NELSON’S NEW HOME
MSAT Educational Lab Opens
This year has been one of transition for the School of Health and Human Sciences, including the search for a new dean. We move forward from a strong and enduring foundation, bolstered by our caring culture, our commitment to diversity and inclusion, and our robust activity in community engagement and global involvement.

Our enrollment in both undergraduate and graduate students continues to grow, and our dedicated faculty and staff are recognized for excellence, not only across UNCG but also externally in their respective fields. I believe this is evidence that we continue to be true to our strategic priorities to enhance student success, to support faculty development and to strengthen our graduate programs.

As you may know, HHS sits in the enviable position of leading the university in awards of research grants and external funding. While our portfolio is impressive, we believe that opportunities exist to strengthen our funding, particularly in expanding fellowships, scholarships and support for teaching assistantships in our graduate programs.

Guided by Dr. Esther Leerkes, HHS Associate Dean for Research, we are focused first on infusing graduate programs with more funding for our research infrastructure: To be more effective at grant writing, to provide more generous seed funding to pilot or begin research projects, and to provide bridge funding between grants to sustain research projects, among other efforts.

Another significant initiative for this year is the development of a joint PhD program in social work with N.C. A&T State University, with which we currently offer a master’s program in social work. During this transition, we are maintaining our leadership and remain productive and well-positioned for the future. Thanks to our incredible faculty, staff, students and alumni for your continuing contributions to the success of HHS!

Dave Demo, Interim Dean and Professor

Strack Named Interim Associate Dean for Graduate Programs

Bob Strack, Associate Professor in Public Health Education, joins the HHS leadership team as interim associate dean for HHS graduate programs. He brings to this role many years’ experience as a researcher who has secured funding at federal, state and local levels, as well as a graduate and undergraduate-level instructor and mentor. He has been an HHS faculty member since 2001 and, over the years, has served as director of graduate study, associate department head and department head.
HARMON PRESCRIBES NATURE-BASED THERAPY FOR CANCER SURVIVORS

Nature has the power to heal. That’s the prescription of the Celebrate the Trail to Recovery program that uses immersion in nature to help cancer survivors transition into a “new normal” after they’ve completed radiation, chemotherapy and rehabilitation.

The program is the brainchild of Justin Harmon, assistant professor in the Department of Community and Therapeutic Recreation. Twice a week, Justin and his colleagues lead a group on one of the hiking trail systems of the Greater Greensboro area. Now in its second year, Justin modeled the program after a similar one in Colorado in which he volunteered.

But there’s more benefit than simply the restorative, calming effect of a walk in the woods.

Spending time in natural settings has shown physical benefits as well, including a decrease in cortisol levels, sympathetic nerve activity, blood pressure and heart rate. Research has also shown that mental stress – depression and anxiety related to illness and treatment – can be eased through simple exposure to the natural environment.

“IT GIVES THEM THE ABILITY TO SEE REGENERATION, AND THAT THERE IS A REBIRTH CYCLE THEY ARE CAPABLE OF, POST-DIAGNOSIS.”

The program is having a positive impact: “I’ve been coming out every Saturday for nine months. And each time I feel a little more capable of taking control of my life,” said one participant, a breast cancer survivor. “I’m still young. I want to experience more than I have been these last few years, and I think I found that courage out here on these trails.”

SHULTZ, STUDENTS LEAD UNCG’S NSF I-CORP PROGRAM

Kinesiology professor Sandra Shultz and students Elvis Foil and James Coppock are moving an idea from mind to market, thanks to their selection to receive funding from a new National Science Foundation grant.

UNCG and NC A&T are sharing a five-year, $500,000 grant, establishing the universities as an NSF I-Corps site. The I-Corps program helps to prepare scientists and engineers to extend their focus beyond the university laboratory and accelerates the transition from basic research toward commercialization.

Sandra and the students received a $10,000 mini-grant to bring to market a device to stabilize weak knee ligaments. The students play a primary role in customer discovery and prototyping.

“The infrastructure of this program will be beneficial in moving this research forward, while at the same time, giving students an amazing entrepreneurial experience in moving from research to practice,” said Sandra. “It’s really exciting, and I think the I-Corps program will greatly benefit both UNCG faculty and students interested in the commercialization of research products.”

ALDRIDGE HONORED FOR ADVISING EXCELLENCE

Kathryn Aldridge, AP Assistant Professor in Human Development and Family Studies, has been honored with UNCG’s 2017-18 Advising Excellence Award.

Two awards are presented each year for outstanding academic advising – one honoring a faculty advisor, and one honoring an advisor who is a member of the professional staff. As this year’s faculty honoree, Kathryn received a monetary award that she may use to attend the National Academic Advising Association conference next year, or another professional development opportunity of her choosing.
JOHNSON NAMED DSEF FELLOW

The Direct Selling Education Foundation (DSEF) has tapped HHS student success navigator and Coleman Fellow of Entrepreneurship Bill Johnson, Jr. to serve as a foundation Fellow. Bill was among 24 academicians at leading U.S. universities named DSEF Fellows earlier this year.

The DSEF Fellows program strengthens the foundation’s connection with academic leaders who are committed to working with the DSEF to advance knowledge and increase the impact and reach of academic programs. Its academic partnerships inform and educate students on direct selling as a go-to-market strategy and pathway to entrepreneurship.

