

# EXS NEWS



**CREIGHTON UNIVERSITY EXERCISE SCIENCE  
AND PRE-HEALTH PROFESSIONS NEWSLETTER**

**Fall 2016**



## A Note from the Chair

Welcome to the first edition of our departmental newsletter! The plan is to have a fall and spring edition to keep alumni up-to-date on department happenings and share news about both our current and former students. We hope students who are thinking about attending Creighton might also enjoy learning more about our department. There have been quite a few recent changes – in 2014, our name was changed to the Department of Exercise Science and Pre-Health Professions to improve our identity and better reflect the fact that most of our majors pursue careers as health care professionals after graduation. Also, after 38 years as Chair, Dr. Tom

Baechle turned the reins over to yours truly in July. Although I have very big shoes to fill, it's been a smooth transition and I'm very grateful to him for his advice and guidance as I've waded through the first semester. He is still very active in the department and continues to teach EXS 491 and supervises all internships.

Currently, we are the third largest major in the College of Arts & Sciences (after Biology and Psychology) with about 180 majors; we will likely be +200 in the spring, and will graduate over 60 in May. With the growth in majors, we've been able to add some new faculty who are introduced in this newsletter. Although we have a continued need for more space, the move of CU Athletics to the east end of campus, allowed us to acquire the former strength and conditioning facility in the Old Gym, which we now use for both teaching and research. The results of a recent external review of our program were very positive and recommendations included expanding both the number of faculty and our physical space. Therefore, we are optimistic that we will continue to receive the support we need to better accommodate our growth.

Enjoy the newsletter and contact us with any news that we can share in future issues. Don't forget to like us on Facebook and please stop by the department the next time you're on campus – we would love to see you!

*Dr. E*

*Joan Eckerson, Ph.D.*

## Contact Us

**Let's stay in touch!**

email us: [exercisescience@creighton.edu](mailto:exercisescience@creighton.edu)

Visit us on the web at [www.creighton.edu/ccas/exercisescience/](http://www.creighton.edu/ccas/exercisescience/)

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## Faculty Updates

**Dimitrios Katsavelis, Assistant Professor**  
**Ph.D., University of Nebraska Medical Center**  
**M.S., University of Nebraska at Omaha**  
**B.S., Aristotle University of Thessaloniki (Greece)**

*Dr. Katsavelis joined the EXS faculty in the Fall 2014. His passion for understanding the mechanical analysis of human movement began shortly after he competed professionally in the high jump for his home country of Greece. After his B.S. in Exercise Science, he pursued graduate studies with a focus in medical applications of biomechanics. His primary teaching assignments are*

*Biomechanics and Human Anatomy. Dr. Katsavelis' recent research endeavors focus on the mechanical aspects of the human movement. His research team, which involved over 15 undergraduate students from 3 different departments, examined 1) the effect of fatigue on tibial acceleration and shock attenuation during running, 2) the effect of different types of high heel shoes on joint loading during walking, and 3) he is working with two members of the cross-country team on validating a device that measures power during running. He also collaborates with Drs. Threlkeld and Grindstaff from Creighton University Physical Therapy department on improving the quality of life in people with Parkinson's Disease and rehabilitation protocols for patients with anterior cruciate ligament reconstruction, respectively. He and his wife Anastassia have 2 daughters, Zoe and Maria.*



**Eric Bredahl, Assistant Professor**  
**Ph.D., University of Northern Colorado**  
**M.S., College of St. Scholastica**  
**B.S., Colorado State University – Pueblo**

*Dr. Bredahl joined the EXS faculty in the Fall of 2015. His interest in exercise science was ignited during his undergraduate coursework and fostered during his four years working as a rehabilitation technician. During his doctoral work in exercise science at the University of Northern Colorado, he studied the capacity of exercise to minimize chemotherapy induced muscle dysfunction. His current research is focused on investigating the mechanisms behind cancer treatment related to muscle dysfunction and how exercise interventions can minimize the*

*decline in muscle function. Dr. Bredahl is also a Certified Strength and Conditioning Specialist through the NSCA. His primary teaching assignments include Exercise Physiology, Exercise Prescription, and Basic Statistics & Research Design.*



**Jacob Siedlik, Assistant Professor**  
**Ph.D., University of Kansas**  
**M.A., Teachers College, Columbia University**  
**B.A., Colorado College**

