

# Department of Health, Human Performance and Recreation



## Summer 2020 Newsletter

*To our readers: Headlines and info below are for the 2019-2020 year (i.e., May 15, 2019 – May 14, 2020) unless otherwise noted.*

## From the Department Head



**Matt Ganio**

As much of this newsletter focuses on the previous calendar year, it is impossible to ignore how the current pandemic has forever changed our lives. Almost overnight we were told that all classes were going online, followed by restrictions of being in the office. “Social distancing” is now common vernacular.

I am proud to say that by every indication, our faculty, staff, instructors, and students have adapted with great poise while exhibiting compassion and flexibility.

In other words, we have fully embraced our Dean’s DOVE principle (Distancing, Opportunity & Optimization, Vulnerability, Evaluation & Adjustment). We know that higher education will continue to look different for the foreseeable future. Now is the time to lean in and proactively embrace our new models of teaching and research.

In this past year we continued a lot of great initiatives that increasingly enhanced our degrees. Our Recreation & Sports Management program went through an important initiative to now provide a degree with two concentrations (Recreation Administration & Sports Administration). This will help clarify what students can expect while allowing a track that is conducive to their long-term career goals.

Our Exercise Science program continues to provide more electives and allows flexibility for students to pursue classes that help them get into the professional schools they desire, which includes COEHP’s new Occupational Therapy Doctorate.

Our online Masters in Physical Education program continues to have a national presence and increased enrollment that is having us look at how we can hire more instructors to meet this demand (a good problem to have!).

Our Masters in Public Health (MPH) proposal is going through final approval and we hope to recruit our first class for the fall of 2021. This program is a critical part of how the University can

meet the increasing demand for this important field, especially in this time of COVID-19.

We continue to also examine how we can best provide graduate education in all of our Masters and Doctoral programs. This has led to all PhD students creating an annual report that provides a launching point for our students and their faculty mentors to regularly discuss degree progression.

Last summer, we welcomed our new Dean, Dr. Brian Primack, who has provided tremendous support to our department. I am excited to say that we have four new fantastic faculty joining us this fall, Dr. Abigail Schmitt (Exercise Science), Dr. Alex Russell (Public Health), Dr. Craig Schmitt (Recreation & Sports Management), and Dr. Page Dobbs (Public Health). Welcome aboard!

As we welcome our new faculty, it’s important to acknowledge the retiring faculty that have built the foundation of who we are. After 37 illustrious years, Dr. Ro DiBrezza is retiring effective June 30, 2020. During her tenure at the University, Ro has been a champion for higher education in general and more specifically has demonstrated an extraordinary commitment to our university community. Through multiple roles, her service efforts have been unique and far-reaching. Thank you Ro for everything you have done!

At year’s end (i.e., Dec 31), Dr. Dean Gorman will be retiring after 41 years with the University. Dean has served in several roles over his tenure, including assistant department head and graduate coordinator. He has been an advocate for our adapted physical education curriculum and has a rich history of grant development which led to creating a grant writing course. Thank you Dean for all of your contributions to our department.

I look forward to this coming year as we transform the presented challenges into unique opportunities.

Stay healthy, stay happy!

## Alumni Career Updates

- **Michelle E. Myers** MED'88 EDD'90, Provost, Park University; Parkville, Missouri
- **Sally Paulson**, PHD'06, ATC, CSCS\*D, Associate Professor at Mount St. Joseph University; Cincinnati, OH
- **Nicole Wilkins**, EdD, LAT, ATC'07, Coordinator of Athletic Training Clinical Education/Chapman Clinical Assistant Professor at The University of Tulsa; Tulsa, OK
- **Lem Brown** PHD'16; Postdoctoral Research Fellow; University of Michigan
- **Jacob Brown** PHD'18; Postdoctoral Fellow, Oklahoma City, OK
- **Matthew S. Stone**, PHD'18; Director of Scientific Development & Strategic Partner for Gexin Consulting; Texas
- **David Lee** PHD'18; Postdoctoral Fellow; Duke University
- **Ricky Perry** PHD'19; Teaching Faculty, Colorado State University; Fort Collins, CO
- **Lisa Jansen** PHD'19; Postdoctoral Research Fellow Endocrinology with Boston Children's Hospital; Boston, Massachusetts
- **Ashley Binns** PHD'19; Faculty/ College & Academic Advisor at Haas Hall Academy; Arkansas

