

Exercise Science faculty involve students in fall presentations

Faculty in the Exercise Science Program have been quite active this fall semester in presenting. Importantly, a number of undergraduate and graduate students have been involved in these efforts.

- **Tamara Hew-Butler** - Oral presentation "Urine and exercise: markers of health, homeostasis and impending disease in collegiate athletes" at the second International Conference on Urinomics and Translational Nephrology, Capricia, Portugal at the end of September.
- **Tamara Hew-Butler** - A live lecture, with Master Ironman Triathlon Coach Mark Allen, given as part of the Ironman University Research to Practice lecture series for Certified Coaches on Hyponatremia. 312 Coaches from 55 countries participated.
- **Tamera Hew-Butler** - editorial was published in the American Journal of Public Health: Hew-Butler T and EAH Consensus Group. Inadequate hydration or normal fluid homeostasis.
- **Charles Marks**, with an undergraduate student, presented their joint research, "Impact of Stability Ball Sitting on Stroke Volume, Oxygen Content Difference, and Heart Rate During Arm Ergometry" at the Midwest American College of Sports Medicine meeting in early November.
- **Tamara Hew-Butler** submitted 4 abstracts with students for consideration for presentation at the American College of Sports Medicine (ACSM) Annual Meeting to be held in Boston, June 2016: entitled: "Footedness, lateral dominance and symmetry in collegiate male soccer players," "Accuracy and velocity comparing instep and pass kicks in collegiate male soccer players," "Quantifying the contributions of sodium and calcium in bone using serial DXA scans," and, "Bone mineral density in collegiate athletes and non-athletes: Is inactivity promoting osteopenia?"
- **Tamara Hew-Butler** and other faculty completed pre-testing of 100 student athletes in a collaborative project with Sara Arena, Kristi Landis-Piwowar, Brigid Byrd and Oakland University Athletics.
- **Ben Watson**, a recent graduate of the Exercise Science Program, working with Stafford Rorke, has had an article entitled "Are Compression Garments Beneficial for Endurance Runners?" accepted for publication in the March/April issue of ACSM's Health & Fitness Journal.



Tamara Hew-Butler working with student athletes.