

HHP *visions*

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Marie's Place Opens for Students, Faculty, Staff and Alumni

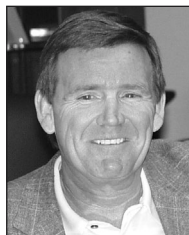
On October 23, 2003 Marie's Place was dedicated in honor of Marie and Walter Williams in recognition of their passionate support for the College of Health and Human Performance and the Department of Athletics. This gathering place, complete with tables, chairs, a television, and a small café, provides a wonderful place to meet, eat, and study for faculty and students. Located in Minges Coliseum at concession stand number one, breakfast is served from 7:00 a.m. to 11:00 a.m. and lunch from 11:00 a.m. to 2:00 p.m.



The dining area was established in recognition of Marie, who along with her husband Walter, has been a long time East Carolina University ambassador. The College of Health and Human Performance really wanted to say thank you for her tireless work and commitment to ECU. Marie says, "I am truly honored by this recognition and I am glad it is an area where students gather to eat, talk and study." The dedication of time and resources that both Marie and Walter contribute annually has advanced the College of Health and Human Performance, enabling us to enhance the educational process for our students. Marie is a 1953 alumna in Primary Education and Walter is a 1951 Health and Physical Education graduate from the College of Health and Human Performance.

We are fortunate to be the beneficiaries of Marie and Walter's generosity. As Dean Gilbert says "this place is truly special for our students and brightened even more on occasions when Walter and Marie come by for breakfast." We welcome them to come early and often as their presence enriches us all.

Leadership by Example: Jimmy Creech 2003-2004 Advancement Council, Chair



There are many types of leaders, but often the ones that are most respected lead by example. Such is the case with Jimmy Creech, a 1973 graduate, who has always played that role. As a student athlete majoring in Physical Education at ECU and serving as co-captain of the 1972 Conference Champion Football Pirates, he inspired both classmates and teammates alike.

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An ECU Scholar-Teacher's Perspective: Dr. Ronald Cortright, 2004 ECU/ HHP Scholar-Teacher & HHP Outstanding Researcher, shares his perspectives on teaching & research.



My professional mission as a scientist is to add to the body of knowledge of my discipline: bioenergetics and metabolism (the flow of energy in the body). However, I also maintain the professional resolution to share with my students the insights gained from research in my field of study. In this spirit, I recruit undergraduates from the classroom to join me in the laboratory where they practice by experimentation what they were exposed to in books and lectures. Many of these young

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College Welcomes Environmental Health Program to the Department of Health Education and Promotion

The Department of Health Education and Promotion recently welcomed the Environmental Health Sciences program as the newest program in the Department. Led by four outstanding Environmental Health faculty, the BS and MS in Environmental Health have been added to the department's list of degree offerings. Faculty include Dr. Dan Sprau who also serves as Environmental Health Program Director, Dr. Alice Anderson, and Mr. Ed Crotts. Dr. Barney Kane retired earlier this year and we are searching for a new faculty member to serve in his position. The Environmental Health programs, faculty, and students are

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Message from the Dean



Greetings from the College of HHP. Much has changed since our last newsletter but the commitment to a quality education for our students remains the core of our thinking and efforts. Our faculty continues their exceptional work in teaching, research and service.

Marking our continued growth, we have moved from school status to a College of Health and Human Performance. We have a new ECU Chancellor joining us this summer. Dr. Steve Ballard, the former Provost at the University of Missouri at Kansas City, brings exceptional experience and was selected from a stellar field. He brings great energy and new ideas but also a respect for our past. ECU owes great thanks to Dr. Bill Shelton for his leadership during the interim.

Our HHP advancement activities have shown continued success thanks to you and the work of our new Director of Development, Greg Abeyounis. The increases in donations could not have come at a more crucial time. As the State faces difficult economic times these gifts can be put to excellent use. We need to continue this growth if we are to maintain the exceptional improvements we have seen in recent

years. Two new fine department chairs have joined us and are highlighted in this newsletter. The RCLS department received national recognition for excellence this year. In addition to increased laboratory space, our facilities now include added study areas with Marie's Café and an outdoor study area equipped for computer use complete with fresh landscaping.

We lost two special people this year with the passing of Dr. Ernie Schwarz and George Williams. They were two very extraordinary friends and colleagues.

Our HHP Advancement Council headed by Jimmy Creech and Bob Basnight will be busy and in need of your help. The future is bright for the college which now has over seventy faculty housed in six buildings. One continuing need is additional space to meet our expanding operation. Plans call for the elimination of Christenbury, which means a new building or a major addition to Minges must be constructed before it comes down.

Thanks for your continued interest in ECU and HHP. Your success, energy, and support, continue to be our greatest assets in advancing the mission of the College of Health and Human Performance.

Peter Farrell, PhD Chair, Department of Exercise and Sport Science



Dr. Farrell received his B.S. Degree in Chemistry in 1969 from Bowling Green State University and a MEd in Exercise

Physiology from the same institution in 1973. He completed his doctorate in Animal Physiology at The University of Arizona. He worked in the area of general exercise metabolism at the University of Wisconsin, Milwaukee from 1978-1985 rising to the rank of Associate professor. He moved to Penn State University and spent 17 years there as Professor of Physiology and serving as Chair of the graduate program in Physiology and Director of the Noll Physiological Research Center. He came to East Carolina University in 2003 as Chair of the Department of Exercise and Sport Science. He is a member of the American Physiological Society and American Diabetes Asso-

ciation and is a fellow in the American College of Sports Medicine.