The DSEF engages with, equips and empowers educators to provide students with an accurate understanding of the direct selling industry as a powerful go-to-market strategy, distribution model and entrepreneurial option, and to teach the correct principles of direct selling. The foundation provides teaching content for educators and classrooms, funds and sponsors direct selling-related research often conducted by DSEF Fellows, and hosts campus events that include classroom visits by direct selling company executives.

SCOTT-LITTLE NAMED HDFS INTERIM DEPARTMENT CHAIR

Catherine Scott-Little, Professor in Human Development and Family Studies, was named interim department chair in August. Catherine succeeds HDFS professor Cheryl Buehler, who previously served as interim chair.

“Catherine was strongly recommended by the HDFS faculty, and is widely respected within HHS, across the UNCG campus and nationally,” said HHS Interim Dean Dave Demo. “HFDS is very productive and important to both our school and UNCG, and the next year will present some valuable opportunities to move the department forward.”

Catherine joined the department in 2003 as assistant professor, was named associate professor in 2009, and professor in 2016.

MCCLOY WINS ATHLETIC TRAINER CONTINUING ED AWARD

Jay McCloy, UNCG Assistant Athletic Director of Health and Sports Performance, was one of five national winners of the 2018 Drug Free Sport Continuing Education Awards.

Drug Free Sport supports the work of certified athletic trainers in high schools and colleges in educating student-athletes on making positive decisions on health and wellness. Established in 2013, the Drug Free Sport Continuing Education Award recognizes the significant contributions of athletic trainers to drug abuse prevention and education.

“Athletic trainers are on the front lines of drug abuse prevention, serving as advisors, mentors, healers and confidantes to athletes,” said Frank Uryasz, President of Drug Free Sport. “We believe that providing opportunities for their professional development is paramount to ensuring fair and safe sport and are happy to demonstrate our appreciation and respect for their contributions.”
ADAMS KEEPS COOL AND SAVES LIVES AT FALMOUTH RACE

It’s just a tub filled with ice and water, but it’s saved the lives of nearly 500 runners treated for exertional heat stroke (EHS) throughout the history of the Falmouth, Mass. Road Race over the years.

Again, this past summer – as he has for eight years – assistant professor of Kinesiology Will Adams joined 200 other healthcare providers, including doctors, nurses, athletic trainers and physical therapists, to provide care for runners needing medical attention during the seven-mile race.

Since the Falmouth Road Race takes place in mid-August, on average 15 to 20 runners are treated for EHS each year, depending on conditions. In 2015, with temperatures in the mid-80s with full sun and high humidity, 42 runners were treated for EHS.

EHS is a medical emergency in which the body can’t regulate internal temperature during physical activity. It’s potentially catastrophic, leading to long-term complications and even death. But EHS is also completely survivable if treated promptly. According to Will, Falmouth is a testament to this fact, boasting a 100% survival rate in runners succumbing to EHS during the race.

“This year, I had the opportunity to use my expertise in heat-related illness and also my clinical skills as an athletic trainer,” said Will.

“I was on a team that treated one of the eight runners suffering from EHS.”

The patient was a 21-year-old female, brought to the medical tent immediately by volunteers alert to the signs of possible EHS in runners as they crossed the finish line. She had a noticeably altered mental state and an internal temperature of 107.1°F. She was immersed in one of the nearby 70-gallon tubs filled with ice water to begin cooling. Therapy continues until a runner’s body temperature reaches 102°F.

Treatment within a critical 30-minute window – sometimes referred to as the “The Golden Half-Hour” – is essential to ensure minimal damage to the proteins, cells, tissues and internal organs, and to optimize the chances of survival. “Thinking back on the many individuals with EHS that I have treated over the years, it’s still surreal to me that with this quick and expedient care, these individuals are able to be home having dinner with their families the same evening. This treatment has saved hundreds, if not thousands of lives,” said Will.

PAYTON PENS A TIMELY EDITORIAL: “GUN VIOLENCE NEEDS A COLLABORATIVE SOLUTION”

Public Health Education assistant professor Erica Payton called for common sense – and common ground – in a Greensboro News and Record editorial column, following the Marjory Stoneman Douglas High School shooting earlier this year.

In the column, she offered: “Gun violence is not just one person’s problem; gun violence is our problem. Unlike other gun violence events, mass shootings attract widespread attention. They also can open dialogue on how we can prevent such acts from ever happening again.”

But, she added, “In a country where, for some, guns are part of the American way, these discussions can be difficult and divisive…. We must find common ground in this discussion. Additionally, we need to continue to build partnerships and collaborative networks to advocate for gun-violence prevention.”

She continued that gun violence is a massive public health issue in the U.S., and that no one person, entity or strategy can fully tackle the problem. The conversation must include gun owners, those who do not own guns, those who support gun-law reform and those who oppose such reform.

She concluded, “Together, we can take on this issue, but we must address this problem comprehensively and we must use our collective voices to inspire our policy makers to act.”
Social Work professor Bob Wineburg questioned the White House Faith and Opportunity Initiative established earlier this year, in an editorial column featured in the Greensboro News and Record.

