

HHP TODAY

HEALTH and HUMAN PERFORMANCE

Fall 2012

From the Chair



► Welcome to the fall 2012 edition of the HHP Today news-letter! We've packed a lot of information in this edition, trying to give you a glimpse of some of the exciting things taking place

in the department. We continue to experience many "firsts" as we increase academic and research opportunities for our students while enhancing the activities designed to promote their engagement.

Read about the new master's program in sport and fitness administration, the addition of our distance dietetic internship and meet our two new faculty members.

The department has added an additional Graduate Student Research Day to accommodate our growing number of doctoral students. In May, we had our Inaugural Student Honors and Awards Gala to recognize our students, our first distinguished alumni and patron of the year.

HHP also held its first Welcome Back Week, August 26-31, with daily academic and research activity emphases.

During these difficult economic times for all of us, your financial support is critical to our continued improvement of the student experience here at HHP.

I would love to hear from you. Please feel free to contact me at clayne2@uh.edu.

Dr. Charles Layne
HHP Department Chair

New Graduate Program Offered This Fall



Dr. Pearson & Dr. Layne meet with Larissa Davis in the Hofheinz Pavilion.

► This fall, HHP began offering the Master of Arts in Sport and Fitness Administration degree. The new program meets a demand in the growing sport and fitness industry as well as the need for professionally trained physical activity administrators. The master's in sport and fitness administration is designed for sport administrators and managers, exercise and recreational specialists working with fitness programs in corporate and medical settings, as well as physical education teachers, coaches and business personnel in the sports industry.

UH sport and fitness administration students have strong advantages in internship and professional employment opportunities unique to Houston,

home to collegiate and professional teams in every major sport and host of many major sporting events.

"There are so many opportunities in our city and the Texas Gulf Coast region. HHP maintains and places internships with all of Houston's professional sports teams including the Rockets, Astros, Texans, Dynamo, Aeros and the Sugar Land Skeeters," said Dr. Layne.

In December 2012, UH will break ground on a new, \$105 million football stadium and there are plans to renovate the Hofheinz Pavilion in 2013. "The upgraded facilities are going to create even more opportunities for students to become involved in all aspects of sport and fitness administration," Layne said. ■

Why We Give

We feel and know we have been blessed to be a blessing. We take great joy in seeing young people succeed. We are excited about the opportunity to partner with HHP, and sincerely hope Christiana and Brett will inspire others to take part in this new venture. They are our pioneers!

John and Nora McGowan
See page 3.



Faculty Focus: Claudia Scott



► Claudia Scott is a clinical assistant professor and has been with HHP since 2006 when she joined the faculty as an adjunct professor. One of the reasons she is so enthusiastic is because she has followed a career that has always been a passion in her life--nutrition.

She calls it “the fuel of the body,” and she was conscious of it as she was growing up.

While in high school, there was a popular emphasis on the labeling of food and its content to educate the public, which is one of the things that fueled her continued interest in the body’s need for and response to nutrition.

She earned her bachelor’s in human nutrition and foods at UH in 2002 and received her master’s in nutrition from Texas Women’s University the following year. Her master’s work was combined with an internship at the Michael E. DeBakey Department of Veterans Affairs Medical Center (MEDVAMC) in Houston.

Before the end of her time at MEDVAMC, she knew that she wanted to be the director of a nutrition internship program.

Scott has been named the director of the undergraduate didactic program and coordinator of the newly created UH Distance Dietetic Internship Program.

“There really is something amazing happening here,” she says about the

growing dietetic programs. She also finds it rewarding to mentor students from their undergraduate work to their internships and into employment.

The internship program offerings are unique for several reasons. HHP offers an onsite program and a distance option. Houston is the 4th largest city in the U.S. and presents many, diverse opportunities for internships and future employment.

“The UH Distance Dietetic Internship Program allows prospective interns the unique opportunity to build and complete their dietetic internship from anywhere in the country,” Scott said. “This creates a level of flexibility and distinctiveness that is unparalleled by most other dietetic internship programs.

Completion of the internship allows the student to take the exam to become a Registered Dietitian. HHP has more than a 90 percent passing rate for its interns. ■

Alumni Spotlight: Commissioner James Patterson

► In May of this year, Fort Bend County Commissioner, James Patterson (‘72), was honored as HHP’s first distinguished alumni at the Inaugural Student Honors and Awards Gala. He is shown here as he spoke to a gathering of more than 100 HHP faculty, students and staff. Patterson reminisced about his time as a student at UH, and stressed the value of getting an education.

He received his bachelor’s degree from Sam Houston State University and his master’s in education from the University of Houston. After graduating from Sam Houston State, Patterson moved to Sugar Land, Texas and began his career as a teacher and coach at Dulles Junior High School in 1965. Three years later, he moved to Dulles High School as a math teacher and head basketball coach.

Patterson became an assistant principal at Dulles High in 1975, and was named Dulles High School’s principal in 1984. In 1992, he was named principal of Elkins High School and remained in that capacity until he retired in 1998.



