

# KIN INSIDER

## Ending the Year with a Strike!



Dr. Whisenant throws out the first pitch at the Pitt vs. Canes baseball game on Sat. April 21st.

As the 2017-2018 academic year comes to a close, Dr. Jacobs and I would like to thank the department faculty, staff, and students for their support during this transition year of the department's leadership. We also welcome two new Lecturers who joined the faculty in January. Mahitha Reddy joins the Athletic Training program and Nadine Mikati the Nutrition program.

### **Athletic Training**

Dr. Harriell and her team prepared for their accreditation renewal of the undergraduate athletic training program. They also continued to work towards their inaugural graduate class in athletic training, scheduled for Fall 2019.

### **Exercise Physiology**

Dr. Mikati began the accreditation process which will allow graduates to become Registered Dietitian (RD) once they complete the program.

### **Sport Administration**

Drs. Dees and McNary provided the leadership for the third Sport Industry Conference. This year the name was changed to The Global Entertainment + Sport Conference 2018. The Entertainment programming was held February 16th and the Sport content was held April 5-6. The conference was a resounding success. Attendance grew from 200+ in 2017 to over 440 students and professionals this year.

Have a great summer everyone!

*Dr. Warren Whisenant, Chair of the Department of Kinesiology and Sport Sciences*

## NEW FACES IN THE FACULTY

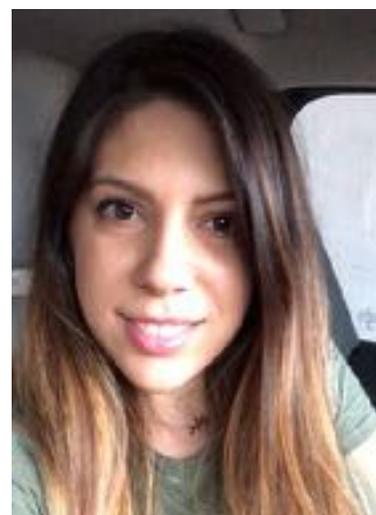
Dr. Mahitha Reddy joined the Department of Kinesiology and Sport Sciences as a Lecturer.

Dr. Reddy has practiced her physical therapy and athletic training skills in, both, an inpatient hospital setting and in various outpatient settings. She is also a certified Pilates instructor and specializes in Pilates for rehabilitation.



Dr. Reddy will bring her experiences and knowledge from her variety of work experiences into the classroom to help educate her students.

Dr. Nadine Mikati has joined the KIN department this spring semester as a full time lecturer in the Nutrition program. She obtained her PhD in Dietetics and Nutrition from Florida International University with her research primarily focused on obesity prevention. Dr. Mikati has been a Registered Dietitian since 2008 with a License to practice in Florida. She has experience in clinical (outpatient and inpatient) and community nutrition as well as food service management. Her most recent position was a clinical nutrition manager with the Jackson Health System.



Dr. Mikati comes to our department with 10 years of teaching experience from various universities including overseas practice. She is very enthusiastic to become a member of the University of Miami and hopes to grow the nutrition program.

### HIGHLIGHTS INSIDE THIS ISSUE:

- 4 Gift Secures New Training Device
- 7 Faculty Gain Funding for New Project
- 9 SPAD Conference Grows in Size

UNIVERSITY OF MIAMI  
DEPARTMENT of  
KINESIOLOGY & SPORT SCIENCES



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## QUIZTASTIC: Athletic Training Students Win District Quiz Bowl, Move on to Represent the Entire Southeastern Region

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On February 1, 2018, thirty-one Athletic Training (AT) students and three AT faculty traveled by bus to Atlanta to attend the 33rd Annual South Eastern Athletic Trainers' Association Student Symposium. AT students attended educational sessions while the AT faculty served as presenters and workshop and lab instructors. However, the most anticipated event of the symposium was the Quiz Bowl held on Friday, February 2, 2018.

In a very tough jeopardy-style competition with 19 other schools from the Southeastern Region, the University of Miami won the Southeastern Athletic Trainers' Association Student District 9 Quiz Bowl. The team consisted of Athletic Training major seniors, Silver Harris and Caroline Shaw and juniors, Brian Faller and Taryn Dal Degan.

