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Important Links:
http://www.bloomu.edu/exercise_science

http://www.bloomu.edu/concussion

EXERCISE SCIENCE ANNUAL REPORT

Letter From Department Chair

Exercise Science is an exciting and rapidly growing field of study. With physical inactivity considered a major risk factor for heart disease and other morbidities, exercise and fitness have become essential parts of daily life. Not only has exercise been recognized as important in preventing diseases, it has also been acknowledged as essential “medicine” in treating various illnesses – heart disease, diabetes, osteoporosis, lung disease, Parkinson’s disease, and obesity to name a few.

Located in the College of Science and Technology, the Exercise Science Program leads to a Bachelor of Science (B.S.) degree in Exercise Science. Besides the basic studies requirements, the Exercise Science Program is an interdisciplinary program based on the medical sciences. Required courses outside the department include those from the following programs: Biology, Chemistry, Physics, and Mathematics.

The Exercise Science Program focuses on social wellness and the quality of life for individuals of all ages and populations. The versatility of studies enables students to direct their abilities and commitment to Cardiac Rehabilitation, Corporate Fitness, Personal Training, Strength and Conditioning, and many other careers dedicated to health and wellness. Students must possess a solid science base and a complete knowledge of all the health-related and skill-related components of physical fitness with a complete understanding of the dimensions of wellness. The ability to coordinate theory and practical application is significant for the success of prescribed exercise programs.

The Exercise Science Program opens a variety of doors, depending upon the students’ interests, background, and preparation. Our students engage in a practical experience as the culminating requirement of their undergraduate curriculum. The required internship has enabled our students to secure positions with such corporations as the Baltimore Ravens, Minnesota Vikings, Cornell University, University of South Florida, Wake Forest University, Geisinger Medical Center, Evangelical Hospital, and Verizon to name a few which focus on each track within our program. Individual assessment and program design are essential guides for the exercise prescription within each designated field of study. Students must be good role models of health and fitness with an enthusiastic and positive attitude for motivation and success.

Several of our graduates have continued their post-graduation studies in Physical Therapy, Occupational Therapy, Clinical Athletic Training, and Chiropractic Medicine. Others have pursued Master’s Degrees and Doctoral Degrees in Exercise Science. Many of our students have started their own businesses in areas such as Strength and Conditioning, Athletic Performance, Corporate Fitness, and Coaching.

Currently the Exercise Science Program awards Bachelor of Science Degrees to approximately 80 – 100 students annually.

Exercise Science Program Vision Statement

The Bloomsburg University Exercise Science Program provides a multidisciplinary, quality undergraduate education which lays a foundation for personal and professional growth, developing professionals with a strong understanding of the scientific concepts behind the applications they will practice in their chosen career path. Additionally, this program is committed to developing students who are critical thinkers and who will contribute and respond to current trends within their field of expertise.

Exercise Science Program Mission Statement

The mission of the BU Exercise Science Program is to promote optimal health and well-being in the physically active population by providing educational opportunities to prepare qualified undergraduate students for a career as
entry-level certified Exercise Science professionals. The Exercise Science Program is structured according to competencies and proficiencies provided by the American College of Sports Medicine. We are committed to providing quality classroom and laboratory education as well as rewarding internship experiences. We use current technology and literature supported by internship and educational research to provide these services.

The BU Exercise Science Program seeks to enhance student learning through a variety of interactive and problem solving experiences that mandate the student demonstrate cognitive understanding of the health sciences, work with diverse individuals and populations, and perform specific Exercise Science skills and techniques. The development of competent Exercise Science professionals is based on a program of curricular experiences that require students to demonstrate and apply their knowledge, skills, and attributes in the internship setting.

The purpose of this program is to prepare well-rounded students. Successful students will be able to design safe and effective exercise prescriptions, and conduct individual exercise programs, fitness testing, and health education for athletes, low to moderate risk individuals, individuals with controlled diseases, and individuals in special populations (i.e., pregnancy, hypertension, and diabetes mellitus). In addition, this program aims to produce students who are committed to academic and internship excellence, are socially responsible, and have demonstrated cultural sensitivity.

We are committed to an ongoing evaluation of our Exercise Science Program to ensure our students are receiving the highest quality education possible. Furthermore, we are committed to staying abreast of the ongoing changes in our profession in order to keep our students current in our evolving field. Both the B.S (Exercise Science) and M.S (Exercise Science) programs are currently accredited through the Commission on Accreditation of Allied Health Education Programs (CAAHEP), which is the largest programmatic accreditor in the health sciences field. The Clinical Athletic Training Program, accredited by Commission on Accreditation of Athletic Training Education, is one of only 23 athletic training programs in the U.S. accredited at the master's entry-level. Accreditation provides recognition for the high quality of the Exercise Science curriculum, resources, and faculty by measuring them against agreed-upon standards and evaluating that the program is meeting these standards on an annual basis.

