A New Chapter…

Let me begin my first opening message by saying thanks to Dr. Perry for her 17 years of leadership as department chair. I had the pleasure of serving as her associate chair for the past eight years as the department grew in faculty and students. With Kevin Jacobs’ assistance as associate chair, we hope to continue the path forged by Arlette.

Our common purpose at the university is to transform lives through teaching, research, and service. That being said, I would like to update you on each of those areas.

TEACHING

As we come to the close of 2017, our undergraduate and graduate programs continue to flourish. The department has a total of 687 students: 394 majors and 293 minors.

Majors/minors by program are as follows:

**Athletic Training 20/32; Exercise Physiology 210/86; and Sport Administration 164/175.**

A great deal of the success of these programs lie with the program coordinators: Dr. Kysha Harriell in Athletic Training, Dr. Wesley Smith in Exercise Physiology, and Dr. Susan Mullane in Sport Administration.

At the graduate level, the department’s programs remain vibrant as well, with 224 Master’s and Doctoral students.

Led by Dr. Kevin Jacobs, the Exercise Physiology program has 58 students across three tracks. The Clinical and Applied Exercise Physiology track has 15 students; Nutrition for Health & Human Performance has 18 students; and Strength and Conditioning / Fitness Entrepreneurship program has 25 students.

The nutrition track is led by Dr. Wesley Smith and Strength and Conditioning is directed by Dr. Brian Biagioli.

The Sport Administration program has 166 graduate students, led by Dr. Windy Dees. The program has 30 on campus students and 136 active online students.

**The Sport Administration’s online graduate program continues to be the largest program offered under the U Online banner of graduate programs.**

The Athletic Training program has recently been approved to begin its on campus graduate program, with the first class schedule to start in the fall of 2020.
RESEARCH

The research productivity of the faculty continues to be aggressive.

With only eight of the 18 faculty members in tenure lines, the level of productivity and impact on the academy is noteworthy.

One measure of a researcher’s impact is how often their work is cited by other scholars.

The faculty have a total of 167 publications that have each been cited over ten times by their peers.

In total, the work of the faculty has been cited in over 8000 other peer publications. Dr. Joe Signorile alone has over 2600 citations of his work.

Simply put, the KIN faculty are leaders in their fields of study.

SERVICE

The third area of focus is service. Service can take a faculty member down multiple paths. Service can lead to involvement with campus governance such as Dr. Maggie Aldousany’s role representing the department on School Council or Dr. Tywan Martin serving as the chair of the Faculty Senate’s Student Affairs Committee, and Dr. Jacobs’ service as the school’s representative to the Graduate School Council.

Community service provides another avenue for faculty. Dr. Ajaya Williams has established a CPR training center certified by the Health & Safety Institute which will provide CPR training to athletic trainers and others in the community seeking certification.

In the months ahead, we will be presenting our alumni and friends of the department with numerous opportunities to assist in our educational and research initiatives. We welcome not only your financial support but your time and personal resources that help us to provide a dynamic experience for our students here at the U.

Regards,

Dr. Warren Whisenant
NEW FACES IN THE FACULTY

Dr. Ajaya Williams and Dr. Erin McNary Join the KIN Faculty

Dr. Erin McNary joined the University of Miami faculty in August 2017. Prior to joining the Sport Administration faculty, she was at Indiana University-Bloomington (IUB) where she taught in the Sport Marketing and Management program. After receiving her doctorate degree at IUB, she worked at two different universities in St. Louis, MO (USA) where she had the opportunity to teach a variety of courses and work with numerous sports organizations.

She also has several years of experience working in the events and operations area of campus recreation at University of Illinois, Arizona State University, and University of Texas-San Antonio as well as five years of experience working for a national physical activity and fitness awards program. In her free time, she enjoys traveling, visiting family and friends, watching movies, and trying new restaurants. She is also a certified yoga instructor and enjoys working out, playing tennis, and golfing.

Dr. Ajaya Williams has joined the Department of Kinesiology and Sport Sciences as the new Athletic Training Clinical Education Coordinator and Lecturer replacing Justin Tatman.

