

SPRING, 2012

HHS ONLINE



UNCG
School of Health
and Human Sciences

NINE DISCIPLINES. CHANGING. TOGETHER.

COMMUNICATION SCIENCES
AND DISORDERS

HUMAN DEVELOPMENT
& FAMILY STUDIES

KINESIOLOGY

NUTRITION

PUBLIC HEALTH EDUCATION

COMMUNITY AND
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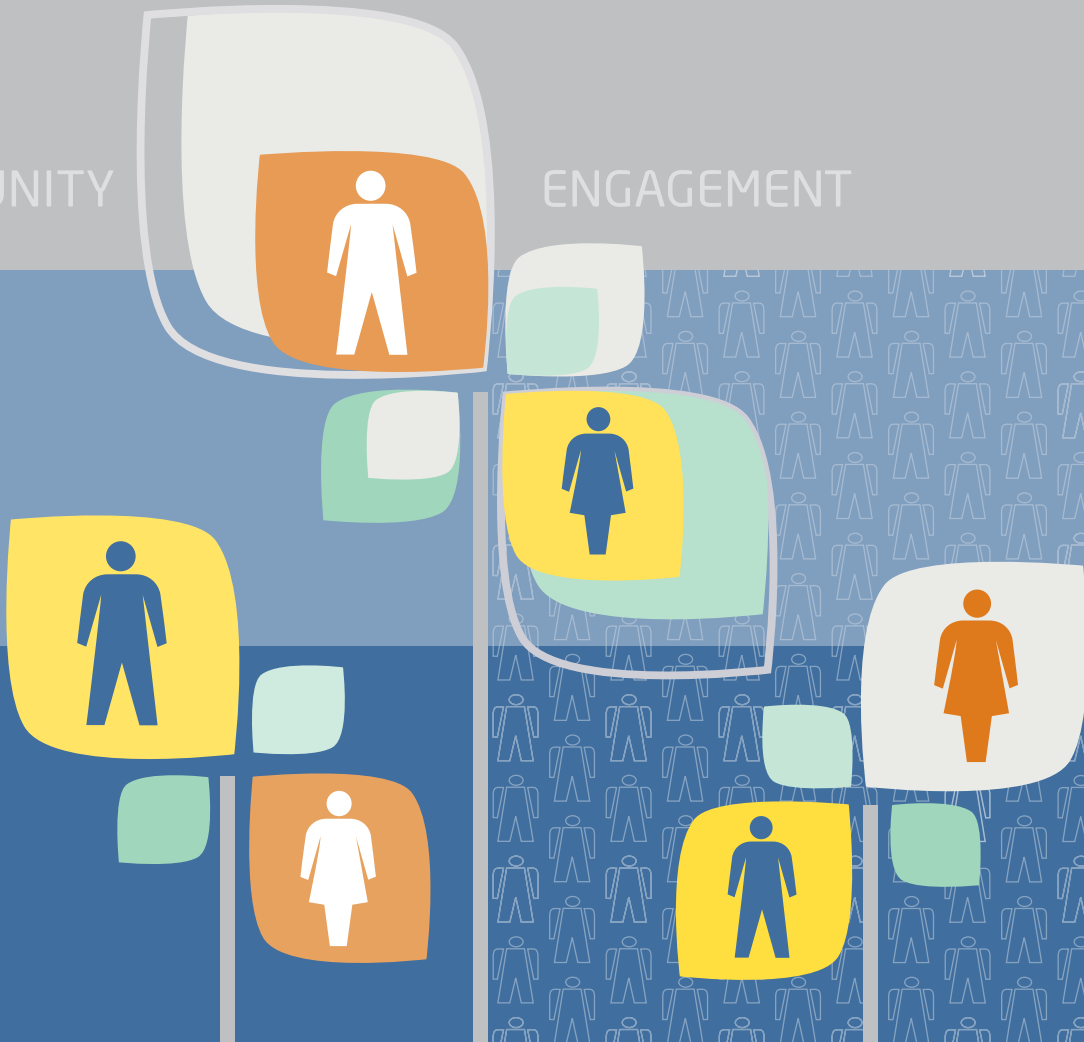
SOCIAL WORK

GENETIC COUNSELING PROGRAM

GERONTOLOGY PROGRAM

COMMUNITY

ENGAGEMENT



HHS

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DEAN'S MESSAGE: **LAST SUMMER**, I joined three others from UNCG at a regional conference that broadened our thinking about a topic so important to our university: community engagement.

Certainly, being involved with our communities is vital to the purpose of universities and to those we serve. Community engagement really has three distinct areas: service, internships and the newer scholarship of engagement, which involves sharing research work with and for a community partner and working jointly to solve a problem. It truly is a partnership.