## Alumni in the News

- [Former UA Football Player Dowell Loggains Joins the New York Jets](#)
- Michael Smith: [Middle school adding archery.](#)
- U of A Alumna Jessica Cohen [Among Select Few Female Athletic Trainers in the NBA](#)
- University of Arkansas Alum Jake Smith [Expands Baseball Non-Profit for Kids](#)

## Alumni Memoriam

- John J. Koldus III Im MED'59 EDD'64, College Station, Texas, August 12, 2019.
- Ann Bailey Bynum BSE'61 MED'76, Lakeland, Florida, September 10, 2019.
- Caleb Hanson, Little Rock, January 14, 2019.

## HHPR Student Ambassador Program

The goal of the student ambassadors are to be the “eyes, voice, and ears” of the students. On a monthly basis the ambassadors met with departmental leadership and discussed

pressing issues along with long-term goals. Thanks to this year's ambassadors!



Nicole Doyle



Quincy Carpenter



Bryce Daniels



Cameron Fagan

## Department & Program Kudos!

- Our department has joined the [American Kinesiology Association \(AKA\)](#). “AKA members work together as a unified entity to advance the development of all academic interest, research opportunities and professional development of all those involved in the study and practice of kinesiology, human movement and related professional fields.”
- Our undergraduate degree in public health has been accredited by the [Council on Education for Public Health](#). “CEPH assures quality in public health education and training to achieve excellence in practice, research and service, through collaboration with organizational and community partners.”
- Our Online Master’s in Physical Education Program has been ranked the #12 most affordable program in the nation. Read more [here](#).



Our Exercise is Medicine Team led by Bryce Daniels (2nd from the left) and Dr. Erin Hickey (far right) receiving their Bronze Status certificate last May.

- The Exercise is Medicine program has been awarded the Bronze Status. The University of Arkansas is one of only 166 universities and colleges around the world to be honored by the American College of Sports Medicine [Exercise is Medicine](#) initiative for its efforts to create a culture of wellness on campus.

## Faculty Kudos

- **Michelle Gray** won the [2019-2020 College of Education & Health Professions Superior Service award](#).
- Associate professor **Brendon McDermott** was honored by the University of Connecticut as an alumnus for his “outstanding contribution to the athletic training profession.” See story: [U of A Professor Receives University of Connecticut Thomas J. Pike Athletic Training Alumni Award](#)
- **Brendon McDermott** also received the SWATA [Southwest Athletic Trainers’ Association] Christine M. Bonci Award for Excellence in Athletic Training Scholarship. It recognizes a member of District VI who has actively impacted athletic training practice, education, or scholarship through active Athletic Training Scholarship via a publication or a significant professional presentation.
- **Nic Greene** became an American College of Sports Medicine Fellow. ACSM Fellowship is an elite member status for long term Professional Members, who have provided significant service to ACSM. These members have demonstrated high standards of professional development and shown a commitment to the goals and longrange activities of the College. Read more about ACSM Fellows [here](#).
- **Angie Smith-Nix, Michelle Gray, Kaitlin Gallagher, Sarah Stokowski, and Amanda Sullivan** have been supported to become members of the Northwest Arkansas Chapter of the Network of Executive Women (NEW). NEW is a nonprofit focused on advancing ALL women. NEW develops, empowers, and supports retention of women leaders through learning, connecting, and leadership opportunities; provides insights and solutions that support business transformation and cultures of gender equality, and advocates for gender equality. Read more about NEW [here](#).
- **Kaitlin Gallagher** quoted in the NY Times: [Why Standing Often Feels Even Harder Than Running](#)
- **Ches Jones** [Receives Funding to Improve Course Materials, Lower Student Textbook Costs](#)
- KUAF’s Kyle Kellams talks with **Dr. Brian Primack**, dean of the College of Education and Health Professions, [for the first in a series of interviews with professors and medical experts](#) who will participate in the Honors College’s upcoming intersession course called Pandemic.