Dr. Farrell's research interests center on diabetes and exercise and he has published over 80 articles in journals in his field. He has conducted research while on sabbatical leaves at the University of Copenhagen, Denmark and the University of California-Berkeley. In May 2004 he was honored by the American College of Sports Medicine as a recipient of the prestigious Citation Award. He is married and has three grown sons.

David White, EdD Chair, Department of Health Education and Promotion



Dr. White received his B.S. in 1975 from Concord College with a double major in Mathematics and Health and Physical

Education and a MS in Health and Physical Education from Radford College in 1979. He completed his doctorate

in Health Education at the University of Tennessee in 1983. He has been a faculty member at ECU since 1981. He has served in a variety of administrative roles at ECU including acting chair of the Department of Health, Physical Education, Recreation and Safety, and Associate Dean for the then School of Health and Human Performance. He has served as chair of the Department of Health Education and Promotion since 2000 and also holds an adjunct faculty appointment in the Brody School of Medicine.

Dr. White's research interests that center on substance abuse prevention, school health, and program planning and evaluation have resulted in the publication of over 30 articles and several books and manuals in these areas. He has received the Taylor Dodson Young Professional Award, the Edgar Hooks Young Professional Award, and twice been honored by the ECU chapter of Eta Sigma Gamma for outstanding service. He is married and has one son and one daughter.

Recreational Therapy Program Nationally Recognized for Excellence



Recreational Therapy faculty (L to R): Drs. Richard Williams, David Loy, Susan McGhee, Thom Skalko, Carmen Russoniello

The Recreational Therapy academic program in the Department of Recreation and Leisure Studies received the 2003 Excellence in Education Award from the American Therapeutic Recreation Association. The award was presented to the program for distinguished educational contributions to the field.

Joseph Fridgen, PhD Chair, Department of Recreation and Leisure Studies



Dr. Joseph Fridgen received his B.A. in Psychology from the University of Minnesota, Morris and his PhD in Psychology from the University of California, Davis in 1979. He was a faculty member in the Department of Park, Recreation and Tourism Resources at Michigan State University (MSU) from 1979 to 2004 and served as chair from 1995 until 2003. During his 25 years at MSU, he taught both recreation and tourism courses and focused his research on a broad range of tourism and recreation issues in the state and region. In the early 80s he helped begin a Midwestern Chapter of the Travel and Tourism Research Association, now one of the largest chapters in the organization. He also helped develop the Tourism Industry Coalition of Michigan, a federation of associations concerned with the travel and tourism industry in Michigan. International programs have been important to him and he facilitated the development of student exchange programs in Mexico and the Netherlands.

Dr. Fridgen's research interests focus on recreation park use and state and regional tourism issues. His tourism textbook is used by hospitality, tourism and recreation programs nationally and internationally. He retired from MSU in 2004 and is pleased to join ECU faculty as Chair of the Department of Recreation and Leisure Studies. He looks forward to the challenges of his new position and working with the faculty to expand and develop the teaching, research and outreach programs in the Department.

Leadership by Example:

Jimmy Creech, *continued from front cover*

Since his glory days of football, Jimmy has won in many more diverse areas other than football. His athletic and academic successes have carried over to many other facets of his life. Jimmy and his wife, Debra Smith Creech, a 1973 graduate in Early Childhood Education, have two children, a son David and a daughter Emily. David is a graduate from UNC Chapel Hill with a degree in International Studies and History. Emily is a student at East Carolina University majoring in Early Childhood Education. Jimmy currently serves as President of Industrial & Construction Enterprises, Inc. located in Washington, North Carolina.

Although strongly devoted to his family and friends, Jimmy has managed to work on behalf of his alma mater in a variety of positive ways. He begins his second year as chair of the HHP Advancement Council. In this leadership role he works closely with Dean Glen Gilbert on a variety of projects and issues for the promotion of the College. He was recently elected to a four year term on the ECU Board of Visitors. On projects, in meetings, and when uniting alumni, Jimmy always provides outstanding motivation. Not only is he a catalyst for great ideas, he is also devoted to the successful completion of those ideas. According to Dean Gilbert, "Jimmy's leadership and vision will continue to serve his College well. His unwavering commitment to HHP has been and will continue to be vital to our success."

In Memorium

George E. Williams (1938-2004), ECU Assistant Professor Emeritus, alumnus ('61,'65,'81), and long-time distinguished faculty member in the College of Health and Human Performance Department of Exercise and Sport Science and the College of Education. Prior to his retirement from ECU in 2003 after 40 years of devoted service, Mr. Williams served in many important roles at the university, including that of ECU head coach for the Pirates baseball team, for which he received the Southern Conference "Coach of the Year" award; coordinator of physical education; and director of clinical experiences and the School Leadership program in the College of Education. George Williams was admired and respected by all who knew him. He will be greatly missed.

Dr. Ernie Schwarz (1930-2003), Professor Emeritus. During thirty-four remarkable years in the College of Health and Human Performance Department of Exercise and Sport Science (EXSS) before retiring in 2000, Dr. Schwarz consistently served as a mentor and leader in the department. He was director of the EXSS graduate program for many years and, as director of the Sports Administration program, he advised and mentored more graduate students than any other faculty member. Early in his career he directed the ECU intramural athletics program; later, he served as ECU Faculty Athletics Representative to the NCAA for almost two decades. We will miss our dear friend and colleague.

