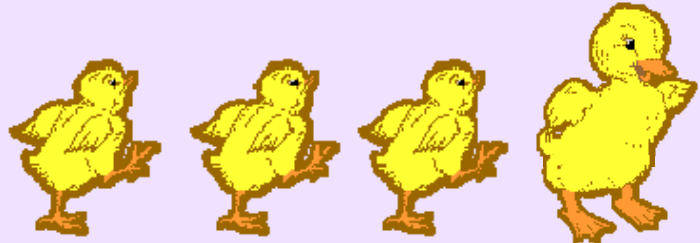




EXSS Times

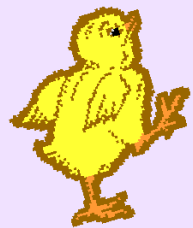
April 2009

Exercise and Sport Science Department



Padua featured in The News and Observer

Darin Padua was featured in a News and Observer article titled, "What Knees Need to Stay Pain Free." The article referenced Padua's research study that observed male and female soccer players ages 10-17 in the Triangle United Soccer Association for patterns leading to the conclusion that specific warm-up exercises will ultimately reduce the chances of an ACL injury. The study also discovered that females are at greater risk for suffering from ACL injuries, children younger than 13 are less susceptible to getting ACL injuries, and correcting habits early on can make one less prone to ACL injuries. Padua and other researchers developed a series of warm-up exercises in response to this breakthrough in knee research. These exercises include lunges, forward and sideways hops, squat jumps and reaching exercises. There is more information on Padua's study and these exercises at: www.unc.edu/sportsmedlab/publications.htm. (listed under "Knee Injury").



EXSS APRIL 2009

Welcome Coby!

Congratulations to Jen and Alain Aguilar! Jacob Corban (Coby) Aguilar was born at 2:56 P.M. on Monday, March 16th. He weighed 8 lbs 5oz and is 20.5 in long. Alain and Jen thank everyone for their thoughts and prayers.

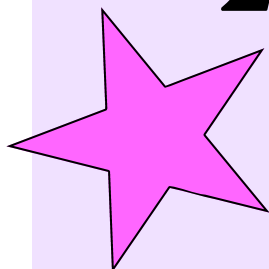


Welcome Jack Taylor!

Congratulations also to David and Melissa Yeargen! Jack Taylor Yeargen was born on Saturday, February 28th at 3:02 A.M. He weighed 9 lbs 3 oz. The Yeargens thank everyone for their thoughts and prayers.



2009 Carl S. Blyth Lecture



EXSS APRIL 2009



This year, The Carl S. Blyth Lecture took place on Tuesday, March 24th and featured guest speaker John Swofford. Swofford is now in his 12th year as Commissioner of the Atlantic Coast Conference and was a former UNC-CH Athletics Director. Junior Steve Ingram (pictured top left with chairman Kevin Guskiewicz) was the recipient of the second annual Ronald W. Hyatt Scholarship. Ingram has excelled academically while at UNC, especially in the EXSS Department, and has fully embodied the mission of the EXSS Department. This award includes \$2500 for the 09-10 school year, made possible by donations from friends, colleagues, former students, and the family of Dr. Hyatt. This award honors Dr. Hyatt who taught at UNC for over 40 years and encompassed the principles and goals of the EXSS Department.



RECENT NEWS

CONGRATS TO TROY BLACKBURN: NEW NATA INVESTIGATOR AWARD

-Troy Blackburn, PhD, ATC is the most recent recipient of the New Investigator Award given by the National Athletic Trainers' Association Research and Education Foundation. The award recognizes a researcher who has earned their first doctoral degree within the past 5 years and who has made, and is likely to continue to make, significant contributions to the body of knowledge in athletic training and health care of the physically active. Congratulations to Dr. Blackburn for this prestigious accomplishment.

UNC HAS BEEN SELECTED TO HOST THE 2009 SECOND ANNUAL SCHOLARLY CONFERENCE ON COLLEGE SPORT:

-The William and Ida Friday Center at UNC will be hosting this conference from April 15-18, 2009. The conference will focus on college sports research and its dynamics, featuring various key note speakers. For more information on registration visit: <http://www.csriconference.org/registration.html>

BONITA MARKS PUBLISHED IN PHYSICIAN AND SPORTS MEDICINE JOURNAL:

Dr. Mark's article, "Exercise and The Aging Mind: Buffing The Boomer's Body and Brain" was featured in the April 2009 issue. Dr. Laurence Katz and Dr. J Keith Smith also worked on the research put into the article. Dr. Marks and Dr. Katz discussed their research further on March 16th at an aging conference in Las Vegas, which was hosted jointly by The American Society on Aging and The National Coalition of Aging. . Their talk was titled "Utility of a Falls Risk Self-Assessment Tool."

DR. LAURENCE KATZ'S RESEARCH FEATURED ON CNN:

Dr. Katz has been working in collaboration with Duke for the past few years on research involving infrared imaging deer and other wildlife, which has now been advanced to helping in The War in Iraq. For more information visit: www.cnn.com/video/#/video/world/2009/03/18/robertson.iraq.medical.break.cnn?iref=videosearch. Congratulations to Dr. Katz and his team!

EXSS APRIL 2009





Campus Recreation Hosted Men's Night and Women's Night on March 24th:

-These events featured zumba classes, strength training exercises, and body weight analyses were available. One of the program's goals was to provide a comfortable environment where individuals were able to try new fitness options and Campus Recreation succeeded in this.

EXSS APRIL 2009

April Birthdays 2009

David Yeargan	April 2
Darrell Kidd	April 5
Kevin Guskiewicz	April 8
Michael Distefano	April 15
Cindy Atkins	April 16
Claudio Battaglini	April 17
Ashley McCullen	April 30

