
KIN INSIDER

A Message from the Chair...

Dear Friends and Colleagues,

It is my pleasure to wish everyone a happy holiday season. The KIN department has had a very busy, difficult year, but many exciting things have been happening.

First, we are getting ready to transition to our Masters degree program in Athletic Training. We will continue to run the undergraduate program and finish our last class of undergraduate Athletic Trainers by 2022. In the meantime, we hope to get our Masters degree program approved by the fall of 2018 and begin our graduate program shortly thereafter. We are looking forward to the new Master's degree program in Athletic Training, which has some very exciting new courses and proficiencies required of the field. This year we will also have our first group of undergraduate Athletic Training students presenting their research at the Regional Athletic Training Conference.

Research in our laboratories are at an all-time high and many students are presenting their work at the American College of Sports Medicine Conference in Denver, June 2017. I'm thrilled to say many of our undergraduate students in exercise physiology, neurocognitive physiology, and athletic training are now involved in research presentations at regional and national conferences.

In the SPAD program, our online courses continue to flourish and more recently, Sport Administration courses will be included in the undergraduate online Bachelors of Science degree offered through the School of Continuing Education.

The graduate Strength and Conditioning program continues to thrive being one of the few graduate programs in the country receiving national recognition by the National Strength and Conditioning Association for both clinical and research education. This is the first time we received dual recognition! The Nutrition for Health and Human Performance graduate program has shown the greatest growth in our KIN department indicating the tremendous interest and enthusiasm surrounding the integration of nutrition with exercise physiology.

Our faculty is involved in several task forces that have been developed, as part of President Frenk's a roadmap initiative for the University of Miami. These include Health and Wellness and Hemispheric Focus, Culture of Belonging, and Educational Innovation. We look forward to a great new year and keeping you posted on the many exciting projects in the KIN department.

Sincerely,

Dr. Arlette Perry, Chair

HIGHLIGHTS INSIDE THIS ISSUE:

- 3-5 Q & A with UM NFL Athletic Training Interns
- 8-9 Guardrails Update
- 13 Save the Date: Miami Sport Industry Conference

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UM Athletic Trainers in the NFL Summer 2016

The University of Miami Athletic Training program continues to encourage students to gain valuable clinical experiences at all times throughout their education. This past summer, four (4) UM AT students applied for and received multiple internships with NFL teams for their summer training camp. These positions are extremely competitive to gain, as there are over 350 undergraduate AT programs across the country, and many students from each program apply for the limited spaces available.

Seniors Makaylah Heyward and Matt Collazo joined the Carolina Panthers for mini-camps and OTAs during the spring and early summer. After that time, Makaylah joined the Minnesota Vikings for summer training camp, as Matt continued on to join the New York Jets during the same time period. In addition, senior Gabriella Arancio stayed in south Florida as a member of the Miami Dolphins summer camp AT staff, and senior Thien Tran joined the Washington Redskins for camp. Of note, the NFL provides scholarship opportunities to all students who are granted summer internships. This past year, the NFL and PFATS (Professional Football Athletic Trainers Society) combined to award 50 scholarships to minority and female students. Three UM senior students, Makaylah, Gabriella, and Thien were recipients of these scholarships.

In reflection, each of the students were asked to answer three questions. On the following pages, they answer these questions.



Thien Tran at Washington Redskin's Training Camp

What was the greatest benefit of completing and NFL Internship?

Makaylah:

The greatest benefit I received from this experience was the relationships I formed with the sports medicine staff and the other interns. During training camp, I spent over ten hours a day with each of these individuals, so we got to know each other really well. The athletic training staff served as great mentors and always encouraged us to ask questions and be involved during rehabilitation. I know that I can always depend on the staff to provide professional advice about my career.

Thien:

The greatest benefit of completing an NFL internship was being able to focus solely on the athletes and daily operations and being able to immerse myself in the lifestyle and culture of an NFL athletic trainer. I did not have other tasks or priorities that I had to worry about such as schoolwork or personal life, so I was able to put all my energy into the team. The connections and friendships that I have made throughout the internship are also unforgettable and will hopefully help me throughout the rest of my career.

Gabby:

The greatest benefit of completing my internship with the Miami Dolphins was the epiphany I had about my future endeavors in the field of athletic training. I realized that this level of play is truly where I would like to be for a portion of my life, and have a new drive to do everything I can to be the best athletic trainer I can be. It showed me that no matter what level of the profession you are in, you should be academically charged and always learning. Interning in the NFL taught me to push my limits and work well with others to get the job done efficiently and correctly.