Retired

Dr. Barney Kane, Professor of Environmental Health, retired in 2004 after 30 years of devoted service to ECU. His teaching and research field of interest has been sanitary and environmental microbiology. His distinguished professional career included teaching high school chemistry, physics, and biology and serving as the Microbiologist-in-Charge of the Florida Shellfish Sanitation Laboratory. After earning his PhD in microbiology from University of Florida in 1971, he joined the faculty at ECU in the area of environmental health and safety. His plans for retirement include continuing his active involvement in environmental protection, conservation, and fishing!

Greenville, NC: Sports Illustrated Sportstown, USA

On March 9, 2004 Sports Illustrated, as part of their 50 year anniversary celebration, named Greenville, North Carolina, Sportstown for our state. Sports Illustrated picked the one town per state that had the most outstanding community enhancement in the quality of sports through parks and recreation. This award honoring the success of the Greenville Recreation and Parks Program, was received due to a comprehensive effort between Pitt County Schools, East Carolina University, and countless other community organizations. It is truly a celebration of Greenville and all of its residents.



This recognition is particularly important to East Carolina University and the College of Health and Human Performance. Students in the Recreation and Leisure Studies Program in HHP participate in a wide array of internships and field experiences within the Greenville Recreation and Parks Department. Greenville's success in recreation has been and will continue to be favorably influenced by several ECU and HHP alumna. Among them are:

- | | | |
|-------------------------|------------------------|-----------------------|
| Dean Foy ('87) ('97) | Charles Williams ('73) | Renee Skeen ('00) |
| Marcus McClanahan ('90) | Mark Tysinger ('02) | Stephen Warner ('91) |
| Braxton Patterson ('02) | Kelvin Yarrell ('97) | Chip East ('76) |
| Kathleen Shank ('85) | Bill Twine ('75) | Jessica Fiester ('02) |
| Theresa Holley ('72) | Dennis Vestal ('01) | Ben James ('76) |
| Ron Harris ('91) | | |

Deceased graduates/employees include: Walter Stasavich and Charles Vincent.

These talented alumni do a great job of providing recreation opportunities for the Greenville community. Their hard work and professionalism enhance the outstanding reputation of the Recreation and Leisure Studies program within the community and region.

2004 Membership Of HHP Advancement Council

2003-2004 Officers

- | | | | |
|---|--|--|---|
| | Mr. Jimmy Creech, Chair | Mr. Bob Basnight, Vice Chair | |
| Harry "Hal" Baird
Senior Associate
Athletic Director
Auburn University | Mr. Don Edwards
President, University Book
Exchange | Mr. Don Leggett
Special Assistant to Vice
Chancellor Institutional
Advancement, ECU | Ms. Emilie Tilley
Retired Principal, Virginia
Beach City Public School
System |
| Mr. Ronnie Barnes
Head Athletic Trainer
NY Giants Football | Ms. Carolyn A. Fulghum
ECU Retired, Assistant Vice
Chancellor | Richard "Rooster" Narron
Sportsman's World | Mr. Clay Walker
Senior Vice President,
National Football League
Players, Inc. |
| Mr. Bob Basnight
Owner, Basnight & Associates | Mr. John Hudson
First Vice President/
Investments
IJL Wachovia | Mr. Brian Pecheles
General Manager and Owner
Joe Pecheles Volkswagon, Inc. | Dr. LeRoy T. Walker
President Emeritus, NC
Central University and US
Olympic Committee |
| Mr. Jack R. Bray
Vice President/Mill Manager
Weyerhaeuser | Ms. Alice Keene
Director, Community Schools
& Recreation, Pitt County
Schools | Ms. Diane Poole
Chief Planning Officer
University Medical Centers
of Eastern Carolina | Ms. Renee Wareing
President, Coastal Scapes |
| Mr. Mike Bunting
President, Rubbermill, Inc. | Dr. Tally Lassiter, Physician
Orthopedics East | Mr. Jim Post
Owner, Post's Nursery | Mr. Walter L. Williams
President, Trade Oil Company |
| Mr. Jimmy Creech
President, Industrial &
Construction Enterprises, Inc. | | | |

How Your Contributions Impact the College of Health and Human Performance

Why is my gift to the College of Health and Human Performance important?

Your support specifically to any of the College of Health and Human Performance (HHP) accounts is crucial to your College's fundraising success. In times of economic challenge, it is more important than ever to obtain crucial resources to maintain and enhance the College's top quality educational offerings. This College has faculty and programs with growing regional, national, and international reputations for excellence. Alumni support keeps this momentum going and serves as a barometer for graduate satisfaction and pride. The proportion of Alumni who give to the College affects the ability of HHP to solicit the significant corporate and foundation support that enables our programs to grow and develop. Even more important than dollar totals is giving percentage. We are striving to achieve a 25% alumni giving percentage, reflecting the participation of 1,750 alumni donors out of approximately 7,000 graduates. Please consider giving at whatever level you are comfortable with as a reflection of the pride that you feel for the College of Health and Human Performance. Remember, every dollar in discretionary monies counts.

What Should I Give to?

As a donor you have great flexibility in where you designate your gift to the College. The East Carolina University Foundation, Inc. discretionary accounts include:

- The Health and Human Performance Unrestricted Fund
- Exercise and Sports Science Discretionary Fund
- Health Education and Promotion Discretionary Fund
- Recreation and Leisure Studies Discretionary Fund
- Environmental Health Discretionary Fund

Your contributions to any of these areas provide much needed unrestricted support that is crucial in maintaining and advancing the quality of all of our academic programs!

