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DURING THE PAST YEAR, YOU SET UP A PROCESS TO DEFINE THE IDENTITY AND FUTURE DIRECTION OF THE COLLEGE. YOU’VE NICK/hyphen.caseNAMED THIS PROJECT “ID15”. CAN YOU UPDATE US ON THIS PROJECT?

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.

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

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.

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

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 he 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.

WHAT HAS SURPRISED YOU THE MOST ABOUT HHP SINCE YOU’VE BEEN HERE?

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!

FAVORITE QUOTE?


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.
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 has explicitly been used by the MLB’s Playing Rules Committee to reconsider its strike zone policy for the future of MLB. Later, when Ques-Tec, Pitch f/x, and Zone Evaluation ball tracking systems were put in place, they saw large increases in strike rates, as well as accuracy of ball-strike calls.

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 zone (demanded by MLB). Later, when Ques-Tec, Pitch f/x, and Zone Evaluation ball tracking systems were put in place, they saw large increases in strike rates, as well as accuracy of ball-strike calls.

DR. JULIA ALBER (HEB) graduated from UF in May 2015. She immediately started a postdoctoral fellow position in the Penn State 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 Monash University in Perth, Australia in November 2014.

DR. DAVID VAILLANCOURT (APK) and Co-Principal Investigator Dr. Dieter 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 where the 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.

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 BSHE ’03 and MSHE ’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.

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DR. CHRISTINE STOPOKA (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 College School. These 18-22 year old students with developmental and intellectual disabilities, continue to inspire our on-campus volunteers. Since 1989, this program has thrived; but recent-ly, 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 have also improved. New observation- al rubrics are showing enhanced communication skills, enthusiasm, and self-confi-dence and future research will focus on identifying us-able, formal tasks for these metrics.

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“SITTING IS MORE DANGEROUS THAN SMOKING, KILLS MORE PEOPLE THAN HIV AND IS MORE TREACHEROUS THAN PARACHUTING.” – DR. JAMES LEVINE

“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 Massachusetts General Hospital and is more treacherous than parachuting. Recognition by one’s peers is the quality of life provided to students and employees. Levine states that the highest point of achievement. Division-level award recipients receive cash awards of $2,000 each, to compete for university-level awards, which offer eight $1,000 and eight $2,000 cash awards.

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. The 2015 Alumni Hall of Fame inductees were Dr. Charles King, Steve Mesler, Judi Patrick and Berry Patrick.

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 $2,000 each, to compete for university-level awards, which offer eight $1,000 and eight $2,000 cash awards.

THIS MARCH, HHP’S DEPARTMENT OF TOURISM, RECREATION AND SPORT MANAGEMENT (TRSM) successfully hosted the 1st 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, 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.

HOWEVER, IN 1953 UPON GRADUATION, he was commissioned into the United States Army as an infantry officer through the 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. Nonetheless, 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 had left its mark on their sons, Neal and Mark, as both are still active in the military. Committal 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 rummy 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.
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. 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 wanted to follow my dad and do what he did,” he remembers.

With Horschel’s success on the golf course, he and Brittany embrace the spirit of giving back. They also volunteer with Habitat for Humanity (habitat.org) and with it the FedEx Cup. Two weeks later, he and wife Brittany welcomed their first daughter, Skylar, into the world. 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 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. 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.

“My iPad. "I like history. "I always keep four tees, a ball marker and a divot repair tool in my right pocket. I replace it right away if I shoot a bad shot and realize a tee is missing, I blame it on that. "I always keep four tees, a ball marker and a divot repair tool in my right pocket. I replace it right away if I shoot a bad shot and realize a tee was missing, I blame it on that."

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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.
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.

A TRUE TRAILBLAZER

BY DR. JILL VARNES

Mary was indeed a trailblazer. 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 1999, 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/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.
“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.

The specific friendship carries on today. Wynn first met Jamie Pesek during orientation at the University of Florida Alumni Association, and they are now full professors at the UF College of Health & Human Performance. They met during their graduate studies, and through the years attending classes at 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 2009. 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 podcast 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.

In the 1940s, Clint Wynn’s grandfather studied 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.