Finally, the BU Exercise Science Program aspires to be a program of recognized excellence. It is our intentions to establish this program as a leader in undergraduate Exercise Science education.

Exercise Science Program Objectives

- To provide a quality program leading to a Bachelor of Science degree in Exercise Science.
- To provide a curriculum consistent with the core courses recommended by the American College of Sports Medicine and the National Strength and Conditioning Association in preparation for national certification examinations.
- To provide a curriculum that integrates personal and practical skills to produce entry-level competence in any field of exercise science.
- To provide students opportunities for work-related experience within the health and fitness field.
- To provide quality academic instruction, satisfaction, and learning experiences to student graduates.
- To prepare students to procure entry-level employment in the health / fitness / wellness field, or continue formal education in schools offering advanced degrees in health related graduate programs.
- To provide an academic curriculum that engages students with hands on experiences and individual support to foster student retention.
- To provide faculty and staff who possess the knowledge, training, and skills necessary to provide an environment conducive for teaching and learning.
- To provide the student with quality advising and counseling to promote timely and efficient progression through the program.
- To graduate confident, competent students who will be able to successfully compete in the marketplace.
Degree Programs
We offer one undergraduate degree program (B.S. Exercise Science) and two Master’s level programs (M.S. Exercise Science, and M.S. Clinical Athletic Training). Further, the Exercise Science Department provides a major General Education service with courses that cover six of the ten MyCore General Education Program goals including: Goal 1: Communication; Goal 2: Information Literacy; Goal 4: Cultures and Diversity; Goal 6: Social Science; Goal 9: Healthy Living; and Goal 10: Citizenship.

Enrollment
As of fall 2016, the Department of Exercise Science had 291 Undergraduate majors, with over one hundred internal prospects in various stages of becoming Exercise Science majors. To help accommodate the class need for our students, we are adding an additional four full-time, tenure-track faculty to our department, bringing the total number of full-time tenured or tenure-track faculty to twelve. We also plan to employ four full-time, temporary faculty to fill in where needed.

Curriculum Revisions and New Programs
We continue to develop our curriculum so that students come away with the best possible education, training, and experiences in our field. The Department accomplished significant curriculum work in 2016, including:
- The approval of our first two on-line courses, EXERSCI 360: Sport Nutrition, and EXERSCI 380: Research Methods.
- The approval of EXERSCI 261: First Aid and Safety as a MyCore General Education Program to meet two points under Goal 10: Citizenship.
- The approval of an accelerated Athletic Training Program, which would allow motivated students to get an early start on the graduate program, whereby both B.S. (Exercise Science) and M.S. (Clinical Athletic Training) degrees could be earned in five years.
- The opening of the Institute for Concussion Research and Services. The institute is a collaboration between interdisciplinary faculty and students working to better understand concussions. The institute has two main goals: to give medical professionals a better understanding of concussions, symptoms and their outcomes, and to provide a service to the medical community that will assist them in making better “return-to-play” decisions.

Farewell to Drs. McConnell, Rawson, and Rebold
In 2016 we said farewell to a number of faculty members. Dr. Timothy McConnell retired in May 2016 after 14 years of service. In July 2016, Dr. Eric Rawson joined the faculty at Messiah College in Mechanicsburg, PA as Professor and Department Chair after 14 years at BU. In August 2016, Dr. Michael Rebold became the Program Director and Assistant Professor of the Integrative Exercise Science Department, as well as Department Chair at Hiram College in Hiram, OH after two years at Bloomsburg.

Career Day
On October 14, 2016, the Department participated in an Exercise Science panel at the College of Science and Technology Career Day. We welcomed the following alumni:

John Dominski – After graduating with his B.S (Exercise Science) in 2014, is now completing his Physical Therapy degree in May 2017
Derek Tancredi – After graduating with his B.S (Exercise Science) in 2012, completed his MBA and is now the Operations Manager at Aria Health
Kyle Shannon - After graduating with his B.S (Exercise Science) in 2014, is now the owner of K. Shan Performance, and adult fitness / athletic performance center
Kyle Fisher - After graduating with his B.S (Exercise Science) in 2014, completed his ATC and is now an Athletic Trainer at the University of Maine
Maggie English - After graduating with her B.S (Exercise Science) in 2016, is now working in the corporate fitness field as the Health and Wellness Coordinator at Verizon
Tyler Grosser - After graduating with his B.S (Exercise Science) in 2015, is now the Lead Performance Coach at Power Train Sports and Fitness
Brendan O’Leary - After graduating with his B.S (Exercise Science) in 2012, is now the Strength and Conditioning Coach at Mount St. Mary’s University