What do I gain from these contributions?

Here are just a few of the benefits associated with supporting the College:

- sense of accomplishment by enhancing the academic program from which you graduated
- strengthened relationship with and loyalty to your alma mater
- ability to influence today's young people who will be leaders tomorrow
- gain increased value of your own degree as HHP's reputation continues to grow
- tax deduction if you itemize your taxes

How do my contributions help HHP students?

Your contributions specifically provide:

- financial assistance and support services for student's
- technological and computer enhancements that include instructional computing equipment and software
- maintenance and upgrades to laboratories and classrooms
- resources to attract top caliber nationally recognized faculty

Okay, this is a great opportunity, how do I give?

Attached is a business reply envelope that goes directly to the ECU Foundation, Inc. Fill out the back of that envelope designating the College of Health and Human Performance with your dollar total and indicated under "other" the specific discretionary account to which you want to give. The funds then will be credited to that account. You will immediately receive a receipt and a thank you letter from the ECU University Advancement Office to be followed by one from the HHP dean. As a graduate, your support and interest is key to our academic endeavors. Your gift will have a significant impact in shaping the lives of our students. Thank you for your support.

Alumna Frankie Coleman Makes a Difference in Childhood Obesity Epidemic



Ben Quinn Elementary School Physical Education teacher and ECU graduate, Frankie Coleman has taken action against the epidemic of childhood obesity and diabetes. Coleman is the founder of the Pediatric Fitness Lab, a program she designed for Ben Quinn Elementary of New Bern, North Carolina. The fitness lab aims to increase student activity levels as well as their awareness of the importance of fitness over the course of their lives.

The program goes beyond the typical 45 minutes per week of Physical Education. It revolves around trying to get as many of the school's 455 students, their teachers, and parents involved in exercising at least three times per week. Coleman teaches the benefits of cardiovascular conditioning when the children participate in jumping rope, or jumping on trampolines, or by simple walking and jogging. She focuses on improving muscular strength and endurance with safe weight machines. Students perform flexibility exercises and note improved body composition over time. Healthy food choices and getting parents/families involved in the children's activity all help contribute to the children's health.

A veteran of teaching for over fifteen years, Coleman was shocked at the increase in medical problems of her elementary aged students in recent years. This realization motivated her to begin a program that would enable the children to enjoy exercise

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Teacher of the Year, Cheryl Estes

Dr. Cheryl Estes was selected the College of Health and Human Performance Outstanding Teacher for 2003-2004. Dr. Estes is an assistant professor in the Department of Recreation and Leisure Studies whose teaching excellence has been previously acknowledged at East Carolina University. She was the recipient of the Board of Governors Distinguished Professor for Teaching Award in 2002-2003 and the University Outstanding Teaching Award in 2001-2002.



Carol Ann Tucker is 2004 recipient of the APNC/NAADAC Art of Prevention Award.

College of Health and Human Performance faculty member, Carol Ann Tucker, received the prestigious Art of Prevention award presented by the Addiction Professionals of North Carolina (APNC)/National Association of Addiction Professionals (NAADAC). The award is given annually to one individual who has achieved distinction in the area of substance abuse prevention.

Ms. Tucker, an alumna of the college, has over 30 years experience in the field of substance abuse prevention. She has directed the Regional Training Center housed in the College of Health and Human Performance, Department of Health Education and Promotion, since 1985. The Center is a substance abuse prevention effort that has been continuously funded for 32 years by the state Division of Mental Health and Substance Abuse Services. With Ms. Tucker's leadership, the Center has been responsible for assisting forty-one, primarily rural eastern North Carolina counties in their substance abuse prevention efforts.

Ms Tucker also currently serves on the NC Substance Abuse Professional Certification Board, has chaired the Statewide Prevention Advisory Committee, and is a member of the Pitt County Safe and Drug Free Schools Committee and the Eastern North Carolina Substance Abuse Coalition. In addition to being a faculty member in the Department of Health Education and Prevention, she is the Director of the College of Health and Human Performance Advising Center.

Alumna Frankie Coleman Makes a Difference in Childhood Obesity Epidemic *continued from page 5*

and carry its benefits in the years to come. She also began the program to help with the end of grade testing scores, which determine state funding of schools. She had the idea, which is supported by Harvard research, that the children who get more activity may perform better on these tests. Fourth and fifth graders must pass these tests in order to go on to their next grade.

Coleman returned to her alma mater this fall semester by taking her fifth grade students for field trips to ECU's Human Performance Lab, a facility dedicated to exercise and its benefits through extensive research studies. This lab also provides a cardiovascular assessment program for the community. While visiting, the students rotated through four stations at the FITT Building. They were able to watch a very fit participant perform a maximal treadmill test, cheering him on to push to his physical limits, and enforcing what they have learned through Coleman's class on what regular exercise can do for the body. They performed some exercise themselves on an exercise step, and compared their resting heart rates to how high it gets with different exercise intensity. They listened to tips for healthy eating and activity, reinforcing their lessons with Coleman as they called out the correct servings of fruits and vegetables they should eat each day as well as examples of aerobic exercise. Their favorite part was getting to see real human hearts, borrowed from the medical school.