## Student Kudos

- Public Health Student Olga Khokhryakova : [Fulbright Graduate Student Prepares to Launch Network to Improve Inclusivity Across Sports](#)
  - Exercise Science Ph.D. Student, Megan Rosa-Caldwell’s review “Muscle metabolism and atrophy: let’s talk about sex” in Biology of Sex Differences was one of the most downloaded journal articles in physiology for 2019. See more [here](#).
  - Cameron Fagan, a senior in the physical education program at the University of Arkansas, was recently awarded the [Newman McGee Jr. Scholarship](#).
  - U of A Students [Visit Senegal to Evaluate Sport Education Method, Foster Mutual Understanding](#)
  - Madeline Amos and Lauren Westervelt won the President’s Cup Poster Competition and Outstanding Undergraduate Research Award, respectively at the 2019 Central States American College of Sports Medicine meeting.
- Meet some more of our great students in the [Dean’s Spotlight](#).

## **HHPR Outside Guest Speaker Series (HOGSS)**

This year's HOGSS was cut short because of COVID, but this fall we were able to bring in a variety of speakers from a variety of disciplines. In addition to the main lectures listed below, the speakers also took time to have informal discussions with students and even teach some classes.

- October 1, 2019 - Dr. Tomika Ferguson from Virginia Commonwealth University "Centering Black Women Student-Athletes in Programming" & "Safe Space and Visibility in the Classroom"

- October 23, 2019 - Grace Burke – Primary School Principal: Scoil Ide Limerick, Ireland "The Irish Education System and Opportunities for International Student Internships" & Deb Tudge – Conference Director: University of Limerick, Ireland "Resources for International Students and Faculty at the University of Limerick"
- November 8, 2019 - Dr. Melissa Womble – Director of Innova Sports Medicines Comprehensive Concussion Program "Concussion Management and How Using Clinical Profiles Can Guide Individualized Treatment Plans"

## **HHPR Professional Development Series**

As an extension of our department seminar series, we are offering more seminars on topics directly related to professional development. In this inaugural year we offered the following:

- "Effective Communication"
- "Innovation, Failure is Always an Option"

## **HHPR Podcast**

Lead by Paul Calleja, HHPR now has a podcast called "Lightning Between the Bookends". Listen [here](#) to these episodes:

- All Things Post Graduate; Being a Graduate Student 101.
- Collaborations in Ireland: A Fireside Chat with our Irish Friends.
- The Importance of Mentoring in the Professional Development of a Graduate Student.
- Shut Up and Write; An Exploration Into Academic Writing.

## **HHPR Faculty Awards**

- Outstanding Teaching – Amanda Sullivan
- Outstanding Research – Brendon McDermott
- Outstanding Service – Kaitlin Gallagher
- Overall Outstanding Faculty – RJ Elbin

## **HHPR Graduate Student Research Grant**

This year we were able to offer Graduate Student Research Grants totaling \$10,000. The following individuals received funding:

- Whitley Atkins - Effect of sugar-sweetened electrolyte beverages on renal function during and following industrial work in the heat
- Chuck Bell - Everybody wins: A phenomenological study of four and five star college football recruits
- Brooke Bouza - HPV vaccine uptake and the role of women's health care behaviors, characteristics of health care received, and the medical providers' perspectives.
- Katie Stephenson-Brown - Medical Residents' Knowledge, Attitudes, and Behaviors on Concussion: A qualitative study
- Bryce Daniels - Utilizing Motivational Interviewing to Promote Regular Physical Activity at the University of Arkansas
- Nicole Doyle - Misuse of prescription opioids and non-suicidal self-injury in college students
- Ali Fridley - The Forgotten Inherent Relationship: Faculty and Intercollegiate Athletics
- Josh Gills - The effects of inositol-stabilized arginine silicate (ASI; Nitrosigine®) on cognitive functioning
- Malachi Willis - Within-Person Variability of Internal and External Sexual Consent.

## HHPR Faculty Research Grants

This year we were able to offer Faculty Student Research Grants totaling ~\$27,000. The following individuals received funding:

- Kaitlin Gallagher - The Cervical Extensor Muscle Passive Properties After Sustained Neck Flexion
- Erin Howie Hickey - The First Year of Implementation of Extended Recess (Act 641) in Arkansas
- Josh Lens - The Current State of Show-Cause Orders in College Athletics Post-McNair
- Brendon McDermott - Cooling Effectiveness of Cold Intravenous Fluids Following Exercise Hyperthermia
- Sarah Stokowski - Do You See Us Now? Perceptions of Deaf Athletes on Inclusionary Practices in Collegiate Sport

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## HHPR Student Scholarship Award Winners

- Bob and Becky Alexander Endowed Scholarship in Recreation and Sports Management - Ashlyn Rasberry
- Dr. Angela Lumpkin Endowed – Luis Acuna
- Dr. Fred J. Vescolani Endowed Scholarship – Cindy Mao
- Dr. Rodney Ryan Outstanding Recreation Award – Hannah Allred
- Frances Wood & Betty Wallace Physical Education Teacher Education Scholarship – Luke Loveless
- Jack Williamson Scholarship – Ryan Ozanich
- Luther W. & Edna L. Estelle Scholarship Trust Fund – Mackenzie Appleby
- M. Reed Greenwood Endowed Scholarship - JayWeatherford
- Troy Hendricks Scholarship – Samuel Hyatt
- Zachary Brian Hooper Endowed Award in Athletic Training – Ava Chiarelli

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## Departmental Student Awards

### **Undergraduate**

- Public Health – Jennifer Padron
- Exercise Science – Lauren Westervelt
- Teaching K-12 Physical Education and Health – Anna Johnson
- Recreation and Sport Management – Meredith Fleming

### **Masters**

- Community Health Promotion – Hannah Dial
- Kinesiology – Exercise Science – Ashton Human
- Kinesiology – Adapted Movement Science – Natalie Amrhien
- Physical Education – Robert D'Alessio
- Recreation and Sport Management – Devin Clark
- Athletic Training – Samantha Thomas

### **Ph.D.**

- Health Behavior – Brooke Bouza
- Exercise Science – Megan Rosa-Caldwell
- Physical Education – Mark Bjornsen
- Recreation and Sport Management – Ali Fridley

### **Alumni Award**

- Ethan Douglas

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## Stay connected!

### **Websites**

Department <https://hhpr.uark.edu>  
Exercise Science Research Center  
<https://exercisescience.uark.edu>

### **Facebook**

<https://www.facebook.com/UAhpl>  
<https://www.facebook.com/uark.hhpr>

### **Twitter**

@UarkHHPR  
@UofA\_ESRC

### **Instagram**

Uarkhhpr

### **LinkedIn**

UARK HHPR

If you would like to make a gift to us, visit <https://tinyurl.com/hhpr-giving>.