The Exercise Science Club
The purpose of the Exercise Science Club is to generate interest in the field of exercise science, provide exercise science-related extracurricular opportunities, and encourage wellness through exercise. This club seeks to bring together students in an environment that is conducive to the formal and informal exchange of ideas relating to the Exercise Sciences. The 2016 Executive Board is as follows:
President: Alex Dougherty
Vice President: Abigail Wesner
Secretary: Cristina Alvine
Treasurer: Emily Robarge
Public Relations: Roslyn Pulcini and Renee Spancake

Graduates
In 2016, the Department of Exercise Science graduated 67 undergraduate students with a B.S in Exercise Science. These graduates included:

MAY 2016
Bradley Baloga, Diamond Bass, Allyson Beaver, John Brill, Laura Campbell, Ashley Craig, Christopher Enders, Lyndsey Fraser – cum laude, Caroline Hodgins – cum laude, James Hodgins, Erik Jones – cum laude, Steven Kelly, Bryana Loss, Derek McGinnis, Tyler Meckes – cum laude, Kellie Nash, Frederick Newton, Robyn Orth, Jessica Quittner, Cody Seachrist, Lamont Seip, Rebecca Snee, Alex Snyder, Patricia Sullivan, Jaclyn Vitale – cum laude, and Brittany Wood

AUGUST 2016
Kellee Baylis, Adam Bingaman, Michelle Boyce, Marlee Brown, Dana Castellano, Angie DeBellis, Kevin Downs, Jennifer Dunleavy, Margaret English, Conner Ennis, Haley Evans, Aspen Farrell, Kyle Griesemer, Brittany Hardy, Taylor Heydt, Jordyn Hnasko – cum laude, Stephanie Judge, Garrett Levengood, Robert Loglisci, Tyler Morgan, Mitchell Moyer, Nathan Moyer
Hanh Nguyen, Alex Otero, Alexander Pruchnik – cum laude, Megan Sikora, Lynsie Stofflet, Jahmai Syres, Stephanie Ulrichny – cum laude, Gina Vogt, and Ashlee Watts

DECEMBER 2016

In 2016, the Department of Exercise Science graduated 12 students with a M.S in Exercise Science. These graduates included:

MAY 2016
Matthew Dirlam, Valerie Handy, Lydia James, Taylor Maldonado, Sam Meske, Deanna O'Donnell, Cory Ohl, Timothy Sheehan, Daniel Shorter, Adam Specht, and Alexis Wiest

DECEMBER 2016
Lindsay Malecki

In 2016, the Department of Exercise Science graduated 11 students with a M.S in Clinical Athletic Training. These graduates included:

DECEMBER 2016
Jordan Bettleyon, Matthew Calarco, Christine Cook, Tyler Hanson, Tyler Heydorn, Kara Laxson, Carissa Macay, Branden Peloso, Steffi Rayburn, Amanda Shadle, and Robin Starr

2016 Meeting Participation by Students
A number of undergraduate and graduate students attended the American College of Sports Medicine National and Regional meetings in 2016. Tyler Meckes was also a commendation award winner for his presentation at the Mid-Atlantic Regional Chapter (MARC) American College of Sports Medicine Meeting in the Master's Student Investigator Award. The students who presented findings from research studies they had worked on included:

- Tyler Meckes: Comparison of EMG responses across handle types during seated row exercise
- Lucas Van Horn: Effects of exercise and exogenous glucose on short-term memory recall in young adults

- Cody Croall: The effects of cell phone use on anterior and posterior postural stability
- Emily Cumberledge: The effects of cell phone use on medial and lateral postural stability
- Valerie Handy: The effect of wearing improper clothing on percent body fat determined by the Bod Pod

Three students (two graduate and one undergraduate) presented a poster at the American Academy of Neurology’s Sport Concussion Conference in Chicago, IL on July 8, 2016.
- Tyler Hanson, Kara Laxson, Dylan Hine: Assessment of balance in post-concussed athletes and healthy normals with visual manipulation.