The College of HHP applauds the work that Coleman has done for her students. Coleman's program may affect one elementary school, but as these children move on, their habits may prove great example for their families and peers.



Faculty member Michael McCammon addresses Coleman's students.



HHP Welcomes New Development Director

The College of Health and Human Performance has recently added a new Development Director who is responsible for raising awareness, support, and resources for all College programs and initiatives. Greg Abeyounis began his job on December 8, 2003. His task is to build on the foundation provided by past Development Director, Jessica Gurganus, who moved with her family out of the area. Greg comes to HHP from Barton College in Wilson, North Carolina where he previously served as Director of Development for over four years. Prior to that, Greg served as Director of the Annual Fund for Barton College. Greg attained a B.S. Degree from Barton College double majoring in Business Administration and Sports Management.

"I am so thrilled to be working with the College of Health and Human Performance at East Carolina University. The family atmosphere at HHP has been wonderful. I have a strong personal interest in each of the College's undergraduate and graduate programs. This College is full of potential; graduates truly love this place and value the top quality education they received here. I look forward to working with all alumni to promote HHP's current successes and to strengthen the future of this special place. Your alumni will help make the College of Health and Human Performance thrive regionally, nationally and internationally. My job is to engage alumni and the many friends of the College encouraging them to be active participants in building the foundation of a comprehensive top-level program. I look forward to establishing and strengthening relationships through this exciting process."

College Welcomes Environmental Health Program to the Department of Health Education and Promotion continued from front cover

highly respected among their colleagues across the state, nation, and internationally. The inclusion of these faculty and their undergraduate and graduate programs in the Department offers many exciting opportunities for teaching and research collaboration, particularly in the areas of public health and safety. We are fortunate to have the addition of this outstanding program to the Department and the College.

2003-2004 Student Scholarship & Award Recipients

University Book Exchange Scholarship/HHP

Christy Nicole Price

Gravelly Foundation Scholarship/HHP

Ian Kiel McAdam

William E. Cain Scholarship/HHP

James Warren Gheen

Mike Bunting Scholarship/HHP

Michael Lawrence Henley

G. Brantley & Barbara F. Aycock Scholarship Fund for Physical Education Teachers/EXSS

Wesley Crawford Spence

Gay Blocker Scholarship/EXSS

Chad Alan Eirich

Nell Stallings Scholarship/EXSS

Wesley Crawford Spence

Catherine A. Bolton Scholarship

Audrey A. Abner Amanda Sawyer Padgett

Catherine V. McCulley Memorial Scholarship for Exercise Physiology/EXSS

Jessica Basilio

Sports Medicine Alumni Scholarship/HTLH

Justin Brewer

Charles A. Vincent Memorial Scholarship/RCLS

Jessica Marie Martin

Donna J. Mooneyham Achievement Award in Aquatic Therapy/RCLS

Audrey Weston Eason

Robert W. Basnight Scholarship/RCLS

Ian Kiel McAdam

Exercise Sport Science Outstanding Graduates Spring 2004

Michael Anthony Valiando/BA Exercise Sport Science

Jennifer Nicole Bonitz/BS Physical Education

Leslie Suzanne Peeler/BS Health Fitness Specialist

Rachel Ann Segneri/BS Exercise Physiology

Overall Outstanding Graduates 2003-2004

Amanda Sawyer Padgett/BS Health Fitness Specialist

Health Education & Promotion Outstanding Graduates Spring 2004

LaTangee DeGrace Knight/Community Health

Karie Lynn Durst/BS Environmental Health

Mariah Kimberly Hornbuckle/BS School Health

Allison Poole Owen/Worksite Health

Nicholas James Serafini/Prehealth Professions

Tyler Bruce MacDonnell/BS Athletic Training

Overall Outstanding Graduates 2003-2004

Stacey Marie Herrin/BS Athletic Training

Recreation & Leisure Studies Outstanding Undergraduates Spring 2004

Sarah Elizabeth Coppedge/BS Recreational Therapy

Susanna Avant Worthington/BS Management of Recreation Facilities & Services

Overall Outstanding Graduates 2003-2004

Angela Denise Walker/BS Recreational Therapy

Kathryn E. Veazey/BS Management of Recreation Facilities & Services

College of Health and Human Performance

2003-2004 Faculty Awards, Accolades, and Accomplishments

Dr. Alice Anderson (HEP): Received recognition as an Emerging Leader in the Field of Public Health by the National Center for Environmental Health (NCEH), Centers for Disease Control and Prevention (CDC) Agency for Toxic Substances and Disease Registry. Collaborated with the Smithsonian Institution and the US Army in imaging mosquito species, including pilot testing three-dimensional images of species found in NC for which ECU will serve as repository.

Dr. Rick Barnes (HEP): Presented at the 2004 American School Health Association in El Paso, Texas. His students presented at the North Carolina Alliance for Health, Physical Education, Recreation, and Dance in Greensboro, NC in 2003 and the American Alliance for Health, Physical Education, Recreation, and Dance in New Orleans, LA, in 2004.

Dr. Craig Becker (HEP): Presented data about desired skills of future health professionals at the North Carolina Alliance for Health, Physical Education and Recreation annual conference. Articles forthcoming in the *American Journal of Health Education* and the *American Journal of Health Studies*.

Mr. William Cain (HHP): Continued to serve as the Assistant to the Dean and College Facilities Director. Was awarded the gold medal in racquetball for the 15th consecutive year at the 2004 Pitt County Senior Games.



