

# HHP TODAY

## HEALTH and HUMAN PERFORMANCE

Spring 2013

### From the Chair



► Welcome to the spring 2013 issue of HHP Today. The newsletter is designed to reach out to you, our alumni, and keep you informed about your department's activities and

accomplishments. I hope you take a few minutes to learn about the outstanding work of HHP faculty and some exceptional students.

We also want to keep up with our former students, and share this information with you in the "Alumni Spotlight" article. I would love to hear from you. Please feel free to contact me at [clayne2@uh.edu](mailto:clayne2@uh.edu).

We are excited that the UH Board of Regents has announced the approval of the Master of Athletic Training (MAT) degree program to be offered by HHP. It will be one of three MAT programs in Texas and the first of its kind in Houston. The program will prepare students for the growing demand for athletic trainers resulting from the changing healthcare and aging population. We expect to begin offering the program in the summer of 2014.

We are so pleased to sponsor the annual Cystic Fibrosis Foundation's Great Strides walk on campus May 18, for the 8th year. For more information, visit their website at [www.cff.org/Chapters/txgulf](http://www.cff.org/Chapters/txgulf). Don't miss reading about the very successful Graffiti Run Houston that HHP sponsored in December. These are two of the various opportunities the department sponsors that engage the community in healthy activities and supports great causes at the same time.

Dr. Charles Layne  
HHP Department Chair

### Dr. Paloski Picked by NASA

► Dr. William Paloski has been named Director of NASA's Space Life and Physical Sciences Research and Applications Division for the next two years.



Paloski will act as a liaison between NASA and the National Institutes of Health, the National Science Foundation and the U.S. Department of Agriculture. He will oversee NASA's fundamental space biology, physical

sciences and Human Research Programs (HRP) and manage the International Space Station's national laboratory.

### Dr. Clarke Serving Interim Position

► Dr. Mark Clarke is serving a one-year appointment as interim UH Associate Vice Chancellor/Associate Vice President for Technology Transfer in the Division of Research. The newly developed position will focus its efforts on working closely with faculty to foster the generation and protection of intellectual property arising from their research efforts, expanding partnerships with industry and transferring technology to the marketplace.

Clarke has an accomplished academic and research background in both academic and federal research settings with more than 40 scientific articles and book chapters published.

He has served as principal or co-investigator on research grants obtained from DARPA, NASA, NIH, ISSO, as well as

is well known by the national and international space human life sciences community, with extensive experience with the European Space Agency and Russian colleagues at the Institute for Biomedical Problems.

Before joining the HHP faculty in 2008, Paloski spent 23 years at NASA's Johnson Space Center as a researcher in its neuroscience laboratory studying posture and sensory motor performance in astronauts during and after space flight. He also maintained laboratories at the Kennedy Space Center in Florida, the Dryden Flight Research Center in California and the Gagarin Cosmonaut Training Center in Star City, Russia.

Paloski will remain a professor in HHP where his research focus applies engineering and physiological principles to studies of sensorimotor adaptation and balance control in humans. ■

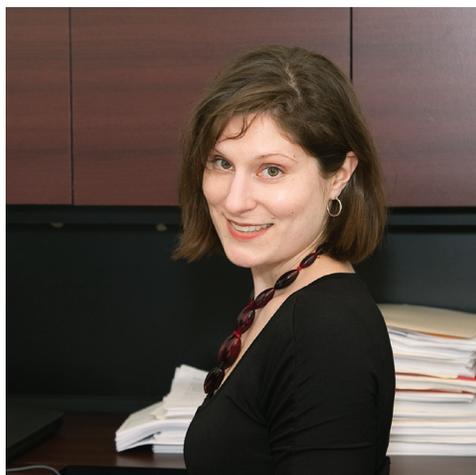
private sources in the space life sciences and health care industries.

Since joining the HHP faculty in 2002, Clarke has been granted U.S. and European patents for artificially produced living human bone material now licensed to a Houston-based biotechnology start-up company for use in clinical orthopedic applications.

He received seven U.S. patents on technologies developed before joining the department. ■



## Faculty Focus: Tracey Ledoux



► Dr. Tracey Ledoux has been an HHP assistant professor since 2010 and is a member of the TORC's executive committee. She earned her doctorate in counseling psychology at Oklahoma State University and her bachelor's in community counseling from the University of Memphis. Ledoux received a master's in clinical nutrition and a master's in community counseling, both from the University of Massachusetts. Ledoux is also a registered dietitian.

Before joining HHP, Ledoux was with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston.

She is currently in the process of collecting preliminary data to inform the development of an intervention aimed at preventing excess weight gain during pregnancy.

"Excess weight gain during pregnancy is a risk for child and maternal obesity and pregnancy complications," she said. "Mothers are highly motivated to correct unhealthy eating behaviors during this time, so it is an optimal time in the life cycle to intervene."

The combining of nutrition and health psychology began after four years of nutrition counseling at her first job as a clinical nutrition manager in a Memphis, Tennessee hospital. "I spent almost four, very frustrating years in that job trying to figure out why people were continuing to eat unhealthy despite having chronic conditions," she said. "I decided psychology training would help me to

understand people and what motivates and changes their behavior."

Upon receiving her master's and doctorate in the field of psychology, Ledoux realized that there were no definitive answers, which led her to pursue research.

In 2012, she received the Educator of the Year Award from the Academy of Nutrition and Dietetics (formerly the American Dietetic Association), which is the world's largest organization of food and nutrition professionals.