In the pages that follow, you will see how this concept is at work throughout the School of Health and Human Sciences. Through the Bariatric Exercise and Lifestyle Transformation program, for instance, we work directly with Cone Health to help patients make long-term lifestyle changes and avoid regaining weight after their surgeries. Together, we learn more about exercise physiology as we engage in research together. Our Women's Center for Health and Wellness is another shining example. The center engages more than 60 graduate students from throughout the university to work with faculty at partner agencies each semester. While the center has an office, its real work is done in the community, where it conducts research to prevent violence against women, build physical activity in young girls and further improve issues in society. At the same time, students gain real-world experience, often discovering their true passions. They engage in work requested by the community and for the community, in an equal partnership.

In other news, our Office of Community Engagement, led by Dr. Bob Wineburg of Social Work, and the Office of Diversity and Inclusion, led by Dr. Robert Mayo of Communication Sciences and Disorders, both have advisory boards and are embarking on exciting activities. The Office of Research, led by

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DEAN'S MESSAGE, continued

Associate Dean Bill Dudley, is busy as well, most recently with the creation of junior faculty development grants and summer grantwriting support for faculty.

Of course, one of our main areas of focus now is the transition to the newly formed School of Health and Human Sciences. Our faculty governance committee has created a structure for the faculty assembly. We have developed documents related to promotion and tenure for faculty and AP faculty. And our faculty and I are visiting alumni and business partners to share how the realignment positions our students for success and allows the most logical group of departments to work together in teaching, research, community engagement and service. We plan to continue these visits this spring and into next year.

The crowning achievement of our transition will be the unveiling of our school's strategic plan, which focuses on interdisciplinary teaching, research and community engagement. Under the leadership of Dr. Stuart Schleien, a faculty community helped us build this roadmap for our future. All faculty are invited to react in departmental discussions before we adopt the final plan at our April HHS faculty assembly. Watch for the plan to be posted on www.uncg.edu/hhs/

Also watch for more details on HHS' involvement in the new UNCG marketing campaign. We have an active public relations and communications committee of faculty that is collaborating with the UNCG marketing committee. I have the honor of being co-chair of this university committee. As the university rolls out its new campaign, HHS will be one of the first to use it in online and print information. Stay tuned – you might also see a special gift for alumni and friends related to our new marketing theme!

As alumni and friends of HHS, you continue to be a main focus for all of us at HHS. Since we launched our alumni association last fall, the group has held events at men's and women's basketball

DR. CELIA HOOPER, DEAN OF THE SCHOOL OF HEALTH AND HUMAN SCIENCES, HAS BEEN ELECTED A MEMBER OF THE EXECUTIVE BOARD OF THE ASSOCIATION OF SCHOOLS OF ALLIED HEALTH PROFESSIONALS. SHE BEGAN HER DUTIES AS SECRETARY IN OCTOBER 2011.

games. Marta Baucom Sanders '79 is on our alumni association board and is helping with social events, including plans for early morning coffees and late-afternoon receptions for Triad-area alumni. We look forward to our alumni awards this spring at alumni weekend and our scholarship convocation for students in April. We also recently recognized the contributions of our dedicated staff with an appreciation luncheon at my house on Valentine's Day. About 30 people attended, along with Dr. Edna Chun, associate vice

chancellor for human resource services. Most importantly, we were served by some pretty decent wait staff that day: our associate and assistant deans. (Maybe they shouldn't quit their day jobs!)

It's amazing to think that this summer, we were just beginning our transition to HHS, and now we're truly feeling like a school. As alumni, you are such vital partners in our efforts. I look forward to staying in touch as we continue to engage our communities and build something incredible! Thank you for your devoted support.



About the school

As of its formation on July 1, 2011, the School of Health and Human Sciences is home to these departments and programs:

- Communication Sciences and Disorders
- Human Development and Family Studies
- Kinesiology
- Nutrition
- Public Health Education
- Community and Therapeutic Recreation
- Social Work
- Genetic Counseling Program
- Gerontology Program

School of HHS Focuses on Community Engagement

WHAT'S THE MOST effective way for universities to teach students and to impact society simultaneously? Head out of the classroom and into the community.

Last year, the nine departments and programs of the School of Health and Human Sciences took this to heart, working with more than 800 agencies in Greensboro and beyond. The School is now serving as a beta test site to gauge its level of community engagement and to determine how it can serve as a model for the growing effort across UNCG.

Engagement encompasses everything from agency internships, clinical placements and service learning projects to consultation, research, advocacy, guest-speaking and fundraising.

"We want to bring scholarship and teaching to the community, and bring what we learn from that



Wineburg

practice into the classroom. It's a two-way street," says Dr. Robert Wineburg, a social work professor and director of community-engaged scholarship for HHS.

Working directly with the community helps universities serve their intended purpose "to produce people who can make society function better tomorrow than it does today," Wineburg says. "We want to prepare students experientially and also have them bring the latest research and thinking to what they will face in actual practice."

HHS has more than 770 students in internship placements across the globe, with most of them in North Carolina and the region.

Dean Celia Hooper views these efforts as "scholarship in action." She credits more than 28 faculty members, who have helped make HHS a leader in the important effort.

"The impact on our area's economic development, although not measured by most agencies or faculty, is in the many millions," she says. "The impact on our research enterprise, our human enterprise, and our teaching enterprise is profound."