*Dr. Siedlik is the newest EXS faculty member joining the department this fall. He received his undergraduate degree in mathematics from Colorado College. After graduating, he moved to New York City where he served as a Police Officer and then a Sergeant with the New York City Police Department. During that time, he earned his Master of Arts degree in applied physiology from Columbia University. After receiving that degree, he returned to graduate school, this time at the University of Kansas where he earned a Ph.D. in exercise physiology with a focus on immunendocrine interactions and T cell specific responses to layered stress events. Dr. Siedlik's primary teaching assignments are Exercise Physiology and Basic Statistics & Research Design. When not at work, he and his wife Sarah enjoy running around with their twins Declan and Maddy.*

## Welcome EXS Lab Assistants:

Olivia Chambers (B.S. 2014) returned as a lab assistant this year and is joined by Daniel Zenarosa (B.S. 2015), and Ryan Smith (B.S. 2015) In addition to teaching sections of Personalized Weight Training, Olivia and Daniel assist with Laboratory Methods & Procedures. Ryan co-teaches a section of Personalized Weight Training with Ms. Jen Yee and is the lab assistant for Exercise Physiology and Basic Statistics and Research Design.



# Student Organization News

## AHA Heart Walk

EXSEL Club members helped with registration at the American Heart Association walk on Saturday, May 7, 2016 at Miller's Landing for the annual Omaha-Council Bluffs Heart Walk. The Heart Walk is the American Heart Association's mission – building healthier lives, free of cardiovascular diseases and stroke – in action. Held annually, the walk celebrates those who have made lifestyle changes in an effort to improve their heart-health, and encourages others to take the pledge to live healthier lifestyles, while raising the funding needed for life-saving research and education. At the Heart Walk, cardiovascular disease and stroke survivors from across the state were honored.



## EXSEL Students are Excellent in Leadership

The EXSEL Club has exciting plans for the 2016-2017 academic year. The newly-elected officers are led by President: Natasha Pawloski, Vice President: Meghan Wagner, Secretary: Nagisa Matsumoto, Treasurer: Kenzie Twaddell and Public Relations Rep: Ben Takami. Our new officers are energetic and have many exciting ideas for the upcoming year. After many years as the club moderator, Geri Moore passed the baton to Dr. Eric Bredahl and Dr. Dimitrios Katsavelis. Ms. Moore has many fond memories as the EXSEL club moderator. She described her experience as “a blessing to be able to work so closely with such talented, young leaders over the years”, yet she is confident that Dr. Bredahl and Dr. Katsavelis will be outstanding moderators and excellent mentors to the students in the EXSEL organization.



## Annual BBQ is a Success!

Once again, faculty and students enjoyed the opportunity to get to know each other at the EXSEL Annual BBQ on September 8th at Opus Courtyard, the Junior/Senior Apartment Complex on the east end of the Creighton campus. The BBQ has become an annual event and a great way to “kick-off” the school year.



## Dr. Lambert Promoted to Professor

Congratulations to Dr. Lambert who was recently promoted to full professor in 2016. In 2014 he received a grant from the Dr. George F. Haddix Faculty

Research Fund and in 2016 he received a grant from the Center for Undergraduate Research and Scholarship Faculty Research Fund. These grants have been used to study the effects of obesity and ibuprofen, respectively, on gastrointestinal function. Thirteen undergraduate students have assisted Dr. Lambert in conducting these research studies.

## Admin Assistant Receives College Award

Congratulations to Nancy Nygren who received the College of Arts and Sciences 2016 Dean's Staff Award for Outstanding Performance. Nancy has been the administrative assistant in the department since the fall of 2012 and has been with the University since 2001.



## NASA Research Grants

Current major, Zoe Reed (2017), and Joey

Bowens, a former major (2011) in his 3rd year of medical school at CUMC, each received a \$5000 NASA Nebraska Space Grant for the 2016/17 AY. Both are utilizing 3D print technology for their projects. Zoe is developing a practical file manipulation methodology using ultrasound images of late-term fetuses to create a 3D printed object that would allow a visually impaired parent the opportunity to 'see' their unborn baby. Because of the many potential applications of 3D printing in the medical field, Joey is creating a curriculum for medical students that will provide them with the vocabulary, content, and understanding necessary to address 3D printing and design at a professional level within their areas of specialty. Both will present their research findings at the Nebraska Academy of Science meeting in the spring.

## Did you know?

In academic year 2015-2016:

**\*61 EXS majors graduated**

**\*49% graduated with honors**

**\*82% of those grads who applied to professional programs or graduate school were accepted.**

**\*Half of those chose to attend graduate school at Creighton!**

## KFC Classrooms Updated



Students returned from Spring Break 2016 to find new tables and chairs in Kiewit Fitness Center classrooms. Pictured above are the Human Anatomy students taking an exam on Halloween.