Ledoux has found HHP to be a great fit for incorporating both her nutrition and psychology backgrounds. "I have supportive and fun colleagues, smart and motivated students, incredible resources within the department from the TORC and the LIP and a university on its way to being one of the top universities in the health sciences," she adds. "UH, and specifically HHP and TORC, have been a professional home for me like I have never experienced." ■

## Alumni Spotlight: Fred Miller



► Fred Miller III is an assistant professor of exercise science at Anderson University in his hometown of Anderson, Indiana. He calls it his dream job and attributes his degrees for preparing him for his current position.

Miller received his bachelor's from Huntington University, his master's from Eastern New Mexico University and his doctorate in exercise science from UH in

2008. "My UH degree helped me understand scientific research, helped me become a self-learner, and also greatly increased my knowledge about kinesiology," he said.

His choice to pursue kinesiology was based on guidance from professors, friends, family, and his desire and love for teaching and learning, especially about exercise, health and human performance.

At Anderson, he teaches courses including exercise physiology, sports nutrition seminar and exercise science, he advises exercise science majors and supervises student research. Miller has been promoted to associate professor, effective this fall.

About the HHP program, Miller tells potential students, "You will learn how to conduct and be actively involved in research. You will get the opportunity work with and around faculty who are experts in their field, and you will have access to quality health and human performance equipment and facilities."

Miller is also an avid runner and has competed in hundreds of races ranging in distance from 5K to full marathons. He has run 17 marathons including Boston, Chicago, New York City, Walt Disney World and the Indianapolis Monumental.

What he finds most rewarding as a professor is seeing the intellectual, emotional, social and spiritual growth of his students. "It is rewarding to see and be part of the molding of undergraduate students," he said. "I feel blessed by God to be where I am today!" ■



*Last year, Miller climbed Mt. Adams, which has a summit of 12,276 feet making it the second highest peak in Washington State.*

## First HHP Exchange Students Return from Napier

► Brett Siders & Christiana Gentry, HHP's first exchange students, returned this semester from Edinburgh Napier University in Edinburgh, Scotland where they attended the fall 2012 semester.

Their enthusiasm about the experience and appreciation for the opportunity was evident as they visited with their benefactors during lunch and an exchange of gifts. The D. Lynd and Terri K. McGowan Foundation made the semester possible through its founders, Mr. and Mrs. John McGowan, and treasurer, Sheila McCarn.

Brett was looking for a study abroad program for the cultural experience. He shares his thoughts below:

**HHP:** What is your favorite memory?

**Brett:** It's hard to narrow this one down since there were so many, but my favorite memories were of the people we met and spent most of our time with while we were there.

**HHP:** How do you think your experience will impact your life?

**Brett:** This experience will definitely have a long-term impact. I've broadened my cultural views, changed my lifestyle and outlook on life.

**HHP:** What was your biggest surprise?

**Brett:** I was extremely surprised at how nice and welcoming everyone was in the city. They made our time abroad that much better and made the city feel like a new home.

Christiana always wanted to be in a student exchange program, but never thought there would be one for kinesiology. She shares her thoughts below:

**HHP:** What is your favorite memory?

**Christiana:** There are so many great memories so it is hard to choose! I think my favorite memory was hiking up Arthur's seat and just seeing the view of the entire city. It was so beautiful. Especially, when the sun was setting. The entire city shines of a golden hue.

**HHP:** How do you think your experience will impact your life?

**Christiana:** This experience has definitely made a long-term impact on my life. It made me want to learn more about other



*John McGowan, Brett Siders, Dr. Layne, Nora McGowan, Christiana Gentry and Sheila McCarn enjoy lunch together at Eric's on the UH campus.*

cultures and how they understand exercise science. It was interesting to see how they taught the program at Edinburgh Napier University.

**HHP:** What was your biggest surprise?

**Christiana:** The biggest surprise was how nice everyone was there. If they heard my accent they immediately knew I was from America and wanted to know what brought me to Edinburgh. Also, the amount of maturity and respect the professors had towards the students

was phenomenal. Everyone was on a first name basis with professors.

The McGowan Foundation and HHP hope to continue partnering together to create a sustainable student exchange program and bring Napier students to attend UH in the near future.

"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. ■



**Way to go Coogs!**

*HHP Student Nutrition Society members participated with other volunteers at the 2013 Souper Bowl of Caring Kick-off for the Houston Food Bank with Dr. Daphne Hernandez. Souper Bowl of Caring is a nationwide, grassroots movement of caring using Super Bowl weekend to mobilize youth to fight hunger and poverty in their local communities. The 2012 weekend raised \$2,431,022 in food and monetary donations.*

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The University of Houston is an EEO/AA institution.

*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

**The  
Cystic Fibrosis Foundation's  
Great Strides 5K Walk  
is May 18, 2013  
on the Main UH Campus**



For more information  
and to register, visit  
[www.cff.org/Chapters/txgulf](http://www.cff.org/Chapters/txgulf).



*Graffiti Run Houston held their first event on the UH campus where more than 4,000 participants made their way through the 5K route on Dec. 2, 2012. HHP sponsored the colorful 5K event where UH students, faculty, staff, and those from the community were showered with colored flour at designated points as they wound their way through the campus.*

*The Graffiti Run organization provided a generous donation to the HHP Undergraduate Student Scholarship fund and is looking forward to holding another run on campus Dec. 8, 2013. Look for details on the HHP Facebook or visit our website at [hhp.uh.edu](http://hhp.uh.edu).*