While the initiative has raised questions about the separation of church and state, Bob said, “There is a far more fundamental problem with the Initiative, one that no amount of ideological back-and-forth can ever solve,” focusing more on congregations, organizations and institutions seeking government funding than it will on Americans who are supposed to be the beneficiaries of that assistance.

He continued that “…religious congregations and institutions, by virtue of the position they hold in their communities, have a central role to play in improving the lot of those in need.

“The problem is that the houses of worship that know what is really going on outside their walls — the ones with a hard-earned understanding of what actually works, the ones actually toiling to love thy neighbor — are the religious institutions most likely to be shortchanged by the president’s initiative. Roughly half of houses of worship partnering with the government, nonprofit organizations or fellow congregations, deliver social services — everything from a soup kitchen to hosting Alcoholics Anonymous meetings.

“The other half, on the other hand, are not nearly as engaged in the delivery of social services. A great many of them focus less on kitchen-table concerns than on theological imperatives and notions of moral well-being. At a time when government support for social services is on the chopping block, redirecting federal funds to those who have concerns sounding more lofty than putting food on the plate is not only bad policy, it is outright immoral.”

Mike Perko, professor in Public Health Education, is this year’s UNCG recipient of the UNC System’s 2018 Award for Excellence in Teaching.

The 17 recipients, representing all 16 of the state’s public universities as well as the N.C. School of Science and Mathematics, were nominated by special committees on their home campuses and selected by the UNC System Board of Governors’ Committee on Personnel and Tenure.

Each honoree received a commemorative bronze medallion and a cash prize. Mike’s award was presented by a Board of Governors member during UNCG’s spring graduation ceremony.

“The instructors we recognized bring innovative and creative teaching methods and approaches which make a real difference in how students learn,” said the UNC Board of Governors. “We’re proud to highlight their accomplishments in the classroom to further showcase the high-quality education students are receiving throughout the UNC System.”

In his profile as an award recipient, Mike recalled a life-changing event with a less-than-dedicated teacher and said, “I realized the difference between flat-out not knowing the answer, and not knowing the answer but desperately wanting to learn with the right guidance. I knew I was not stupid, I just needed someone to show me they had faith that I could do it. That underscores the commitment I made years ago to never again allow any student to feel they are not capable of learning.”

Her book explores the idea that the oppression and marginalization of groups are often related to environmental issues, including such issues as natural disasters, water quality and food access.

She has also received new funding from The Junior League of Greensboro for a research study “Parks for All People: Promoting Health and Wellness by Engaging Aging Populations in Public Parks.” While Greensboro features more than 100 neighborhood parks, few have features that are important or accessible to an aging population.
HONORS COLLEGE TAPS THREE HHS STUDENTS

Three HHS students – Helen Wrenn, Jessica Pastuf and Joselyn Calip – have been accepted into UNCG’s Lloyd International Honors College.

The Honors College recruits outstanding undergraduate students and provides them with an enhanced, supportive intellectual and social experience that helps them to become critical, independent thinkers. Honors students are active in the design and pursuit of their own education, are given opportunities to become globally aware and engaged, and prepared to lead successful and fulfilling professional, civic, and personal lives.

HHS STUDENTS NAMED 2018 MCNAIR SCHOLARS

Aaliyah Belk (junior, Public Health Education), Jacqueline Sandoval (sophomore, Public Health Education) and Danaisha “Belle” Wortham (junior, Kinesiology) have been awarded 2018 McNair Scholarships.

The scholarships honor the late Ronald McNair, a physicist and astronaut who died in the Space Shuttle Challenger accident in 1986. The U.S. Department of Education created the Ronald E. McNair Post-Baccalaureate Achievement Program, whose goal is to increase enrollment in science and graduate programs among students from historically under-represented groups.

HHS AWARDS EIGHT 2018–19 GRADUATE RESEARCH ASSISTANTSHIP AWARDS

Congratulations to the recipients of this year’s Graduate Research Assistantship Awards! The eight faculty members and their research projects are:

Donna Duffy
Center for Women’s Health and Wellness
Behavior and Recovery After Head Impact and Neurotrauma (BRAIN): The Female Brain Project

Yarnecia Dyson
Social Work
Addressing the Sexual Health Needs of African-American College Students Enrolled at HBCUs and MSIs at Risk for HIV: A Pilot Study

Jennifer Erausquin
Public Health Education
Mechanisms for Delivery and Outcome Tracking: Structural Change to Improve HIV Care for Black Women

Jennifer Etnier
Kinesiology
Physical Activity and Alzheimer’s Disease – II

Anne Fletcher
Human Development and Family Studies
Physiological Stress Reactivity Moderates the Impact of Contextual Risk on Early Adolescent’s Adjustment Difficulties

Karen LaParo
Human Development and Family Studies
Preparing for a Field Test: The Last Step in the EQuIPS Development Process

Amanda Tanner
Public Health Education
Tailored Use of Social Media to Improve Engagement and Retention in Care and Health Outcomes for Men Who Have Sex With Men Living With HIV

Jonathan Tudge
Human Development and Family Studies
A School-Based Intervention Designed to Foster the Virtue of Gratitude
STUDENTS

HHS GRADUATE STUDENTS WIN BIG AT 2018 GRADUATE RESEARCH AND CREATIVITY EXPO

Congratulations to HHS graduate students who took seven of the 15 awards presented at the 2018 UNCG Graduate Research and Creativity Expo. Guest judges were impressed with the quality and diversity of student work across six categories.