Matt:

I would say the greatest benefit was the experience. I believe the internship gave me insight on the work and effort required to work with a professional team as well as seeing how other AT's carry out their routines. Going through daily activities and gaining this experience showed me things I would like to implement in my setting as well as others that I believe were not as effective.



Seniors Matt Collazo and Gabriella Arancio at Hard Rock Stadium



Makaylah Heyward with the Carolina Panthers

How will this experience mold your professional career?

Makaylah:

This experience provided me with insight about the skills, work ethic, and dedication that is required to be an athletic trainer at the professional level. Being around individuals with advanced education and clinical skills motivated me even more to attend physical therapy school, so I could be at their level in the future. It was an honor to work with a highly progressive sports medicine program in the NFL and I would like to continue to grow as a clinician with a professional football team.

Thien:

This experience will mold my professional career by reassuring my career choice and strengthening my desire to work in the NFL as an athletic trainer. I have been given a glimpse as to how life would be as an athletic trainer and the dedication and commitment it takes in order to succeed. I was able to see how the athletic training staff worked to complement one another and the comradery that occurs in the athletic training facility, which has molded me to want to have the same relationship with my future colleagues.

Gabby:

My professional career will thrive because of the exposure I had to the NFL setting. I have so much more determination to learn academically and clinically, so that the next time that I return to this level of play, I will have gained more knowledge about injury prevention, rehabilitation and diagnosis. The staff members at the Miami Dolphins taught and challenged me to think more critically, which I really value because since then I feel it has made a huge difference in my ability to retain and absorb information. Interning inspires me to take away something from each day in the clinical and class setting, because each day I am closer and closer to becoming a certified athletic trainer and achieving my life goals.

Matthew:

The experience showed me how to treat others and how to work collectively for a common goal. This alone will mold my professional career in a sense that I will treat others the same way I would like to be treated because the summer experience showed me how efficient teamwork could be in this profession. When dealing with interns/students I know now how I would like to be assessed and treated so later in my profession if I am in a position of handling young athletic trainers.



What advice would you give to future students?

Makaylah:

I would encourage anyone to apply for NFL training camp internships if you would like to pursue a career in professional or college football. Internships are a great way to network and build professional connections. If you are granted with an NFL internship, take full advantage of the experience. This can be considered a "try-out" to see if you have what it takes to work in professional football. It is important to always put in your best effort, no matter the circumstance.

Matt:

I would strongly recommend trying to obtain an NFL internship over the summer because I believe it gives student a firm realization on whether or not professional sports is what they truly want to make a career out of. Seeing ATC's in those positions and seeing the daily routines they go through had a drastic effect on me and what kind of lifestyle I would want for a career. Not only this but the internship truly does give a lot of networking opportunities as well as experience. Miami. Thank you once again for giving me the opportunity to work in your lab three summers back. It has been a privilege to be able to maintain contact over the years with you, Anoop, and Hector.”

Strength and Conditioning Program Awarded ERP

The University of Miami Strength and Conditioning Graduate Program has again been awarded Education Recognition (ERP) by the National Strength and Conditioning Association's (NSCA). The Strength & Conditioning graduate program is one of the only schools in the country to be recognized by the NSCA in both categories for graduate programs (Applied and Research) in the ERP. In addition to the program recognition the awarding honor provides UM exercise science graduate students with exceptional benefits including, access to NSCA Foundation Grants and Scholarships, NSCA internship program, Board Certification Exam discounts, membership discounts, and privileged network opportunities.

Undergraduate and graduate students who would like to take advantage of the opportunities should contact Program Director- Dr. Biagioli for more information



New Preceptor Profile: Hannah Arndt, MS, LAT, ATC



The University of Miami Athletic Training staff and AT Program are happy to welcome Women's Tennis Athletic Trainer Hannah Arndt to the team. Hannah joins UM from nearby Florida International University, where she was the Athletic Trainer responsible for Swim & Dive, Tennis, and Soccer during her time at FIU. Hannah completed her undergraduate Athletic Training degree at Troy University in Alabama and her graduate degree at FIU. Hannah was asked to share some wisdom and fun facts about herself to help us all get to know our new staff member. Here's what she had to say:

Advice for Students: "Fake it 'till you make it." Confidence is everything in our line of work. If your going to do something do it at 100%, even if it's not correct give it everything you got.

Hobbies: I love FOOD! Me and my husband, Brandon (pictured at their wedding to the right), try to go to a new restaurant every week and try their food. I also love the beach, and (just like most Athletic Trainers) I'm a coffee fanatic!

