

# EXS NEWS



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

**Fall 2021**

## A Note from the Chair

Dear Alumni,

I hope this letter finds you well. It was a busy and productive semester and one of the highlights was the alumni open house on September 30 when we welcomed over 30 alums back to the department. A few of our current majors served as tour guides and really enjoyed the evening, as well. On October 8, the full-time faculty participated in a day-long retreat and spent time reflecting upon our history and prioritized goals for the next academic year and beyond. One of the action items that emerged was the need for an alumni survey for majors who graduated within the last 10 years; the results of which will help drive future discussions about curriculum, certifications, and the development of accelerated pathways to PT and OT school, so please watch for future emails.



As most of you know, Creighton has recently embarked on the largest and most comprehensive fundraising campaign in university history called 'Foreword Blue'. Two areas that have been identified as having the greatest impact include scholarships and school/college general funds. If you have been discerning about making a gift to Creighton and would like to direct your donation to the department to support scholarships, student research, faculty resources, or another area of interest, please contact Mr. Mike O'Malley, Senior Director of Development for the CCAS ([mikeomalley@creighton.edu](mailto:mikeomalley@creighton.edu); phone 402-280-2169).

Please enjoy this issue of the EXS NEWS and I wish all the best in 2022!

*Joan Eckerson, Ph.D.*

## Contact Us

### Let's stay in touch!

Email: [exercisescience@creighton.edu](mailto:exercisescience@creighton.edu)  
Web: [www.creighton.edu/ccas/exercisescience/](http://www.creighton.edu/ccas/exercisescience/)  
Twitter: [@creighton\\_exs](https://twitter.com/creighton_exs)

**Creighton University**  
**Department of Exercise Science**  
**and Pre-Health Professions**  
2500 California Plaza  
Omaha NE 68178  
(402) 280-2088

# New Faculty



**Melani Kelly** PhD, University of Kansas  
Assistant Professor

Melani attended Eastern Washington University to become a certified athletic trainer. After graduation, she moved to Texas to work as a graduate assistant athletic trainer while pursuing a master's degree in sport and exercise science with an emphasis in sport management. After graduating from WTAMU, Melani worked at an orthopedic clinic before returning to the University of Kansas to pursue a PhD in exercise physiology with a research interest in thermoregulation and hydration. Her research focused on the presence of exertional heat stroke risk factors, such as medications or sleep loss, among marathon runners and marching band artists. Melani is teaching EXS 320 (Human Physiology) and EXS 350 (Nutrition for Health and Sports Performance). In her free time, she enjoys spending time with her two dogs, Tina and Kevin.



**Ashlynn Kowalczyk** BS, Creighton University  
Adjunct Instructor

Ashlynn attended Creighton University on an academic scholarship and earned a degree in exercise science and pre-health professions. After graduation, she became a certified personal trainer through the American College of Sports Medicine and works as a lab assistant in the Exercise Testing and Training Lab and teaches two sections of EXS 142 (Weight Training and Program Design). In her free time, Ashlynn enjoys working out, going on walks, trying new recipes, and spending time with friends and family.



**Abbey Rieber** MM, Creighton University  
Adjunct Instructor

Abbey graduated from Creighton University and received a degree in biology with a minor in science and medicine in society. She continued her education at Creighton, receiving a Master of Medical Science degree with an emphasis on clinical anatomy. After graduation, Abbey worked as an instructor for Creighton's School of Medicine in the anatomy laboratory for a year. She is currently teaching labs for Human Physiology, Human Anatomy, and Exercise Physiology. In addition to her work, Abbey enjoys spending time with her family and friends, as well as staying active by going on walks and bike rides with her dog Olive.



**Meghan Dowd Schlattmann** DPT, Creighton University  
Resident Assistant Professor

Meghan attended the College of the Holy Cross, in Worcester, MA, where she earned her BA in English/pre-medical studies, and played on the volleyball team. Following graduation, she was a phlebotomist for one year before entering the Doctor of Physical Therapy program at Creighton. While at Creighton, she met her husband, Brian Schlattmann, who was also in the DPT program. As a clinician, she worked in many different PT settings, as well as co-owned a private practice with her husband. Meghan is teaching EXS 391 (Career Preparation and Professionalism) and coordinating student internships in EXS 492. Meghan and her husband enjoy spending time with their three daughters, Nora (12), Lizzy (9), and Evelyn (7), four foster children, and three dogs.

# Faculty News

## Long-time Tennis Instructor Ed Hubbs Hands the Ball Off to Coach Tom Lilly



**Ed Hubbs**, who taught beginning and intermediate tennis for the department for over 35 years and is now the Head Men's and Women's Tennis Coach at Doane University, recently turned the reins over to **Tom Lilly**, Head Tennis Coach at Creighton University. Ed literally taught thousands of students during his tenure at Creighton and is the former Tennis Director for the city of Omaha. Thank you, Ed, for your many years of service.



## 'CU on The Scale' Marks 17th Year

Congratulations to **Geri Moore** and her team including **Jennifer Yee**, **Ashlynn Kowalczyk**, and **Sarah Giacomini** who recently wrapped up the CU on the Scale weight loss challenge. There were 65 participants with a 72% participation rate and a total of 193 lb lost!!