HHS honorees, their research and faculty mentors were:

Amanda Barnes and Dana Conlin – Human Development and Family Studies
Supporting Refugee Families in Supporting their Preschooler’s Literacy Development
Faculty mentor: Rachel Bolt

Yuki Sugimoto – Kinesiology
Stride-to-Stride Gait Variability in Individuals with Chronic Ankle Instability, Copers and Healthy Controls
Faculty mentors: Scott Ross and Chris Rhea

Mariam Abdelaziz – Communication Sciences and Disorders
Morphological Knowledge in Third and Fifth Grade Students
Faculty mentor: Alan Kamhi

Hannah Carter – Nutrition
Effects of Fortification and Storage Time on Pasteurized Donor Human Milk
Faculty mentor: Maryanne Perrin

Selena McCall and Kate McKenzie – Community and Therapeutic Recreation
Huddle Up: Implementing and Evaluating Challenger Flag Football League
Faculty mentor: Leandra Bedini

Lindsey Oakes – Public Health Education
Partners & Participants for Health: Innovative Methods to Engage College Students with Intellectual and/or Developmental Disabilities (IDD)
Faculty mentor: Jeffrey Milroy

Conner Wallace – Nutrition
Omega-3 Treatment Does Not Improve Reductions in Brain Function Caused by Saturated Fat
Faculty advisor: Steven Fordahl

IN MEMORIAM

Carolyn Register ’55 died March 4th. In addition to establishing the Carolyn Crouse Register Scholarship in memory of Dolphine Cobb Wright, Carolyn was a 1970 Home Economics Distinguished Alumni. She was the recipient of numerous professional awards, including the coveted Florence Hall Award, presented by the National Home Economics Association, the National Association of Counties Achievement Award, and Daughters of the American Revolution Award for Excellence in Community Service.

Pearl Berlin, founding dean of UNCG’s PhD program in kinesiology (physical education) in 1971, died May 17. Over the course of her career, she advised more than 24 students who earned the PhD, and the department later created the Pearl Berlin Writing Award, which honors thesis and dissertation writing excellence. Upon her retirement in 1985, Pearl shifted her focus to politics, using her talents in statistics to aid many political candidates. She was a passionate advocate for equality and a national icon for LGBTQ rights. As the lead plaintiff in a series of court cases, she challenged North Carolina’s controversial Amendment 1, and with her long-time partner and later spouse, Lennie Gerber, Pearl helped to bring marriage equality to North Carolina.
RICQUITA DILLARD AWARDED STAFF SENATE SCHOLARSHIP

Ricquita Dillard was awarded one of the two 2018-19 UNCG Staff Senate Scholarships, from a field of seven candidates. She works full-time at UNCG while pursuing her undergraduate degree in Social Work. Two scholarships are presented annually by the UNCG Staff Senate, which represents university staff at the request of the Chancellor and serves as advisors to the Chancellor and the UNC Staff Assembly.

CORRINNE PRUETT ELECTED NIRSA STUDENT LEADER

Corrine Pruett, Community and Therapeutic Recreation graduate student and graduate assistant at the Kaplan Wellness Center, has been elected to serve as a regional student leader of the National Intramural-Recreational Sports Association (NIRSA).

NIRSA regulates in various sports through collegiate systems across the United States. NIRSA serves students who play at the university varsity or club level in athletic sports, but do not participate in the NCAA, NAIA or other sports affiliates.

Corrine joins eighteen other NIRSA regional student leaders in advancing the goal of the organization to promote health and wellbeing that are integral to student success in academic achievement.

STUDENTS NAMED FOR UNDERGRADUATE, GRADUATE RESEARCH AWARDS

Seven HHS students have been named recipients of these undergraduate and graduate student research awards for 2018-19:

- Sadye Dunn Doxie Undergraduate Interdisciplinary Award: Meghan Harduk (Kinesiology) and Aaliyah Belk (Public Health Education)
- Marjory Johnson Pre-Physical Therapy Research Award: Michael Kress (Kinesiology)
- Theodore & Loretta Williams Research Fund for Arts Health: Noor Ghazi (Peace and Conflict Studies)
- Loretta M. Williams Undergraduate Center for Women’s Health and Wellness Fund: Lydia Bailey, Victoria Borrowdale and Tyler Grissom (Kinesiology)

EDD IN KINESIOLOGY GRADUATES ITS FIRST ONLINE COHORT

In late April, the online EdD in Kinesiology cohort – the first group, who began the journey in 2014 – cleared its final hurdle, defending their dissertations over three grueling days and graduating as a newly minted Doctor of Education.

EdD candidate Eric Tucker was chosen to address all the Kinesiology graduates at commencement and shared, “All of us had to manage multiple responsibilities while completing this program, including full-time work, family commitments, and a number of unexpected life changes. No matter where you began this race, despite the barriers you might have faced along the way, our collective determination and hard work are allowing us to reach the finish line together.”