Dr. Williams comes to us from Columbia University where she was a member of the athletic training staff for over ten years. She worked as the Head Men’s Basketball Athletic Trainer and coordinator of sports medicine coverage for the men’s and women’s golf, and women’s archery teams. Dr. Williams’ Bachelor’s degree is in Athletic Training from Hofstra University, she earned her Master’s degree in Sports Administration from Florida State University, and she worked with the NFL’s Buffalo Bills Football Club, as an athletic training summer intern. Dr. Williams recently earned her doctoral degree in Health Education from the Columbia University Teacher’s College in May of 2016. Her research focuses on concussion education and protocol compliance in the secondary school sector.

A New York native, Dr. Williams established a record as a volunteer in her community with various sports organizations, where she provided athletic training coverage for local sports leagues as well as presented on preventative health care. She hopes to continue these efforts within the local Miami community.
SPORTS ADMINISTRATION PROFESSORS PRESENT AT NATIONAL CONFERENCE

In early November, UM Sport Administration professors, Drs. Dees, Martin, and McNary, attended and presented at The Sport Marketing Association (SMA) Conference in Boston, MA. SMA has over 350 active members, the majority of whom are university professors of sports marketing and management who conduct leading-edge research as well as educate and advise hundreds of students who enter the sport industry each year.

Dr. Dees, along with colleagues, delivered a presentation on The Madness of it all: Examining the Brand Personality of the Official Sponsors of the NCAA during March Madness while Dr. Martin presented on the Dick Howser Trophy Campaign, the trophy awarded to the best college baseball player in the country. Dr. McNary and colleague presented on Rule 40 and Athletes’ Social Media Use During the 2016 Rio Olympics.
Led by Drs. Signorile and Eltoukhy, a group of researchers at the University of Miami’s Laboratory of Clinical and Applied Physiology are using a Xbox Kinect to provide valuable and groundbreaking quantitative data to clinicians and patients alike.

In what would normally need machines that cost hundreds of thousands of dollars, Dr. Signorlie and his team have found a way to provide clinicians with powerful quantitative metrics that allow them to see deeper into the possible problem a patient is having, while providing them with a more accurate diagnosis.

In July, Drs. Signorile and Eltoukhy received the Parkinson’s Advocates in Research (PAIR) Leadership Award from the Parkinson’s Disease Foundation. The award is a yearlong fund and is being used to help support their research work with Parkinson’s disease.
COLLEGE GAMEDAY SETS THE TONE ON CAMPUS

ESPN's College GameDay visited campus on Saturday, November 11th.

As part of the festivities, the Sport Administration faculty, along with a few undergraduate and graduate students, had a chance to get a behind the scenes look of the GameDay set on and meet with one of the show's producers.

Big thanks goes out to Michael Turner, Assistant AD Events & Operations, for coordinating our visit with ESPN! Not only did the team go on to dominate Notre Dame, that episode of College GameDay was the highest rated of year!
GRADUATE NUTRITION PROGRAM CONTINUES ITS GROWTH

The Food Science and Management course (KIN 623) explores how a foodservice operation functions from receiving to service.

Students are not only taught the principles of food production but get to experience it first hand by developing recipes and applying the cooking techniques that they learned in a cooking lab.

Students also tour the kitchen of Mahoney Pearson dining hall and get a chance to see how an actual food service establishment functions as well as meet the management staff. The course also includes information regarding food safety, management and administration of foodservice systems.

For their final project, students will present a new restaurant concept including a full-menu for their establishment and present it in class. Hot topics and trends in the field are also discussed throughout the semester, including research paper discussions.
This past spring, Dr. Kysha Harriell assumed her role as the Chair of the NATA Ethnic Diversity Advisory Committee. Dr. Harriell has been active with the EDAC committee since 1998 when she served as the committee’s second ever Graduate Student Representative. Her passion for teaching cultural competency and recruiting ethnically diverse students, makes this appointment a natural fit for Dr. Harriell.

