The University of North Alabama
Center for the Study of Exercise Science and Health Promotion

Purpose
The purpose of the University of North Alabama Center for the Study of Exercise Science and Health Promotion is to enhance quality and quantity of scholarly endeavors and service-based initiatives in exercise science, health promotion, and related fields at the University. Research and scholarly pursuits serve not only as an avenue for creation of knowledge but in the facilitation of information guiding teaching content. From this perspective the Center holds the position that teaching and research are most effective when applied as an integrated model. The Center also seeks to create potential for service within the University and the local community whereby expertise regarding personal wellness and health-related issues may be shared thereby promoting health and well-being in the interest of pursuing optimal quality and quantity of life for the general citizenry. These foci parallel directly with the UNA mission:

“As a regional, state-assisted institution of higher education, the University of North Alabama pursues its mission of engaging in teaching, research, and service in order to provide education opportunities for students, an environment for discovery and creative accomplishment, and a variety of outreach activities meeting the professional, civic, social, cultural, and economic development needs of our region in the context of a global community.”

Mission
The Center for the Study of Exercise Science and Health Promotion encourages, promotes, and facilitates faculty as well as undergraduate and graduate student research and service-based initiatives in the areas of exercise science, health promotion and related fields. To this end the Center endeavors to create a multifaceted research community consisting of faculty, students and community agencies involved in promoting the health and well-being of the general citizenry.

Specific goals of the Center are to:

- Identify research opportunities for students majoring in exercise science or health promotion.
- Identify research opportunities for graduate students in the Master of Science in Health and Human Performance degree that can lead to completion of a master’s thesis, academic research related to specific content in a graduate course, and/or presentations at professional conferences.
- Promote faculty research germane to their specific academic areas of interest relative to the mission of the Center.
- Sponsor collaborative research initiatives involving faculty, students and community agencies related to exercise science and health promotion.
- Seek internal and external funding to support Center research and service initiatives.
- Promote international studies and research relative to exercise science and health promotion through collaborative partnerships.
Center Activities
Individuals engaged in the Center function in a variety of roles including but not limited to; lead or co-investigators of research projects; serve on student theses committees; pursue both internal and external funding in support of ongoing scholarly activity and service-based initiatives; seek collaborative efforts in scholarship across departments and colleges at UNA as well as outside institutions both academic and private; offer consulting based on faculty expertise; host guest speakers and establish a regional conference for topics germane to exercise science and health promotion; and engage in University and community efforts aimed at improving quality of life through behavior modification and positive lifestyle practices as related to exercise science, health promotion, and related fields.

Student Engagement
Students serve in an integral role as investigators in Center initiatives. Involvement may be as lab technicians, lead or co-investigators (under supervision of UNA faculty) for ongoing research and scholarly activities; co-authors of funding requests in support of research; co-authors for peer-reviewed publications at the University, state, regional, national, and international levels; co-presenters at state, regional, national, and international conferences; and co-presenters at University or local events focusing on issues germane to personal wellness or other involvement as determined by the Center Board of Directors.

University and Community Engagement/Service
The Center endeavors to provide expertise and leadership with regard to wellness initiatives and programming within the University and the local community. Examples may include but are not limited to services focusing on personal wellness, healthy lifestyles, positive behavior modification, body composition and fitness analyses, and blood profile screenings and follow up counseling. In addition, the Center engages leaders in the local community who serve as potential partners in championing efforts to improve quality of life for University employees and the surrounding community through education and evidence-based practices associated with longevity and positive lifestyle practices.

