FROM THE CHAIR

Although the University of South Carolina is facing difficult economic times, I am confident about the future of the Department of Exercise Science. As you read in last fall’s newsletter, our student enrollment in the undergraduate and graduate program is at an all time high, and the Department is generating more credit hours than at any previous time in our history. At the same time, the quality of our students is high, and the graduate student applicant pool for the 2009-2010 academic year is the strongest ever. Our faculty are conducting research funded by major grants from the National Institutes of Health, Department of Defense, Centers for Disease Control and Prevention, Gatorade, Robert Wood Johnson Foundation, and many other agencies, foundations, and companies. As a faculty, we are working hard to maintain the balance between strong academic programming and a strong research program.

One way we are strengthening the academic program is by developing new courses that will prepare students for the rigorous and competitive environment they will face after graduation. Dr. Steve Blair has developed and is teaching a new course titled “Controlled Trials in Exercise Science” this spring. The focus of this course is to prepare students in the planning, organization, and implementation of randomized controlled trials for physical activity and exercise interventions. Students learn state-of-the-art approaches to conducting randomized trials and critically evaluating the clinical exercise literature and will prepare an NIH-type proposal for a clinical exercise trial as one of the course requirements. This coming fall, Dr. Michael Beets will teach another new course titled “Research Methods and Design for Exercise Science,” which will focus on research concepts, experimental and non-experimental designs, methods for establishing causality, and application of designs to test hypotheses in exercise science. Students completing the course will be prepared to design and evaluate a research question or hypothesis for their thesis or dissertation.

The strength and continued growth of our research program is exemplified by two new grants, both from the National Institutes of Health. In November, Dr. Steve Hooker received an R01 award from the National Institute of Neurological Disorders and Stroke to study the effects of physical activity on stroke and cognitive changes in older adults. The study is part of the Reasons for Geographic and Racial Differences in Stroke (REGARDS) Study based at the University of Alabama at Birmingham and is known as REGARDS-PA. Dr. Hooker’s study will use accelerometers to measure the frequency, intensity, and duration of participants’ physical activity. The accelerometer data will be used to examine the relationships between physical activity and stroke, risk factors for stroke, and cognitive changes associated with aging. The other new grant, an NIH T32 training grant, is funding the Behavioral-Biomedical Interface.
LOST ALUMNI

Unfortunately, these are only a few of the folks missing from our database. Please look the list over & help us out if you can. Send an email or send the last sheet of this newsletter to:

Dorothy Yarborough,
Department of Exercise Science
USC Arnold School of Public Health
Columbia, SC 29208

Or you may call 803-777-5267, fax 803-777-8422, or e-mail yarboro@mailbox.sc.edu.

Sherrie R. LaRue ('97)
J. Michael Lepp ('81)
Mary Jane Liu ('89)
Brian Wendell Lynn ('83)
Lira Ruba Martinez ('90)
Erin Matthews ('99)
Ben McGraw ('98)
Brian Patrick McLaughlin ('90)
Greg & Tracy McMillan ('96)
Jamie Lynne Messemer ('01)
Latoya Montgomery ('99)
Shannon Moseley ('94)
Erin Rebecca Narzinski ('99)
Ernst Allen Neumeister ('98)
Leslie Newell ('98)
Leah Elizabeth Nix ('98)

CONGRATULATIONS FALL’08 GRADUATES

BS
Annie Elizabeth Anderson
Danielle Marie Anderson
Alessia Mikelle Butler
Mark Ellis Collins
Nathan Harrison Cripps
Stephen George Csolak
Sneh Nickunj Dalal
Jennifer Michelle Dreher
Sarah Francis Dubose
Brian Carl Dunbaugh
Scott Jamarr Fernandez
Anthony James Gulley
Jason Edward Harding
Carrie-Lynn Elizabeth Horne
Kathryn Leigh Howell
Nancy Wallace Kana
Christopher Lee Kilgus
Dale Macarthur Kingsbury
Rebecca Elizabeth Luna

Kaitlyn Elizabeth Marshall
Matthew Thomas Oches
Bonita Shanta Patrick
Alison Marie Plavchak
Lauren Marie Schoenleber
Alicia Shanta Smalls
Michael Asron Spitler
Lacey Meagan Stern
Jessica Nicole Ward
Laura Evelyn Wehlitz
Matthew Gabriel Wright

MS
Shannon Solomon

PhD
Debra Krotish
Gerhild Ullman

DURSTINE

FROM PAGE 1

Program, which will train doctoral students in multidisciplinary research and encourage collaborative research across psychology, exercise science, and epidemiology. Dr. Ron Prinz of the Psychology Department is the principal investigator. The grant will fund new course development, provide tuition and stipends for doctoral students, and facilitate multidisciplinary research on health problems in children and adults.

