

# KINSIDER

## A Message from the Chair...



As we end 2018, I want to thank the faculty and staff for their continued leadership within the school and academia. While serving as a UM faculty member comes with classroom responsibilities, I think it is also important to recognize faculty for their leadership roles on campus as well as academia. Kevin Jacobs has accepted a new role as Associate Dean for Research for the School.

Replacing Kevin as Associate Department Chair is Brian Arwari. Tywan Martin is in his second year as Chair of the Faculty Senate's Student Affairs Committee. Kysha Harriell is now serving as the Chair of Residential Faculty, as well as, the National Athletic Trainers' Association Chair of the Ethnic Diversity Advisory Committee. Brian Biagioli is the President of the Coalition on Registration. Wes Smith and Maggie Aldousany represent the department on School Council. Susan Mullane chairs the school's Undergraduate Curriculum Committee. And Moataz Eltoukhy represents the department on both the undergraduate and graduate Curriculum Committees.

2019 should be another great year for the department.

*Dr. Warren Whisenant*

Chair of the Department of Kinesiology and Sport Sciences

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UNIVERSITY OF MIAMI  
DEPARTMENT of  
KINESIOLOGY & SPORT SCIENCES



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## NEW FACES IN THE FACULTY

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Dr. Bryan Mann received his B.S. in Health and Wellness Promotion (2003) and Sports Management Graduate Certificate (2004) from Missouri State University. He earned both his M.E. in (2006) and PhD in Health Education and Promotion (2011) from the University of Missouri-Columbia.

Dr. Mann is new to the University of Miami after 14 years at the University of Missouri where he had served as an Associate Professor of Physical Therapy, Assistant Director of Strength & Conditioning and the Director of the Human Performance Center. He has served as a strength and conditioning coach also at Missouri State University, the University of Tulsa and Arizona State University. He has published 3 books and numerous research articles on enhancing and analyzing athletic performance.

Mann is highly involved in the National Strength & Conditioning Association where he he has served as a state director, subject matter expert, developed additional courses and currently is the chair of the conference committee. In 2018 he was recognized as a Fellow of the NSCA for the work that he has done for the organization.

Mann is a sought after expert in autoregulation of training, having given key note lectures on the topic in the USA, Brazil, Australia, and China.

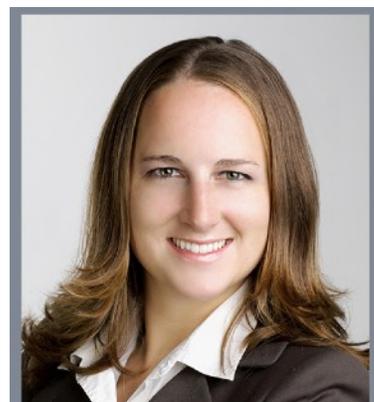
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Professor Claire Zovko joined the Sport Administration full time faculty in 2018 and was previously an Adjunct Professor in the department since 2013. She received her J.D. at the University of Miami School of Law in 2009 as well as a Bachelor of Business Administration from Pacific Lutheran University in 2004.

Professor Zovko currently teaches Legal Aspects of Sport. She previously, taught Globalization of Sport and International and Comparative Sport Law with ISDE at Columbia University and St. John's University School of Law. She co-taught Olympic Games & the Law at the University of Miami School of Law and on-site at the Olympic Games in London 2012.

Zovko is licensed to practice law in the state of Florida. She has ten years of legal experience including in-house legal affairs with an NBA franchise, D-I athletic compliance at the University of Miami, of-counsel with Buckner Sports Law, and legal counsel for professional athletes, organizations, and agents. She has direct experience with NBA player contract analysis, drafting, and negotiation preparation. At the collegiate level, she assisted with athletic compliance investigations, financial aid analysis, and interpreting the NCAA bylaws. She has assisted many athletes, agents, and coaches to appeal institutional or sport governing body decisions and resolve disputes.

Zovko serves on the board of directors for Sports Leadership, a non-profit organization that is dedicated to initiating ways for youth and adults to reach their full potential in life. Additionally, she is a E-RYT 500 and owns a yoga studio, Lighthouse Yoga & Wellness.