Welcome the newest member of the EXS family:  
**Dillon John Dobrauc-Yee**  
Born October 22, 2021  
8 lbs., 6 oz.  
21 inches long  
Congratulations Jennifer Yee & Joy Dobrauc!



# Alumni News



**Satoshi Ochi** (BS/EXS 1997), Head Strength and Conditioning Coach for the United States Tennis Association, traveled with the team to Tokyo for the summer Olympic games. He's pictured here with Team USA.

**Melani Keolanui** (BS/EXS 2001) recently became the **first-ever female fire captain** for the Hawaii County Fire

Department (HFD). Mel was born and raised in Hilo, HI and played volleyball for Creighton on a full scholarship from 1997-2001. She worked as a personal trainer and high school coach after graduation and joined the HFD in 2005 and has served as an inspiring role model for other female firefighters in her 17 years on the job. Congratulations, Mel, on this most prestigious accomplishment!! Click [here](#) to read the full story.



# Faculty Research Notes

During the 20/21 academic year, EXS faculty received \$307,400 in grant funding, published 16 papers, had 16 poster/podium presentations, and mentored 48 undergraduate students in research. Below are a few recent highlights:



**Dr. Eric Bredahl** was recently awarded a grant through the NASA Nebraska EPSCoR Research Infrastructure Development Program. The title of his project, 'Weathering Deep Space: Optimizing 5' AMP and 6N-Cyclohexyladenosine to Create a Torpor Like State' will test the ability and optimal dose of 6N-cyclohexyladenosine and 5' AMP to induce a hypometabolic/torpor like state in primary cell lines from the tissues most affected by microgravity.



**Dr. Jake Siedlik** and Drs. Mike Belshan and Holly Stessman in the School of Medicine were awarded \$120,000 through the Nebraska Cancer and Smoking Disease Research Program (LB 595) for their 2 yr grant project entitled, 'Connections Between SARS-CoV-2 Evolution, Patient Comorbidities, and COVID-19 Outcomes.'



**Dr. Dimitrios Katsavelis** is a co-investigator on two funded grant projects totaling \$200,000 (NIH R03 and Health Science Strategic Investment Fund Faculty Development Grant) with colleagues in the Dept. of Physical Therapy to examine the effects of hippotherapy and therapeutic riding in children with autism spectrum disorder.



**Dr. Mitchel Magrini** published an article in a recent issue of the *Journal of Motor Behavior* entitled ['The Influence of Motor Unit Number and Muscle Activation on Early Phase Rate of Torque Development in Younger and Older Men'](#). Co-authors included Dr. Jake Siedlik and undergraduate student, Mr. Nick Poidomani.



**Dr. Kelley Hammond** published an article in ['Clinical Parkinsonism & Related Disorders'](#) entitled, 'Influence of Muscle Fatigue on Contractile Twitch Characteristics in Persons with Parkinson's Disease and Older Adults: a Pilot Study' that examined the effect of fatigue on skeletal muscle contractile twitch characteristics in persons with Parkinson's disease (PD). Co-authors included colleagues Dr. Mitchel Magrini and Dr. Jake Siedlik. A primary finding was that skeletal muscle in persons with PD is more resistant to fatigue compared to non-impaired older adults that may be explained by differences in muscle fiber type, distribution, and/or organization.



**Dr. Leland Barker** published an article in the ['American Journal of Sports Science'](#) entitled, 'The Influence of Verbal Cues on Drop Jump Landing Strategies in NCAA Division I Soccer Players'. Co-authors included Dr. Jake Siedlik, Mr. Scott Bankers in the Dept. of Athletics, and Dr. Terry Grindstaff and Ms. Brooke Farmer in the Dept. of Physical Therapy. The findings suggested that coaches should provide consistent verbal cues to athletes during vertical drop jumps to minimize ground contact time and maximize jump performance as measured by the Reactive Strength Index.

**Dr. Eric Bredahl** published a review article in ['Nutrients'](#) entitled, 'The Role of Creatine in the Development and Activation of Immune Responses.' Co-authors included Dr. Kristen Drescher in the School of Medicine and Dr. Joan Eckerson.