Clinical Athletic Training 2016 Summary
The new cohort of nine students were matriculated in the summer of 2016. Eleven students took part in the December Graduation Ceremony and received their Master of Science degree in Clinical Athletic Training. All students enrolled in the CAT took part in baseline and post-concussion data collection for the NCAA/DoD Grand Alliance- CARE Consortium Grant Funded Project. Participation provided the opportunity for students to gain experience in grant funded research and develop clinical skills in mild traumatic brain injury assessment.

In May of 2016, eleven students, along with the Program Director, were invited to West Point Military Academy to assist research staff in baseline assessment of some 3500 cadets. This external opportunity provided professional interaction with 50 other athletic training students and certified athletic training professionals.
Two graduate students in the CAT program along with an undergraduate Exercise Science major, presented a poster at the American Academy of Neurology’s Sport Concussion Conference in Chicago, IL on July 8, 2016. Their work was presented as a result of a research project conducted in the spring semester in conjunction with the Institute for Concussion Research & Services. This opportunity provided students with experience at a National Research Conference where they engaged in educational sessions and networking with some of the top professionals in sport-related concussion research.
American Academy of Neurology-Sport Concussion Conference, Chicago, IL. From L to R: Dylan Hine (UG), Kara Laxson (G), Tyler Hanson (G).
During the fall of 2016, the program faculty of the Clinical Athletic Training Program in conjunction with Exercise Science faculty proposed an Accelerated BS Exercise Science/MS Program in Clinical Athletic Training. This program will provide the opportunity for students to complete undergraduate and graduate degrees in approximately 4.5 years and will ensure that the students are National Certification eligible upon completion of the program. The Accelerated Program allows for recruitment of high school graduates and early mentorship upon acceptance to Bloomsburg University.
Kelly Dauber, Ph.D.
Assistant Professor

Scholarly Interests
Sport Psychology (life skill development through sport), Sport Sociology (female athlete paradox), Physical Education Pedagogy/Coaching (generational differences)

Education
Springfield College, Springfield, MA
Physical Education: Teaching and Administration
Ph.D. earned in 2006
Exercise Science and Sport Studies: Sport and Exercise Psychology
Master’s earned in 2004

Hobart and William Smith Colleges
Double Major: Psychology and Sociology
Bachelor’s earned in 2002

2016 Publications in Progress

2016 Accepted Presentations
Dauber, K. Unlock the Key to Generation Z. Accepted in 2016 for presentation at the SHAPE America National Convention 2017, Boston, MA March 14-18.

2016 Teaching
Spring: EXERSCI 150: Aquatics
   EXERSCI 250: Lifeguarding
   EXERSCI 288: Women in Sport
   EXERSCI 306: Psychology of Sport

2016 Service Activities
Chair of Search and Screen committee (hired 5 temporary faculty), COST Career Day Exercise Science Representative, Health Science Symposium Exercise Science Representative, Women in Sport class collaboration with the Athletic Department for National Girls and Women in Sports Day Clinic, Motivation and Psychology Review Panel for the Research Consortium for the SHAPE National Convention, Gender Studies Minor Board Member, COST Communication Committee Exercise Science Representative, Faculty mentor for men’s and women’s swimming team, Faculty advisor for BU Water Polo Club, Department Curriculum Committee
Andrea Fradkin
Associate Professor

Scholarly Interests
Sports injury prevention, Sports injury epidemiology, Biomechanics, Performance improvement, Physical fitness testing reliability and validity

Education
University of Pittsburgh
University of Pittsburgh Medical Center
Pinehurst, NC, USA
Post-Doctoral Research Fellowship
Completed: 2006

Monash University
Department of Epidemiology and Preventive Medicine
Melbourne, Australia
Doctor of Philosophy
Completed: 2008

Deakin University
Department of Health Sciences
Melbourne, Australia
Master of Applied Science
Completed: 2002

Deakin University
Department of Health Sciences
Melbourne, Australia
Bachelor of Applied Science (Honours), Human Movement
Completed: 1999

Deakin University
Department of Health Sciences
Melbourne, Australia
Bachelor of Applied Science, Human Movement
Completed: 1998

2016 Publications
Fradkin A. Does warming-up reduce the risk of injury to golfers? A cluster randomized controlled trial. IN: Crews D (Ed.) Science and Golf VII. 2016; Chapter and Page Numbers TBD.