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## New Faces in the Faculty

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Dr. Hyun Joo Kang joined the KIN family in the fall of 2018 as a visiting professor from South Korea. Dr. Kang served as chairperson of the Department of Sports Medicine at Soonchunhyang University. Her research has been focused on injury, illness, and risk factors in athletic populations. Dr. Kang is looking forward to the opportunities to further shape a comprehensive view of educational and practical foundations within kinesiology. She is very excited about the diverse expertise offered by the KIN faculty that will provide her with insights into the successful academic unit.



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## University of Miami Hires Two New Employees from the KIN Strength & Conditioning Graduate Program

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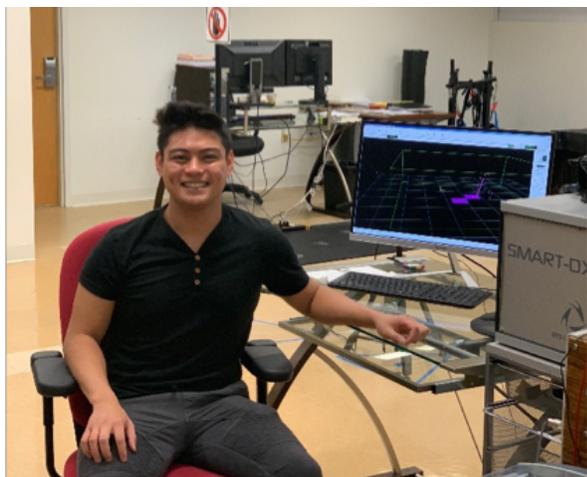


This semester Casey Cathrall (pictured at right) was hired as the Head Strength and Conditioning Coach for the University of Miami men's basketball team and Mitch Nienhuis (pictured above) became the new UM Wellness Center Assistant Fitness Director. Casey was hired as the head strength coach for UMBC basketball right out of the strength and conditioning program in 2012, he then worked for Louisiana Tech, and Dayton Basketball before making his way back to UM.

Mitch earned his a Master's degree in Strength and Conditioning and Sports Nutrition in 2016. While here, Mitch worked with UM athletics assisting in football, basketball, soccer, swimming and diving, tennis, and volleyball. After graduating, Mitch became the Health and Wellness Director for the Denver YMCA, before moving to Fitness Manager at the MVP Athletic Club and then returning back to UM to oversee the fitness facilities and personal training department.



## Max Orovitz Laboratories Welcome Back UM Kinesiology Alumnus for Master's Research



**Lawrence Villanueva**

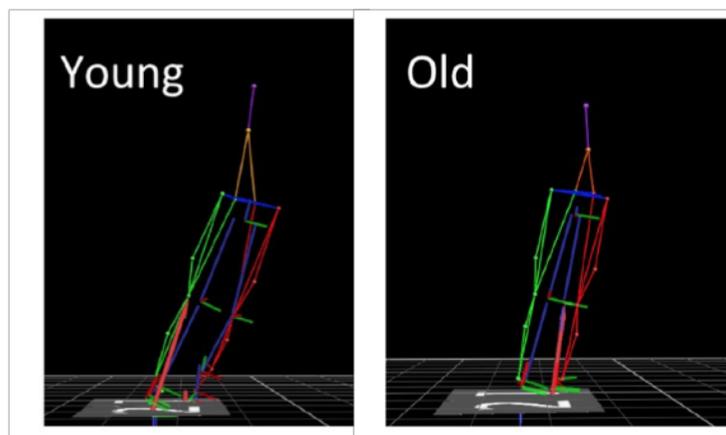
The Max Orovitz Laboratories are happy to welcome an alumnus back to campus. Lawrence Villanueva began his studies here at the University of Miami as an undergraduate in 2013 and received a Bachelor of Science in Exercise Physiology May of 2017. During his time at UM, he completed an internship at the Max Orovitz Laboratory conducting yoga research.