## External Grant Funding Received by HHPR Faculty in calendar year 2019:

- Elbin, R. J.**, "Evaluation and validation of a multimodal brain function biomarker with NPC," *Brainscope*, \$203,493.00.
- Elbin, R. J.**, "Collaborative Seed Research Grant with Inova Sports Concussion Clinic," Inova Healthcare, \$1,062.00.
- Gallagher, K.** "Examining potential tradeoffs between ergonomics and performance when using different monitor configurations," Office Ergonomics Research Committee, Inc., \$25,000.00.
- Gallagher, K., Burruss, C. C.** "Neck Posture difference between those who do and do not develop neck pain during smartphone usage," Arkansas Department of Higher Education (SURF), \$2,750.00.
- Gallagher, K., Dorch, S.** (Co-Investigator), "Spinal Muscle Activity when Taping an Ankle at Different Surface Heights," Arkansas Department of Higher Education (SURF), \$2,125.00.
- Gray, M.** "Comparing the Acute Effects of Citrulline Malate and Nitrosigine Supplementation on Vasodilation in Young Adults," Sponsored by Arkansas Department of Higher Education, (SURF), \$2,125.00.
- Greene, N. P., Washington, T. A.**, "Investigations in Mechanisms of Onset in Muscle Wasting," Arkansas Biosciences Institute, \$34,942.00.
- Greene, N. P.**, "Targeted Approaches in Cancer-Cachexia" SubAward to COBRE Center for Musculoskeletal Disease Research, UAMS via NIH, \$100,000.00.
- Way, K. A., Becnel, J. N., **Hammig, B.**, Garrison, B., Killian, T., Moon, Z. K., "Promise or Peril? The ambivalence of rural tourism development," USDA, National Institute of Food and Agriculture, \$149,000.00.
- Howie, E. K., Lamm, C., Shreve, M. D., Daniels, B., Ganio, M. S.**, "A novel intervention to improve inactive adolescents' physical and cognitive health," Arkansas Biosciences Institute, \$18,770.00.
- Howie, E. K., Nelson, A. H., Wells, R.**, "Activity Phenotypes during Pregnancy, Post-partum and Early Childhood and their Associations with Child Obesity Risk," SubAward to COBRE, UAMS via NIH, \$57,581.00.
- McDermott, B. P.** "Reliability and validity of a temperature sensing mouthguard," Dental Choice Holdings, LLC, \$27,999.00.
- Moiseichik, M. L., Henry, L. J., Christian, D. D.**, "Sport for Social Change," Indiana University - International Sports Programming Initiative, US Dept. of State, Bureau of Educational and Cultural Affairs (ECA), \$153,986.00.
- Washington, T. A., Greene, N. P.**, "Cancer cachexia, sex differences, and leucine supplementation," Arkansas Biosciences Institute, \$10,000.00.

## Peer-Reviewed Scientific Articles Published by HHPR Faculty in calendar year 2019:

- Davis, R. E., Bass, M. A., Ford, M. A., Bentley, J. P., Lee, K., Doyle, N. A.** (2019). Recreational Prescription Opioid Misuse among College Students in the USA: An Application of the Theory of Planned Behavior. *Journal of Health and Social Sciences*, 4(3), 389-404.
- Nahar, V. K., **Davis, R. E.**, Dunn, C., Layman, B., Johnson, E. C., Dascanio, J. J., Johnson, J. W., Sharma, M. (2019). The Prevalence and Demographic Correlates of Stress, Anxiety, and Depression among Veterinary Students in the Southeastern United States. *Research in Veterinary Science*, 125, 370-373
- Watson, K., Wells, J., Sharma, M., Robertson, S., Dascanio, J., Johnson, J. W., **Davis, R. E.**, Nahar, V. K. (2019). A Survey of Knowledge and Use of Telehealth among Veterinarians. *BMC Veterinary Research*, 15(1), 1-8.
- Li, B., **Dittmore, S. W.**, Scott, O. K. M., Lo, W.-j., **Stokowski, S. E.** (2019). Why we follow: Examining motivational differences in following sport organizations on Twitter and Weibo. *Sport Management Review*, 22(3), 335-347.
- Wood, E., **Dittmore, S., Stokowski, S. E.**, Li, B. (2019). Division I Athletic Director Trends and Perceptions of Requisite Professional Skills. *Journal of Higher Education Athletics & Innovation*(5), 102--121.
- Dobbs, P., Jozkowski, K. N., Hammig, B.**, Blunt-Vinti, H., **Henry, L. J.**, Lo, W.-J., **Gorman, D. R.**, Luzius, A. (2019). College Student E-cigarette Use: A Reasoned Action Approach Measure Development. *American Journal of Health Behavior*, 43(4), 753-766.
- Elbin, R. J.**, Fazio-Sumrok, V., Anderson, M. N., D'Amico, N. R., Said, A., Grosse, A., Schatz, P., Lipinski, D., Womble, M. (2019). Evaluating the suitability of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT) computerized neurocognitive battery for short-term, serial assessment of neurocognitive functioning. *Journal of clinical neuroscience*, 62, 138-141.
- Elbin, R. J.**, Kontos, A. P., Sufrinko, A., McElroy, M., Stephenson-Brown, K., Mohler, S., D'Amico, N. R., Collins, M. W. (2019). Motion Sickness Susceptibility and Baseline Vestibular and Ocular-Motor Performance in Ado-