"I was so excited because the Athletic Training students study and work so hard. It was great to see them rewarded for their efforts," said Dr. Kysha Harriell, undergraduate Athletic Training Director. "It is also a testament to the hard work of all of our KIN faculty, who always go above and beyond to ensure students receive the best academic experience. Throughout the competition, students answered tough critical thinking questions related to emergency situations, rehabilitation, anatomy, physiology, nutrition, pharmacology, orthopedics, and statistics. However, the final jeopardy question required knowledge about the regulatory process of the Athletic Training profession, something that could not be found in a textbook and required students to keep up with current knowledge and events. Being one of only two teams to get the final question right, helped secure our exciting victory."

In June, the students will represent District 9 at the National Quiz Bowl at the National Athletic Trainers' Association symposium in New Orleans, LA. In addition to winning the Quiz Bowl, Athletic Training students attended educational sessions while the AT faculty served as presenters and workshop and lab instructors.

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## Multiple Gifts Help KIN Purchase Athletic Training Patient Simulator

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For athletic training students, “Jerome” is the ideal patient. He can hyperventilate, sweat, bleed, and demonstrate an irregular heartbeat, along with other dangerous signs symptoms that athletic trainers may encounter on an outdoor playing field or indoor facility.

“We don’t want our athletic trainers to face their first emergency situation without the right preparation and experience,” said Kysha Harriell, professor in the Department of Kinesiology and Sport

Sciences (KIN) and program director, Athletic Training. “This new patient simulator is a great addition to our teaching resources at the Orovitz Athletic Training Laboratory.”

On February 16, Jerome was introduced to KIN faculty members, students, alumni and members of the KIN Parents Council, whose generous donations allowed the school to acquire this advanced training tool. Donors included Rod and Emily Shaw, David and Bonnie Thorton, Elizabeth and Stan Herrin, Paul DiMare, and Jeff Reich.

“When the school identified a need for a patient simulator, we were excited to help out,” said Rod Shaw, whose daughter Caroline is graduating in May with a bachelor’s degree in athletic training. “We love this program, and are glad to see it grow.”

At the reception, Ajaya Williams, athletic training clinical education coordinator and lecturer, demonstrated how the 125-pound manikin can be programmed to present a variety of clinical symptoms in both male and female athletes. For instance, Jerome has sensors in the neck and spine to help athletic trainers learn the proper procedures for transporting an injured player off the field.

“We will also be able to conduct research on different types of protective equipment to see which technologies may be safer for players,” said Harriell. “In any case, we are very thankful to our Parent’s Council for the leadership in elevating our program to a new level.”



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## Athletic Trainers' Celebrate National Athletic Training Month

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National Athletic Training Month (NATM) is held every March to spread awareness about the important work of athletic trainers. The Athletic Training students, faculty, and staff celebrated all month long by attending numerous events, and more importantly, promoting the profession of Athletic Training. This year's slogan was "Compassionate Care for all."

The AT Program Director, Dr. Harriell started the month off with an article featured in the National Athletic Trainers' Association's magazine, the NATA News. The article entitled, "Why Words Matter," provided several tools and tips for using compassionate language when communicating with patients, athletes, and peers. The news article was followed by a NATA blog which continued a discussion on this topic. Why words matter article: <https://www.nata.org/sites/default/files/cultural-competence-why-words-matter.pdf> Why words matter blog: <https://www.nata.org/blog/jordan-grantham/compassionate-language-why-words-matter>



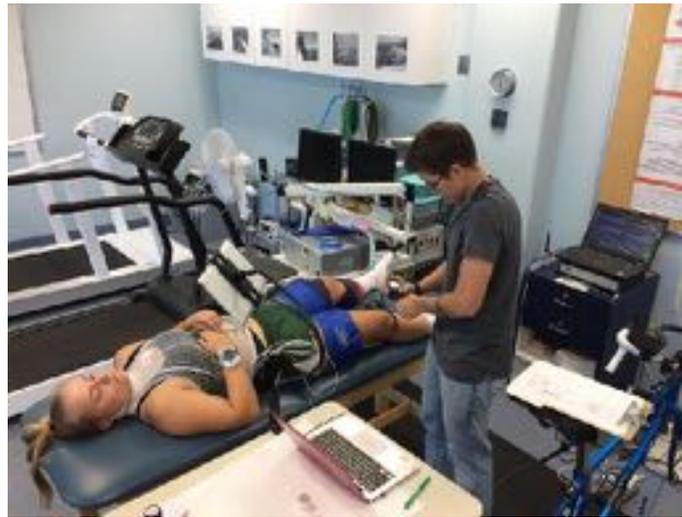
In addition, The AT Program Director and AT Graduate Assistant, Josh McKinney wrote a letter to the Mayor of Miami-Dade County requesting March be officially named National Athletic Training month. After explaining the import role of Athletic Trainers and the impact they make on the local community, the Mayor enthusiastically agreed and wrote a Proclamation to officially declare March, National Athletic Trainer's Month in Miami-Dade County!!!