Lawrence is now pursuing a Master's in Medical Science at Boston University. This is a two-year degree program, where the students take classes the first year and complete a thesis in their second. Students completing a research thesis are not limited to conducting research solely at Boston University; they may conduct research at any laboratory in the country. After exploring a number of options, Lawrence chose to return to the place he called home for the past four years, the University of

Miami, to complete this requirement. This past fall he began a year-long internship with the Max Orovitz Laboratory.

For his master's thesis, Lawrence is spearheading a research project on a commonly used assessment for older adults – the Timed Up and Go Test. The test measures the time taken to rise from a chair, walk three meters, turn around a cone, walk back to the chair, and sit down. This simple test determines fall risk using measures of dynamic balance, sit-to-stand capability, and mobility.

Typically, the only measurement tool used for this test is a stopwatch. For Lawrence's project, he utilizes some of the amazing technology available in the Max Orovitz Laboratory. Biomechanical, muscular activity, and ground reaction force data are being collected with the use of motion capture cameras, wireless electromyography (EMG), and in-floor force plates, respectively. The primary purpose of this study is to analyze differences in movement strategies between younger and older individuals as they complete the turn during the test. Understanding the differences in turning strategies and the associated muscle utilization patterns can help when prescribing targeted exercises to improve dynamic balance in older persons.



Lawrence will be presenting the results of his research next May at the annual ACSM Conference in Orlando and will be applying for admission to Medical School for the fall of 2019.

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## Augmented Reality Being Used to Test Parkinson's Patients

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Faculty members at the School of Education and Human Development are researching how augmented reality can help examine a person's executive function.

Professor Joseph Signorile, Assistant Professor Moataz Eltoukhy, and Ph.D. Candidate Jim Buskirk have developed a walking test that determines how fast a person reacts to a visual cue using augmented reality goggles. Traditional testing of executive function occurs with the subject reacting to visual cues by hitting arrows on a keyboard; however, many of the tasks that require executive function in our daily life, such as crossing a street, walking down a crowded sidewalk, or hitting a tennis ball, require us to react to visual stimuli with the entire body. Once incorporated into a virtual reality space, the test can be used by clinicians, such as physicians, physical therapists and psychologists in their own unique environments.



**Professors at the Max Orovitz Laboratory use augmented reality goggles to test executive function on a Parkinson's patient.**

"The beauty of this technology is we can bring it into a doctor's office, we can take it out to the street, or even bring it onto a field or gym for athletes," said Signorile.

During the executive function test, a patient is asked to wear programmed augmented reality goggles. The subject is then instructed to react to a set of given cues that are seen through the lens. If the cue signals a specific movement, such as a green arrow pointing left, the software has the capacity to determine whether the person made the correct movement and how long it took to do so.

Eltoukhy, Buskirk and Signorile hope their research can be used in a clinical environment in the future to treat a wide variety of patients who suffer from diseases that affect cognition.

"So many people can benefit from this. There is no end to what we can do. If we can achieve successful testing, it will thrive and move into a clinical setting," said Eltoukhy.

The team also believes their test can be used as a rehabilitation tool.

"The implications here are really wide. We can use it to train people to make their reaction time faster and better so they make the right decisions," said Buskirk.

Clinical trials are expected to get underway sometime next year. They hope the trials will provide them with the data they need to take their product to the next level.

Main photo: T.J. Lievonon/University of Miami; Article originally appeared in *UM News* by Amanda Perez

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## Awards and Honors

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Emily White, a current doctoral student working with Dr. Arlette Perry in the Exercise Physiology program, presented research on the THINK program at The Obesity Conference in Nashville, Tennessee . Emily received the Barbara Hanson award (which paid for her travel to the conference) for her work and research on the THINK program. Her presentation was very well received and Emily did a great job representing our program.