A word of wisdom to students striving for AT success: Really evaluate yourself and your skills. If you are wanting to work at a big time D1 school they want the whole package. For example, when I was looking for internships for my last semester of undergrad everyone kept telling me to go to a big school so that you can make connections, but I knew I needed to get better at my rehab skills and thinking on my own. So my professor suggested that a high school with limited resources would be best for me. Was it glamorous? No, but I got the experience that I needed to help me succeed and be where I am today.

Parting Words: I am so excited to be here at UM and start my career here. I'm even more excited to be able to help mold the students of our program! Athletic training is my passion and I can't wait to make my stamp here with UM sports medicine.



Athletic Trainer Student Profile: Adrienne Mendel, Senior

Senior AT Student Adrienne Mendel (pictured with the baseball team during the NCAA regionals game one national anthem) was asked to reflect on this past summer. Adrienne was granted two exceptional opportunities: completing the baseball season alongside her preceptor including hosting the NCAA regional and super-regional tournaments; and returning to campus early to work exclusively with the woman's soccer team during pre-season camp. She displayed a terrific work ethic and dedication to UM AT and Athletics. Here's what she took away:

“Getting to see the baseball team win regionals and super regionals was incredible; most of the games were really good games to watch and it was great to experience the team accomplish such incredible things. I would say the most important thing that was reinforced during the tournaments as an AT was that it's important to pack your kit according to where you're traveling to and consider the changes compared to what your team is accustomed to (such as weather)

Seeing the soccer team go from the first day of practice to the first scrimmage and then into season has been really interesting because I've gotten to see the team grow together. Pre-season was a good insight into the types of injuries seen in soccer, which seemed to be more from the sudden increase in activity and intensity rather than traumatic events, especially during the early onset of camp.

For super regionals, regionals, and pre-season camp, it was good to be able to focus more of my time on being in the athletic training facility without having to worry about other commitments. The extended time with both the baseball team and the soccer team allowed me to form better relationships with the team and my preceptors and to become more comfortable with the routines at each sport and the daily profession of Athletic Training.



Guardrails Project Update

The Aim of The Guardrails Prevention Initiative

Modern medicine is largely based on a 20th century paradigm where most diseases were attributed to infections, poor hygiene, and other conditions cured with medicine. However, in the 21st century most of the diseases burdening industrialized societies stem from an inactive and an overall unhealthy lifestyle. Therefore, to optimize healthcare, complimentary wellness recommendations need to be integrated properly. The Guardrails Prevention Initiative aims to demonstrate the efficacy of a streamlined, cost-effective, wellness assessment and prescription in the physician's office. Guardrails follows a unique, service-based research paradigm, whereby 1) patients receive personalized wellness plans using a novel methodology, which provides lifestyle recommendations for effective and healthy weight loss in the physician's office; 2) premedical and graduate nutrition students earn practicum hours; and 3) data is collected on the initiative's efficacy.

Guardrails Fueling HealthSnap Solutions LLC; a UM Owned Company

The success and popularity of the Guardrails Assessment Platform lead to industry-demand. Therefore, the University of Miami now owns the intellectual property and assembled an LLC. called HealthSnap Solutions. HealthSnap uses the research and algorithms from the Guardrails initiative as a service for Healthcare providers. HealthSnap Solutions can be an integral part of a clinic's system by providing patients evidence-based methodology for achievable weight loss and health improvement goals. This customized wellness program includes a daily dietary and physical activity checklist, body fat percentage, target body weight visceral fat index, inflammatory index, musculoskeletal evaluation, heart age, fitness age, and nutritional evaluation.

HealthSnap Solutions & University of Miami Tech Transfer

Tech transfer at the UM Miller School of Medicine falls under the direction of Norma Kenyon, UM's vice provost of innovation. Kenyon is leading President Frenk's HIT (Hemispheric Innovation and Technology) Initiative to promote opportunities to "translate discoveries into solutions, lending help with incubation, intellectual property development and capital raising."

Tech transfer has fostered a sharp increase in the number of UM-based companies, patents, and licenses over the last 5 years. The UM start-ups focus on such things as spinal cord injuries, renal disease, cancer, and early detection of chronic disease. Around 88 percent of the startups stemming from Tech Transfer is derived from biomedical research, however HealthSnap solutions comes from the School of Education and Human Development.

Healthsnap's powerful assessment tool, like Guardrails, allows patients to leave the doctor's office with a report full of personalized dietetic and exercise information and advice. Yenvy Truong, CEO of the health-tech company and a UM biomedical alumna, runs the company with the inventor of the technology, Dr. Wesley Smith. Additionally, two of Healthsnap's other cofounders, Samson Magid and Chase Preston, were Dr. Smith's students in undergraduate exercise physiology and the graduate program in nutrition.. "It started as a service-based research project at UM. We assessed almost 2,000 University of Miami employees, professional athletes and UM athletes. We collected all this data and we still have ongoing studies now," Magid said.