Director of the EdD in Kinesiology Pam Brown said, “It was so exciting to celebrate this moment with the 2014 cohort. I was proud of their accomplishments; the EdD program is like a family, and this group of students has helped us build a successful online program.”
WHAT’S COOKING? NUTRITION 403 STUDENTS BECOME FOOD SCIENTISTS

Twice a week, a fully equipped kitchen in the Stone Building becomes a food chemistry lab for students in Nutrition 403, Food Science and Technology. Students experiment with varied ingredients and their effects on taste and texture: marshmallows and gelling agents, eggless pumpkin pie, high-protein pasta and red velvet beet cake.

The course is required for nutrition students concentrating in wellness or human nutrition/dietetics. B. Burgin Ross ’08 MS is assistant professor in the Department of Nutrition and has been teaching the class since 2010.

Students meet in the lab each week for about two hours. The kitchen is stocked with everything students need: pots and pans, ovens, mixers, food processors, a wall lined with spices and obscure ingredients – even a washer and dryer.

“Since these students will be coming out of school needing the skill set to teach clients how to make healthier substitutions when cooking, this class allows them a place to try and practice such changes, in an environment where they can see and even taste what those changes do to products,” Ross said.

So, what happens to the food the class prepares each week? “It’s consumed!” said Ross.

HHS STUDENTS COLLABORATE AT FIRST ANNUAL DISCO BOWL

HHS is dedicated to interprofessional education – an approach to teaching and learning used widely in many health and human sciences professions. The goal is to improve health outcomes through educating a collaborative, practice-ready workforce prepared to respond to local health needs.

This year, students in Public Health Education, Social Work, Nutrition, Community and Therapeutic Recreation and Communication Sciences and Disorders, participated in the School’s first-ever DISCO (Disciplinary Interprofessional Service and Community Outreach) Bowl.

Modeled after a similar program at Wake Forest University in which UNCG and other university student teams participate, the goal of the Bowl is to demonstrate the importance of interdisciplinary thinking regarding health issues. Students benefit from the experience of collaborating with peers from other fields of study – and they have some fun, too.

Student teams were presented with a case before the event. During the event, teams received additional information about the case and responded to a set of pre-determined questions in front of a live audience.

“Our students did a phenomenal job,” said Crystal Dixon, AP Assistant Professor and a member of the HHS Interprofessional Education Committee. “Their dedication, volunteerism and performance were admirable.”

Disciplinary Interprofessional Service and Community Outreach
Children need intellectual stimulation long before elementary school, and the best opportunities happen when children have sensory experiences that encourage make-believe.

This knowledge is the source of a project recently completed by Kathy Spivey, a teacher at UNCG’s Child Care Education Program and a master’s student in UNCG’s Birth through Kindergarten Interdisciplinary Studies in Education and Development Program, offered jointly through HHS’s Human Development and Family Studies and the School of Education.

With the understanding that outdoor play reduces stress and increases confidence in young children, Spivey enhanced the outdoor area at UNCG’s child care center by building a sensory garden to give children more opportunities to create and lead their own play. The garden is accessible to children with differing abilities, and it is her capstone project for her internship in inclusive early education, reflecting leadership and community contribution.

In planning and constructing the sensory garden, Kathy not only worked with her advisor Linda Hestenes (Human Development and Family Studies) and Judy Kinney (Community and Therapeutic Recreation), but also with her internship professor, the director of UNCG’s Child Care Education Program, the grounds crew from UNCG Facilities, cross-campus partners Beyond Academics, the families whose children would play in the garden, and, perhaps most importantly, the children themselves.

“The most unexpected and important partners I had throughout the process were the children,” said Spivey. “The children were excited to participate in each step. They showed enthusiasm as things were in progress and completed.”

Spivey planned work days during which families and children participated, as well as volunteers from Beyond Academics. She was joined by undergraduate therapeutic recreation student Norma Rodriguez, who focused her senior honors project on her work on the sensory garden.

Spivey also created an evaluation tool – a quantitative playground assessment. With her team of volunteers, Spivey constructed three sensory pathways, sun catchers, a mud kitchen and a unique music wall made of donated pots and pans. Children were invited to select the plants that would grow alongside safe herbs.

When the children used their new outdoor play-space, multiple teachers noticed that they were more engaged in the play spaces – using their senses to explore, describing their learning in expressive language and requiring less redirection. The enhancements also revitalized the children’s interest in pre-existing structures, such as the stage near the music wall. Spivey also noticed that children who didn’t typically play together were doing so.

“Kathy clearly understands that children learn through all their senses, and by creating these new outdoor settings she is opening up the opportunity for higher levels of learning,” said Dr. Hestenes, who studies outdoor learning environments for young children. “I am thrilled that she has taken the knowledge and skills she has acquired from her master’s degree program and transformed it into a project that is directly impacting our youngest Spartans.”

“Sensory gardens are known to help children with and without disabilities with tactile stimulation, improving sensory integration and processing skills.”
He doesn’t have much to say—he doesn’t say anything, really—but Nelson is no dummy. The mannequin performs a vital role in instructing students in UNCG’s Master of Science in Athletic Training (MSAT) program. And he has a new home.
MSAT opened a new educational lab earlier this year in the Coleman Building, giving athletic training graduate students a dedicated space to hone their skills. The facility is open 24 hours a day, seven days a week. The lab has eight treatment tables, six high-low tables, four taping stations, therapeutic equipment, exercise equipment and rehabilitation tools. It is also equipped with computer technology to allow both lectures and laboratories and serves as a study area for students to practice their clinical skills.