Nick Cherup, a current student working with Dr. Joseph Signorile in the Exercise Physiology program, received the 2018 Young Investigator Award from the International Association of Yoga Therapists 2018 International Symposium. This is a very high honor as only one is awarded worldwide. Nick is a second-year doctoral student and a research assistant in the Laboratory of Neuromuscular and Active Aging. Nick's research line is focused on the therapeutic effects of yoga in the elderly and individuals diagnosed with Parkinson's disease. More specifically, he is interested in how yoga can be used to improve functional movement and enhance cognition within these populations. He has also conducted research examining the impact of mindfulness training to mitigate stress perception with college students and student athletes. Nick is a registered yoga instructor who holds weekly community classes funded by the Parkinson's Foundation. His academic and career goals are to contribute meaningful research to the field of kinesiology and to further legitimize the efficacy of yoga as a therapeutic modality across a variety of clinical populations.



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## University of Miami Sport Industry Conference (SIC) April 11 & 12, 2019

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The University of Miami (UM) Sport Administration Program (School of Education & Human Development), will be hosting its 4th Annual Sport Industry Conference (SIC) on April 11th and 12th, 2019. The SIC will be held on UM's Coral Gables campus in the beautiful, Shalala Student Center. The event features two days of sport and entertainment programming.

The SIC will feature engaging keynote speakers as well as breakout sessions that address the most relevant issues in the business of sport and entertainment.

Last year's presenters included:

- Maria Taylor (ESPN host, analyst, and reporter)
- Jorge/Laura Posada (former Yankees catcher/motivational speaker, family health and fitness activist)
- Morgan Pressel (American Professional Golfer, LPGA)
- Max Eisenbud (VP, IMG Tennis)
- Steve Tello (Senior VP & GM, Fox Sports)

This year's lineup of sport industry heavy hitters is shaping up to be just as compelling. Panel speakers and topics will include:

- Tom Garfinkel (Vice Chairman, President, & CEO of The Miami Dolphins and Hard Rock Stadium)
- The 2020 Miami Super Bowl Host Committee
- Sports gambling
- Analytics in sports
- Exploring paths to becoming a college AD
- Thinking outside of the box of sports agency
- And more to come

There will also be networking opportunities for students and professionals. Both days are designed to engage current students, alumni, legal professionals, sport and entertainment practitioners, as well as people interested in these fields.

If you are interested in becoming a conference sponsor or for more information, contact:

[umiamisic@gmail.com](mailto:umiamisic@gmail.com) or Dr. Erin McNary: [elm134@miami.edu](mailto:elm134@miami.edu)

See <https://miamisportconference.com/> for upcoming details.

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## Canes at the 2018 SIC

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Stephanie Nakash, current USPORT President, with Denise Ozturk, past USPORT President.



Seletea Harrison, UOnline Sport Administration student, with Any Schreer, Vice President/GM, Home Team Sports Properties, Fox Sports.



Graduate Sport Administration students with Dr. Sue Mullane & Dr. Windy Dees.

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## Who's Who

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**Picture 1:** Nick White, an exercise physiology major, did an internship at EXOS in Gulf Breeze, FL. EXOS is an athletic performance center that aims to improve the function and quality of lives of all its clients. He was able to shadow strength & conditioning coaches as well as physical therapists in their treatment of both professional athletes and members of the military.

**Picture 2:** Rachel Smith had the opportunity to intern at Bleacher Report. In addition to managing the Snapchat account, she produced two videos. One on Angel Rice, a power tumbler, and one on Dyckman Basketball, a park in NYC that has become a regular hangout spot for NBA players and celebrities. Both videos appeared across all of Bleacher Report's platforms.

**Picture 3:** University of Miami Sport Administration faculty members with the Miami Super Bowl Host Committee. Through a new relationship, a number of students will be utilized in internship and volunteer roles from now through the big game in 2020.

## Who's Who



**Picture 1:** Claudia Argueta interned with Athletix Rehab and Recovery. As a student intern, her main role in the clinic included greeting patients and helping set up for their warm-up/ PT session, maintaining equipment in place, and assisting with patient documentation.

**Picture 2:** Sam Softa had the opportunity to be a part of the Miami FC medical staff for the 2018 season. Working on rehab programs for professional players. Writing and Monitoring exercise programs specific to each player. Being the first line of medical assistance for players during home and away games and practices.