- lescent Athletes. *Journal of Athletic Training*, 54(9), 939-944.
9. Anderson, M. N., Womble, M. N., Mohler, S. A., Said, A., Stephenson-Brown, K., Kontos, A. P., **Elbin, R. J.** (2019). Preliminary Study of Fear of Re-Injury following Sport-Related Concussion in High School Athletes. *Developmental neuropsychology*, 44(6), 443-451.
  10. French, J., Huber, P., McShane, J., Holland, C. L., **Elbin, R. J.**, Kontos, A. P. (2019). Influence of Test Environment, Age, Sex, and Sport on Baseline Computerized Neurocognitive Test Performance. *The American journal of sports medicine*, 47(13), 3263-3269.
  11. Moran, R. N., Covassin, T., **Elbin, R. J.** (2019). Sex Differences on Vestibular and Ocular Motor Assessment in Youth Athletes. *Journal of Athletic Training*, 54(4), 445-448.
  12. Kontos, A. P., **Elbin, R. J.**, Sufrinko, A., Marchetti, G., Holland, C. L., Collins, M. W. (2019). Recovery Following Sport-Related Concussion: Integrating Pre- and Postinjury Factors Into Multidisciplinary Care. *The Journal of head trauma rehabilitation*, 34(6), 394-401.
  13. Sinnott, A. M., **Elbin, R. J.**, Collins, M. W., Reeves, V. L., Holland, C. L., Kontos, A. P. (2019). Persistent vestibular-ocular impairment following concussion in adolescents. *Journal of Science and Medicine in Sport*, 22(12), 1292-1297.
  14. **Gallagher, K.**, Jensen, M., Payne, M., Towne, R. (2019). An imperceptible barcode can reduce the muscle activity required to scan common consumer packaged goods. *International Journal of Industrial Ergonomics*, 72, 80-85.
  15. **Gallagher KM**, Payne M, Daniels B, Caldwell AR, **Ganio MS**. Walking breaks can reduce prolonged standing induced low back pain. *Human Movement Science*. 22(66):31-37. 2019.
  16. Fewster, K. M., Riddell, M. F., **Gallagher, K.**, Callaghan, J. P. (2019). Does proactive cyclic usage of a footrest prevent the development of standing induced low back pain? *Human Movement Science*, 66, 84-90.
  17. Yoakum, C. B., Romero, A. N., Moore, C., Douglas, E. C., **Gallagher, K.**, Terhune, C. E. (2019). Sex and height influence neck posture when using electronic handheld devices. *Clinical Anatomy*, 32, 1061.
  18. **Gorman, D. R.**, **Lirgg, C. D.** (2019). Core strength, fatigue, and running performance. *Applied Research in Coaching and Athletics Annual*, 19, 233-241.
  19. Bott, N. T., Hall, A., Madero, E. N., Glenn, J. M., Fuseya, N., Gills, J. L., **Gray, M.** (2019). Face-to-face and digital multidomain lifestyle interventions to enhance cognitive reserve and reduce risk of Alzheimer's Disease and related dementias: A review of completed and prospective studies. *Nutrients*, 11(9), 2258-2284.
  20. Gills, J. L., Glenn, J. M., Madero, E. N., Bott, N. T., **Gray, M.** (2019). Validation of a digitally delivered visual paired comparison task: reliability and convergent validity with established cognitive tests. *GeroScience*, 41(4), 441-454.