Dr. Nelson Cooper (RCLS): Recipient of the "Leadership for the Future" Award by the Society of Park and Recreation Educators at the National Recreation and Park Association Conference in October 2003. Conducted a *Youth Development Through Recreation* service-

learning project in Spring 2004 involving students and five youth-serving agencies. The project was noted to be one of the largest single service learning efforts that has been conducted through ECU. Dr. Cooper is the recipient of the 2004 Excellence in Service Award presented by ECU Volunteer Center.

Ms Julie Cox (EXSS): Served as workshop director for the annual American College of Sports Medicine Health Fitness Instructor workshop and certification held in May 2003. Colleague **Mike McCammon** was the Certification Director and **Donna Scales** and **Jennifer McCartney** were Assistant Site/Workshop coordinators for the workshop.

Dr. Paul DeVita (EXSS): Served as Associate Editor of the *Journal of Applied Biomechanics* and *Exercise and Sport Science Reviews*.

Dr. Cheryl Estes (RCLS): Elected to a three-year term on the national board for the Society of Park and Recreation Educators.



Dr. Brian Focht (EXSS): Presented at the March 2004 annual meeting of the Society of Behavioral Medicine. Presented as part of two featured symposiums at the American College of Sports Medicine conference in June 2004. Articles forthcoming in the *Journal of Social and Clinical Psychology*, *Journal of Applied Sport Psychology*, *Journal of Behavioral Medicine*, and *Annals of Behavioral Medicine*.

Dr. Mary Alice (Deedee) Glascoff (HEP): Elected as the East Carolina University representative to the University of North Carolina system Faculty Assembly and served as Chair of Faculty Governance at ECU.

Dr. Jimmie Grimsley (EXSS): Honored in Fall 2003 for 35 years of dedicated service to ECU. Directed the annual J.R. Grimsley Hot Stove Baseball Tournament to which the best high school baseball teams in the State are invited. Received the North Carolina High School Athletic Association (NCHSAA) Student Services Award, September 2003.

Dr. Joe Houmard (EXSS): Invited speaker at the Children's National Hospital, Washington, D.C., Center for Genomic Medicine. Co-Investigator on a National Institutes of Health (NIH) grant that funded a collaborative effort by ECU and Duke University for a research study called STRRIDE II (Studies of Targeted Risk Reduction Interventions through Defined Exercise). This second 5-year funding cycle will continue to examine how exercise reduces cardiovascular disease risk.

Ms. Rhonda Kenny (EXSS): Coordinated and hosted the 6th Annual North Carolina K-12 Physical Educators Teachers Workshop held in Minges Coliseum, October 2003.

Dr. David Loy (RCLS): Renamed the North Carolina State Representative for Waterskiers with Disabilities Association (W.S.D.A.). Will oversee the third year of funding for the Walker Center Adapted Recreation Grant promoting recreation and sport opportunities for individuals with disabilities in Pitt County. Advisory Board Member and Treasurer of the Rocking Horse Therapeutic Riding Program.

Dr. Matt Mahar (EXSS): Nominated for the 2004 Honor Award for the Measurement and Evaluation Council of AAHPERD. Directed the Activity Promotion Laboratory located in Minges Coliseum. Served on Centers for Disease Control and prevention,

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Students Value ECU's Personal Health Course

Do you remember taking a health course while here at ECU? The class you may have taken, HLTH 1000 or "Health in Modern Society," continues to be offered as a two-credit-hour course that meets ECU's General Education requirement in health. Approximately 110 sections of this course are taught each year, reaching nearly 4000 ECU students.



Alumna Cathy Howell teaching HLTH 1000.

It is the largest personal health course offering in the United States. HHP Alumna, Ms. Debra Tavasso serves as the Director of the course and oversees the graduate assistants (GTA) who participate in teaching it. Guided by Ms. Tavasso, the Department works diligently to ensure that instruction is high quality and relevant to our students' significant needs for health information. Four faculty members serve as master teachers and mentors for our teaching assistants. Our GTA Mentoring Program is unique and recognized as one of the best of its kind.

Although this is an era characterized by significant health concerns as well as breakthroughs in health knowledge, most students who come to college have not had a health course since they were high school freshmen. HLTH 1000 offers our ECU students an opportunity to learn current, comprehensive health information that is critical to them as they experience the many decisions and responsibilities that accompany college life and as they undertake the lifestyle changes associated with health promotion and disease prevention.

Do students like taking this personal health course? The answer from students is a resounding, "Yes! We like this course!" In fact, data from over 3,500 students gathered over a three-year period show that nearly 9 out of 10 students believed the course concepts, content and experience increased their knowledge of health. Three out of 4 students indicated that, "as a result of this class, my attitude is more positive toward healthy behaviors." Almost 8 out of 10 students said, "HLTH 1000 should remain a general education requirement." We agree. While society struggles with the strategies, technologies, and payment systems necessary to support the health of its citizens, maintaining optimal health requires a lifetime commitment to healthy behavior choices. Individuals make that commitment based on knowledge, values and attitudes about health. At ECU we believe that we are providing our students with the knowledge and skills necessary to make healthy choices throughout their lives.



Pictured in this photo from left to right: Dr. Glen Gilbert, Dean HHP; Mr. George Williams, United States Olympic Head Coach Men's Track and Field; Dr. LeRoy T. Walker, Chairman of the Walker Center Board; and John Carlos, Olympic Medal Winner.