It is safe to say that the University of Miami AT Program not only celebrated National Athletic Training Month on campus but was a major player in promoting the profession to the local Miami-Dade Community and in disseminating Compassionate Care and Cultural Competency information and knowledge nationwide.

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## Novel Technique to Potentially Increase High Altitude Readiness

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Our ability to perform prolonged exercise is largely limited by our capacity to deliver oxygen to muscles. Nowhere is the importance of this exercise limitation more apparent than at high altitude where oxygen availability is low.

With an average elevation of only 6.5 feet, Miami seems like an unlikely place to conduct high altitude research. However, third-year doctoral student Afton Seeley realizes that Miami is the ideal location to examine the effects of acute simulated high altitude exposure on individuals with little or no high altitude experience. Under the supervision of Dr. Kevin Jacobs, Afton is currently evaluating a novel technique called remote ischemic preconditioning (RIPC) that holds promise for increasing oxygen delivery and improving high altitude readiness.

The goal of Afton's work is to determine the efficacy of two different RIPC protocols on ventilation, leg blood flow, and oxygen delivery during exercise at a simulated high altitude of 12,500 feet. This work will be supported by the Provost's Research Award, has particular relevance for military personnel rapidly deployed to high altitude, and will be used to develop a highly competitive full grant application to fund future work in this area.

Pictured Above: Afton Seeley working with a subject on her research.

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## Dr. Jacobs and David McMillan to Begin Funded Project Examining Fat Metabolism in Those with Spinal Cord Injuries

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Dr. Kevin Jacobs and his third-year doctoral student David McMillan have been awarded a grant from the Craig H. Neilsen Foundation to support their research on fat metabolism in persons with spinal cord injuries (SCI) over the next two years. Persons with SCI are at much greater risk for cardiometabolic diseases such as type 2 diabetes and obesity compared to the general population in part due to a decreased ability to use fat as a fuel source.

The project will employ novel stable isotope tracer techniques to advance our understanding of how fats from both nutritional intake and existing body fat stores are metabolized by persons with SCI. Importantly, the project will examine whether an acute bout of exercise improves fat metabolism during several hours of post-exercise recovery. Finally, the project will shed light on the role of the central nervous system in regulating energy homeostasis.

The ultimate goal of the funded project is to provide critical information that will guide combined lifestyle therapies aimed at improving the quality of life of persons with SCI by abating the cardiometabolic co-morbidities of their condition.

Pictured Above: David McMillan hard at work on his research.

## SPAD Grads Receive Miami Marlins Foundation Scholarships

On Saturday, April 14th, the Miami Marlins held University of Miami night at Marlins Park. Each year the game is a celebration for the whole University of Miami community. During the pre-game festivities before playing the Pittsburgh Pirates, the Marlins held a scholarship check presentation on field to recognize UM students who have been selected as outstanding scholars in their respective programs.



The Miami Marlins Foundation presented two UM Sport Administration graduate students with checks for \$3,750 each.

This year, Renee Burke and Keelin Hollowood were selected as the Miami Marlins Foundation scholarship recipients. These graduate students were awarded the scholarship based on three criteria: GPA in the Sport Administration graduate program, experience in the sport industry, and overall professionalism in representing the SPAD master's program. Professors Windy Dees and Erin McNary joined the students on field to represent the SPAD faculty.



Renee Burke (right) and Keelin Hollowood (left) winners of this year's Miami Marlins Foundation Scholarship

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## SPAD Hosts Game-Changing Industry Conference

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More than 400 students and alumni took part in the 2018 University of Miami (UM) Global Entertainment and Sport Conference held on April 5th and 6th on the UM Coral Gables campus in the Donna E. Shalala Student Center. This year's conference was organized by The School of Education and Human Development's Sport Administration Program and School of Law and sponsored by University of Miami's Athletic Department, and UOnline, which hosts the online master's program in sport administration.