Already designated a Carnegie Engaged Campus thanks to the efforts of many in HHS, UNCG expects to be a leader again as it applies for this re-designation.

In other efforts, department chairs are reading, "Becoming an Engaged Campus: a practical guide for institutionalizing public engagement," and Wineburg is putting the finishing touches on a School-wide survey of engagement, which drew an incredible 83 percent response rate.

Next steps in the effort may include a panel presentation by engaged scholars and the development of a website featuring community engagement and its ties to other research and economic development efforts in the School.



More on Our Community Engagement

See these articles that explore other ways the School of HHS is involved in its community:

- *The Middle College, Page 5*
- *The Science of Healthful Living Curriculum, Page 7*
- *Congregational Social Work Education Initiative, Page 8*
- *Bariatric Exercise and Lifestyle Transformation, Page 11*

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Middle College at UNCG Off to a Successful Start



UNCG photo by Chris English

Dean Celia Hooper, left, greets Zuri Pinckney, right, a 14-year-old freshman as she arrives for the first day of the new Middle College at UNCG. Middle College is a partnership between Guilford County Schools and UNCG, which will allow high school students to gain work-study experience in health-related fields as they complete their high school coursework.

FOURTEEN-YEAR-OLD Stephen Walsh has a big dream to study biomedical engineering.

He hopes that enrolling at The Middle College at UNCG is the first step toward pursuing success in this field.

Through a partnership between the School of Health and Human Sciences and the Guilford County Schools, the Middle College offers an alternative learning experience for high-school students. In December, the Middle College marked the end of its first semester, serving 50 high-school freshmen interested in the health science and medical fields.

Over the next four years, Walsh hopes to earn a high-school diploma as well as an associate's degree. "I really like being on the college campus," Walsh says. "It makes me feel more independent, and I look at the college kids as role models."

That's part of the idea behind the school - to reach and inspire students who might not be successful in a traditional high-school setting, says Dr. Tom Martinek, a kinesiology professor and the university's liaison to the Middle College.

"We want to spark some interest in the health and medical fields and also educate students about how to get there - both in terms of educational pathways and the experience they'll need," Martinek says. "Everybody involved with this effort really has a passion for helping kids, for developing good citizens, and for truly giving these kids a foothold for what they want to do in life."

The full-time program offers both high school and college-level classes, as well as field trips and internship experiences. The majority of classes will be held in the Health and Human Performance Building on campus. Organizers plan to add to the staff of six and increase the number of grade levels, with an ultimate goal to educate 200 students at a time.

"We have the chance to do something great here by exposing students early to higher education and careers," said Angela Polk-Jones '89, '07 MSA, principal of the Middle College. "We are going to encourage them, get them on the right track and help them find what interests them."

Dr. Celia Hooper, dean of the School of Health and Human Sciences, says the program will benefit students in high school as well as those at UNCG.

"The new Middle College will offer wonderful opportunities to young people to pursue careers they may never have thought about," she said. "They will have opportunities to visit clinics and community outreach projects and learn from professionals who may have a job they might want some day. At the same time, UNCG students will have the opportunity to mentor high school students, work with them in research projects and learn what it means to be a peer teacher."

This marks the first time high school students have attended full-time classes at UNCG in more than 40 years. Martinek is proud of the School of Health and Human Sciences' involvement in this milestone.

"The Middle College has added a very important dimension in terms of our efforts to be a community engaged university," he says. "It's the right thing to do, and HHS should feel proud of that."



Scholarship Luncheon

More than 100 scholarship recipients, donors and faculty attended the annual Scholarship Luncheon on Oct. 31 on the campus of UNCG. Student speakers included Avis Murphy (in the Nutrition program) and Ron D. Casterlow (in the Communication Sciences and Disorders program). Shown here from left to right are Eunice Heilig '54, Rossie Lindsey '63, Dot Sink '50 and Dean Hooper.

Social Work Sponsors Discussion on Peace

THE DEPARTMENT OF Social Work's Program in Conflict and Peace Studies recently held a brown bag luncheon and discussion with David Smith, the senior manager for educational outreach with the United States Institute of Peace.

The discussion, co-sponsored by the International Programs Center, was held in coordination with Smith's university talk, "Evolving Ways of Peacebuilding: New Frontier." Graduate students and faculty participated in the dialogue.

As a Fulbright Scholar, Smith taught at the University of Tartu in Estonia. He also taught at the undergraduate level at Harford Community College, Goucher College, Towson University and Stevenson University, and, currently, at the graduate level at George Mason University. He has worked in the fields of domestic and community conflict resolution and as a practicing attorney.

He has lectured on mediator practice in Sweden and India. He currently serves on the Rockville, MD, Human Rights Commission and has been published in the International Herald Tribune, Baltimore Sun and Chronicle of Higher Education.

Smith holds a bachelor's degree in political science and urban affairs from American University's School of Public Affairs; a master's degree from George Mason University's School for Conflict Analysis and Resolution; and a law degree from the University of Baltimore School of Law.