Since his retirement, Patterson has served as commissioner for Precinct 4 in Fort Bend County. For many years he has been involved with the Association for Retarded Citizens (The Arc) and has been recognized for his contributions to the organization. Each year Patterson volunteers his time to be an auctioneer for multiple service organizations and

churches, and has received numerous awards for his contributions to the community throughout the years.

He and his wife, Mary Jo, have lived in Sugar Land for almost 50 years, and he has a long history of commitment to maintaining and improving the quality of life for all residents of Fort Bend County. ■

Inaugural Student Honors and Awards Gala

Read about award recipients and view photos of the evening at <http://tinyurl.com/HHP-Gala12>.



TORC Conference

▶ The Texas Obesity Research Center (TORC) will host its biennial conference, "Time for a Transcultural, Transdisciplinary, Transformational Approach to End Obesity," November 5-6, 2012, in the Elizabeth D. Rockwell Pavilion in the MD Anderson Library at the University of Houston main campus. The conference will be presented together with a meeting of the Multinational Collaboration to Increase Physical Activity in Hispanics (1R13CA162816), which includes investigators from the U.S., Canada and Mexico.

The keynote speaker will be Leonard H. Epstein, Ph.D., distinguished professor in the department of pediatrics and social and preventive medicine at the School of Medicine and Biomedical Sciences, University of Buffalo, New York. He also serves as Chief of the Division of Behavioral Medicine. For information about the conference and to register, visit hpu.uh.edu/obesity/conference. ■

Welcome New Faculty!



▶ Dr. Michael Cottingham joined the faculty as assistant professor of sport administration. He is a recent doctoral graduate in human performance from the University of Southern Mississippi, where he also received his master's in recreation administration. He received his bachelor's in political science from the University of Arizona.

His research interests focus on consumer behavior in non-traditional sports and promotional strategy of disability sport. Cottingham's work has been published in journals including the *International Journal of Sport Management* and the *International Journal of Sports Marketing and Sponsorship*. He also serves on committees with the United States Tennis Association and the International Wheelchair Rugby Federation. ■



▶ Dr. Daphne Hernandez joined the HHP faculty as assistant professor of nutrition and obesity studies. She comes to Houston from Pennsylvania State University where she served as assistant professor in the human development and family studies department.

Hernandez earned her doctorate in developmental and educational psychology from Boston College, her master's in psychological services from the University of Pennsylvania and her bachelor's in psychology from Princeton University. Her research includes how family-related factors, such as poverty and family structure, as well as food insecurity and participation in public assistance programs influence child and adult health outcomes. ■

HHP Students Study Abroad

▶ Mr. and Mrs. John McGowan, on behalf of the The D. Lynd and Terri K. McGowan Foundation, generously donated funds to send two HHP students to attend Edinburgh Napier University in Edinburgh, Scotland for the fall 2012 semester.

Christiana Gentry and Brett Siders are the first recipients to participate in the study abroad program that Mr. and Mrs. McGowan hope will be a continuous opportunity for students to expand on their educational and life experiences.

"Study abroad programs enable our students to broaden their horizons and experience different cultures while raising awareness of the research carried out at HHP," said Dr. Layne.

Brett summed up both of their feelings by saying, "I don't think we can thank you enough for all that everyone has done to support us and making this valuable life experience a reality,"

You can keep up with Christiana's and Brett's adventure on their individual blogs at <http://tinyurl.com/HHP-Christiana> and <http://tinyurl.com/HHP-Brett>. ■



Brett Siders & Christiana Gentry proudly display the UH Cougar flag in front of Arthur's Seat, Edinburgh, Scotland.

Front page photo: Brett Siders, McGowan Foundation Treasurer Sheila McCarn, John & Nora McGowan, & Christiana Gentry.

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Learn about HHP research projects at <http://hhp.uh.edu/research>

CNBR

CENTER FOR NEUROMOTOR AND BIOMECHANICS RESEARCH

LIP

LABORATORY OF INTEGRATED PHYSIOLOGY

TORC

TEXAS OBESITY RESEARCH CENTER

UNDO

UNDERSTANDING NEIGHBORHOOD DETERMINANTS OF OBESITY

RESEARCH

CFF Breaks Another Record

▶ HHP celebrated its sixth year of hosting the annual Cystic Fibrosis Foundation's (CFF) Great Strides—Taking Steps to Cure Cystic Fibrosis walk on Saturday, May 19, 2012. This year 800 participated in the fundraiser on the UH main campus and a record \$900,000 was raised.

"This past year has been a time of great progress and promise. Not only are we developing drugs to treat the basic defect of CF, but the investments we are making continue to improve the length and quality of life for those with the disease," said Kim Organ, CFF Senior Development Director.

Visit their website at www.cff.org. ■



HHP to Sponsor Graffiti Fun Run

▶ HHP will host the Graffiti Run Houston on Sunday, December 2, 2012 on the UH main campus. Graffiti Run will donate a portion of the proceeds to HHP's new undergraduate scholarship.

The first wave of the 5K run begins at 9 a.m. on the intramural field located at Cullen Blvd. and I-45. Participants will be drenched in colors as they make their way through the campus.

To learn more about the family-fun day and to register, visit the Graffiti Run website at <http://tinyurl.com/HHP-Graffiti>. ■