As you have heard from me in the past, one of the most important areas for development within the Department is financial support from alumni and friends of the Department of Exercise Science. The Department will use this money for student scholarships because the financial needs of our graduate and undergraduate students are great. We have established the Alumni Scholarship Fund, which is used exclusively to provide scholarships to students in the Department. Recently, some of you have made contributions to the Scholarship Fund, and we thank you for those contributions. The fund is presently small, and I am asking you once again to make a contribution. You can donate quickly and easily by going online to our website at http://sph.sc.edu/exsc/ and clicking on the Ways to Give link which is the last item under Featured Links on the right side of the page. Look in particular for the Arnold School of Public Health and the Department of Exercise Science listings, and make your contribution directly to the Department. If you need help in making your donation to the Department, please call our Development Office at (803) 777-3471, or e-mail shaney@gwm.sc.edu. Thank you for your support of our students and the Department of Exercise Science.

In closing, we are once again planning a reception at the Annual ACSM meeting at the end of May in Seattle, Washington. Plan to attend. Also, if in the future you have an opportunity to come to Columbia, please let me know, and I will show you around our new building.

J. Larry Durstine

THE ACTIVIST

Spring 2009
The Activist is published biannually by the Department of Exercise Science
Arnold School of Public Health
University of South Carolina
Columbia, SC 29208

Dorothy Yarborough, Editor
Latoya Townes, Layout Design
RECENT EXERCISE SCIENCE PUBLICATIONS


Church Timothy S and Blair Steven N, “When will we treat physical activity as a legitimate medical therapy...even though it does not come in a pill?” Br J Sports Med 2009, 43:80-1.


ALUMNI UPDATES

Heather Nicole Pearson (BS ’06) of Lexington, SC, married Travis Michael Sanders of Columbus, Indiana on September 7 at Corley Mill House in Lexington. Heather is employed by Palmetto Athletic Center, and Travis by TCM.

On February 6, Erin (Geyer) Kesterson (MS ’08) and husband welcomed baby boy Jack Ryan Kesterson at 5 lbs. 10 oz. Erin has a new position at Berkeley Heart Labs. She’s excited about counseling patients there on nutrition and exercise as well as educating them about their medications and about stress management.

Julia (Deeter) Saddington (MS ’92) and husband Brett welcomed their second child, Gage Matthew on October 28, ’08. He joins big sister McKenzie who was three the month before his birth. Julia is a Physician Assistant at West End Orthopaedics in Richmond, VA.

Wes Dudgeon (PhD ’06) and wife Mandi are happy in Charleston, where Wes teaches at the Citadel, but he says they still speak often of fun times in Columbia.

At the University’s Rutledge Chapel on December 6, ’08, Mark Andrew Cairns (MS ’08) married Lindsay Kathryn Wheeler of Florence, SC. Mark is originally from Little Britain, Ontario, Canada, but is now settled in Columbia with his bride and working at Southern Orthopaedic Sports Medicine. Lindsay has a Nursing degree from USC and works at Palmetto Health Richland Children’s Hospital in Columbia.

Elizabeth Ann Hershey (BS ’07) of Lexington, SC, married Jeffrey Scott Neal of Charleston at Citadel Summerall Chapel on September 6, ’08. She’s a student at the Palmetto School of Ultrasound, and he graduated from the Citadel with a BS in Electrical Engineering. They enjoyed a honeymoon in Montego Bay, Jamaica.

Dreca White (BS ’03) lives in Windermere, FL, and attends the Herzing College School of Nursing. On Christmas Day 2008 she became engaged to Leonard Charlemagne of Castries, St. Lucia. The wedding date is set for October 30, 2010, and will take place in Orlando, FL.

Rick Singleton (BS ’88) lives in Columbia with his wife Connie, of 19 years, and 3 sons: Christian, 15, a freshman at Spring Valley High School where he plays football; Cameron, 13, who is in middle school; and William, in the 2nd grade, is 8. He has been in pharmaceutical sales for the past 18 years.

Congratulations to Amanda Lee Milner and William Addison Dutton (BS ’06) and their recent nuptials at the Epworth United Methodist Church here in Columbia. The two married on March 14th. The beautiful bride is a Life Skills Specialist at the Epworth Children’s Home and the groom is employed by Palmetto Health Richland as a Physical Therapy Rehabilitation Technician. Costa Rica is where they spent their honeymoon.

