

2nd Year

James Ayscue was raised in Raleigh, North Carolina. He graduated with a B.A. in Exercise and Sport Science - Fitness Professional from UNC-Chapel Hill in 2015. During his time as an undergraduate at Carolina, he worked as an intern with the UNC Men's Basketball Strength and Conditioning program for three seasons and he continues to help out with the team. He loves working with people on lifting form and technique in the weight room and also enjoys watching many types of collegiate sports.



Ryan Brooks is from Shelby, North Carolina. He graduated from the University of North Carolina at Chapel Hill with a B.A. in Exercise and Sport Science and a Coaching Education minor. Ryan enjoys most athletic activities and he especially enjoys basketball and golf. He is also an avid running and weight lifter. Ryan is looking forward to learning more about exercise oncology under the direction of Dr. Battaglini in pursuit of his Master's at UNC.



Eli Danson is from Wausau, Wisconsin. He completed his B.S in Chemistry and Biochemistry at Carleton College in Northfield Minnesota. Eli enjoys all sporting activities, especially swimming and bowling, along with playing music and camping. He is an avid fan of Good Eats and the Green Bay Packers. Eli will be studying immunology and oncology under the direction of Dr. Hanson and is excited to learn about the relationship between the two fields



Hayden Giuliani is from Morgantown, WV and completed her Bachelor's degree at Waynesburg University in Pennsylvania. She studied athletic training and exercise science. Hayden enjoys any athletic activity, cooking, and spending time with family. She looks forward to working under Dr. Ryan and learning more about performance physiology.



Meredith Mock is from Winston-Salem, North Carolina. She completed her Bachelor's degree at UNC-Chapel Hill where she studied Exercise and Sport Science and Chemistry. Meredith enjoys cooking, lifting weights, going to concerts, and spending time at the coast with friends and family. She's excited to work with Dr. Abbie Smith-Ryan exploring the influence of exercise and nutritional interventions on overall health and fitness.

EXERCISE PHYSIOLOGY STUDENTS



Nic Shea is from Jeff City, MO. He attended Truman State University for a Bachelor's degree in Exercise Science. Nic also wrestled for Truman where he was a 2x NCAA Academic All-American. He is working under Dr. Eric Ryan in the neuromuscular lab and is excited to be studying in Chapel Hill.



Ryan Viverette is from Goldsboro, NC. He graduated from the University of North Carolina at Chapel Hill with a B.A. in Exercise and Sport Science. He enjoys playing sports, and resistance training but just loves being active. Ryan is working under the direction of Dr. Erik Hanson and is eager to begin research while working towards his Master's.



Kayla Vredevel is from Grand Rapids, MI and then moved to West Palm Beach, FL where she studied Athletic Training. Kayla came to UNC working under Dr. Hanson in the Master's program. Using her athletic training background, she hopes to look at muscle strength and biomechanics in a clinical population to improve their quality of life.

1st Year



Kara Anderson is from Bethany, CT. Kara graduated from UConn with a B.S. in Allied Health. She enjoys cooking and trying new food around the area and being outdoors, especially by the ocean. She is excited to be at UNC working on her M.A. in the Exercise Physiology program under the guidance of Dr. Smith-Ryan.



Andrew Borrer is from West Lafayette, Indiana. Andrew graduated from Hope College in Holland, Michigan with a B.S. in Exercise Science. He is studying Exercise Physiology and working with Dr. Battaglini in the Integrative Exercise Oncology Lab. Andrew loves running, recording music, Young Life, and cereal. Andrew is excited to start his Master's at UNC and explore Chapel Hill for the next two years.

EXERCISE PHYSIOLOGY STUDENTS



Jack Carver is from Hendersonville, North Carolina. He graduated from UNC Chapel Hill with a B.A. in Exercise and Sport Science. Jack is interested in studying the health benefits of exercise, particularly related to cancer and cardiovascular disease. Jack was a member of the club football team at UNC before severely injuring his knee. He is excited to be at Carolina for another two years and earn his Master's degree in Exercise Physiology.



Bill Evans is from Pittsburgh, Pennsylvania. Bill graduated from Slippery Rock University with a B.S. in Exercise Science. He is working with Dr. Hanson to assess the effects of exercise on the immune system. Bill is a Christian who loves lifting weights, running and science. Bill is excited to perform research and attend sporting events at UNC.