“When potential students come for an interview, we want them to know that we offer a well-equipped place to study and practice,” said Will Adams, assistant professor and MSAT program director. “This facility is another important feature of our unique graduate program.”

The MSAT program is a hybrid, interactive course, combining both lecture with hands-on lab work in injury assessment, therapeutic intervention, diagnosis and treatment. Nelson, named for former UNCG athletic director Nelson Bobb, assists in teaching students how to safely spine-board and transport and remove athletic equipment from injured athletes. The lab also has half-mannequins for instruction in CPR and, in a nearby classroom, a virtual, digital cadaver to teach musculoskeletal anatomy.

Outside the classroom and the lab, students gain hands-on clinical experience, working under the supervision of athletic trainers at colleges and high schools, at physical rehabilitation centers, and even at professional dance schools.

“Real world, real people,” said Aaron Terranova, MSAT associate professor and clinical education coordinator. “Our graduates are fully capable and prepared to make a clinical decision on a real person. Their first patient isn’t the first one they see after they graduate.”

Students begin the program in the summer with two courses and a pre-season, on-site clinical rotation with college and high school athletic teams. The two-year program includes instruction, four additional clinical rotations and a capstone project in which each student takes a real patient from injury or surgery to recovery.

The program was founded in 2003 as the first entry-level master’s program in North Carolina, and it’s continued to set the standard. By 2022, all athletic training programs must transition from undergraduate to graduate levels, enhancing the profession that’s viewed in the same light as others such as physical therapy or physician assistants. Many universities – both within the state and across the country – are looking to UNCG’s MSAT program as a model as they make the transition to a graduate program.

UNCG’s MSAT program is accredited by The Commission on Accreditation of Athletic Training Education (CAATE). Earlier this year, the program was granted ten years of CAATE Continuing Accreditation; its next comprehensive review, including a self-study and on-site review, is scheduled to take place during the 2027-2028 academic year. Students who successfully complete the 50-credit hour program earn the degree and are eligible to register and take the Board of Certification, Inc. certifying examination.

Meanwhile, the new facility is a valuable addition to the MSAT program but, as Will said, “It’s a good skeleton that needs fleshing out with additional equipment, more storage, and instructional visuals.”
Treatment for individuals with burns is one of the most painful experiences. Unlike pain from surgery that typically eases gradually, burn injury pain varies and may even increase over time. Burn injuries can generate unusually high levels of pain. Both wound care and therapies can cause pain equal to or greater than that experienced by the patient at the time of the injury and has been associated with long-term post-traumatic stress and general emotional distress.

Developing more effective methods of relieving pain associated with burn injury treatment remains an important unmet medical need. Pain from wound care and rehabilitation varies widely among patients during burn recovery. Analgesics such as opioids – the most common drugs used for burn injury pain – can be difficult to dose because the pain level is variable, leaving patients often under-medicated.

Is it possible to “game” the pain in treating burn survivors? Judy Kinney, assistant professor in Community and Therapeutic Recreation, and graduate student research associate Katie Kinsey think so. In conjunction with the Jaycee Burn Center at UNC Hospitals in Chapel Hill, the two are developing a research study with Anita Fields, RN, BSN Program Manager for Aftercare and Michele Barr, LRT/CTRS, BCB Pediatric Aftercare Coordinator that will investigate virtual reality (VR) as a treatment intervention used in conjunction with pain medications to reduce pain intensity, unpleasantness and time thinking about pain while undergoing wound care.

In the last ten years, VR has evolved from large, expensive equipment for researchers — costing upwards of $35,000 — and relatively unsophisticated programs, to portable, totally immersive experiences that can be had for hundreds of dollars.

“More and more healthcare providers are testing VR for efficacy,” said Judy. Researchers are exploring VR to address a variety of human health challenges, including physical rehabilitation, overcoming phobias, treating veterans with
PTSD, and post-injury burn care pain.

Judy and Katie’s study focuses on 18 to 25-year-old patients at the Jaycee Burn Center, addressing the gap between pain studies in younger and older patients, and will measure pain perception both before and after dressing changes. The VR program, called Cool!, engages patients on an interactive journey down a lazy river feeding lovable otters and blasting away fire-like images that turn to cool colors when hit.

Baseline data, including self-rated pain assessment, will be collected from participants during the first two days of therapy without VR. Patients are then trained on using the VR equipment and the Cool! program before their next scheduled treatment. For up to five subsequent sessions, patients will be asked to evaluate their pain before and after therapy using the VR program. In addition, time to complete therapy, including any breaks they need during the treatment, will be recorded. Physical responses, such as heart rate and eye movement while using the VR program, will also be collected.

“The idea is to flood the brain with cool, calming stimuli and to immerse patients in a virtual interactive, visual and auditory world,” said Judy. “The ‘Gate Control Theory’ suggests that our brains can only process so much input. The idea is to distract patients and require them to focus all their attention on the game. When their senses are flooded with the game, pain signals can be blocked from reaching the brain. It’s believed that we have to mentally ‘attend’ to something perceived as pain to experience pain sensation. Distraction is a treatment intervention that is used to help individuals cope with painful medical procedures.”

