

# Exercise Physiology Specialization

## CURRENT STUDENTS: 2014-15 Academic Year

### Doctoral Candidate



**Eric Sobolewski, M.S., C.S.C.S.** Eric is preparing for his Doctoral Defense in the Human Movement Science Program at UNC-Chapel Hill, Eric received his BS in Exercise Science from Utah State University, and his MS in Biomechanics from Utah State. His thesis entitled “The Effect of Static Stretching and Order of Warm-Up on the Isokinetic Peak Torque of the Knee Extensors,” examined the idea of loss of strength after static stretching. Eric was a strength and conditioning coach for Weber State University in Ogden, UT prior to beginning his doctoral studies. His research interests include non-invasive ways to examine muscle physiology in different populations and interventions. Eric enjoys working on the farm and being outside. He is interested in pursuing a career in academia while still being able to help develop athletes. **Tips for future students:** Know that graduate school is work - treat it like a job not just more schooling.

### 2<sup>nd</sup> Year Doctoral Student



**Amy Lane, M.S.** is a second year doctoral student in the Interdisciplinary Program in Human Movement Science. She received her B.S. in Sport Administration from Ball State University and M.A. in Exercise Physiology from UNC. Prior to returning to UNC-CH to pursue her doctoral degree under the guidance of Dr. Anthony Hackney, Amy was employed for 3 years as a Clinical Research Coordinator in the Cardio-Oncology Laboratory at Duke University. Amy's research interests include the effect of stressors on the endocrine system in both performance and clinical populations. She enjoys exercising with her dog, Henry, and participating/observing all sports, especially when it comes to the St. Louis Cardinals.

**Tips for future students:** Procrastination can be a great enemy, stay on top of your work, and have fun!

### 1<sup>st</sup> Year Doctoral Student



Jordan Outlaw, MEd, ACSM-CPT, CISSN, is a first year doctoral student in the Human Movement Science Curriculum. She graduated from Texas Tech University (Lubbock, TX) with a Bachelor of Science Degree in Exercise and Sport Science. After working in the field, Jordan went on to earn a Master of Science in Education in Exercise Science degree from the University of Mary Hardin-Baylor (Belton, TX). Jordan's research interests include dietary and training interventions to influence body composition, exercise performance, and quality of life in athletic and non-athletic populations. Jordan will be studying under the mentorship of

Dr. Smith-Ryan.

## Seven 2nd Year M.A. Students



**Craig Kleinberg** is from Topeka, Kansas. He graduated with a B.S. in Physical Education and Health from McPherson College. Craig is a certified personal trainer and loves to help others reach their health and fitness goals. He enjoys playing soccer, running and any exercise in general. For his master thesis, Craig's thesis research will determine specific lab-based fitness variables as predictors of performance on fire rescue agility testing under the co-direction of Dr. Ryan and Dr. Marks.



**Jordan Lee** is from Hillsborough, North Carolina. She graduated from Elon University with a major in Exercise Science and a double minor in Neuroscience and Chemistry. She was a high jumper on Elon's Varsity Track and Field team. Jordan enjoys participating in anything athletic and competitive from road cycling to tennis to basketball and football. She is very excited about the next two years at Chapel Hill! Under the guidance of Dr. Battaglini, Jordan is conducting a feasibility study involving a home-based isometric strength program in female equestrian athletes and its impact on an Introductory C dressage test performance.



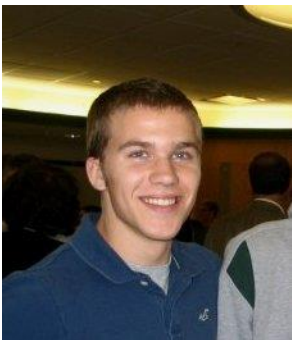
**Michelle Pebole** is from New Jersey. She graduated from Elon University with a B.S. in Exercise Science. She enjoys football, basketball, volleyball, hiking, reading, travelling, and spending time outside. Michelle is studying the effects of exercise on bone health in metastatic castration-resistant prostate cancer patients under the co-direction of Dr. Battaglini and Dr. Hackney.



**Erica Roelofs** is from Vernon Center, Minnesota. She graduated from Gustavus Adolphus College with a B.A. in Health Fitness. Erica loves sports and especially enjoys competing in triathlons. She also enjoys hiking, gardening, and nature adventures. Erica is investigating the effects of pomegranate juice extract on cardiovascular, muscular, and psychological measures in resistance training under the direction of Dr. Smith-Ryan.



**Christina Story** is from Atlanta, Georgia. She graduated from University of North Carolina at Chapel Hill with a degree in Exercise and Sport Science and then lived in Utah for five year. Christina enjoys running, biking, skydiving, skiing, rock climbing, and exploring national & state parks whenever possible. Her thesis research, under the direction of Dr. Battaglini, involves evaluating heart rate equations used for exercise intensity prescription in acute leukemia patients undergoing induction treatment.



**Eric Trexler** is from Mason, Ohio. He graduated from The Ohio State University with a B.S. in Exercise Science Education, with honors research distinction. Eric enjoys strength training, competing in natural bodybuilding and power lifting competitions, watching football, and working as a strength and conditioning coach. Eric plans to pursue a Ph.D. in exercise physiology. For his master thesis, Eric is studying the effects of creatine, coffee, and caffeine anhydrous on strength and repeated sprint performance under the supervision of Dr. Smith-Ryan.



**Andrew Tweedell** is from Fort Worth, Texas. He graduated from the University of Texas at Austin with a B.A. in Exercise Science and a minor in Business. He likes running, playing soccer and finding new restaurants to try. Andrew also finds time to attend many basketball and soccer games as well as explore the surrounding countryside. Under the direction of Dr. Ryan, Andrew is researching the effect of a high-protein low-carbohydrate ad libitum nutritional intervention on body composition and skeletal muscle characteristics in overweight and obese firefighters.

