



I'm Dr. Chuck Layne, professor and chair of the department of Health and Human Performance at the University of Houston. I invite you to read our Winter edition of the department's newsletter. As always, we hope that this publication keeps you informed of the activities and productivity of our faculty, staff and students.

Since our very first newsletter this past fall, much has happened within the department. For starters, new assistant professors **Drs. Adam Thrasher** and **Paula Rhode** have joined our faculty. Dr. Thrasher's research specializes in the rehabilitation of severe motor impairments, while Dr. Rhode's work focuses on promoting weight loss with a particular emphasis on the psychosocial dimensions of obesity. Look for features on both of these new faculty members in upcoming issues.

UH's central administration honored our request for additional faculty so, by Fall 2007 we will be growing again. In October we hosted our second annual "PEB on the Plaza" physical activity day in front of the M.D. Anderson library and our third annual HHP graduate student research day.

For those of you who received the inaugural issue of our newsletter, I sincerely hope you enjoyed it. For those of you receiving your first issue, I hope you find it informative and entertaining. To tailor this publication to your preferences we've created an online survey to get your input. To complete the survey go to our website at hhp.uh.edu/alumnisurvey.htm. Please take a moment to give us your feedback on what you'd like to read about in HHP TODAY. To see what's on the survey, go to page 4.

Additionally, please feel free to contact me at any time by email: clayne2@uh.edu or telephone: 713.743.9868. Thanks to all who took the time to drop me a line after you received your first newsletter. I very much appreciated hearing from you.

HOW WE GOT OUR STUDENT LOUNGE



Former computer lab turned Student lounge; complete with copy machine, microwave, HHP info screen, and [not shown] mini library, coffee table, upholstered sofa and chairs, end tables and bulletin boards. Special thanks to Jessica Wheeler for setting up the lounge.

For more than 30 years HHP students have had to walk a good a distance to find a place to eat, study or just relax between classes. Set back from the main part of the university, the closest facility to HHP was at least 10 minutes away. It was time for action!

Veronica Avolevan and Angela Bishop led the student effort in putting together a packet for the Provost's office that would prove the need for a lounge inside Garrison Gym. It included petitions showing hundreds of signatures that were collected in hallways, classrooms, the HHP computer lab and main office.

Here's the information we submitted:

- Estimated walking time from HHP to the closest lounges on campus
- Map with aerial view of the campus and our location in relation to available amenities on campus
- A detailed summary of fees paid by students: building use fees, student service fees, academic fees and computer lab fees. Totals were per semester, per academic year and per average time to complete undergraduate studies
- Photos of crowded hallways where students sat on the floor to study or eat

After submitting the paperwork, maps and student signatures, we got results! Slowly but surely, the budget and plans were set and the end result . . . our student lounge! Acquiring our student lounge was only possible through the constant support of the HHP faculty and staff, as well as the oneness of the entire HHP student body.



Commemorative plaque next to student lounge entrance. Special thanks to Dr. Norma Olvera and Dr. Chuck Layne for their guidance .



Students relaxing between classes



Dennis Smith, Ph.D., FASHA

Q: Tell me about keeping an innovative state of mind.

A: When I was growing up in New Jersey, my parents taught me to be independent enough to think outside convention. Actually, their lessons backfired because I quickly left home to seek an education and teaching career in Ohio, North Carolina,

and Texas. As I see it, if my career keeps moving in a southern direction, I will soon be out of the US, which is fine with my wife; she is from Panama. Anyway, life's lessons in independence and flexibility have helped shape my philosophies of education, particularly about the value of experiential learning.

Q: Is there a particular lesson you've learned from your students that has stayed with you?

A: I guess I remember blank stares and vacant faces of myriad students enduring lectures designed more for me than for their practical use of such information. As Emerson once said "We are students of words, shut up in schools, colleges, and recitation-rooms for years, and come out at last with a bag of wind, a memory of words, and do not know a thing." As a professor, the most challenging lesson for me to prepare is one that adds value to students' lives.

Q: What is the funniest/oddest thing that's happened to you as a professor?

A: Between classes one day, I took a power nap at my desk. I guess I was really tired because I slept through my next class. Finally I was awakened by a student knocking on my office door. She wanted to know if there were any assignments due for the next class. "Yes, get me to class, awake and on time!"