**Picture 3:** Christianna Dale interned for the United States Tennis Association at their National Campus. From her experience working for the Tennis on Campus department, she was able to see the work that is being put in to help support club tennis teams across the country. She also had the opportunity to volunteer for the Veteran Wheelchair Games at the USTA Wheelchair Tennis Booth.

**Picture 4:** Eric Kushel interned for the Golden State Warriors in their community relations and foundation department. During his time, he practiced event planning, donation management, and non-profit networking.

**Picture 5:** Dimitri Irausquin interned with the ARBJ (Andruw Jones) Foundation in Curacao. This foundation helps with developing baseball fields, sponsors tournaments, and helps with the materials needed for sports in the country. During this internship, he worked on a couple of feasibility studies for baseball fields and communicated with investors from different parts of the world.

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## A University of Miami Study Offers Hope for Parkinson's Patients

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**Strapped to a harness to prevent a fall, 80-year-old Enrique Torres is ready to traverse a crosswalk lined with white & black lines. Monitoring each move he makes is a small, black Microsoft Xbox Kinect sensor. Photo: T.J. Lievonon/University of Miami**

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Torres is one of several patients with Parkinson's disease, a progressive nervous system disorder, who is participating in a study by the University of Miami's School of Education and Human Development's (SEHD) Department of Kinesiology and Sport Sciences that measures the patient's balance and how they walk, including joint angles and ground reaction forces.

"That really helps doctors quantify changes in the patients walking pattern, and their static and dynamic balance," said Assistant Professor Moataz Eltoukhy.

Working in conjunction with Joseph Signorile, professor of Kinesiology and Sport Sciences, who heads the resistance and power training program for the patients, they are using the video game technology, which is much less expensive than other professional movement analysis equipment, to gather information about the patient's functional performance.

Parkinson's disease results in reduction of mobility, which causes reduced independence, and an increased incidence of falls. This loss of mobility is characterized by rigidity tremors and gait disturbance. The information the professors have gleaned from almost 60 patients in the last few years is important for physicians to better determine the effectiveness of the prescribed medications on improving the patient's motor functions, and thus their overall quality of life.

The latest phase of the project began over a year ago at the Max Orovitz laboratory in the Coral Gables campus, aided by funds from the Provost's Office and a Parkinson's Foundation grant. Using a \$100 Xbox Kinect, and other game accessories that use depth sensing technology, the team can assess whether the patient has improved in how they walk and retain balance (they are evaluated before and after the 12-week resistance/power training program). It can also measure the force a person uses as she walks. All is crucial information for a doctor to assess the patient's progress.

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## A University of Miami Study Offers Hope for Parkinson's Patients (cont.)

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"Currently, physicians subjectively assess the patient's gait pattern by asking him/her to walk back and forth and watch," said Eltoukhy. With the Kinect, the patient's entire functional performance data is captured and transmitted in minutes. Prior to this, the technology that existed to evaluate the movement of Parkinson's patients was not only pricey, but also cumbersome. Patients had to make multiple trips to the laboratory and wear full-body suits and markers that could prove uncomfortable.

This technology has proven so useful that the professors have already installed a Xbox Kinect at the clinic at UHealth at Kendall where UM neurologist Dr. Corneliu Luca works. In that space, patients can walk in front of the Xbox Kinect and the data can be transmitted to the Orovitz lab where it can be examined. Signorile sees the Xbox Kinect as a valuable tool for physicians to use with all kinds of patients, including those who may receive a hip or knee replacement.

"In the future this could be in the patient's home and the physician can monitor their progress," he said. "Imagine what this means for someone who lives in a suburban or rural area."

This article was recently featured in News@TheU by Barbara Gutierrez.

## Female Athletic Training Students Paving the Way: AT Seniors Spend the Summer Interning with NFL & MLB Teams



Athletic Training senior, Rebecca "Becca" Barron was selected by the Carolina Panthers for a summer NFL internship. Becca spent the summer attending training camp and assisting the team's Athletic Trainers in their quest to prevent, treat, and rehab athletic injuries and illnesses. The NFL's Summer Internship Program gives Athletic Training students the opportunity to contribute to the organization's success while receiving an unmatched, behind-the-scenes learning experience. Becca was fortunate to be mentored by former UM Alumni Athletic Trainers who currently work for the Panthers.