Shelley Meredith Burgess (BS ’98) has opened her own physical therapy clinic in Lexington, SC, INSHAPE Physical Therapy: Wellness Center, LLC. It opened in May ’08 and has been very successful. Check it out at www.inshapesc.com.

REMINDER

At the ACSM Annual Meeting
May 27-30, 2009
EXSC Department Drop-In
Thursday, May 28
At 6:00 pm
The Sheraton Seattle

WE HOPE TO SEE YOU THERE!
**FACULTY & STUDENT NEWS**

**Ella Margaret Nixon**, who will be awarded her BS in Exercise Science in May ’09, married Matthew John Firtko on November 29, ’08, at The Millstone at Adams Pond. Ella is employed with Long’s Pharmacy in Columbia, and Matt, who is a 2008 graduate of Clemson University with a degree in Business Management, works with Pro-Logistix.

Doctoral student **Nancy Chase**, a black-belt in karate, was featured in the State Newspaper in October ’08. Nancy, who began learning karate at the age of 12, is a decorated martial arts student who visits the dojo four days a week. She has twice been named Athlete of the Year by the International Shuri Ryu Association, and has won numerous events at the National Karate Federation Championships (this past summer held in Houston, TX).

**Elise Partin**, a graduate of the HPEB Department and a part-time instructor in the Department of Exercise Science for several years, was chosen in November ’08 as the first woman mayor of Cayce, a riverside community of 12,000 at the edge of Columbia. She says, “In public health, success is all about finding out who the community leaders are, bringing people to the table, and making change happen.” And that sounds like the prescription she used on her way to City Hall. She’s been a leader in Cayce for years and is proud to call it home.

**Russell Pate** and **Steven Blair**, playing key roles in organizing a landmark conference on the National Physical Activity Plan, even as researchers, healthcare professionals and educators across the country, are developing the plan to help Americans become physically active every day. These groups and others will meet July 1-2 at the Westin Washington, DC City Center. Drs. Blair and Pate are members of the coordinating committee for the conference.

In the fall, two Exercise Science faculty members received Magellan Scholar Program undergraduate research mentor awards from the University’s Office of Undergraduate Research: **Matt Kostek** for The Effects of pCO2 on Coccolithophore (Emiliania Huxley) Calcite Shell Formation; and **Shawn Youngstedt** for The Effects of Eszopiclone on Adenomatous Polyposis Development in APCMin+/- Mice.

**Steve Hooker**, director of the Department’s Prevention Research Center and a research associate professor, will lead a five-year $2.9 million study wherein public health researchers in South Carolina and Alabama are joining forces to study the effects of physical activity on stroke and cognitive decline in a group of approximately 20,000 racially and geographically diverse men and women.

USC Associate Vice President for Health Sciences **Russell R. Pate** has been awarded an Honorary Membership in the American Dietetic Association, one of the highest honors the association can grant to nonmembers. A professor in the Department, Dr. Pate was honored during the ADA Food & Nutrition Conference & Expo which drew a crowd of 12,000 persons to Chicago, Oct 25-28, 2008.

In November, 2008, **Steven Blair** was honored by the American Heart Association with its Population Research Prize for leading major population studies that established the benefits of aerobic exercise in achieving cardio-respiratory fitness. “Over the past 25 years, clinical trials and observational studies led by Dr. Blair have provided the world with solid scientific evidence of the efficacy of physical activity as a weapon against disease,” said Association President Dr. Timothy J. Gardner in presenting the prize at the opening of the American Heart Association Scientific Sessions 2008 at the New Orleans convention center.

**Paul Beattie** has been getting a lot of attention! He was recently featured in Orthopaedic Practice, Vol. 21;1:09, in a two-page feature called “In the Spotlight.” Also Dr. Beattie participated as a panelist in the annual International Scientific Advisory Board meeting of Expert Clinical Benchmarks, the research and academic subsidiary of MedRisk; and in the fall he coordinated and took part in a group providing instruction in human anatomy for 77 students from the US Army Chaplain School at Fort Jackson.

A report by Arnold School of Public Health researcher **Sara Wilcox** has been rated one of the top ten most influential articles about a research effort supported by the Robert Wood Johnson Foundation in 2008. It was an article in the October American Journal of Preventive Medicine and was based on studies that show that physical activity programs first developed in research settings can be duplicated successfully in community programs for middle-aged and senior adults.