**“MORE AND MORE HEALTHCARE PROVIDERS ARE TESTING VR FOR EFFICACY.”**

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**SPRING 2018 LAWThER LECTURE HONORS DR. CATHY ENNIS**

Dr. Steve Silverman, Professor of Education at the Teachers College of Columbia University, presented the 2018 Lawther Lecture, speaking on “Using Research to Understand School Physical Education.” His lecture honored the memory of Dr. Cathy Ennis, Kinesiology faculty member from 2008 -2017.

The lecture series honors Ethel Martus Lawther who tirelessly served the university for 43 years. She joined the faculty in the Department of Physical Education in 1931 and became head of this department in 1947.

The Lawther Lecture series was initiated in 1975 to honor Dean Lawther’s retirement. In 1991, Maxine Forrest Allen (BSPE, 1935) established the Ethel Martus Lawther Fund to help to support the lecture series.

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**GERONTOLOGY GROWTH PROMOTES UNIVERSITY, COMMUNITY COLLABORATION**

Members of the Gerontology Research Outreach Workforce Teaching Hub (GROWTH) hosted a campus-wide event for faculty and doctoral students to meet community partners who are interested in collaborating with UNCG on aging-related research, service learning, internships and job placement.

GROWTH is a cooperative group of UNCG faculty who facilitate and support transdisciplinary aging-related research, education and outreach across the UNCG campus and in the community. The group, led by Social Work professor and gerontology undergraduate coordinator Rebecca Adams, hosts several educational events during the year, including “lunch-and-learn” sessions with guest speakers.
HHS WELCOMES NEW STUDENTS AT NAV1GATE

HHS faculty, staff and student leaders connected with new UNCG students at the university’s second annual NAV1GATE in August. HHS student speakers included Alex Best (KIN), Caroline Elmore (CSD), Marilyn Hohl (HDFS) and Shemeka Thorpe (PHE).

The event, designed for incoming freshmen and transfer students, serves as the official first day of the academic year. Students heard from Chancellor Franklin D. Gilliam, Jr., learned more about resources and support systems across campus, and participated in university traditions.

“We are really excited to offer our newest students a day full of important information to get the semester off to a great start,” said Dr. Kim Sousa-Peoples, director of New Student Transitions and First Year Experience. “In addition to preparing students academically, NAV1GATE is a great way for new Spartans to meet one another and to experience the Spartan spirit that is felt across our campus.”

UNCG/NC A&T JOINT PHD IN SOCIAL WORK APPROVED

In May, the UNC System Board of Governors approved the establishment of a Joint PhD in Social Work between UNCG and NC A&T. The program was in development for the past seven years and will be only the second PhD in the UNC system, upon regional accreditation approval.

The program is unique in the United States as the only joint Social Work PhD between a historically black college or university (HBCU) and a historically white institution. It is one of only six PhD programs in Social Work at HBCUs.

The PhD program builds on the 20-year successful partnership of the two universities’ Joint Master’s in Social Work as well as the 44-year-old historic partnership between the two institutions’ Joint Bachelor’s in Social Work Field Programs.

The new PhD program will offer both part-time and full-time study and will focus on educating community-engaged teacher scholars.

UNCG’S RISE NETWORK HOSTS NOTED NASA SCIENTIST

UNCG’s RISE Network (Research and Instruction in STEM Education) hosted NASA scientist Dr. Charles Ichoku who presented “The Wonder of Wildfires,” speaking on understanding climatic influences of wildfires, and their patterns and effects on agriculture.

Through his research on wildfires and agricultural burning, and the emissions associated with these activities, Dr. Ichoku is helping scientists, researchers, and natural resource managers gain a better understanding of environmental change and climate variability. His focus is on seasonal fires in Northern Sub-Saharan Africa how these fires may impact the water cycle and other processes, not just in this diverse region, but around the world.

The RISE Network, of which HHS is a part, enhances and expands partnerships between and coordination of STEM education and research activities across UNCG’s research educators and science, mathematics, and technology educators and in the community. Kinesiology professor Ang Chen and professor of Human Development and Family Studies and Associate Dean for Research Esther Leerkes are RISE advisory board members.
HHS PRESENTS 2018 ALUMNI AWARDS

The School of Health and Human Sciences recognized several alumni in October with 2018 HHS Alumni Awards. The awards and honorees included:

Distinguished Alumni Award – Dr. Kathy Etz (PhD ’97, MS ’95)
Lifetime Legacy Award – Dr. JoAnne Safrit (BS ’57)
Public Service Award – Jeff Bacon (BS ’98)
Emerging Leader Award – Dr. Stephanie Parade (PhD ’10, MS ’07)

HHS Pacesetter Awards were presented to:
Communication Sciences and Disorders – Colette Edwards (MA ’72)
Community and Therapeutic Recreation – Denise Blanchfield (BS ’13)
Human Development and Family Studies – Dr. Melvin Herring (PhD ’13)
Kinesiology – Kimberly Berg (MS ’00, BS ’89)
Nutrition – Dr. Paula Sisk (PhD ’05)
Peace and Conflict Studies – Dr. Narayan Khadka (MA ’10)
Public Health Education – Quirina Vallejos (MPH ’10)
Social Work – Dr. Tiffany Washington (JMSW ’02)
Genetic Counseling – Melanie Hardy (MS ’11)

ALUMNA VIRGINIA HART RECEIVES N.C.’S HIGHEST HONOR

N.C. Governor Roy Cooper conferred the Order of the Long Leaf Pine – the state’s most prestigious honor – on UNCG alumna Virginia Hart (Ed.D ’76), for “exemplary service to the State of North Carolina.” She was cited for her work in instituting and shepherding the N.C. Association of Student Councils Leadership Workshop, which has been held each summer on the campus of Mars Hill University since 1962.