“In the loss of their loved ones. Through the memory of our loved ones, we have been inspired to reach our ultimate goal for all babies to be born healthy.

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JAMES D’VIRGILIO (BSBA 2004, MSSPM 2005) is the founder of Chacon Diaz & D’Virgilio Wealth Management, a fiduciary consulting firm located in Gainesville, FL. The firm was recently honored to be named one of the 100 fastest growing companies started by graduating classes of 2004. This past year, James served as the President of the Gameville Sports Professionals, an organization that brings over $14 million a year to the Gameville community through sports tourism. James is also an adjunct professor at the University of Florida, where he teaches undergraduates, graduates, students, and student athletics 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.

PATTY BLAKE (BSHE 1991) is a captain of a USA 3D Women’s 16 and over division tennis team called the Mountain Miracles. They are the 2014 Florida Sectionals Champions and competed in the national tournament at the USTA National Tennis Center in Arizona where they finished 5th in the nation. They play at their community park in Maitland, Florida.

MICHICHEL PARK (BSHE 1987) 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 donor, running at the Annual Scramble Golf Tournament for the Department of Tourism, which programs the Gator Challenge raising funds for student travel and professional involvement in state and national conferences.

MARY LANE (BSPE 1977, MAPE 1979) 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.

JAMIE BENSON (MPE 1995), 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 170 high school runners each summer. In 1996 he pioneered private coaching services for adult runners each summer. In 1986 he pioneered the philosophy of Effort-Based Training, he designed individualized training programs for serious age-group competitors. From 1993 to 2008, Benson served as an assistant coach at Marist School in Atlanta where his boys’ and girls’ cross country teams won a total of 16 state championships.

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. In 2004, Wynn’s focus has been on orthopedics and he is now owner of Sports Orthopedic Services, Inc. Through his distribution, 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.

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Borns is a true Gator. Wynn, as he’s always donning his spirited alligator skin vest. Just another reason you know he’s a true Gator.
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.
"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

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

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

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

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

The Student College Council was established.

The College changed its name to the College of Health and Human Performance. The Center for Exercise Science is established.
“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/MA) were offered at HHP.

2003

“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 20,000 alumni and friends worldwide.
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.
Population studies show that most people with alcohol or drug problems do not seek professional treatment. In fact, between 65% 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 ads. 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. The 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 challenging on their fifth attempt,” says Dr. Tucker. “The secret to success is to keep trying.”

Of her team, 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 (1999–2009), Wayne State University (1986–1989), and the University of Florida (1980–1986).

“Successful aging, generalized health and well-being, and combating debilitating 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 ass in aging muscle.

“I have 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.”

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BY CHRISTINE COOMBES

Strength in Research

New HHP preeminence professor asking loaded questions about muscle

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 these 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. “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 new 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.”

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.
New directions in tourism

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

By Christine Coombes

EFIT 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. (utforum.org)

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 1968, 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 Economic Development 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 out 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 67 musicians and 3,000 jazz enthusiasts. Today, the festival showcases more than 100 performers and draws 67 musicians and 3,000 jazz enthusiasts.

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 freshman 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 4.0 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 4.0. 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.” 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 midnight while still scrutting in heels with a Releish 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. All 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 parables between our generations. And, to all of the distressed wooden furniture and plastic mattress. 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 freshman 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 4.0 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 4.0. 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.” 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 midnight while still scrutting in heels with a Releish 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).
student spotlight

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.

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 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.

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!

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.
WHAT’S YOUR FAVORITE PASTIME? 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!

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

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

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

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

“HHP students change the future.”
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. 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 Eifel 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 TRSM students traveled to Russia. Here, they are showing off their Gator pride near the Maxim Gorky statue, located in Nizhny Novgorod, Russia.
5. Dr. Evangelos Christou’s lab members taking a selfie-break at the poster session of the 2015 Society for Neuroscience Conference in Washington, DC.
6. HHP's Associate Dean, Dr. Connaughton, visits with HHP alumni after presenting at the University of Tsukuba in Japan (L to R) Dr. Aiko Arai (PhD ’14), Masaki Kudo (MS ’02), Dr. Connaughton, Dr. Yosuke Tsuji (MS ’02)
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.

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 Fuchses have 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.

“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.”
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**