The mission of the Ethnic Diversity Advisory Committee (EDAC) is to serve in an advisory capacity to the Board of Directors of the NATA. EDAC strives to 1) identify and address issues relevant to the ethnically diverse populations to better serve the needs of our patients, as well as members of the profession, and 2) to advocate sensitivity toward cultural diversity, development of cultural competence within the profession and promotion of athletic trainers as leaders in issues related to cultural competence and professional diversity within the health care professions.

Ask Dr. Harriell About EDAC’s:

- Diversity Enhancement Grants
- ILEAD Grants for Students
- John A. Mayes EDAC Scholarship
- David H. Perrin EDAC Scholarship
- Diversity Statistics & Reports
- Mentorship Database
- Bill Chisolm Service Award
- Service Projects
- NATA Symposium Career Day
ALUMNI SPOTLIGHT: Kyle Bellamy

Kyle Bellamy was a high school standout, two-time All-American at the University of Miami from 2008-09 and on the brink of getting consistent playing time as a Major League Baseball relief pitcher for the Chicago White Sox in 2010.

But then he hurt his shoulder, causing him to miss all of the 2011 season. Just two years later, he tore the ulnar collateral ligament in his elbow and had to have Tommy John surgery, a procedure that often alters pitchers’ careers forever.

While rehabilitating his arm in fall 2014, Bellamy chose to go back to UM to finish his undergraduate degree in exercise physiology.

That’s when Bellamy fell in love with the program and, with his wife pregnant with their first son, made the decision to stop playing baseball and pursue another path.

“The preparation that athletes go through for game day is something I really grew an interest for,” Bellamy said. “I developed a really serious passion for this type of coaching – strength and conditioning and athletic performance. My own career started dwindling a little bit, but that was okay with me because I was just as excited to start my new career.”

After 1 1/2 years interning full-time with UM baseball’s strength and conditioning coach, Brian Gabriel, Bellamy was offered the job as the Hurricanes’ director of football nutrition and performance in February 2016. The position was created when head football coach Mark Richt and his staff were hired that year.

“It was the best decision I ever made because, if I would have stalled and finished the season up there, I wouldn’t have been in that fall semester,” Bellamy said. “Who knows what would have happened from there? My whole timeline was about perfect timing.”

Bellamy, 29, now oversees the sports nutrition needs for Miami’s entire athletics department, including nutrition education, counseling, training tables, body composition analysis and supplement evaluation. But football is his primary responsibility, and the 114 players on the roster take up nearly all his time.
“We are developing athletes to help them reach their maximum potential and having a positive impact on their careers,” Bellamy said.

Bellamy and his staff tailor their nutrition plans to each player based on what he is doing in the weight room – whether he is trying to gain, lose or maintain his weight, and if he is trying to gain muscle or size.

Players are required on most days to eat both breakfast and dinner at the school dining hall, where scheduled meals are planned for each athlete’s specific needs. Bellamy will be there, sitting down with the players to make sure they’re eating the right foods.

The athletes are usually given more freedom for lunch, but the meals mostly will be nutritious options catered from restaurants such as P. F. Chang’s, Carrabbas and Pollo Tropical. Bellamy picks meals with a high carb-based starch and a quality-protein meat for players to refuel after practice.

The staff makes sure the lounge outside the gym is stocked with snacks and other nutritious items such as post-lift protein shakes. Each shake is made individually for the athletes depending on what they like and need, such as a fruit smoothie or a chocolate and peanut butter shake. Bellamy said he makes sure every drink contains the right proteins and carbs for the player depending on his workouts.

During practice, Bellamy monitors hydration, ensuring players get drinks with the right amount of electrolytes to alleviate fatigue. He also oversees the stretching period and watches throughout practice for signs of cramping.

After practice, the staff sets up a refueling station with fruit, protein shakes and peanut butter and jelly sandwiches.

“We take a lot out of them during practice, so we need to make sure to get the nutrition and energy back in them,” Bellamy said.
The players receive snack bags to carry with them throughout the day, with snacks ranging from peanut butter and jellies, protein shakes and bananas to Goldfish, Cheez-Its, granola bars, nuts and beef jerky.