Department of Recreation, Tourism, and Hospitality Management Realigns

AS PART OF THE TRANSITION in forming the School of Health and Human Sciences, the Department of Recreation, Tourism, and Hospitality Management has realigned.

The newly named Department of Community and Therapeutic Recreation remains part of the School of HHS and continues to offer degree programs at the baccalaureate and masters levels.

Dr. Stuart J. Schleien is the department chair as well as the director of graduate study. Alumni who wish to contact the Department of Community and Therapeutic Recreation can call 334-5327 or use a new email address, ctr@uncg.edu.

The Hospitality and Tourism Management Program is now located in the Bryan School of Business, 441-C Bryan Building.

Program pairs science, health and physical education curriculum

WOULD THE CONCEPTS that students learn in health and science classes be better reinforced if they were part of their physical education curriculum?

And would that pairing help students stay more active long after they complete their classwork?

UNCG researchers think so.

Professors in the Department of Kinesiology have received a \$1.3 million, five-year grant from the National Institutes of Health to create and test a middle-school curriculum that pairs health science with physical education.

Dr. Catherine Ennis, a professor of kinesiology and curriculum and instruction, and her co-investigator, Dr. Ang Chen, designed the Science of Healthful Living curriculum, intended to increase students' knowledge of healthful living, health education, science education and information technology. They are piloting this coursework in four area school systems.

"We're concerned with increasing numbers of children and teenagers who are overweight, who are not familiar with healthy eating and the role of physical activity in a healthy lifestyle," Ennis said. "We have

an opportunity to reach a large number of students in middle schools in the Piedmont Triad with a formal curriculum that will integrate across four subject matter areas."

Students now rotate between health classes and physical education in the gym or on a field. The new curriculum blends the two for part of a semester, allowing students to engage in a variety of activities such as creating a personal fitness plan and using it, or measuring and recording their heart rate during different activities.

"What students learn in science education – as it relates to life sciences and the way body systems function and operate – is reinforced in enjoyable physical activities in healthful living," Ennis explained.

Faculty from the Department of Kinesiology with specialties in exercise physiology, motor control, applied neuromechanics, and sport and exercise science are ensuring the curriculum is scientifically accurate.

Teachers in 20 middle schools across Guilford County, Surry County, Winston-Salem/Forsyth County and Thomasville City joined the study in October, either starting the new lessons or continuing with their current curriculum as the control group. Each school will receive \$1,500 a year to purchase pulse meters, pedometers and other devices that students and teachers use to measure physical activity.

The grant is a National Institutes of Health Science Education Partnership Award, which looks for new ways to provide science education, knowledge and concepts to students outside of traditional science classes.

The emphasis on healthy living at a young age comes at a key time. Trust for America's Health's 2011 report ranked North Carolina as the 14th most obese state in the nation. In the report, close to two-thirds of adults in the state are either overweight or obese and 19 percent of youth are classified as obese.

"My particular goal is for students to be able to make these decisions after school, when they're on their own, when no teacher is standing there," Ennis said. "Our goal is for students to say 'I want to be physically active because it's fun, it makes me feel good and it's important in my life.'"

University Relations staff writer Lanita Withers Goins contributed to this article.





Social Work Program Offers Real-World Experience and Serves the Community

UNCG social-work students might not be able to list “changing the world one life at a time” on their resumes, but some of their accomplishments are pretty close:

- Providing grief counseling for a couple who lost their son to a gang fight.
- Holding the hand of a rape victim through her Emergency Room visit and then checking in with her weekly after that.
- Finding a month of temporary housing for two people who were sleeping in the woods in freezing temperatures.
- Buying a door lock so a woman can keep her abusive boyfriend out.
- Ensuring commitments for individuals who threaten to harm themselves or others.

This is just some of the real-life, social work experience that interns gain from their participation in the Congregational Social Work Education Initiative – a joint program of UNCG, NC A&T State University, Cone Health’s Congregational Nurse Program and various community partner agencies, many of which serve homeless individuals.

“From an academic perspective, there is a richness of learning in experience,” says Fran Pearson, a social work professor at UNCG and the project coordinator of the initiative. “This really takes social work back to its roots.”

The initiative, which began just over four years ago to address gaps in mental healthcare, is funded solely by the Cone Health Foundation.

Through the program, 12 students pursuing bachelor’s or master’s degrees in social work serve clients at a variety of community agencies, including the Interactive Resource Center, Greensboro Urban Ministry, the Salvation Army, two



Social-work students gain real-world experience from their participation as interns in the Congregational Social Work Education Initiative – a joint program of UNCG, NC A&T State University, Cone Health’s Congregational Nurse Program and various community partner agencies, many of which serve homeless individuals.

refugee/immigrant centers and the Willow Oaks Community Center in the former Morningside Homes public housing community. Nurses and social workers are paired to create a comprehensive health care and mental health care team.

“It’s often a transformational experience for students,” Pearson says. “They can’t look at issues of homelessness, for instance, in the same way anymore. It changes not just their profession and their work, but it changes their lives.”