Organizational Chart

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<th>Role</th>
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<tr>
<td>Vice President for Academic Affairs and Provost (VPAA)</td>
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<tr>
<td>Dean, College of Education and Human Sciences</td>
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<tr>
<td>Chair, Department of Health, Physical Education and Recreation</td>
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<tr>
<td>Board of Directors, Center for the Study of Exercise Science and Health Promotion</td>
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<td>Director, Center for the Study of Exercise Science and Health Promotion</td>
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The Board of Directors for the Center consists of a minimum of three faculty members from the Department of Health, Physical Education and Recreation, one of which will be designated as Director of the Center. Board members work with the Director to promote the mission of the Center and to assist in Center projects as needed.
2016-2017 Academic Year Partnerships
Florence Special Olympics

Current Research and Service Projects

2016-2017 Academic Year Publications


4. Shaver LN, **O'Neal EK**, Hall EE, and Nepocatych S. No performance or affective advantage of drinking versus rinsing with water during a 15-km running session in female runners. *Journal of Strength and Conditioning Research*. (In review)


7. **Killen LG**, Coons JM, Barry VW, Fuller DK, Caputo JL (2016). Live and Video-Guided Exercise with Females who are Overweight or Obese. *Physiology and Behavior*. (In review)


9. Davis BA, **O'Neal EK**, and Farley RS. Ad libitum recovery fluid intake does not differ between 60 min of running in a hot versus cool environment. *Appetite*. (At press)


**2016-2017 Academic Year Presentations**


8. Killen LG, Coons JM, Barry VW, Fuller DK, Caputo JL. Validation of a Physical Activity Monitor as a Measure of Energy Expenditure During a Circuit-style Workout with Females who are Overweight or Obese. National American College of Sports Medicine Conference; May 2017: Denver, CO.


18. Killen LG, Coons JM, Barry VW, Fuller DK, Caputo JL. Validation of a Physical Activity Monitor as a Measure of Energy Expenditure During a Circuit-style Workout with Females who are Overweight or Obese. Poster presentation at Southeast American College of Sports Medicine Regional Conference; February 2017: Greenville, SC.


23. Hall GW, Neal KK, Green JM, O’Neal EK, McIntosh JR, & Keyes AA. Effects of caffeine on perceptually-based intensity production during outdoor running. Southeastern American College of Sports Medicine Regional Conference; February 2016: Greenville, SC.

24. Davis BA, O’Neal EK, Johnson SL, Korak JA, Pribylavska V, & Farley RS. Ad libitum fluid intake threshold inhibits effective rehydration at 12-h post-run in hot environment. Southeastern American College of Sports Medicine Regional Conference; February 2016: Greenville, SC.

25. Shaver L, Hall EE, O’Neal EK, & Nepocatych S. Effects of drinking versus rinsing with water on physiological and affective response during a 15-km running session. Southeastern American College of Sports Medicine Regional Conference; February 2016: Greenville, SC. *Faculty Mentor: Nominated for SEACSM Graduate Research Award.

26. Killen LG, Coons JM, Barry VW, Fuller DK, Caputo JL. Live and Video-Guided Exercise with Females who are Overweight or Obese Southeast American College of Sports Medicine Regional Conference; February 2016: Greenville, SC.

**Grants**

2016-2017 Academic Year Funding

**Green JM, Killen L, O’Neal E, Olenick A, Lyons S (May, 2016).** Influence of simulated altitude mask on perceptual responses to exercise and self-selected exercise intensity. Proposal submitted to Training Mask LLC, Cadillac, MI ($22,643.00 requested, pending)

**Killen LG (Spring, 2017).** Validation of Physical Activity Monitor for Prescribed Exercise and Free-Living. Proposal submitted to the Faculty Research Committee at the University of North Alabama ($2,680 requested, approved)

**O’Neal EK.** Effects of extra body mass on running economy. University of North Alabama Faculty Research Grant 2016-17. ($2864.00 March 2017: awarded).

**O’Neal EK.** Cardiovascular disease risk and inflammation marker responses to 3 weeks of a high fat diet in trained male runners. University of North Alabama Faculty Research Grant 2015-16. ($3,000.00 March 2016: awarded).

**O’Neal EK.** Effects of a crystalloid electrolyte supplement on recovery fluid retention, perceived recovery, affect, and running performance in the heat. ($15,932.59; July 2016: awarded).

**Center for the Study of Exercise Science and Health Promotion Journal Student Updates**

**Student Interviews**