“This is basically to bridge the gap between lunch and dinner," Bellamy said. “That way, during class, they don’t need to think about what they have to eat, and they don’t have to spend money. It’s all right there.”

But when it comes down to it, Bellamy’s main goal is not to constantly control what the players eat but teach them why eating right will help them in their careers as well as for the rest of their lives.

“Education is huge because nothing is stopping them from getting McDonald’s at midnight,” Bellamy said. “That’s where I see the impact. You have to educate them because ultimately they will have to make the decisions on their own. I could sit here and portion it all out, but at the end of the day, they are gonna have to live life. Nutrition is a lifestyle, not just a diet here and there.”

After originally trying to make it as a professional baseball player, Bellamy has found even more fulfillment through his job now. He said he truly feels like he was meant to coach and help kids.

“Me being able to share my story and help other athletes, honestly that inspired me more than anything,” Bellamy said. “This feels like more my purpose in life than my playing career. I love teaching them and explaining to them why we are doing one thing over another, and using my past experiences to help them with whatever trials and tribulations they’re going through.”

“I got to stay in sports, stay in athletics at Miami – my alma mater,” Bellamy said. “I love this place. I really do bleed orange and green.”

Keep up the great work, Kyle!

This story originally appeared in The Miami Hurricane.
STUDENTS, ALUMNI AND DOGS IN THE FIELD

Left to right: Carolina Velasquez (Nutrition Masters Student), Julia Strickler (UG ExP graduate, 2017), Emily White (PhD ExP Student)

Emily & Craig Flanagan (both PhD Students in Exercise Physiology) took their dog Scout, 11 months, to College GameDay wearing his Turnover Chain. Scout was interviewed by ESPN, The Miami Herald, SunSentinel, Local 10, and others. (Photo Credit: Christy Chirinos, SunSentinel)

The U in a Jeopardy question? Of course! This question is in reference to our very own Dr. Sig and his book the South Beach Diet Supercharged!

Athletic Training students getting valuable experience and practice on patients of different sizes, ages, and cultural backgrounds! Here, former NFL and UM running back Najeh Davenport joined as one of the simulated patients!
ETHICS DEBATE TURNS TEN

Approaching its 10th anniversary, the annual Sport Administration sport ethics debate, held in the fall semester, has become somewhat of a SEHD and graduate Sport Administration “tradition.”

Participants are Master’s students in the Sport Administration program enrolled in Dr. Sue Mullane KIN 606 class, “Ethical Decision Making in Sport and the Professions.” In the beginning of the semester, teams are assigned and given sport ethics debate cases written and researched by the professor. Each team chooses a captain who is the liaison between the teams and the professor. The students then spend the entire fall semester meeting with their teams, researching the cases, practicing, and honing their debating skills.

The students learn ethical theories and decision making models in class and receive tips on research and debate strategies. The captains keep the professor informed as to the progress of the teams during the semester. At the actual debate, there are two preliminary rounds and one final round between the winners of the preliminary rounds. Judges are typically university administrators from UM Athletics and the School of Education and Human Development.

An audience of approximately 100 senior level undergraduate students, SEHD faculty, members of the Athletic Department staff, sport industry professionals, and special guests enjoy the event and refreshments in a beautiful venue on campus.

For the 10th anniversary debate, as a result of a successful fundraising effort (CaneFunder and UM Alumni Association), donors will be in attendance and will be recognized, and two prominent alumni donors will also give introductory remarks. A reception will be held following the event, and the debate will be live streamed and Twitter friendly. Future plans include the addition of teams from the Sport Administration online program, law students, and teams from other graduate programs within and outside the SOEHD.

This year, cases to be discussed include athletes and activism and transgender athletes.

We look forward to seeing you out on December 12th!
UM ATHLETIC TRAINING: STAYING UP WITH TECH

By: Dr. Sasha N Torres

Our students in KIN 461 had the pleasure of two in-services in October.

Hurricane Irma may have delayed classes but it will never delay our University of Miami Athletic Training students from staying up to date on the latest modality technology in the industry!