Q: Who influenced the direction of your career and how?

A: I really can't say that one person influenced my career. It was a wonderful community of people, including my parents, a coach, professors, my family, and a good bit of fortune. I actually applied for the same position at the University of Houston twice. The first time was in 1986 and I was not selected as a finalist. As fate would have it, I was then available for a post-doctoral appointment on a National Cancer Institute grant. This opportunity shaped my research agenda, skills, and background for the same open position at UH three years later.

Q: Why did you choose tobacco cessation as the focus of your research and how long have you been involved?

A: My parents smoked and I wanted them to stop. This prompted me to become a volunteer for the American Cancer Society (ACS), a position I continue to hold some 30 years later. Because of my ACS involvement and National Cancer Institute background, the Texas Cancer Council (TCC) approached me in 1996 about developing a youth tobacco cessation program for the state of Texas. With TCC funding and the support of my research colleague, Dr. Brian Colwell from Texas A&M, we developed, implemented and have maintained the Texas Youth Tobacco Awareness Program now for ten years.

Q: What do you hope to accomplish in the future?

A: Through my teaching, research and service I want to help influence and shape the careers of my students. I believe the true measure of a person is in "his/her walk and not their talk." So I want to engage myself in efforts that unite my friends, family, students, and community in positive, meaningful, and healthful ways. I guess Emerson has shaped my life, too, because I want to "laugh often and much; earn the respect of people and leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; and know even one life has breathed easier because you have lived. This is to have succeeded."

ALUMNI SPOTLIGHT

Lesley Kargbo graduated in the spring of 2005 with a B.S. in Kinesiology—Exercise Science and a minor in Health. He has since been accepted into the Physical Therapy program at the University of Texas Medical Branch (UTMB) in Galveston where he is the student liaison for the Texas Physical Therapy Association's southeastern district, and the intramural football team captain. "I want to help people get back their daily lives," he said, "I was made for this career."

Born in Houston to African parents here on student visas, Lesley and his twin brother went to Africa at the age of two to live with their grandparents. His folks had four sons and were struggling to complete their educations so his grandmother helped to ease the pressure by taking two of the boys home with her. English was not spoken in their home, so Lesley learned it, along with French and Yuroba, in school. A few years later his mother brought her sons back to the U.S. for a better life. She worked multiple jobs and Lesley wound up spending a lot of time at the Boys and Girls Club in Chicago where he learned to play football. Little did he know at the time that the game he loved so much would get him through the loss of his twin brother at the

age of nine, adolescence, college, and eventually lead to a career in physical therapy.

Currently employed at the Memorial Hermann Wellness Center, Lesley works as a rehabilitation specialist. He also teaches a class in Group Strength using weights for a total body workout. He teaches another class in core strength using exercise balls.

Lesley is a very proud Cougar and says, "Everywhere I go I speak about UH." His favorite professors are Drs. Joel Bloom & Jill Bush and he stays in touch with them. Dr. Bloom helped him get his first job at the Downtown YMCA and Dr. Bush was a driving force in his education in Exercise Science. He was also one of the founders of the Health & Human Performance Majors Society (HHPMS).

Lesley, former Houston Cougars full-back, and Kate Dalton, UH Homecoming Queen (2003), CLASS alumna and current ELCS grad student, will be married this year—on campus—at the A.D. Bruce Religion Center. As they both love to say, "GO COOGS!"



Mr. Lesley Kargbo



Behavior Opportunities Uniting Nutrition, Counseling and Exercise

<http://bounce.uh.edu>

Overall Goal:

This healthy lifestyle program aims to modify dietary intake through nutrition education, counseling to enhance self-esteem and promote a positive body image, and increase physical activity through salsa dancing, kickboxing and a variety of fun activities.



Dr. Olvera salsa dancing with one of the girls

Objectives:

- increase daily consumption of fruits and vegetables
- increase behavioral strategies for healthy eating (e.g., drinking skim milk instead of whole milk, water instead of sweetened beverages, food label reading, and healthy snacking)
- increase girls' and mothers' self-esteem and positive body image
- increase girls' fitness levels

Nutrition: making culturally appropriate healthy food choices and the lessons included the food guide pyramid; the importance of fruits and vegetables; dairy and bone health; water consumption; good fat and bad fat; energy balance; healthy snacking; food labeling; serving sizes; food safety; dining out skills, and home menu planning. The nutrition education was taught by a registered dietitian.