At the same time, the program provides needed services to the community. Since its inception, 59 student interns have provided counseling and case management to nearly 2,500 clients and offered education to more than 4,000 people.

It’s a key program in the university’s community engagement effort, Pearson says. “There is not another program that is so firmly and broadly entrenched in the community as this one,” she says. “We are the social workers at many of these agencies, providing services to individuals who otherwise would not have access.”

Data shows the program has an impact. Clients report a 15 percent increase in their mood and an 11 percent increase in their ability to function in life. Much of the work done in the program has been presented nationally, and students and faculty plan to present during at least two more regional and national conferences this year.

The initiative’s newest program, launched in February, will help homeless patients after they are treated and released from Cone Health hospitals but are too weak or medically fragile to return to a shelter. The patients will be discharged to a local hotel, given food vouchers, home healthcare, a 31-day bus pass and access to medications. Interns, in partnership with the IRC, will provide counseling and case management. The program is coordinated through the Cone Health Social Work department.

Pearson believes the internship program ultimately ensures a very important bonus for the community: “Students who have this intensive highly experiential learning will be so much more caring and competent when they enter the workforce,” she says. “There’s definitely that ripple beyond graduation.”

HHS Professors' Work-Life Study Generates National Publicity

TWO UNCG PROFESSORS received national news coverage for their research showing working mothers are healthier and happier than mothers who stay home during their children's infancy and pre-school years.

Dr. Cheryl Buehler and Dr. Marion O'Brien, both professors in the department of Human Development and Family Studies, used data from a study that followed more than 1,300 families for 10 years. They studied how the mothers' work hours affected their health, psychological well-being, parenting practices, home life, and happiness with their marriage.

The researchers found that mothers who worked part-time – defined as fewer than 33 hours per week – were less depressed and provided more learning opportunities for their children than stay-at-home mothers. Mothers working part time also had less work family conflict than mothers working full-time. There was, however, no relation between work status and satisfaction with marriage.

Given some of the positive effects that part-time work appears to have on families, the researchers concluded that flexible workplace policies may provide a solution. "It would be beneficial

to employers if they provide fringe benefits, at least proportionally, to part-time employees as well as offer them career ladders through training and promotion," O'Brien said.

The study results were covered by such media outlets as ABC News, NBC's Today Moms, Anderson Cooper, CNN, and various newspapers, radios and television stations nationwide. The research paper was first published in the American Psychological Association's Journal of Family Psychology.



Celebrating Retirement

Wanda Walker, an Administrative Associate in the Department of Public Health Education, recently retired after 28 years at UNCG. Faculty and staff presented her with a traditional rocking chair to ease into her retirement.

HHS Holds First National Conference on Girls and Women in Sport and Physical Activity

By Erin Reifsteck, Graduate Assistant, Program for the Advancement of Girls and Women in Sport and Physical Activity

MORE THAN 100 scholars, coaches, teachers and students from across the country attended the First National Conference on Girls and Women in Sport and Physical Activity in October at UNCG.

The three-day conference was a joint effort of the School of Health and Human Science's Program for the Advancement of Girls and Women in Sport and Physical Activity and the National Association for Girls and Women in Sport.

Dr. Jan Todd of the University of Texas at Austin provided the first keynote presentation on myths surrounding girls, women, strength and sport. Dr. Nicole LaVoi of the University of Minnesota delivered the second keynote presentation on best practices for developing physically active girls.

Other presentation topics included the female athlete triad, sport nutrition, Title IX, injury prevention and the international legacy of the national association. Many students from several universities shared research via poster presentations.

Cheryl Furjanic, a film director from New York University, screened her award-winning documentary, *Sync or Swim*, which chronicles the story of the U.S. Olympic synchronized swim team. Conference participants also joined together to attend the premiere of the motion picture *The Mighty Macs*, which premiered nationwide the same weekend as the conference.

"This first conference served as an important space for furthering our organizations' joint missions to develop equitable and quality sport and physical activity opportunities for all girls and women," said Dr. Donna Duffy, Assistant Professor, Department of Kinesiology, and Program Director, the Program for the Advancement of Girls and Women in Sport and Physical Activity. "We look forward to the next one!"

For more information about the Program, please visit www.uncg.edu/hhs/pagwspa

Local Swimming Coach Wins Diane L. Gill Award

CHRISSEY OLSON has received the Diane L. Gill Award for outstanding contributions to promoting opportunities for girls and women in sport. The award was presented during the opening reception of the First National Conference on Girls and Women in Sport and Physical Activity at UNCG in October.

A respected teacher at Greensboro Day School, Olson earned her teaching certificate from UNCG. She is the head swim coach of the Greensboro Day School swim team and also a coach for the Greensboro Swimming Association. She has coached countless young women who have gone on to be top-ranked athletes, high-school champions, Scholastic All-Americans, and NCAS student-athletes.

