

# Exercise Physiology Specialization

## Congratulations to: **Dr. Beth Evans**



**A new Assistant Professor at Elon University, NC**

*Beth, a December 2012 PhD graduate, studied under the direction of Dr. Claudio Battaglini. Her doctoral dissertation investigated how aerobic exercise intensity affects cardiovascular, endocrine, and immune system function in post-treated breast cancer patients.*

**Tips for future students:** Learn how to prioritize your time, and don't procrastinate.



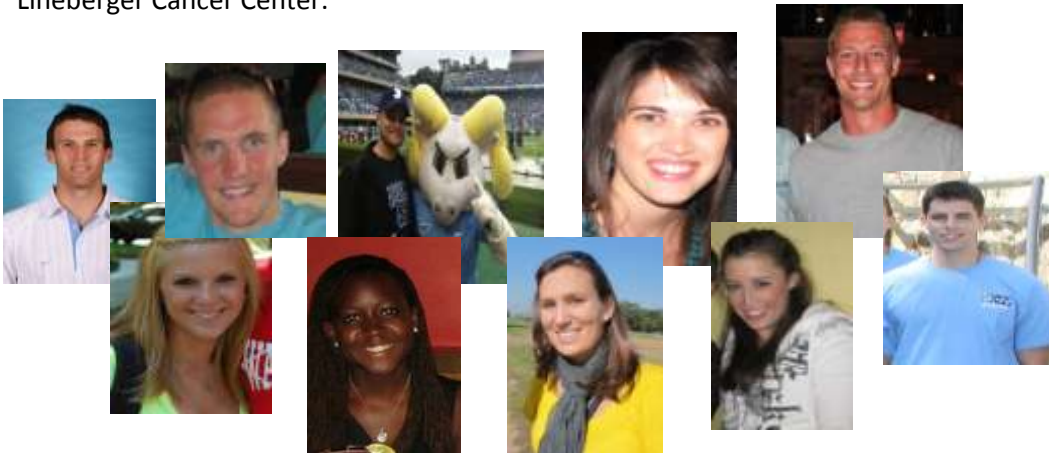
## Congratulations **2013** Graduates !

### M.A. Students: GONE But Not 4-Got-10



#### **Carly Shatten**

The 2013 recipient of our Exercise Physiology Graduate Research Thesis Award for breast cancer research under the direction of Dr. Battaglini. Carly is currently employed at UNC's Lineberger Cancer Center.



# Breaking News: Where To??

Jacob Allen: Univ. of Illinois, Kinesiology Program for PhD study

Stephanie Bomberger: UNC-CH, SPH, Center for Health Promotion and Disease Prevention

Dustin Buttar: UNC Meadowmont Wellness Center Fitness Program in Chapel Hill

Simon Haake: UNC-CH Football, Strength & Conditioning Program

Jamie Simerly: Duke's Faculty Recreation Program

Dangaia Sims: Penn State, Kinesiology Program for PhD study

Mary Woessner: Clinical Trials Specialist, Non-Invasive Vascular Research Lab, Duke's CFL

## CURRENT STUDENTS: 2013-14 Academic Year

### DOCTORAL Candidate



#### **Eric Sobolewski, M.S., C.S.C.S.**

**Eric** is in his 3rd year in the Human Movement Science Program at UNC-Chapel Hill, however, he is actually in his 4<sup>th</sup> year of doctoral studies. He followed Dr. Ryan from Oklahoma State in the Fall of 2011. Eric received his BS in Exercise Science and MS from Utah State University, His biomechanics thesis was entitled "The Effect of Static Stretching and Order of Warm-Up on the Isokinetic Peak Torque of the Knee Extensors." He interested in non-invasive ways to examine muscle physiology in different populations and interventions. Eric enjoys working on the farm and being outside. **Tips for future students:** Know that graduate school is work - treat it like a job not just more schooling.

### Incoming 1<sup>st</sup> Year Doc Student: AMY LANE- Welcome Back!!



A graduate of our M.A. Program, Amy will be pursuing a PhD under the direction of Dr. Hackney.

## 3<sup>rd</sup> Year M.A. Student



### **Isaac Lee**

**Isaac** is a 3<sup>rd</sup> year master's student from Seoul, South Korea. He graduated from University of Illinois at Urbana-Champaign with a B.S. in Kinesiology. He was a former professional soccer player who also competed with Korean Olympic National Soccer Team. His future goal is being a strength and conditioning trainer for professional athletes. Isaac's research thesis will extend Ryan Van Hoy's research involving various treadmill running protocols under the co-direction of Dr. Battaglini and Dr. Marks.

## 2nd Year M.A. Students



### **Malia Melvin**

Malia is a 2nd year master's student from North Carolina. She is a graduate of UNC-Chapel Hill with a Bachelor of Arts in Exercise and Sport Science. Malia is excited to pursue thesis research in strength conditioning, body composition, and nutrition with Dr. Smith-Ryan. She is a Public Service Scholar, and hopes to continue incorporating service into her life and career. Malia enjoys watching movies, shopping, and weight training. The most important thing to know about her is she loves her family, her friends, and football. Go Heels!