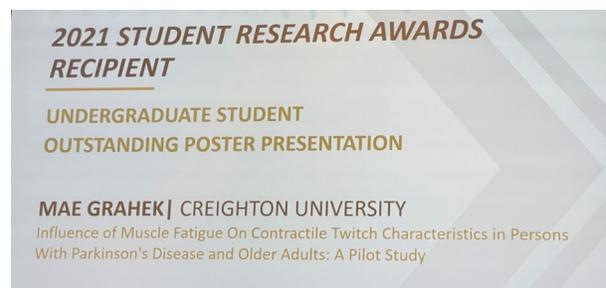
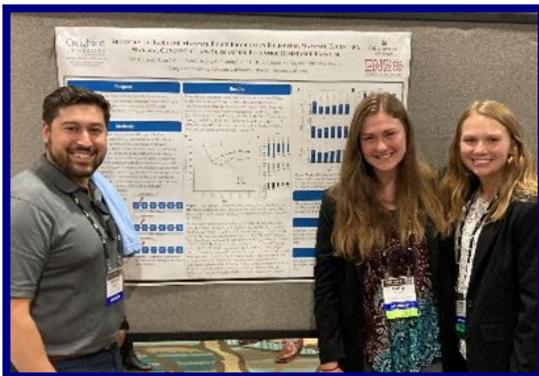
**Dr. Kelley Hammond** and Dr. Terry Grindstaff (Dept. Physical Therapy) are pictured with Dr. George F. Haddix and his wife, Susan, at a reception to honor recipients of the Dr. George F. Haddix President's Faculty Research Fund. Drs. Hammond and Grindstaff received the Creighton University Interdisciplinary Award in the amount of \$15,000 to fund their project, 'Return to Play: Systemic and Local Inflammatory Responses to Acute Exercise Post-Anterior Cruciate Ligament Reconstruction'.



## Undergraduate Research Notes

Undergraduate students **Haley Fye**, **Caroline Pass**, and **Kate Dickman** published an article in [Nutrients](#) entitled, 'The Effect of a Multi-Ingredient Pre-Workout Supplement on Time to Fatigue in NCAA Division I Cross-Country Athletes.' Co-authors included Dr. Jake Siedlik (mentor), Dr. Joan Eckerson, and Dr. Eric Bredahl. Shout out to **alumnus Matt Mosman**, owner of EndurElite™, for providing the supplement for the study.

Two undergraduate research assistants under the direction of Drs. Mitchel Magrini and Kelley Hammond, **Faith Carlson** and **Mae Grahek**, presented posters at the NSCA annual meeting in Orlando in July. Both students were nominated for the Undergraduate Student Outstanding Poster Presentation and Mae was named the winner at the awards banquet! Faith presented, 'Recovery of Rapid and Maximal Force Production Following Maximal Eccentric, Maximal Concentric and Submaximal Eccentric Resistance Exercise', and Mae's winning poster was entitled, 'Influence of Muscle Fatigue on Contractile Twitch Characteristics in Persons with Parkinson's Disease and Older Adults: A Pilot Study.'



**Maya Almazloum**, **Martnya Adamiec**, **Emma Travis**, and **Cindy Menk** presented a poster entitled, 'Effects of Hippotherapy and Therapeutic Riding in Children with Autism Spectrum Disorder: A Review of the Literature' at the University Research Day.

**Will Brausch** is currently working with Dr. Kelley Hammond on a study funded through the CURAS Faculty Research Fund entitled 'Immunohistochemical Methods for Evaluating Human Cadaveric Skeletal Muscle Protein Expression.'



# 2021 Grads



## Where did they go?

*Congratulations to these 2021 EXS graduates who are attending professional or graduate schools:*

### Dental

- Mitchell Akrie (*Creighton*)
- Allison Begley (*Univ of Nevada Las Vegas*)
- Neena Botthof (*Midwestern –Illinois*)
- Erin Goaley (*Creighton*)
- Maddie Karls (*University of Minnesota*)
- Robbie Mau (*Univ of Missouri KC*)
- Jack Neubauer (*Creighton*)
- Alexis Rezac (*University of Iowa*)

### Medicine

- Mike Bodenhausen (*University of Missouri*)
- Paige Eicher (*University of Nebraska Med Center*)
- Harvey Wang (*Creighton Fall 22*)

### Nursing

- Jessica Dryden (*Marquette University*)
- Sierra Gonzales (*Creighton*)
- Jaclynn Sparks (*Nebraska Methodist*)

### Physician Assistant

- Jessica Buhman (*Creighton*)

### Occupational Therapy

- Rachel Bishop (*Creighton*)
- CJ Doderio (*Creighton*)
- Grace Mitchell (*Rockhurst*)
- Megan Wintz (*Creighton*)

### Physical Therapy

- Megan Ackerman (*Creighton*)
- Zach Banaszak (*Creighton*)
- Kacie Beebe (*Univ of Kansas Med Center*)
- Patrick Dionisio (*Northwestern*)
- Nick Garcia (*Creighton*)
- Raphael Gastali (*Creighton 3 & 3*)
- Caitlin Hardenburgh (*Creighton*)
- Chisom Ogbosor (*Creighton*)
- Courtney Sandell (*University of Iowa*)
- Melissa Schuberg (*Creighton*)
- Emma Travis (*Creighton 3 & 3*)
- Kierra Vicens (*University of Utah*)
- Seth Wimmer (*Creighton*)
- Olivia Wulbert (*Creighton*)
- Evan Yoshimitsu (*Creighton*)

### Masters Program

- Michele Fujita (*Creighton*)

*Congratulations to 2021 Thomas R. Baechle Outstanding Major Awardees **Mike Bodenhausen** and **Jessica Buhman** Mike also received a College of Arts and Sciences Outstanding Senior Award. **Erin Goaley** and **Ashlynn Kowalczyk** received the EXS Outstanding Service Award. **Erin Goaley** also received a Honorary Service Award from the College of Arts and Sciences for her work with the COVID vaccine clinics.*