She contributes not only to the success of her GDS and GSA swimmers but also to the entire swimming community. She teaches technique clinics, volunteers at college and high school meets, and shares her expertise with other coaches. Her swimmers work with the Special Olympics team, and she advises North Carolina Swimming, the state governing body.

In her nomination, she is called "an effective coach, a talented motivator, a model citizen and a female athletic activist (whose) contributions to empowering women in sports are still being counted."





Program Promotes Exercise After Weight-Loss Surgery

IT MAY GET A LITTLE EASIER and more convenient for people to maintain a healthy exercise program following weight-loss surgery, thanks to a program of the Department of Kinesiology.

The Bariatric Exercise and Lifestyle Transformation (BELT) program is adding a distance-learning option to serve patients who need more flexibility in their schedules. Until now, the program has offered early-morning exercise classes and coaching in the campus recreation center, but the numbers haven't been as high as researchers would like, says Dr. Paul Davis, an associate professor of Kinesiology.

"The new option gives people the flexibility to participate at their convenience," Davis says. Instructors will email participants a regimen of cardiovascular and strength exercises as well as behavioral modification plans, complete with narrated PowerPoint presentations and video demonstrations. Then, they will call or email members to follow up on their progress.

Now in its second year of working with Cone Health, the program offers monitored exercise classes for patients following bariatric surgery. Through the contract with the health network and an internal grant from the UNCG Office of Research, Davis has been able to hire research assistants, a significant accomplishment in the current funding climate.

The team focuses on aspects of exercise adherence and its impact on mental health. So far, the program participants have shown increasing enjoyment for physical fitness – as well as a growing faith in their own ability to be active. This is particularly true among those who start with lower levels of activity, Davis says.

"The goal of the program is to give people confidence in their ability to exercise, so they'll do it over the long term," Davis says. "What we're trying to do is help them change their behavior so they can keep the weight off. We also want them to experience and appreciate the

non-weight related benefits of physical activity."

Davis and his team are working to recruit several more participants to complete the study. Eventually, they hope to launch a similar program for patients before weight-loss surgery as well as for overweight and obese people who do not qualify for or want the procedure.

After participants complete the program, the University continues to offer coaching and support, through HOPE (Helping Other People Exercise). This program is monitored, although less intensively, and provides a venue for undergraduate Kinesiology students to participate in service learning.

"There are so many benefits of physical activity," Davis says. "We're happy to help the community recognize the importance of fitness while building our research program here at UNCG."

Participants work out in the Bariatric Exercise and Lifestyle Transformation program. The program is adding a distance-learning option to offer participants more flexibility in their schedules.



Nutrition Major Hopes to Serve Her Country Again

UNCG is a national leader in its efforts to welcome veteran students, and Nicolle Brossard's experience shows how that commitment plays out every day.

Brossard, 28, plans to graduate next year with a degree in nutrition and has been embraced by the university community since she enrolled after serving in Afghanistan. Chancellor Linda P. Brady appointed Brossard to the Military, Veterans and Families Task Force and supports her work for the Student Veterans Association.

"UNCG has continually strived to improve services and programs for veterans," says Brossard. "There are staff in nearly every department who have a personal investment in making sure veterans have what they need to succeed."

While in Afghanistan, Brossard earned 14 awards, including the National Defense Service Medal, the Global War on Terrorism service medal and the North Atlantic Treaty Organization (NATO) Medal.

Did you know?

DESIGNATED A MILITARY FRIENDLY SCHOOL, UNCG IS AMONG THE TOP 15 PERCENT OF COLLEGES, UNIVERSITIES AND TRADE SCHOOLS THAT DO THE MOST TO EMBRACE AMERICA'S VETERANS AS STUDENTS.

During her tour of duty, she used her psychology degree to counsel fellow soldiers on traumatic loss, sleep deprivation, family issues and smoking cessation. She also survived a traumatic incident herself – the 2009 Fort Hood shooting that took the lives of many of her close friends. As a result, she is working to overcome her own post-traumatic stress disorder.

A civilian once again, Brossard is pursuing her second bachelor's degree in nutrition. She sees a clear need for nutrition expertise in the military. "Obesity is one of the biggest issues facing the Army," she says. "With obesity trends in America being what they are, by the year 2030, we won't have enough healthy people to fill our armed forces."

After graduation next year, she plans to complete the U.S. Military-Baylor Graduate Program in Nutrition, attend officer candidate school, complete a year-long dietetics internship and go on to four more years of active duty. She hopes one day to work for the National Institutes of Health or the USDA to affect policy change while finding a way to work one-on-one with people at the same time.

"Five minutes ago I was flying around in helicopters to major human tragedies," she says. "Is that going to be my legacy? No. There's more. I'm figuring that out and going after it."

Andrea Spencer, University Relations, contributed to this article.

Colloquium Focuses on Physical Activity and Obesity



THE DEPARTMENT OF KINESIOLOGY recently sponsored a graduate student colloquium featuring a nationally known expert on physical activity and obesity.

Dr. John M. Jakicic of the University of Pittsburgh spoke on "Physical Activity and Obesity: Is It Just About Weight Loss?"