  21. Glenn, J. M., Madero, E. N., **Gray, M.**, Fuseya, N., Ideda, M., Kawamura, T., Arita, Y., Bott, N. T. (2019). Engagement with a digital platform for multimodal cognitive assessment and multidomain intervention in a Japanese population: A pilot investigation. *Journal of Medical Internet Research*, 7(10), 1-13.
  22. Patton, S. K., Vincenzo, J., Bennett, H., **Gray, M.**, **Henry, L. J.**, Ferguson, A. J., DiBrezza, R., Walter, C., Kelly, M. (2019). Qualitative Evaluation of Interdisciplinary Service Learning Experience to Assess and Manage Fall Risk in Community-Dwelling Older Adults. *OBM Geriatrics*, 3(4), 1-8.
  23. Rosa-Caldwell, M. E., **Greene, N. P.** (2019). Muscle metabolism and atrophy: let's talk about sex. *Biology of sex differences*, 10(1), 43.
  24. **Hammig, B.**, **Henry, L. J.**, **Davis, D.** (2019). Disparities in Health Care Coverage Among U.S. Born and Mexican/Central American Born Labor Workers in the U.S. *Journal of Immigrant and Minority Health*, 21(1), 66-72.
  25. **Hammig, B.**, Bouza, B. (2019). Paid Sick Leave Benefits and Adherence to Recommended Screening Tests Among Male Labor Workers in the United States. *Journal of Occupational and Environmental Medicine*, 61(2), 102-106.
  26. **Howie, E. K.**, Ng, L., Beales, D., McVeigh, J. A., Straker, L. M. (2019). Early life factors are associated with trajectories of consistent organized sport participation over childhood and adolescence: Longitudinal analysis from the Raine Study. *Journal of Science and Medicine in Sport*, 22(4), 456-461.
  27. Baker, R., Coenen, P., **Howie, E. K.**, Williamson, A., Straker, L. (2019). The musculoskeletal and cognitive effects of under-desk cycling compared to sitting for office workers. *Applied Ergonomics*, 79, 76-85.
  28. Di Mattia, F., Fary, R., Murray, K. J., **Howie, E. K.**, Smith, A. J., Morris, S. (2019). Two subtypes of symptomatic joint hypermobility: a descriptive study using latent class analysis. *Archives of disease in childhood*, 104(11), 1099-1101.
  29. McVeigh, J. A., **Howie, E. K.**, Zhu, K., Walsh, J. P., Straker, L. (2019). Organized Sport Participation From Childhood to Adolescence Is Associated With Bone Mass in Young Adults From the Raine Study. *Journal of bone and mineral research*, 34(1), 67-74.
  30. Narcisse, M. R., Long, C. R., Felix, H. C., **Howie, E. K.**, Purvis, R. S., McElfish, P. A. (2019). Adherence to sleep guidelines reduces risk of overweight/obesity in addition to 8-5-2-1-0 guidelines among a large sample of adolescents in the United States. *Sleep Health*, 5(5), 444-451.
  31. Saunders, R. P., Schenkelberg, M. A., Moyer, C., **Howie, E. K.**, Brown, W. H., Pate, R. R. (2019). The translation of an evidence-based preschool physical activity intervention from in-person to online delivery of professional development to preschool teachers. *Translational Behavioral Medicine*, 9(6), 1186-1196.
  32. Sufrinko, A. M., **Howie, E. K.**, Charek, D. B., **Elbin, R. J.**, Collins, M. W., Kontos, A. P. (2019). Mobile Ecological Momentary Assessment of Postconcussion Symptoms and Recovery