## Eight 1st Year M.A. Students



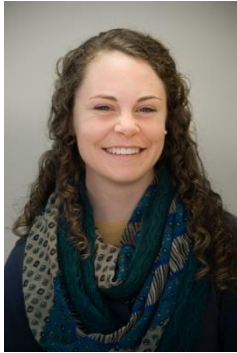
**Travis Anderson** is a 1<sup>st</sup> year masters student from Adelaide, Australia. He graduated from Oregon State University with a B.S. in Exercise and Sports Science. He was also a member of the OSU Men's Soccer Team. After graduating, Travis worked for a year as an assistant coach at Mars Hill University, coordinating the sports science and strength and conditioning for the Men's and Women's soccer programs. He enjoys all athletic endeavors, especially cycling and middle-long distance running. He is very excited about the opportunity to work under the tutelage and guidance of Dr. Hackney.



**TJ Barnette** is from Charlotte, North Carolina. He graduated from the UNC Chapel Hill with a B.A. in Exercise Science and commissioned as a 2<sup>nd</sup> Lieutenant in the NC Army National Guard. He enjoys golfing, mountain biking, skiing, and weight lifting. TJ will be studying under the direction of Dr. Eric Ryan and hopes to pursue either a career in athletic performance enhancement or research in a related field.



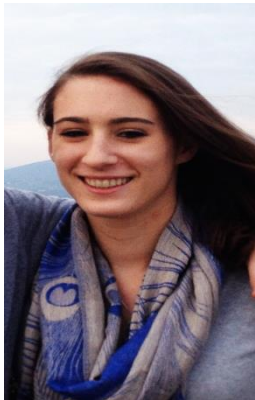
**Hope Davis** is from Davidson, North Carolina. She graduated from the University of North Carolina at Chapel Hill with Bachelor degrees in Chemistry and Exercise and Sport Science. She is excited to complete a thesis in the Exercise Physiology program under the direction of Dr. Marks. In her spare time Hope likes to backpack, rock climb, road cycle, swim and run, but her first love will always be frozen yogurt.



**Katie Hirsch** is from Grantville, Kansas. She graduated from Truman State University with a B.S. in Exercise Science. Katie enjoys all outdoor activities, especially running, and also enjoys cooking and trying new foods. She is excited to be at UNC pursuing a M.A. in Exercise Physiology under the guidance of Dr. Smith-Ryan.



**Kerry Martin** is from Cary, NC. He graduated from Wake Forest University with a B.S. in Health and Exercise Science. He enjoys training for and competing in triathlons, music, travelling, and just about any outdoor activity. Kerry is working under the direction of Dr. Battaglini and is excited to work towards his Master's at UNC.



**Erin McMullen** is from Hendersonville, NC. She graduated from University of North Carolina at Chapel Hill with a B.A. in Exercise Sport Science. She enjoys running, yoga, hiking, and any outdoor activity with her two dogs. Erin is looking forward to working with Dr. Battaglini.



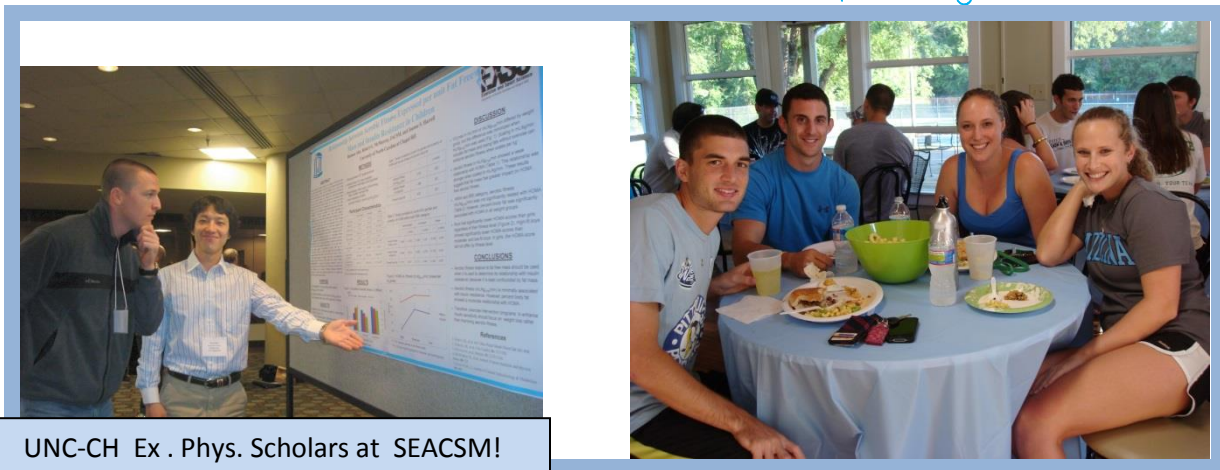
**Chad Wagoner** is from Archdale, NC. He graduated with a B.S. in Exercise and Sports Science and Health Sciences from Guilford College. While at Guilford, he played on the baseball team as a relief pitcher. Chad is an NSCA-Certified Strength and Conditioning and loves helping others obtain their exercise and fitness goals. He personally likes to go on runs, resistance, train, and try out any type of sport. Chad will be investigating strength and aging under the direction of Dr. Marks.



**Timmons Williams** is from Raleigh, North Carolina. She graduated from the University of North Carolina-Chapel Hill with a B.A. in Exercise and Sport Science. Timmons is excited to pursue research in the influence of estrogen on inflammation under the direction of Dr. Anthony Hackney. In her spare time, she enjoys doing anything active. Go Heels!

# 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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Circa 2009

*Have you heard about Halloween on Franklin Street?*