Athletic Training senior, Nori Subero was selected by the Arizona Diamondbacks Class A Short Season Affiliate, The Hillsboro Hops. Nori stated, she "had a great experience with this team, I had the

opportunity to be working with Minor League Baseball players expanding my knowledge in a field I want to be part of once I graduate."

Almost Fifty-five percent of athletic trainers worldwide are female, and almost 75 percent of current AT students are female; however, there are only six female Athletic Trainers in the NFL and even fewer in professional baseball and men's basketball. Hopefully, these internships will be springboards for these stellar Athletic Training Students to achieve their career goals of working in professional sports.



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## Athletic Training Faculty Present on Leadership Diversity at the Kennedy Space Center

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The 8th Annual Florida Athletic Training Educator's Symposium (FATES) was held at the Kennedy Space Center in Central Florida. Athletic Training faculty and staff attended a two-day symposium with presentations by the NATA President and the CAATE President. With the theme for this year being "Leadership," University of Miami faculty presented on Leadership Diversity and had facilitated a discussion regarding ways to increase diversity in the Athletic Training profession. The faculty were also given the opportunity to tour the Kennedy Space Center at the conclusion of the symposium. University of Miami Program Director Dr. Kysha Harriell stated, "The tour was phenomenal. We met the first female Launch Director, Mrs. Charlie Blackwell-Thompson. Her passion and love for her job gave me chills!" Dr. Harriell also couldn't help but sit and pose at the NASA medical sign in the famous NASA command center.



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## AT Student Selected for Athletic Trainers' Association of Florida's LEAP Program

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Athletic Training junior, Avalon Vincent was selected to participate in the Athletic Trainers' Association of Florida (ATAF) Student Leadership Enhancement and Professional Success (LEAPS) Program. The LEAPS is designed to prepare athletic training students to assume leadership positions in professional organizations. The mission of the ATAF Student LEAPS Program is to promote the professional development of athletic training students so they feel confident and empowered to become engaged in the profession and assume a leadership role at the state, regional, national, or international level. The program also provides guidance and resources to enhance leadership skills for athletic training students. The program consists of an in-person two-day seminar, monthly professional development activities, and virtual attendance to a minimum of two ATAF Executive Board Meetings. Students also learn how to develop an action plan for career and leadership goals, and they are awarded the opportunity to serve on an ATAF Committee. The program wraps up in the summer with all students attending an in-person, three-day meeting affiliated with the annual ATAF Symposium & Business meeting where students will give a presentation on their experiences with this Student Leadership Enhancement Program.



## Athletic Training Faculty Lead Public Service Event in New Orleans



Led by University of Miami faculty member and the National Athletic Trainers' Association Chair of the Ethnic Diversity Advisory Committee (EDAC), Dr. Kysha Harriell collaborated with NATA's At Your Own Risk initiative to host a sports medicine camp for local youth. The event was held at the Ochsner Sports Performance Center, which is the practice facility for the New Orleans Saints. More than 70 EDAC volunteers including the University of

Miami Athletic Training (AT) faculty taught the campers about the field of athletic training and sports medicine as they rotated through hands-on and information stations. Students learned about CPR, taping, nutrition, prevention of overuse injuries, and concussions.

Over 200 campers attended and took home informational packets with sports medicine injuries information and a personal letter from Dr. Harriell and the EDAC committee on how to become an athletic trainer and how to reach out to find a mentor.

Dr. Harriell also took her message about the wonderful and important field of athletic training to the entire New Orleans community as she appeared on ESPN Talk Radio New Orleans after the service event.



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

**[p.resnick@miami.edu](mailto:p.resnick@miami.edu)**

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

**University of Miami School of  
Education and Human  
Development Kinesiology and  
Sport Sciences**

**PO Box 248065  
Coral Gables, FL 33124**

**Phone: 305-284-3024  
305-284-5168**

**[www.education.miami.edu](http://www.education.miami.edu)**