The Walker Center

The Walker Center was officially located within the College of Health and Human Performance during the 2003-04 academic year. The Office for the Walker Center is located within the Dean's area of HHP. A new board has recently been assembled to provide input for defining a successful business and marketing plan to strengthen the Center for the future. The Walker Center provides access to state of the art physiologic and biomechanics testing and evaluation of athletes who are Olympic hopefuls from all nations. The testing and application of technique gained while at the Center is applied to enhance the athletes' over-all performance.

Dr. Peter Farrell Recipient of Prestigious Award



Dr. Peter Farrell, Chair of the Department of Exercise and Sport Science since 2003, is the recipient of the prestigious American College of Sport Medicine 2004 Citation Award. This award recognizes his outstanding original contributions in the area of integrative exercise physiology, exceptional dedication to mentoring graduate students, and ongoing commitment to professional excellence. He has published over 80 research papers, including a series of influential articles characterizing the role of endorphins during exercise and a seminal paper published in 1979 and republished in 1993 as a "classic" paper in *Medicine and Science in Sports and Exercise* titled, "Plasma Lactate Accumulation and Distance Running Performance." In his role as Chair, Dr. Farrell continues his longstanding commitment to providing a nurturing and stimulating environment in which individuals can thrive in their professional endeavors.

Prevention Research Centers Program Grant Review Panel, 2004.

Dr. Susan McGhee (RCLS): Recipient of the Presidential Certificate of Recognition by the North Carolina Recreation Therapy Association for the professional contributions she has made to the organization. Hosted the annual North Carolina Recreation Therapy Association Student Issues Forum held on ECU campus in March 2004.

Dr. Nick Murray (EXSS): Submitted a National Science Foundation grant with **Dr. Carmen Russoniello (RCLS)** and U. Missouri-Rolla titled, "Mathematical Modeling and Psychophysiological Measurement of Mental Workload in Virtual Reality Environments." Published an article in *Journal of Sport and Exercise Psychology*.

Dr. Suzanne Orr (HEP): Served as principal investigator on a Robert Wood Johnson Foundation grant that addressed maternal depressive symptoms and postpartum smoking. Wrote a book chapter for *Clinical Ob-Gyn* about social factors and preterm birth.

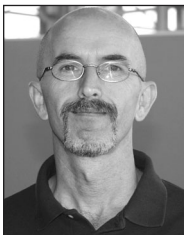
Dr. Gary Overton (EXSS): Provided radio (AM-1250) commentary for ECU baseball this season.

Dr. Robert Pfister (RCLS): Elected as a Board Director for the Recreation, Tourism, and Sport Specialty Group at the Annual General Meeting of the Association of American Geographers (AAG). Serves as Newsletter editor for the AAG Specialty group.

Dr. Tom Raedeke (EXSS): Elected to the Editorial Board, *Journal of Applied Sport Psychology*. Presented an invited workshop on athlete burnout at the 2004 national American Association of Health, Physical Education, Recreation and Dance convention in New Orleans.

Mr. Jon Rose (EXSS): Honored in Fall 2003 for 25 years of dedicated service

to ECU. Organized and hosted EXSS faculty luncheons with retired HHP professors **Lorraine Graff** (Sept. 2003), **Odell Welborn** (Jan. 2004), and **Earl Smith**, who was also an ECU coach (April 2004).



Dr. David Rowe (EXSS): Recognized as Reviewer of the Year by the *Measurement in Physical Education and Exercise Science* journal. Served as

Chair of Measurement and Evaluation Council of the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) and the Measurement Program Planner for the 2004 AAHPERD national convention.

Dr. Carmen Russoniello (RCLS): Published a book chapter on recreational therapy and disaster relief and another on the efficacy of recreational therapy. Continued research on stress reactivity and childhood obesity. Invited presenter at the Department of Health and Human Services 2nd annual HealthierUS summit on 10 years of research on using prescribed recreation in health promotion and disease prevention. **Dr. Russoniello** and **Dr. Thom Skalko (RCLS)** were the recipients of the Ann James Award for Best Presentation at the 2002 Southeast Therapeutic Symposium in Gatlinburg, TN.

Ms. Donna Scales (EXSS) and Ms Rhonda Kenny (EXSS): Presented at the National Association for Physical Education in Higher Education in January 2004 in Clearwater, Florida.

Dr. Terry Senne (EXSS): Received a grant from the Pediatric Healthy Weight Research and Treatment Center (with **Dr. Boni Boswell**, **Dr. Jim Decker**, & **Dr. David Rowe**) to study teachers' perceptions and practices regarding children's physical activity in middle school physical education.

Dr. Joe Shrader (HEP): Elected Vice-President of the Northeast Region of the North Carolina Driver and Traffic Safety Education Association during the annual conference, April 2004.

Dr. Thom Skalko (RCLS): Recipient of an Outstanding Service Award from the National Association of Underwater Instructors (NAUI) for his contributions to all levels of instructor training. Coordinated the Southeast Therapeutic Recreation Symposium in Wilmington, NC in July 2003.

Dr. Dan Sprau (HEP): Called to active duty as a reserve officer in the Commission Corps in the US Public Health Service. Invited by the International Atomic Energy Agency to present a paper at the 9th International Conference on environmental Remediation and Radioactive Waste Management held at Oxford University. England.