In opening remarks, Dr. Windy Dees said, "This is a great partnership, bringing top minds in law and business here for you." One of these top minds included Maria Taylor, co-host of ESPN's College Game Day. "You learn how to fail fast, get over your mistakes and move on," she said. "Sports also gives you an understanding of the importance of practice, motivating your teammates and becoming a leader." Other noted speakers included former Major League Baseball All-Star Jorge Posada, his wife Laura, and Morgan Pressel, a veteran of the Ladies Professional Golf Association (LPGA) tour.

There were many sessions representing a cross section of the sport industry, but other titles included "A New Voice: The Rise of Athlete Activism in a Social Media Driven World", "The Business of the Regional Sports Network", "Monetization of Digital Content", moderated by Adam White, Founder and CEO, Front Office Sports, and UM Sport Administration alum, "Building Athlete Brands in the 21st Century", and "Financial Advising for Athletes" as well as "Innovations in Stadium Development," and a panel discussion on "Risk Management in the NCAA" populated by Division I Collegiate Athletic Directors from around the country including Jenn Strawley Deputy Director of Athletics/COO and serves as the Senior Woman Administrator for The UM Athletic Department.

"One of our goals in hosting this conference was to provide real-world learning and networking opportunities for our students as well as sport industry professionals. We worked closely with our Sport Administration Leadership Council headed by Shawn McGee, Vice President of Sales and Marketing, Homestead-Miami Speedway, to develop relevant panel topics and to populate these panels with experts in the industry." said Dr. Erin L. McNary, assistant professor in Sport Administration.

## Smiles All Around at the Global Entertainment and Sport Conference



From L to R: Laura Harris (News Anchor, WFTS ABC Action News Tampa), Maria Taylor, (ESPN Personality)



From L to R: Dr. Erin McNary (UM Sport Administration Professor), Jenn Strawley (Deputy Director of Athletics/ COO, UM Athletic Department), Samantha Huge (Athletics Director, William and Mary), Vicky Chun (Director of Athletics, Colgate University/ As of July 1, Director of Athletics, Yale University), Darrice Griffin (Deputy Athletics Director and Senior Woman Administrator, University of Georgia)



From L to R: Jorge Posada, Jr., Steve Bashore (GM, Buffalo Run Casino & Resort, Sport Industry Leadership Council Member), Dr. Erin McNary (UM Sport Administration Professor), Jorge Posada, Laura Posada, Paul Resnick (UM Sport Administration Professor), Dr. Tywan Martin (UM Sport Administration Professor)



From L to R: Michael Ehrlich (VP of Marketing Communications, Independent Sports & Entertainment), Jim Cavale (CEO, INFLCR), Dr. Windy Dees (UM Sport Administration Professor), Max Eisenbud (VP, IMG Tennis), and Dior Ginyard (Manager of Player Affairs, NFLPA)

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## Who's Who

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**Picture 1:** Natasha Cruz, an exercise physiology major, won a \$1,000 scholarship from Delta Psi Kappa Swain for her outstanding work and research in exercise physiology. Congrats, Natasha!

**Picture 2:** Hunter Paulus held down a role with the University of Miami Athletics Marketing Department. Talk about perfect T-Shirt cannon form.

**Picture 3:** Stephanie Nakash interned with ESPN this semester. Here, she is seen doing a media hit outside of the Watsco Center.

## Who's Who



**Picture 1:** Cesar Castillo completed his internship on the Translational Health in Nutrition and Kinesiology and will be heading to Harvard this summer to work with their strength and conditioning coach and help their athletes train in a variety of different sports.

**Picture 2:** Olivia Pallo interned in the University of Miami Athletics Marketing Department, but she might take the cake when it comes to the most star power in a picture.

**Picture 3:** Doctoral student Emily White utilizing the new treadmill in the Exercise Physiology lab for a research study.

**Picture 4:** Valeria Velasco completed her internship with the University of Miami Athletics Marketing. A true championship experience!

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## Research, Abstracts, and More

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### Publications:

Mullane, S., & Fraina, M. (2017). A Proposal for a Rating System for Sport Administration/ Sport Management Programs. *Global Sport Business Journal*, 2, 51-60.