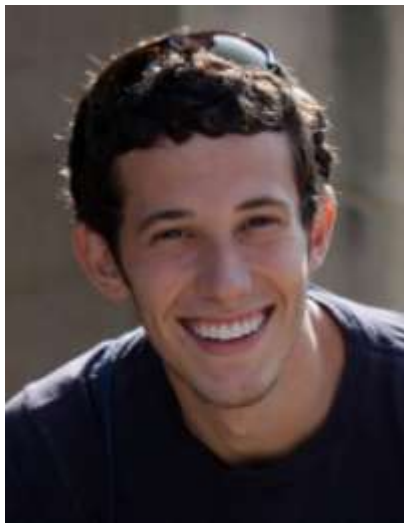
### **Coleman Mills**

Coleman is a 2nd year master's student from Williamston. He is a graduate of UNC-Chapel Hill with a Bachelor of Arts in Exercise and Sport Science. Coleman's thesis is researching the effects of an exercise program on post-treatment breast cancer patients under the direction of Dr. Battaglini. Coleman achieved the rank of Eagle Scout in Boy Scouts and enjoys a variety of outdoor activities. His favorites are running, snowboarding, skateboarding, soccer, camping, and surfing. He has been a counselor and surf instructor at a surf camp on the North Carolina Outer Banks for the past 4 years and loves surfing year-round.



### **Colin O'Leary**

Colin is a 2nd year master's student from Olympia, Washington. He graduated from Willamette University in Salem, OR with a B.A. in Exercise Science. Colin is excited about getting the opportunity to teach some UNC freshman how to jog through the LFIT program, as he was a collegiate runner at Willamette. His thesis is under the direction of Dr. Anthony Hackney in the Applied Physiology Laboratory. His interests include biking, running, reading, listening to music, cooking and just about anything else that someone would put in an interests section.



### **Brett Phillips**

Brett is a 2<sup>nd</sup> year master' student from Grafton, West Virginia. He graduated from WVU with a B.S. in Exercise Physiology with one of the only emphases in Aquatic Therapy in the country. Brett is excited to begin thesis work with Dr. Battagini's new prostate cancer research program. Brett enjoys pickup games of ultimate Frisbee, playing tennis, riding bicycles, and has a desire to learn how to play soccer while at UNC! By far, his favorite way to spend his free time however is with Yatzee.



### **Joseph Rosenberg**

Joseph is a 2<sup>nd</sup> year master's student from Wilmington, Delaware. He graduated from The College of New Jersey with a B.S. in Health and Exercise Science. Joseph will be conducting his thesis under the direction of Dr. Ryan. Joseph enjoys running and traveling the world, and hopes to work with athletic populations using performance analysis and physiological testing to improve athletic performance.





### **Michael Scharville**

Michael is a 2nd year master's student from Raleigh, North Carolina. He graduated from the University of North Carolina at Chapel Hill with a B.A. in Exercise and Sport Science. Michael will be conducting his thesis under the guidance of Dr. Ryan in muscle physiology and neuromuscular control. Michael enjoys playing soccer, golf, and basketball in his spare time and will never turn down an opportunity to eat ice cream.



### **Liz Walz**

Liz is a 2nd year master's student from Lafayette, California. She graduated from the University of California, Davis with a B.S. in Exercise Biology and is excited to be pursuing her thesis under the guidance of Dr. Hackney. In addition to her graduate work, Liz works for UNC Campus Recreation as the Group Fitness Graduate Assistant. In her spare time, Liz loves spending time with family and friends at Lake Tahoe, where she hikes during the summer and skis during the winter!



### **Hailee Wingfield**

Hailee is a 2nd<sup>t</sup> year master's student from Raleigh, North Carolina. She graduated from Meredith College with a B.S. in Exercise and Sports Science, with a concentration in Health and Wellness. Hailee is thrilled to be pursuing her Masters at Carolina, where she is a Campus Recreation's Employee Fitness Graduate Assistant. She is pursuing a thesis under the direction of Dr. Smith-Ryan. Hailee likes to work out, watch football and basketball (go Heels!), read, spend time with loved ones, and try new things.



(L-R) Liz, Joe, Colin, Coleman, Hailee, Brett, and Michael.  
MIA: Malia Melvin

## **The Rising 2<sup>nd</sup> Year Exercise Physiology Class WELCOMES the 2013 Incoming 1<sup>st</sup> Year M.A. Class:**

Craig Kleinberg, McPherson College

Michele Pebole, Elon University

Erica Roelofs, Gustavus Adolphus College

Jordan Lee, Elon University

Christina Story, UNC-Chapel Hill

Eric Trexler, The Ohio State

Andrew Tweedell, UT-Austin

*BIOS COMING SOON.....IN THE MEANTIME,  
PRACTICE YOUR SAND VOLLEYBALL SKILLS !*



# VOLLEY INTO FALL 2012!

2012 Fall WELCOME PARTY at the UNC FARM: Look who one AGAIN....

So incoming 1<sup>st</sup> years, be forewarned, the RISING 2<sup>nd</sup> Year 2013-2014 Class will be seeking revenge!



Class of 2013: Dangaia,  
Jacob, Isaac, Ed, Rachel,  
Sarah and Mary.  
MIA: Simon (again)



Back Row (L-R): Dr. Smith, Jacob, Mary, Dr. Ryan, Ed  
Front Row (L-R): Isaac, Rachel, Dangaia, Eric MIA: Simon

**F i n a l S c o r e :**

**1<sup>st</sup> Yr: 199 vs. 2<sup>nd</sup> Yr: 181**



# EX PHYS STUDENTS UNWINDING...

BBQ at the UNC Farm after volleyball



UNC-CH Ex. Phys. Scholars at SEACSM!



Nite out at Bandito's.....a motley crew!



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E  
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X



Have you heard about Halloween on Franklin Street?