Counseling: a comprehensive approach to increase self-esteem by identifying positive attributes and acceptance of oneself, cognitive restructuring to promote positive thinking, and learning effective communication skills. Some of these strategies were: self-monitoring using food records; stimulus control to identify and replace situations that trigger eating; goal setting; contingency management that includes rewards, and social support.

Exercise: specific physical activities such as salsa and samba dancing, self-defense, and kickboxing for mothers. Activities for the girls included salsa and hip hop dancing, circuit training, and sports such as tennis and basketball. Certified fitness instructors taught these classes. Each physical activity session was introduced with a warm up, stretch and cardiovascular component followed by a cool down and post activity stretch.



BOUNCE-Lite participants, summer 2006

BOUNCE: 50 Hispanic girls and their mothers participated in a 15-week after school program during the Spring of 2006.

BOUNCE-Lite: 50 Hispanic and African-American girls participated in a 1-week or 2-week program during the summers of 2005 and 2006.

The BOUNCE-Lite program has been recognized as one of the best nutrition and physical activity practices by the Texas Public Health Association, 2006

QUICK HITS

Dr. Rebecca Lee, Community Level Health Promotion Study Section for the NIH Center for Scientific Review, October 12–13, 2006.

Dr. Max Kurz, Grant Reviewer for the Behavioral & Cognitive Sciences section for National Science Foundation, November, 2006.

Dr. Sharon Bode, Lead reviewer of the accreditation site visit for U. of Pittsburg, Commission on Accreditation of Dietetic Education, American Dietetics Association, November 11–14, 2006.

Dr. Joel Bloom, Selected as editor for the Physical Education Division of the TAJPERD Journal, effective December 1, 2006.

Dr. Paula Rhode, Awarded a competitive position to attend the “Design, Analysis, & Interpretation of Randomized Clinical Trials In Obesity.” sponsored by the National Institutes of Health, November, 2006.

Dr. Lisa Alastuey, Featured in a KHOU Channel 11 news story, “Students put possible school foods to the test.” Houston, Texas, Wednesday, October 25, 2006.

Dr. Demetrius Pearson, KERA-TV (PBS Channel 13) Interview for documentary “NOWHERE BUT TEXAS” featuring Cowboys of Color and Black Rodeo. Dallas & Fort Worth, TX, November 16, 2006.

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theTIGERstudy
training intervention genetics of exercise response

BOUNCE
Behavior Opportunities Uniting Nutrition, Counseling and Exercise

**LABORATORY of
INTEGRATED
PHYSIOLOGY**

PEB ON THE PLAZA



HHP's promotional event, "Get Moving", was held October 24 & 25. Teaching Fellows and other students demonstrated a broad variety of available activity courses that students can take for credit. Among those featured were ultimate Frisbee, golf, tennis, soccer, karate, tai chi, volley ball, weight training, basketball and aerobics.

Our goal is to get people moving, not only to improve their health, but to have fun and release some of the stress so many students experience.

GRADUATE STUDENT RESEARCH DAY

The 3rd annual graduate student research day, held on October 25, was well attended. Ph.D. candidate Alexander Hutchison coordinated the successful event that featured these graduate students:

Fred Miller

Jada Hallmark

Gabriel Blog

Jorge Banda

Christopher Arellano

Melissa Scott-Pandorf

Mark Knoblauch

Jacqueline Reese-Smith

Lindsay Edwards

Amir Pourmoghaddam

Alexander Hutchison

Andrew Lorino



GSRD coordinator, faculty and students in attendance



Dr. Layne worked with Amir on the research he presented at GSRD

HHP TODAY[™] READER'S SURVEY

hhp.uh.edu/alumnisurvey.htm

<i>on a scale of 1 – 5, 1 is Very Interested and 5 is Not Interested</i>	1 very interested	2	3	4	5 not interested
Faculty features					
Alumni features					
Research features					
Campus wide features					
College wide features					
Current student features					
Alumni milestones (<i>births, marriages, career/promotions, etc</i>)					
Healthy living features					
Physical training features					
Other (<i>please write in the text box below</i>)					

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