Dr. Rick Proctor, Clinical Education Manager for Chattanooga gave a presentation on diathermy, laser and wireless electrical stimulation. Diathermy a once thought to be extinct modality is now commonly used in many professional sports teams as a deep thermal modality including our very own Miami Dolphins.

During our in-service, students also had the opportunity to test one of the latest modalities in the Sports Medicine Market, a wireless electrical stimulation device.

Later in the month we had a former UM Athletic Training student and now Senior Territory Manager, Rachel Loy, for DJO Global Bone Growth Stimulation present.

Rachel introduced students to several bone stimulator devices as well as functional, post-operative bracing options on the market. As the Athletic Training profession continues to grow in areas of acute care and with outpatient clinics their exposure and knowledge of these devices are critical while also understanding the insurance reimbursement obstacles and challenges of a non-athletic population.

As we move into November, our Modalities course is shifting towards more of an "immersion" approach. We plan to have our students clinically apply the knowledge from their Modality, Pharmacology and Orthopedic Assessment courses in a "hands-on" approach with patient simulated clinical scenarios.
PUBLICATIONS, ABSTRACTS, and PRESENTATIONS

Publications

Abstracts
The Effect of Simple Carbohydrate Consumption on Markers of Metabolic Health in Firefighters. V. Lara, A. Daniels, and W. Smith (accepted and presented as a poster presentation during the American College of Nutrition’s 58th annual conference Disrupting Cancer: The Role of Personalized Nutrition)

Abstracts Presented at The Obesity Society Conference, 2017, Washington, DC
Self-reported Physical Activity Participation in Minority Children Differs from Their Parents
A. Perry, E. White, C. Velasquez, K. Bolon, J. Strickler

Nutrition Knowledge and Habits in Relation to Age in Minority Children
A. Perry, E. White, C. Velasquez, K. Bolon

Race Differences in Nutrition Knowledge, Habits, and Physical Activity in Children and Their Parents
E. White, A. Perry, K. Bolon, C. Velasquez, J. Strickler

Body Image Dissatisfaction Is Related to Measures of Obesity in Minority
E. White, A. Perry, K. Bolon, C. Velasquez

Abstracts Presented at The American College of Sports Medicine Annual Meeting, 2017, Denver, CO
Hemodynamic Changes Following High-Velocity Circuit Resistance or Treadmill Training in Adults with Cardiometabolic Risk Factors
PUBLICATIONS, ABSTRACTS, and PRESENTATIONS

Hemodynamic Changes Following High-Velocity Circuit Resistance or Treadmill Training in Adults with Cardiometabolic Risk Factors

Six Week MFS Drill Training with Proprioceptive Resistance Device Influences Conversion of RFS to MFS

Changes in Cognition and Power Output in Adults Following High-Velocity Circuit Resistance and Treadmill Training

Balance Assessment using Microsoft Kinect

Validation of Kinect-based Star Excursion Balance Test

Bilateral Arthrogenic Muscle Inhibition in the Soleus Muscle Following Acute Ankle Sprain

A Unique Yoga Meditation Program’s (Yo-Med) Effect on Balance and Proprioception in Older Fallers
Auditory Discrimination and Short Term Memory are Preserved during Simulated Altitude and Moderate Intensity Exercise

Changes in Cardiometabolic Risk Factors after High Velocity Circuit Resistance or Treadmill Training in Older Adults

Energetic and Hemodynamic Response to Electrical Stimulation Cycling in Persons with Paralysis

Moderate Intensity Exercise Ameliorates Negative Impacts of Simulated Altitude on Executive Function

Variations in Verbal Encouragement Modify Isokinenetic Performance at High Speeds

Abstracts Submitted for The American College of Sports Medicine Annual Meeting, 2018, Minneapolis, MN
PUBLICATIONS, ABSTRACTS, and PRESENTATIONS


PUBLICATIONS, ABSTRACTS, and PRESENTATIONS

Muscle Activation Characteristics of the Posterior Oblique Sling System in High and Low Economy Runners

Dynamic Strength Following Focal Knee Joint Cooling.

Effects of Stroboscopic Vision on Reactive Balance.