Virginia retired in 1985 after 40 years on the faculty at Mars Hill University. During her tenure, Virginia founded the women’s varsity athletics program and coached basketball, volleyball and tennis. She was honored with the university’s first Excellence in Teaching Award in 1970 and is a charter member of the Mars Hill University Athletic Hall of Fame. Virginia returned to Mars Hill in 1999 in a staff position and retired for a second time in 2017.

BERG NAMED FINALIST FOR GUILFORD COUNTY TEACHER OF THE YEAR

Kim Berg, HHS alumna and winner of the School’s 2018 Kinesiology Pacesetter Award, was further honored by Guilford County Schools as a finalist for its 2018 Teacher of the Year. Kim teaches PE at Alamance Elementary School, and her practice and philosophy were noted in the nomination:

“I believe in educating the whole child physically, socially and cognitively. Physically, I encourage my students to be life-long movers. I introduce my students to a variety of physical activities and sports in hopes that they will discover one that they will enjoy doing throughout their lifetime. Socially, I encourage my students to be accepting, inclusive and kind to each other. Cognitively, I encourage my students to not only understand PE. curriculum, but I integrate classroom curriculum into my units of study to help make connections.”

ABOUT THE JENNIFER ANN MCLAMBERT WHITAKER MEMORIAL SCHOLARSHIP

In our last issue, we neglected to mention that the scholarship was established in memory of Jennifer Ann McLamb Whitaker by her mother, Rita Robbins, a UNCG ’65 Home Economics alumna. We apologize for the oversight.
KON Inductees

Kappa Omicron Nu (KON), the national honor society for the human sciences, honored 42 undergraduates and 16 graduate students at the Spring 2018 ceremony. To be eligible, UNCG undergraduates must have a cumulative GPA of 3.4, have taken a minimum of 45 credits, and have declared a major in an HHS department, Interior Architecture (IAR) or Consumer, Apparel, and Retail Studies (CARS). Graduate students must have a cumulative GPA of 3.75, have taken a minimum of 12 credits, and have declared a major in an HHS department, IAR or CARS.

UNDERGRADUATES

Olivia Alston (KIN)
Dania Benners (PHE)
Hillary Birago (NTR)
Victoria Blevins (KIN)
Corinne Blythe (KIN)
Brianne Boggan (PHE)
Joseph Boles (SWK)
Amber Boyd (CTR)
Monica Brown (SWK)
Quiasia Brown (HDFS)
Jocelyn Calip (NTR)
Jayla Chrisp (CTR)
Temesha Clark (SWK)
Josephine Compeau (KIN)
Lorraine Cornell (HDFS)
Erin Crofts (HDFS)
Angelique Fields (HDFS)
Mary Finger (KIN)
Jenee Foreman (SWK)

Charity Gentry (CTR)
Susan Hardison (SWK)
Meghan Harduk (KIN)
Ashley Holloway (CSD)
Zari Johnson (NTR)
Kelly Jones (SWK)
Lena Kennedy (CSD)
Michael Kress (KIN)
Shelby Lawrence (HDFS)
Natalyah Lundy (NTR)
Ashley Madison (HDFS)
Hunter Martin (KIN)
Shannon McNelis (HDFS)
Christian Nsonwu (SWK)
Paris Paige (CSD)
Jessica Pastuf (NTR)
Amontae Perkins (CTR)
Theresa Pham (CTR)

GRADUATE STUDENTS

Alexia Blair (CSD)
Kimani Burney (PHE)
Kimberly Clark (KIN)
Claire Davis (CSD)
Whitley Dozier (HDFS)
Noor Ghazi (PCS)

Janaye Hargrave (SWK)
Aleiza Higgins (KIN)
Avin Jayawickrema (CARS)
Cynthia Owen (HDFS)
BJ Sheets (HDFS)
Kathleen Spivey (HDFS)

Anelba Ramos (SWK)
Olivia Redd (PHE)
Kayla Shelton (CARS)
John Shinn (SWK)
Imane Shoulars (CSD)
David Solomon (KIN)
Jazma Streeter (KIN)
Rolando Stucky (SWK)
Toni Swain (CARS)
Sarah Thompson (NTR)
Grace Tucker (IAR)
Brittany Wall (KIN)
Stacey Walton (KIN)
Toni Warren (NTR)
Brian Washington (KIN)
Jessica Williard (CSD)
Amber Worthington (CSD)

Melissa Totten (NTR)
Margaret Underwood (PCS)
Cheryl Velasquez (PCS)
Vicki Wiggins (KIN)