Fraina, M., & Mullane, S. (2018, March). "Sport Specialization or Diversification: The Debate Continues," Global Sport Business Association, Cozumel, Mexico

Effects of High-Velocity Circuit Resistance and Treadmill Training on Cardiometabolic Risk, Blood Markers, and Quality of Life in Older Adults. Roberson KB, Potiaumpai M, Widdowson K, Jaghab A, Chowdhari S, Armitage C, Seeley AD, Jacobs KA, Signorile JF. *Appl Physiol Nutr Metab*. 2018 Mar 14. doi: 10.1139/apnm-2017-0807. [Epub ahead of print]

Yoga meditation (YoMed) and its effect on proprioception and balance function in elders who have fallen: A randomized control study. Wooten SV, Signorile JF, Desai SS, Paine AK, Mooney K. *Complement Ther Med*. 2018 Feb;36:129-136. doi: 10.1016/j.ctim.2017.12.010. Epub 2017 Dec 29.

Beta-Alanine Does Not Enhance the Effects of Resistance Training in Older Adults. Bailey CH, Signorile JF, Perry AC, Jacobs KA, Myers ND. *J Diet Suppl*. 2018 Jan 16:1-11. doi: 10.1080/19390211.2017.1406422. [Epub ahead of print]

### Presentations:

Mullane, S. (2018, January). "Is Sport Ethics an Oxymoron?" Hawaii International Conference on Education. Honolulu, Hawaii.

Harriell, K., & Mullane, S. (2018, January). Should School Sports Be Banned?" Hawaii International Conferences on Education. Honolulu, Hawaii

Walsh, P., Blaszk, M., Dees, W., & Hammond, P. (April 27, 2018). March Madness U: Examining the promotion of collegiate basketball teams on University twitter accounts during the NCAA tournament. Presentation at the International Association for Communication and Sport, Bloomington, Indiana.

Signorile, JF "Modification of classic yoga training for Parkinson's disease". Lennar Foundation Journey to Wellness. Lennar Center, Coral Gables, FL. April 14, 2018.

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## Research, Abstracts, and More

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### Abstracts:

Dr. Arlette Perry:

Research suggests there may be gender differences in how men and women respond to exercise and the muscle damage and soreness they acquire following unaccustomed exercise. Interestingly, the data suggests that women actually fare better than men due to their higher levels of natural estrogens. Estrogen is reported to have a stabilizing effect on muscle cell membranes leading to reduced soreness and a blunted decline in muscle function and range of motion following unaccustomed exercise. Since estrogen levels vary across the menstrual cycle, it is unknown how menstrual cycle phase interfaces with muscle damage, recovery, and function post exercise. The purpose of this study is to determine whether certain phases of the menstrual cycle confer specific advantages in muscle soreness, functional strength, and range of motion following unaccustomed exercise and whether there are differences in women using oral contraceptives compared to non-users. Since women possess lower rates of exercise participation and adherence than men, this study may have important implications for women initiating or modifying their exercise training programs.

Flanagan CP, Smith WN, Jacobs KA, Kaplan LD. Post-operative lifestyle intervention and markers of physical and mental health. *Medicine and Science in Sports and Exercise (Supplement)*, 50, 2018.

Seeley A, Brenman JS, Jacobs KA. Impact of remote ischemic preconditioning post-application delay on muscle oxygenation during subsequent cycling intervals. *Medicine and Science in Sports and Exercise (Supplement)*, 50, 2018.

McMillan DW, Maher J, Nash MS. Acute intermittent hypoxia augments the cardiovascular response to an orthostatic challenge preceded by locomotor exercise. American Spinal Injury Association 2018 National Meeting.

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## Research, Abstracts, and More

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### Abstracts:

Dr. Kevin Jacobs:

Our ability to exercise is largely limited by our capacity to deliver oxygen to muscles. Nowhere is the importance of this exercise limitation more apparent than at high altitude where oxygen availability is low. Individuals rapidly ascending to high altitude are at a severe disadvantage and require effective acute interventions that improve oxygen delivery to muscle. Remote ischemic preconditioning (RIPC) involves brief, repeated bouts of blood flow restriction to limbs using a blood pressure cuff and holds promise for increasing oxygen delivery and improving high altitude readiness. Our proposed study takes a novel approach to investigate the potentially different influences of the two components of RIPC: 1) blood flow restriction, and 2) blood vessel stress caused by the return of blood flow (reperfusion) that follows restriction. The goal of the proposed study is to determine the efficacy of acute and chronic applications of RIPC, using a classical protocol and one focused on reperfusion, on leg blood flow and oxygen delivery during exercise at simulated high altitude. This information has particular relevance for military personnel rapidly deployed to high altitude and will be used to develop a highly competitive full grant application to fund future work.

**Have an Alumni Update?  
Send it to**

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**\*Be sure to include major  
and graduation year.**

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