This July will mark my first year as Department Head. What I have learned has reaffirmed what I already knew; we have great faculty, staff and students. It has been a pleasure to get to know everyone in our department and all of the great work they do. We have faculty who are dedicated to their jobs and students who are equally dedicated to the educational process. Our staff are unwavering in their support to make this department run smoothly. I would be remiss if I did not acknowledge the prior department heads for the support they have provided me in this role. I truly thank each and every one for their support and dedication to this department.

In this period of transition, we were provided an opportunity to reflect on various aspects of this department. We took the last six months or so to examine the administrative staff roles. That led to a promotion for Shari Witherspoon to Administrative Support Supervisor and overseeing our Faculty Support Services. We have hired Joe Hamilton to oversee Student Support Services (see New Faces section) and Rochelle Allen for Financial Support Services. I am also excited to announce that Dr. Michelle Gray is our new Exercise Science Research Center Director, and Dr. Stephen Dittmore has continued his role as Assistant Department Head. As we collectively serve as the administrative team for HHPR, we are committed to the success of our faculty and students; let us know what we can do to support you.

In this new annual newsletter, we have highlighted various aspects of our departmental successes. As we culminated these, we soon realized that we have too many to list in any one newsletter, so my apologies for not being able to highlight everything.

In 2017, our department taught 223 sections of classes, and amazingly the average of the teaching scores used for evaluation was 4.62 ± 0.38! Our online Masters in Physical Education program was recently ranked No. 2 in the nation, which is a true testament to dedication and ability to excel in an evolving educational landscape. See our Teaching Spotlight section below for more details.

In 2017, our faculty obtained $731,772 in research grants. We have listed individual external grants at the end of this newsletter; for space reasons we could not include the internal funding sources (which totaled $137,998). However, it should be noted that the University of Arkansas continues to provide many opportunities for seed funding that keeps our research progressing. Of note, Dr. Nicholas Greene obtained a federally funded grant from the National Institutes of Health as Principal Investigator. See our Research Spotlight section below for details. Our faculty published 68 peer-reviewed publications in 2017. Congrats to all of our faculty for their research successes!

In this coming year, we are focusing on engagement. You will see us highlighting the already great work we do in this area while also encouraging initiatives that increase engagement. This includes engagement at all levels, including, but not limited to, our students, alumni, faculty emerti, and all of our retirees. We also can’t forget how being engaged in our university and community as a whole is critical to moving forward. For example, did you know that in 2017 we had 378 students engaged in internship, practicum and clinical experiences at 176 different community partners, providing over 89,000 hours of service? This exemplifies how our university is not only giving back to our community, but how our community is critical to the educational process.

I am already excited for how 2018 is turning out to be. I look forward to continuing to facilitate and advocate for the great work that our faculty, staff and students are doing. Keep up the great work!
New Faces

Joshua J. Lens earned a Juris Doctor degree from the University of Iowa College of Law in 2005 and a bachelor's degree in economics with minors in history and sociology from the University of Northern Iowa in 2002. He formerly served as assistant athletic director of compliance at Baylor University. His teaching interests include sports law, sports management, sports risk management, legal and political issues in sports, NCAA policies and procedures, organization of college athletic departments, organization of amateur athletics, college athletics governance and sports economics. Lens formerly practiced law with the firm of Brown & James, P.C., in St. Louis.

Robert E. Davis earned a doctorate in health and kinesiology in 2017, a master’s degree in health promotion in 2015 and a bachelor's degree in exercise science in 2012, all from the University of Mississippi School of Applied Science. His research focuses on biopsychosocial determinants of behavior, health behavior theory, prescription drug misuse and abuse and objectively assessed physical activity. He won the Kevser Ermin Professional Development Award from the University of Mississippi in 2016 and worked at both the Center for Health Behavior Research and the Applied Physical Epidemiology Laboratory. Davis has published numerous articles on his research and serves as a peer reviewer for several publications.

Joe Hamilton was most recently park interpreter at Lake Fort Smith State Park and is a graduate of the University of Arkansas at Fort Smith historical interpretation program. He graduated cum laude in 2009. He is a published writer with articles in the Journal of the Fort Smith Historical Society and has presented at the National Association for Interpretation. He also enjoys history, kayaking, filmmaking, travel and playing guitar. He is a member of the Arkansas Arts Council-affiliated band The Boss Tweeds, with whom he has written and recorded two CDs of original material.

Teaching Spotlight

The University of Arkansas master’s degree in physical education, which is delivered online, was recently ranked No. 2 on a listing of best online master’s degree programs in physical education by a company called Early Childhood Education Degrees.

The U of A program was listed second after the University of Nebraska. Three components were used to determine the rankings, each making up one-third of an institution's score, according to the website: affordability, flexibility and academic prestige.

The College of Education and Health Professions began offering the master of education in physical education degree online in 2008 through the university's Global Campus. It is a cohort program that can be completed in two years by taking six credit hours of classes per semester, including summer.

Research Spotlight

Nicholas Greene, University of Arkansas assistant professor of exercise science, has received a $412,668 grant from the National Institute of Arthritis and Musculoskeletal and Skin Diseases of the National Institutes of Health to study ways to prevent muscle atrophy, which accompanies many diseases, impairing body function and hastening death.