- Outcomes. *The Journal of head trauma rehabilitation*, 34(6), E40-E48.
33. Toh, S. H., Coenen, P., **Howie, E. K.**, Mukherjee, S., Mackey, D. A., Straker, L. M. (2019). Mobile touch screen device use and associations with musculoskeletal symptoms and visual health in a nationally representative sample of Singaporean adolescents. *Ergonomics*, 62(6), 778-793.
  34. Toh, S. H., **Howie, E. K.**, Coenen, P., Straker, L. M. (2019). "From the moment I wake up I will use it...every day, very hour": a qualitative study on the patterns of adolescents' mobile touch screen device use from adolescent and parent perspectives. *BMC pediatrics*, 19(1), 30.
  35. Wickel, E. E., **Howie, E. K.** (2019). Prospective bi-directional associations between sedentary time and physical activity with cognitive performance: a cohort study. *Journal of Sports Sciences*, 37(6), 630-637.
  36. **Lens, J. J.** (2019). Application of the UAAA, RUAAA, and State Athlete-Agent Laws to Corruption in Men's College Basketball and Revisions Necessitated by NCAA Rule Changes. *Marquette Sports Law Review* (1st ed., vol. 30, pp. 34). Milwaukee, WI: Marquette University Law School.
  37. **Lens, J. J.** (2019). When a College Coach's Agent Recruits the Coach's Players: Potential Legal and NCAA Ramifications. *Jeffrey S. Moorad Sports Law Journal* (1st ed., vol. 26, pp. 37). Villanova, Pennsylvania: The Jeffrey S. Moorad Center for the Study of Sports Law, Villanova University School of Law.
  38. Al Salim, Z., **Lirgg, C. D., Gorman, D. R.** (2019). Attitudes of Saudi adolescents with and without disabilities toward physical education. *International Journal of Physical Education*, 56, 30-42.
  39. Merrie, M., **Lirgg, C. D., Gorman, D. R., Ramey, M.** (2019). Examining the socialcultural experiences of Cherokee Nation citizens in athletic competition and sport. *Journal of Sport and Games*, 1, 31-39.
  40. Adams, J., Scott, D. M., Brand, N. A., Suh, H. G., Seal, A. D., **McDermott, B. P., Ganio, M. S.**, Kavouras, S. A. (2019). Mild hypohydration impairs cycle ergometry performance in the heat: A blinded study. *Scandinavian journal of medicine & science in sports*, 29(5), 686-695.
  41. Belval, L. N., Hosokawa, Y., Casa, D. J., Adams, W. M., Armstrong, L. E., Baker, L. B., Burke, L., Chevront, S., Chiam-pas, G., González-Alonso, J., Huggins, R. A., Kavouras, S. A., Lee, E. C., **McDermott, B. P.**, Miller, K., Schlader, Z., Sims, S., Stearns, R. L., Troyanos, C., Wingo, J. (2019). Practical Hydration Solutions for Sports. *Nutrients*, 11(7).
  42. McDonald, A. A., Wilkerson, G. B., **McDermott, B. P., Bonacci, J.** (2019). Risk Factors for Initial and Subsequent Core or Lower Extremity Sprain or Strain Among Collegiate Football Players. *Journal of Athletic Training*, 54(5), 489-496.
  43. **Moiseichik, M. L.**, Rolfe, D. (2019). A qualitative analysis of the National Football League's "Together We Make Football" contest submissions. *International Journal of Sociology of Leisure*, 1(2), 153-173.
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