Victoria Hawley is from Kernersville, North Carolina. Victoria graduated from Appalachian State University with a B.S. in Exercise Science. She is a teaching assistant and Lifetime Fitness Instructor at UNC. Victoria loves to dance as well as hike to waterfalls in the mountains of North Carolina. Victoria is excited to start her Master's at UNC and live in Chapel Hill for the next two years.



Alexis Pihoker is from Cleveland, OH. Alexis graduated from Miami University with a B.S. in Kinesiology, minor in Nutrition, and concentration in Chemistry. She is working in Dr. Smith-Ryan's lab as a graduate researcher and is particularly excited to study sports nutrition, supplements, and body composition, as they relate to athletic performance and metabolism, especially in female populations. Alexis loves lifting and spending time with her family and church. She looks forward to completing her Master's at UNC and living in Chapel Hill- far away from lake effect snow.

EXERCISE PHYSIOLOGY STUDENTS



Q. Willey is from Bountiful, Utah. He graduated from Brigham Young University in Exercise Science. Q is working with Dr. Lee Stoner studying the effects of prolonged sitting on the cardiovascular system. He loves his wife, loves playing lacrosse and is loving North Carolina and the good people that live here.



Gabe Zieff is from Corte Madera, California. He has a B.S. from Skidmore College where he studied Health and Exercise Sciences and played on the Men's Soccer team. He firmly believes that a mindful, moment-to-moment awareness of one's psychophysiological state is a critical aspect of realizing true wellness. Sweet reggae music is the oxygen to his hemoglobin. Gabe is fascinated by the infinite miracles that are the human body and he is excited to continue exploring exercise physiology here at UNC.

Doctoral



Malia Blue graduated from The University of North Carolina at Chapel Hill with her BA in Exercise and Sport Science and her MA in Exercise Physiology. Working under the direction of Dr. Abbie Smith-Ryan, her primary research interests include nutritional supplementation, body composition and performance in current and retired athletes.



Gena Gerstner graduated from the State University of New York College at Cortland with a Bachelor of Science in Biology in 2009. In May 2013, she received a Master of Public Health in Social Behavior and Community Health at the University of Albany, School of Public Health. Thereafter, she received a Master of Exercise Science from California University of Pennsylvania in December 2014. Under the direction of Dr. Eric Ryan, her area of interest includes examining the influence of obesity and aging on neuromuscular function.

EXERCISE PHYSIOLOGY STUDENTS



Katie Hirsch completed her MA in Exercise Physiology at the University of North Carolina at Chapel Hill and her BS in Exercise Science at Truman State University in Kirksville, Missouri. Working under the direction of Dr. Abbie Smith-Ryan, she conducts research in the areas of exercise, nutrition, and body composition in athletic and clinical populations, with special interests in exercise and nutritional supplementation to improve performance, body composition, and metabolic health in women. Katie is a Certified Exercise Physiologist (EP-C) with the American College of Sports Medicine (ACSM) and a Certified Sports Nutritionist (CISSN) with the International Society of Sports Nutrition (ISSN).



Amy Lane is a 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 CH in 2009. 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.



Jordan Lee graduated from Elon University in 2012 where she studied Exercise Science and competed as a Varsity Track & Field athlete. She completed her Masters in Exercise Physiology at UNC Chapel Hill in 2015, and began her Doctoral work in the Fall of 2016. Jordan is mentored by Dr. Claudio Battaglini and is interested in the impact of exercise on cancer and cancer-treatment related side effects, especially chemo and cardio toxicity.



Jacob (Jake) Mota graduated from Texas Tech University in Lubbock, Texas with a Bachelor of Science in Exercise and Sports Science in 2014 and a Master of Science in Kinesiology in 2016. He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. Jake also has the Exercise is Medicine credential through the American College of Sports Medicine. Under the direction of Dr. Eric Ryan, his research interests include the influence of resistance training, aging, fatigue, and occupation on neuromuscular performance and muscle architecture in humans.



Eric Trexler graduated from The Ohio State University in 2013 with a Bachelor of Science in Exercise Science Education. In 2015, Eric graduated from UNC Chapel Hill with a Master of Arts in Exercise and Sport Science (Exercise Physiology). Eric studies the effects of various exercise and nutrition interventions on metabolism, performance, and body composition under the direction of Dr. Abbie Smith-Ryan.