medium rare, with an emphasis on “rare”

WHAT’S YOUR FAVORITE PASTIME? Sitting at the piano and acting like I know what I’m doing. I could sit there for days.

FINISH THIS SENTENCE: “IN THE FUTURE, I PLAN TO...” Open a free medical clinic in Haiti as a physician and work on creating sustainable development projects to help the island grow!

“HHP has equipped me with personal and professional skills through real world examples and **experience in my field.**”



Taylor Hartley

BS REC 2015, Intern at The Kennedy Center for the Performing Arts, Washington DC

WHERE WERE YOU BORN? Jacksonville, FL, but raised in the backwoods of Glen St. Mary.

IF YOU COULD HAVE A DRINK WITH ANYONE, WHO WOULD IT BE AND WHAT WOULD YOU DRINK?

A refreshing glass of Sunny D with Julie Andrews.



FAVORITE TV SHOW? A tie between Unbreakable Kimmy Schmidt and Gilmore Girls.

DO YOU HAVE A NICKNAME? I don't, but my family called me Tay Tay growing up.

FINISH THIS SENTENCE: “IN THE FUTURE, I PLAN TO...” change the world producing performing arts theatricals and bringing humanity back to society....all before I am 40!

road less traveled

At the College of Health and Human Performance, 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. Machu Picchu

1 A group of TRSM faculty and alumni hold a Gator flag while exploring Machu Picchu in Peru (L to R) John Egberts, Matt Seitz, Dan Connaughton and James DiVirgilio.

2 HHP undergraduate, Roxanne Eugene, excited to be at the Eiffel Tower in France for Spring Break!

3 The first graduates of the UF Academic Exchange Experience with Walt Disney World®. This program provides an opportunity for international students to study at the University of Florida and work at Walt Disney World for 6 months.

4 HHP undergraduate Amanda Krpan shows her Gator chomp while hiking the Grand Teton National Park in Wyoming!

5 HHP TRSM students traveled to Russia. Here, they are showing off their Gator pride near the Maxim Gorky statue, located in Nizhny Novgorod, Russia.

6 Dr. Evangelos Christou's lab members taking a selfie-break at the poster session of the 2015 Society for Neuroscience Conference in Washington, DC.

7 HHP's Associate Dean, Dr. Connaughton, visits with HHP alumni after presenting at the University of Tsukuba in Japan. (L to R) Dr. Akiko Arai (Ph.D. '14), Masaki Kudo (MS '10), Dr. Connaughton, Dr. Yosuke Tsuji (MS '02)



2. Paris



3. Walt Disney World®



4. Grand Teton National Park



5. Nizhny Novgorod, Russia



6. Washington DC.



7. Tsukuba, Japan

hhp by the numbers



It takes **180 steps** to reach the top of The Swamp.

2,900+ HHP's Facebook has over 2,500 followers, and over 400 Twitter followers. **Join the party:** Facebook UFHHP | Twitter @UF_HHP



4.4. The **average GPA** of incoming freshman accepted to UF in fall 2014.



20,000. The recorded number of **service hours** HHP students submitted last year.



The Florida Gymnasium is **140,000** square feet.

1986. The year our College officially changed its name to **“The College of Health and Human Performance.”**

62 For **62 years**, HHP has offered a culminating internship experience to seniors in our college, beginning in 1953.

2008: The year the Florida Gym became a contributing property in the University of Florida Campus **Historic District.**



HHP GROWING STRONG with more than 18,000 alumni.



Ready to lead, ready to listen

“I will devote for the next 10 years all of my energies, all of my experience, all of my talents, and all of my abilities to achieve the aspirations you have for this great university to make it even greater than it is today.”

DR. KENT FUCHS BECAME THE UNIVERSITY OF FLORIDA'S 12TH PRESIDENT in January 2015. Most recently the provost of Cornell University, Dr. Fuchs' experience combines academic leadership as a provost, dean and department chair; a distinguished career as an engineering professor; and graduate education in both engineering and divinity. In accepting the presidency, Dr. Fuchs outlined his overarching goal for UF: To elevate its stature, as measured by quality and comparative excellence, to that of one of the nation's best public universities.

President Fuchs will pursue this objective by continuing to lead the university's preeminence plan, along with a campus-wide goal-setting effort to set objectives for the next five- and ten years. He will seek to significantly increase UF's endowment; enhance the efficiency and effectiveness of university operations; and establish UF as a national leader and voice for higher education.

The UF presidency is a natural next step for Dr. Fuchs, who spent six years as Cornell's provost. There, he led the creation of a new technology campus in New York City, launched a university wide initiative to raise Cornell's academic stature and was a key leader of Cornell's fundraising efforts. He was appointed provost after serving as the university's Joseph Silbert Dean of Engineering from 2002 to 2008.

President Fuchs earned his doctorate in electrical and computer engineering from the University of Illinois, and a master of divinity from Trinity Evangelical Divinity School in Chicago. He credits divinity school with teaching him communication and community-building skills, and to balance his innately analytic perspective with a deep appreciation for people and for human relationships.

Dr. Fuchs is married to Linda Moskeland Fuchs, an art historian whose scholarship centers on the sculpture of sarcophagi created in the first centuries of Christian art-making. Mrs. Fuchs has two master's degrees in art history, from the University of Chicago and Cornell, and a third in Biblical studies, from Trinity Evangelical Divinity School. The Fuchs family has three sons and a daughter, Micah, Eric, Isaac and Christine. Eric and their daughter-in-law, Mikaela, have a baby boy named Henry.

To learn more about President Fuchs, visit his website at: president.ufl.edu.





College of Health and Human Performance
P.O. Box #####
Gainesville, FL 32611-#####

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At the College of HHP, we're all about **family!**

WHETHER IT'S SUPPORTING our dedicated faculty and staff, mentoring our crazy-smart students or honoring past professors and alumni who paved the way, you're part of this family; and we couldn't do what we do, without you! Every gift, no matter how small, can make a huge difference.

DID YOU KNOW...

- HHP has over 18,000 active alumni & friends worldwide.
- HHP hosts tailgates before every home game in the Florida Gym Courtyard, come hang out with us!
- HHP funds nearly 50 scholarships annually through generous donations from our alumni and friends.

Join us, and **see the difference you can make** in the lives of our students and faculty... **for the Gator Good!**

LEARN HOW YOU CAN HELP US MOVE FORWARD! >>>>> VISIT HHP.UFL.EDU