Ms. Debra Tavano (HEP): Selected as the Department of Health Education and Promotion Alumna of the Year for 2003-2004. Served as speaker for the Spring 2004 College of Health and Human Performance graduation ceremony. Presented a paper at the 2004 North Carolina Association for Research in Education (with **Barry Elmore**, **Charla Blumell**, and **Sharon Knight**) about the mentoring program she continues to direct in the Department of Health Education and Promotion.



Ms. Karen Vail-Smith (HEP): Continued her cutting-edge work using technology in teaching. Developed a new undergraduate course called Sexual Health (HLTH 2050). In collaboration with HHP instructional technologist,

continued on page 11

2003-2004 Faculty Awards, Accolades, and Accomplishments, *continued from page 10*

Chuck Baldwin, produced a series of 14 video "lecture launchers" for the course. Also piloted an electronic classroom-based student response system.

Dr. Katie Walsh (HEP): Served as Vice-President for the North Carolina Athletic

Trainer's Association and Program Chair for the NATA District 3 meeting (NC, SC, MD, VA, WV). Served as an elected member of the Joint Review Committee in Athletic Training Education Programs that oversees national accreditation of athletic training programs.



College Congratulates its First PhD Graduate

Burton Holmes is slated to graduate in summer 2004 with his PhD in Bioenergetics. He is the first student to graduate from this doctoral program that is housed in the College of HHP Department of Exercise and Sport Science. Dr. Joseph

Houmar, Director of the Human Performance Laboratory, directs the interdisciplinary Bioenergetics doctoral program that is offered in conjunction with the Departments of Biochemistry and Physiology at ECU Brody School of Medicine. Students study the role of energy transportation under varying metabolic conditions such as rest, different intensities of exercise, and illness states such as diabetes and obesity.

Burton was born and raised in Santa Rosa, CA. He previously attended Brigham Young University where he earned his B.S. in Human Biology and M.S. in Zoology. Upon completing his degree, Burton plans to take a post doctorate position with a pharmaceutical company.

An ECU Scholar-Teacher's Perspective: *continued from front cover*

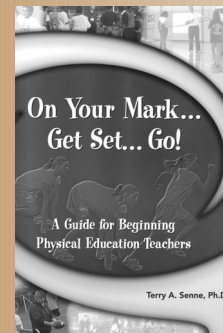
Individuals have won competitive university or national awards and have presented their research findings at local and national conferences. I also maintain that "teaching is not just an addendum to research; it is an obligation that comes along with the job of a scholar." I engage students in the classroom with information learned from the laboratory and devote much effort to helping students become active learners rather than temporary deposits of factual information. Thus, it has become my mission to devote less time to filling the mind and more to developing it. I have learned that students are more attentive in the classroom if I create an interactive learning environment versus using solely the traditional style of teaching, the lecture. While some time must be devoted to presenting new information to students, higher learning (according to Vygotsky) occurs in a social atmosphere in which students are afforded the opportunity to interact with one other and their teacher.

Alumna wins National Teaching Award

Department of Exercise and Sport Science Alumna Erin Finnegan Shirley ('84, '99) was named the 2004 Eastern District Middle School Physical Education Teacher of the Year by the American Alliance for Health, Physical Education, Recreation, and Dance. Erin graduated from ECU with a B.S. in Health and Physical Education and an M.A. in Exercise and Sport Science (Adapted Physical Education concentration). She is currently working at Windham Middle School in Windham, New Hampshire, and serves as an athletic trainer at Salem High School in Salem, New Hampshire.



HHP Authors

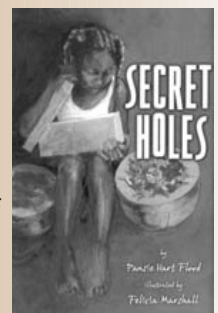


Dr. Terry Senne, a faculty member in the Department of Exercise and Sport Science, has written a new book, *On Your Mark... Get Set... Go! A Guide for Beginning Physical Education Teachers*, that will help

teacher candidates transition from the university to their first teaching position. The handbook, published by the National Association for Sport and Physical Education (NASPE) in 2004, will also serve as a valuable reference for any physical education teacher who is considering moving to a new school.

Dr. Senne brings significant knowledge, expertise, and her own teaching excellence to this topic. She is an educator with middle and high school teaching and coaching experience who currently coordinates the graduate pedagogy program in the Department of Exercise and Sport Science. She also serves as an adjudicator for NASPE/NCATE Initial Physical Education academic programs. On the national level, Dr. Senne chaired the NASPE Council on Professional Preparation in Physical Education (COPPE) and the 1999 National Teacher Education Conference in Physical Education. She received the 2002 NCAAHPERD Physical Education Teacher Educator of the Year Award. She also received the ECU/College of Health and Human Performance Scholar-Teacher Award for 2002-2003.

Department of Health Education and Promotion alumna, Pansie Flood, published her second book titled *Secret Holes* in 2003. Her previous book, *Sylvia and Ms. Lula May* was published in 2002.



News about you...

Alumni

Alumni are the most important feature in HHP Visions and we want to hear from you. If you have news to share, please send it and we'll use it in the Alumni News section. Drop us a note with your comments & suggestions. Please include a recent photograph. Don't be shy! Let us and your classmates know what you're up to these days!

Name (first/maiden/current last name)

Class Year/Major

Spouse's name (first/maiden/current last name)

Class Year/Major

Street

Phone (Area Code)

E-Mail

City/State/Zip Code

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