Presentations


2016 Teaching
Spring: First Aid and Safety (EXERSCI 321)
   Research Methods (EXERSCI 380)
   Current Issues in Sport and Exercise - Undergraduate (EXERSCI 413)
   Current Issues in Sport and Exercise - Graduate (EXERSCI 513)
   Exercise Program Administration - Graduate (EXERSCI 577)
Fall: Kinesiology (EXERSCI 351)
   Research Methods (EXERSCI 380)
   Mechanics of Human Movement – Graduate (EXERSCI 551)

2016 Service Activities
Academic Advisor
American Red Cross First Aid, CPR, AED Recertification Classes for Majors
Conference Board Member – World Scientific Congress of Golf
COST Undergraduate Research Committee Member
Credentials and Fellowship Committee Member - American College of Sports Medicine
Department Curriculum Committee Member
Department Performance Review and Evaluation Committee
Department Policy and Procedure Committee Chairperson
Department Promotion Committee Member
Department Search and Screen Committee Member – 5 temporary faculty
Department Search and Screen Committee Member – 4 tenure-track faculty
Department Webmaster
Faculty Advisor to Ultimate Frisbee Club
Graduate Faculty Member
Manuscript Reviewer: Infrared Physics and Technology
Manuscript Reviewer: Journal of Aging and Physical Activity
Manuscript Reviewer: Journal of Sports Sciences
The Science of Golf Textbook Chapter Contributor / Author
The Science of Golf Textbook Co-editor
Thesis Committee Member – James Buto
Thesis Committee Member – Vincenzo Nocera
World Scientific Congress of Golf Session Moderator / Chair
Dr. Joseph B. Hazzard, Jr., L/ATC  
Associate Professor  
Program Director, Clinical Athletic Training  
Director, Institute for Concussion Research & Services

Scholarly Interests
Sports Medicine, Concussion in Sport & Military Populations, Sport Psychology

Education
Doctor of Education, Temple University, Philadelphia, PA., 2004  
Master of Science, Shippensburg University, Shippensburg, PA., 1987  
Bachelor of Science, Salem College, Salem, W.VA., 1984

2016 Presentations


2016 Funding
NCAA/DoD Grand Alliance, CARE Consortium-Clinical Research Core, Longitudinal Study of Sport-Related Concussion in Collegiate Athletics, April 2016 Award, Project August 2016-September 2017, $148,000.00.

President’s Strategic Planning Grant, The Institute for Concussion Research & Services, February 2016, $49,000.00.

2016 Teaching
Spring: General Medical Conditions, Graduate-EXERSCI. 584  
          Supervised Clinical II, Graduate-EXERSCI. 592  
          Exercise & Mental Health, Undergraduate-EXERSCI. 285  
Fall:  Orthopedic Assessment II, Graduate-EXERSCI. 581  
          Supervised Clinical I, Graduate-EXERSCI. 591  
          Supervised Clinical IV, Graduate-EXERSCI. 594  
          Adult Health & Development, Undergraduate-EXERSCI.

2016 Service Activities
Research Data Collection, West Point Military Academy, West Point, NY., May 2016
Tom Martucci  
Assistant Professor  
Interim Chair / Assistant Chair

Scholarly Interests  
Coaching / Strength and Conditioning

Education  
MA, Physical Education (Sports Administration) University of North Carolina, Chapel Hill

2016 Presentations  
Summer 2016 Clinician at Wrestling Camps throughout Northeast, presentation for coaches focusing on strength and conditioning

2016 Teaching  
Spring: Exersci 294 Resistance Training Techniques  
Exersci 287 Introduction to Coaching  
Fall: Exersci 294 Resistance Training Techniques  
Exersci 241 Judo Self-defense  
Exersci 261 First Aid and Safety

2016 Service Activities  
Search Committee  
Evaluation Committee  
BU Football Recruiting Weekends  
Open House presentations
Noah Wasielewski
Assistant Professor

Scholarly Interests
Effectiveness of Therapeutic Modalities and Exercise, Function of the Knee Following Anterior Cruciate Ligament Injury or Surgery, Concussion Assessment and Return to Play

Education
University of Oregon, Eugene OR, PhD, Exercise and Movement Science, 2002
Auburn University, Auburn AL, MS, Health and Human Performance, 1999
Slippery Rock University, Slippery Rock PA, BS, Athletic Training, 1994

2016 Teaching
Spring: Kinesiology (EXERSCI 351)
    Research Methods (EXERSCI 380)
    Exercise Prescription and Programming in Special Populations (EXERSCI 414)
    Therapeutic Exercise (EXERSCI 583)
Fall: Exercise Prescription and Programming in Special Populations (EXERSCI 414)
    Therapeutic Modalities (EXERSCI 582)
    Pathophysiology/Pharmacology (EXERSCI 585)
    Advanced Sports Medicine (EXERSCI 586)

2016 Service Activities
McGraw-Hill: NY.
Question Reviewer for Board of Certification (BOC) Examination for Athletic Trainers