**Two recent losses to the Arnold School of Public Health:**

On May 29, 2008, **Murray Lee Vincent**, aged 69, distinguished professor at the School, died at his Columbia home. After a 32-year career in the Department of Health, Promotion, Education, and Behavior, he will be remembered as an inspiring leader and mentor. Dr. Vincent remained involved with new faculty in the School and made frequent visits.

**Winona B. Vernberg**, 84, an award-winning scholar, an originator and longtime dean of the Arnold School of Public Health, died on December 29, In Saluda, NC, where she moved after she and her husband, Dr. F. John Vernberg, retired from the University. Dr. Vernberg’s USC career spanned 28 years as a biology professor, two as an acting dean, and 17 years as dean of the School. She planned to retire along with her husband in 1996 but remained on for another year at the request of USC President John Palms, who asked her to serve as provost and interim vice-president for academic affairs. Dr. Vernberg is widely credited as a driving force behind the School of Public Health that admitted its first students in 1975.
Alumni Profile of Stewart Trost, Class of 1998

It’s hard to believe that it has been nearly a decade since we left Columbia, SC. Certainly a lot has happened over the last 10 years. My wife Kristin and I will always have a strong connection to Columbia, since both of our children - Madeline (March 1998) and Braedan (November 1999) were born there. So what have the Trosts been up to? Well, as many of the faculty and my contemporaries from the graduate program know, we’ve moved around a bit. Our path post-Columbia has seen “tours of duty” at Auburn, Alabama, back home in Brisbane, Australia (University of Queensland), and Manhattan, Kansas (known affectionately as the “Little Apple”). Our journey has ended (at least for the time being) in Corvallis, Oregon where I am currently an Associate Professor in the Department of Nutrition and Exercise Sciences at Oregon State University. Our relocation to Oregon represents the closing of a full circle, since I completed my undergraduate and masters degrees at OSU, departing from Corvallis in 1993 to pursue my PhD with Dr. Pate at USC. Kristin is from Pacific City located on the central Oregon coast - so she is back home. We met at Oregon State as undergrads and were members of the OSU track team. Our family has very much enjoyed being back in the Pacific Northwest. While the rain and fog are part of our routine November through April, we relish long family walks and bike rides on the many paths and trails in and around Corvallis and the Oregon Coast. Maddy is a rapidly growing 5th grader who keeps busy with school, swimming, running with “Girls on the Run”, and piano lessons from our next door neighbor. Braedan is in the 3rd grade and enjoys playing soccer, little league baseball, and writing his own comic books. Both are doing well and enjoying the closer proximity to grandparents, aunts, uncles, and cousins.

From a career perspective, things are moving along nicely. The research training I received through the doctoral program, under the mentorship of Dr. Pate, has served me well, and I will be forever grateful for the faculty and graduate program at USC. My work continues to focus on physical activity in children - on issues such as measurement of physical activity, understanding the factors that influence physical activity behavior, and establishing evidence-based approaches to promoting physical activity in different settings. Since 1996, I have published just over 90 research papers and 12 book chapters on this topic. I have been fortunate to continue research collaborations with Dr. Pate and be part of School’s annual PAPH training course. I also collaborate closely with former EXSS faculty member and Dean, Dr. Dianne Ward. A major focus has been the development of better measures of physical activity behavior and energy expenditure in youth - in particular, the use of accelerometer-based motion sensors. In 2007, I was awarded an RO1 from NICHD to examine the longitudinal validity of accelerometry in children. I recently received a 4-year 1.3 million dollar grant from the USDA to conduct an intervention trial that will evaluate a program to promote healthy eating and regular physical activity in 2- to 5-year-olds attending home-based child care. At OSU, I teach graduate courses in physical activity epidemiology and pediatric exercise science, and an undergraduate course on physical activity promotion.

I am proud to be an alumnus of the program and take pride in learning about the department’s continued successes. As Kristin and I approach our 20th wedding anniversary, we hope to take Maddy and Braedan back to South Carolina to show them where it all started.
KEEP US INFORMED

Alumni Information Update

Please take a moment to send us information about your personal and professional activities, job changes, honors, research, etc. Send, fax, or e-mail your information to:

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E-Mail: yarboro@mailbox.sc.edu

Name ________________________________________________________________

Address ______________________________________________________________

City ___________________________ State _____ Zip ______

Phone (____) __________ Year of Graduation ____ Degree ____________

E-mail Address: _________________________________________________________

Employer ______________________________________________________________

What’s new with you? Job change? Job title or position? Personal events? ______

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Committed to Research, Excellence in Instruction, and Service