The initial platform launched in April to a group of doctors in South Florida. Now the company is working on the next version of Healthsnap's assessment, which will likely include a shorter questionnaire and more optional categories for targeted advice. When Healthsnap rolls out the software product nationally, it will sign up doctors who will pay a subscription fee to use the tool. Healthsnap has 10 employees and was one of the first companies to move into CIC's 6th floor in Converge Miami. The is building services as a vibrant space with entrepreneurs from many industries. The UM and HealthSnap partnership as been strong and mutually beneficial.

Dr. Wesley Smith met with the Palm Beach County Fire Rescue FACE team, Local 2928 Executive VP Scott Bielecky, Mike Sedgewick, Dr. Villa, and the Benefits Clinic to present the Guardrails Project. This project utilizes a technology platform to provide nutrition and health consultation services to firefighters. The certified specialist works to create a wellness plan, and provide dietary and lifestyle recommendations to firefighters. At this meeting, the collaborators discussed the implementation of the study for PBCFR.



Dr. Wesley Smith meeting with PBCFR leadership & wellness clinic staff regarding the GUARDRAILS Project, September 2016.



SPAD Grads are Fantasy Camp Champs

This year's Sport Administration graduate class is excelling inside AND outside of the classroom. The SPAD graduate students participated as a group in the Miami Hurricanes Women's Basketball Fantasy Camp held at the Bank United Center on Wednesday evening, October 26th, 2016 and came away crowned Fantasy Camp Champions. Hosted by Coach Katie Meier and the women's basketball team, Fantasy Camp was open to the public and welcomed fans and members of the UM community to do "skills and drills" with the team. Fantasy Campers got inside access to the basketball program and learned first-hand what it's like to experience a big time basketball practice as PLAYERS!! The camp included meet-and-greets with players, coaches, and UM athletic department administrators. After warm-ups, multiple sessions of drills and coaching from the UM women's basketball players, teams played full court 5-minute competitive games. The UM SPAD grad team, which included Dr. Windy Dees, advanced to the finals and eliminated the UM Ticket Office along the way to the championship! It was a fantastic night of sports networking, celebrating women's basketball, and supporting our UM athletic partners. The SPAD Grad team was also recognized for their support of athletics and women's basketball on-court at the women's home opener versus Charlotte on November 16th.



Translational Health in Nutrition and Kinesiology (THINK)

The Translational Health in Nutrition and Kinesiology (THINK) program is being conducted by the University of Miami in collaboration with the YMCA. Funded by the Sherman Fairchild Foundation, the program aims to teach children about their body, fitness, nutrition, and general health. The program consists of three modules: education and theory, clinical laboratory experiences that supports each educational theme and structured exercise that also supports each theme. Educational and sophisticated clinical experiences working with the body are always followed by structured physical activities to improve children's health and physical fitness. The program is centered around six general themes regarding health and fitness and uses anatomy models, food models, ECG, robotics, and other equipment to inform students more about their bodies and their general health and fitness. Students also have a chance to visit UM and see our own physiology laboratories as well as meet some of our graduate assistants and our Varsity Athletes. We hope to enhance student learning and interest in personal health and fitness by educating students about selected health-related themes, working with students in a clinical setting to help them learn more about their bodies, and helping students to participate in physical activities that are enjoyable and fun. We are hoping this program improves health-related physical fitness, exercise/nutrition-knowledge and habits, and exercise confidence and self-efficacy.



Students in the Field



2017 University of Miami Sport Industry Conference: March 23-24 at the Watsco Center

Don't miss out on the 2nd annual University of Miami Sport Industry Conference! The conference was a phenomenal success last year and we are ecstatic to be hosting such a great networking and education opportunity for anyone interested in attending.

Last year's inaugural event brought 225 sport industry professionals and candidates from across North and South America together for dialogue and discourse over the most pressing issues facing the sport industry.

The first day of the conference featured six panels on topics ranging from protecting the professional athlete to marketing to millennials and monetizing social media to how teams can optimize analytical data. Speakers included Dwyane Wade's manager, Maria Sharapova's sports agent, Steph Curry's marketing agent and leaders from entities including, ESPN, NFL, MLB, PGA TOUR, Homestead-Miami Speedway, the Miami HEAT, Miami Dolphins, Miami Marlins and more.



To learn more about the University of Miami Sport Industry Conference, you can visit www.miamisportconference.com or follow the conference's Twitter account @UMiamiSIC.

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***Be sure to include
major & graduation year.**