“We know that 20 to 40 percent of deaths from cancer are directly related to cachexia (muscle wasting that accompanies cancer),” Greene said. “If a person with cancer can maintain the rest of the body health, including preventing muscle wasting, their chance of survival is better.”

The three-year grant is intended to enhance the exposure of students to biomedical research.
Grant Award Winners

In 2017, we began what we hope to be an annual grant process that provides research money for our graduate students as they work to complete their degrees. Below are winners, along with the titles of their projects. Congrats to all the winners!

- Megan Rosa-Caldwell – Autophagy Activation as a Novel Regulator for Improved Glucose Handling during Insulin Resistance
- Mary Hunt – Shifting Abortion Attitudes using an Empathy-based Media Intervention: A Randomized Control Study
- Aaron Caldwell – Practical Interventions to Improve Arterial Dysfunction Associated with Long-Duration Sitting
- Joshua Gills – Validation of a Web-based 5-minute Eye-tracking Test among Adults with Mild Cognitive Impairment and/or Alzheimer’s disease
- Megan Turk – A Case Study: Inclusion of Student-Athletes who Identify as Sexual Minority at an NCAA Division I Institution
- Natalie Bird – Factors Associated with Helmet Use among Scooter Drivers on the University of Arkansas Campus
- Virginia Hardgraves – Older Adults’ and Family Attitudes, Expectations, and Knowledge of Oral Health Issues in Arkansas Seniors
- Brooke Bouza – Chronic Endurance Exercise and Sexual Function in Female Adults

College of Education and Health Professions Faculty Awards

Dr. Kaitlin Gallagher received the 2016-2017 Rising STAR Award.
Dr. Nicholas Greene received the 2017-2018 Significant Research Award.
Dr. Sarah Stokowski received the 2017-2018 Innovative Teaching Award.

2017-2018 Departmental Faculty Awards

Outstanding Service - Paul Calleja
Outstanding Research - Nicholas Greene
Outstanding Overall Faculty Member - Nicholas Greene
Outstanding Advising - Madelyn Jones
Outstanding Alumni - Mark O’Neal
Outstanding Teaching - Amanda Sullivan

2017-2018 Faculty & Student Kudos

Dr. Paul Calleja was promoted to full Clinical Professor.
Drs. Steve Dittmore, Bart Hammig and Cathy Lirgg were promoted to full Professor.
Dr. Michelle Gray became a Teaching Academy Fellow.
Dr. Brendon McDermott became a Fellow of the American College of Sports Medicine.
Dr. Amanda Sullivan was promoted to Associate Clinical Professor.
Brendan Cook and Kate Turver were selected as Seniors of Significance.

2017-2018 Departmental Student Awards

**Undergraduate**
- **Public Health**
  - Rachele Reynolds
- **Kinesiology-Exercise Science**
  - Malik Allen
- **Kinesiology-K-12 Teaching**
  - Emily Floyd
- **Recreation and Sport Management**
  - Hailey Hurst

**Master’s**
- **Community Health Promotion**
  - Lancina Doumbia
- **Kinesiology-Exercise Science**
  - Sam Mohler
- **Physical Education**
  - Garrett Stephens
- **Recreation and Sport Management**
  - Alexyss Scott
- **Athletic Training**
  - Mariellen Veach

**Ph.D.**
- **Community Health Promotion**
  - Tiffany Marcantonio
- **Kinesiology-Exercise Science**
  - Cory Butts
- **Kinesiology-Physical Education**
  - Maryann Mitts
- **Recreation and Sport Management**
  - Megan Turk
2017-2018 Departmental Alumni Award

Mark O'Neal is director of medical operations for the Chicago Cubs since 2004 and a 1990 graduate of the University of Arkansas athletic training program. He has represented the field of athletic training in baseball at the collegiate, Olympic and professional levels. He currently serves as the president of the Professional Baseball Athletic Trainers Society, and he chairs Major League Baseball’s Medical Advisory Board and specializes in drug prevention programs. He has previously guest lectured to the U of A graduate athletic training program as well as many other sports medicine organizations both nationally and internationally.

2017 External Research Funding

Students’ names are underlined. U of A faculty names are bolded. Faculty members outside of HHPR are italicized. Alphabetized by last name of first HHPR faculty listed.


Stay connected!

Stay in touch with us at our departmental website [https://hhpr.uark.edu](https://hhpr.uark.edu) and the Exercise Science Research Center website [https://exercisescience.uark.edu](https://exercisescience.uark.edu). We are also on social media at [https://www.facebook.com/UAhpl](https://www.facebook.com/UAhpl) and [https://twitter.com/UofA_ESRC](https://twitter.com/UofA_ESRC).

If you would like to make a gift to the department or the research center, visit [https://tinyurl.com/hhpr-giving](https://tinyurl.com/hhpr-giving). Be sure the department name appears in the field labeled “Other department, program or fund” before submitting the form.


15. McDermott, B.P., Emerson D. Effect of Hydration status and NSAID use on gastrointestinal symptoms, gut permeability, inflammatory cytokines, and kidney stress during marathon running. University of Kansas. $20,000.


2017 Peer-Reviewed Publications

Students’ names are underlined. U of A faculty names are bolded. Faculty members outside of HHPR are italicized. Alphabetized by last name of first HHPR faculty listed.