Funded by the National Institutes of Health, Jakicic's research focuses primarily on the role of exercise in weight control, including strategies for improving exercise adherence and the examination of dose-response effects of exercise on long-term weight control. He is currently examining the role of exercise in the prevention of weight gain, and interventions related to diabetes prevention and treatment in children and adults.

Jakicic is a professor and chair of the Department of Health and Physical Activity and is also the Director of the Physical Activity and Weight Management Research Center. He previously served on the faculties at Brown University and the University of Kansas.

Alumni Receive Kinesiology Awards

Three alumni have received American Kinesiology Association Scholar Awards, which are given to the best young kinesiology scholars and leaders in the nation.



Tricia Zweier MS '11, MFA, '10 of Manahawkin, N.J., was named an AKA Graduate Scholar. Her research examines the

science of human movement in dance. Her field practicum project, "Kinesiology in Dance," combined aspects of the study of anatomy, physiology, biomechanics and motor behavior with dance movements. Zweier is now on the faculty of Lindenwood University, where she plans to further develop the area of dance kinesiology.



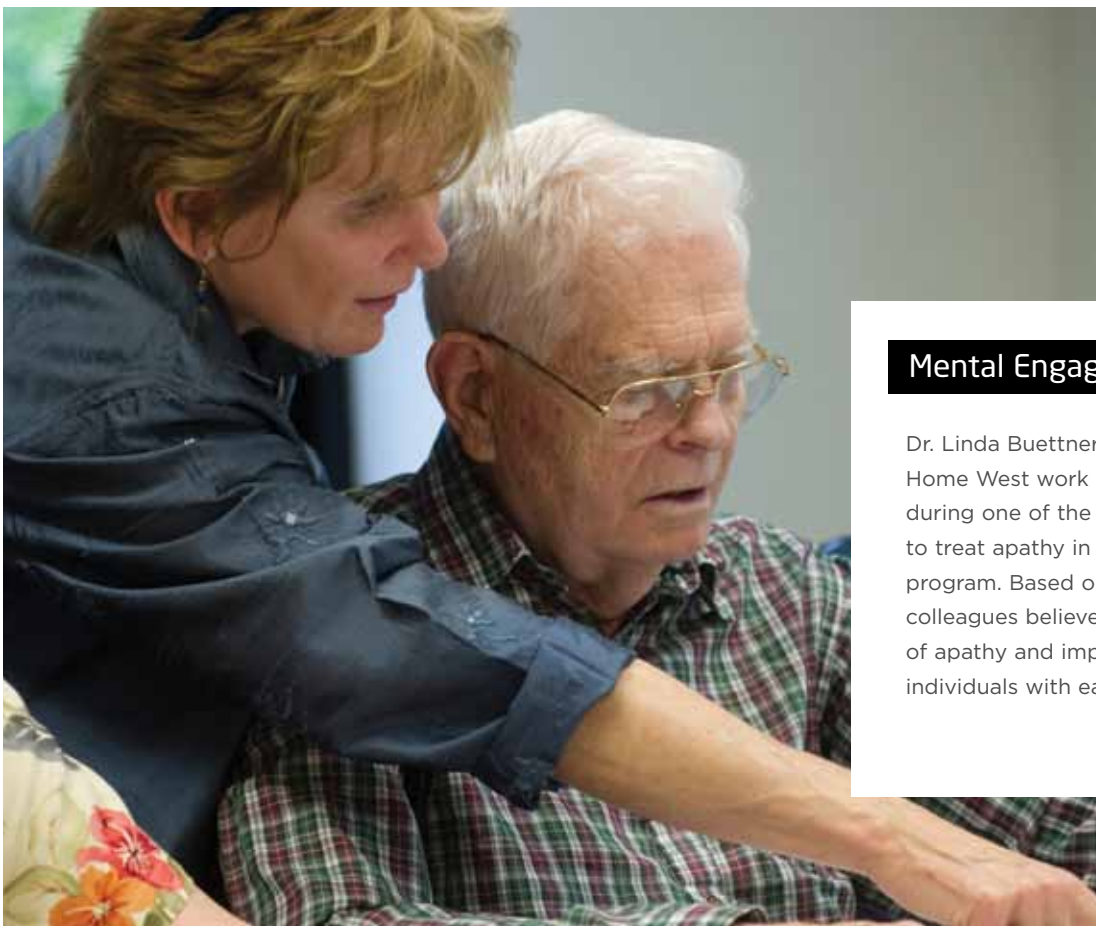
Melissa Montgomery '11 PhD, of Oak View, Calif., was also named an AKA Graduate Scholar. Montgomery

researches the relationships between sex dimorphism in body composition and how this impacts the high-risk knee joint that could place women at increased risk for injury. Her dissertation has been supported by the NATA Foundation. She has also worked collaboratively on two projects funded by NFL charities and the National Institutes of Health.



Jason Brown '11, of Raleigh, was honored with an AKA Scholar Award for undergraduate students. A nontraditional student,

Brown returned to college to pursue his licensure as a physical education teacher after eight years in banking and one year as a youth basketball coach. With a 4.0 GPA, he was awarded the Rosemary McGee Scholarship, which recognized an outstanding undergraduate student. In 2009, he was recognized with the Harvey D. Karsevar Award, given to the rookie coach of the year by the Raleigh Parks and Recreation system.



UNCG photo by Chris English

Mental Engagement

Dr. Linda Buettner, left, helps residents of Friends Home West work on mentally stimulating activities during one of the 24-session classes designed to treat apathy in the early stage memory loss program. Based on preliminary work, Buettner and colleagues believe that they can reduce symptoms of apathy and improve functional outcomes for individuals with early stage Alzheimer's disease.



Alumna Makes Gift to School of Health and Human Sciences

By Michelle Hines, University News Service

A WOMAN WHO GRADUATED FROM UNCG MORE THAN 60 YEARS AGO has given \$85,000 to an endowment that she created earlier to provide scholarships for students in the newly formed School of Health and Human Sciences.

The gift is going to the Nancy Burton Hockett Undergraduate Scholarship, created in 2006 during the Students First Campaign by the 1951 graduate of Woman's College (now UNCG), and her husband Stacy H. Hockett Jr. The Hockett Scholarship is awarded annually and can be renewed.

Hockett has been a supporter of UNCG for more than 50 years, and she and her classmates, physical education majors of 1951, still get together annually. She has shown a lifelong devotion to physical fitness and sport.

"I always wanted to be a physical education major from the time I knew there were things to major in at college," Hockett said. "Being outdoors, playing games, having fun with others doing the same things was for me a way of life to be desired."

School of HHS Dean Celia Hooper expressed gratitude on behalf of the school and the university.

"This first gift to the new School of Health and Human Sciences comes from a very loyal alumna, someone who has given to UNCG in the past and wishes to enhance her undergraduate scholarship from the old School of HHP to the new School of HHS," Hooper said. "Her generosity and enthusiasm stems from lifetime knowledge of physical fitness and its role in a happy, productive life. She understands that we have new, intersecting disciplines in

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Hockett

the School of Health and Human Sciences and is excited by the possibilities of collaboration in the departments."

Hockett was born in Greensboro in 1929. She attended then-Greensboro Senior High School, where she was president of both the National Honor Society and the Girl's Athletic Association, and the recipient of the Citizenship Trophy.

Throughout her life, she pursued her love of sports and the outdoors by participating in many sports and summer camp counseling. She taught math and physical education in Winston-Salem and was later a physical education instructor at Alabama Polytechnic Institute, now Auburn University, where she got her master's degree in 1956. She has taught and volunteered extensively with the American Red Cross, YMCA and YWCA, and the Girl Scouts of Central Maryland.

Hockett also has a deep love of tennis. In 1946 she was the N.C. Junior Girls Champion in singles and doubles and she played tennis and other sports at Woman's College. Starting in 1972, she began a very active involvement in tennis officiating that included participation in 17 U.S. Opens, three Wightman Cups and two Davis Cups. In 2004, she officiated at the ITF International Senior Championships in Philadelphia. She and her husband enjoy playing football, water skiing, camping and fishing with their four grandchildren.

"Nancy is a special alumna to me and someone I admire a great deal," Hooper adds. "On a personal note, she is the kind of grandmother I want to be. She didn't teach her grandchildren to bake cookies; she taught them to play football and tennis! Nancy is very special in many ways, and we are so pleased that her scholarship is the first in the School of HHS."



Cindra Kamphoff, '00 MA, '06 PhD, '06 CERT, (above left) has received the Dorothy V. Harris Memorial Award from the Association for Applied Sport Psychology (AASP), the professional organization of sport and exercise psychology. Dr. Kamphoff is the newly elected Research and Practice Division Head of the association's executive board. She has published 18 research manuscripts, seven book chapters, and has delivered more than 40 national and international presentations. An associate professor in the Department of Human Performance at Minnesota State University, Dr. Kamphoff is also the coordinator of the sport and exercise psychology graduate program. An accomplished runner herself, she has completed four marathons including the Boston Marathon and operates a consulting practice, The Runner's Edge.

Alumni News

Louis Graham '10 DrPHE recently had a study published in the national journal *Depression Research and Treatment*. Graham's paper, which was part of his dissertation, examined how harassment and discrimination of homosexual and bisexual men relates to their rates of anxiety and depression. His study was also the subject of an article published by the Health Behavior News Service. Graham is now a Kelloggs Health Scholar Postdoctoral Fellow in the School of Public Health at the University of Michigan at Ann Arbor.

Jan Unger '53 has published a book, *Grandma Jan's Poems for Kids, Grandkids and Dog Lovers Too*. She lives in Colorado Springs, Colo.



Renovations Planned

AS THE SCHOOL of Health and Human Sciences expands, plans are under way to renovate some vacant space in the HHP building. This space on the first floor will be dedicated to athletic offices, while the second floor space will be renovated for three seminar rooms and new offices.

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