



School of Health Sciences

2024-2025 Newsletter - The Inaugural Edition

Updates on Faculty

Welcome Dr. Consuela Blaizes



Dr. Consuela Blaizes joined North Carolina Wesleyan University's Nursing Program this past spring semester. Consuela has served in multiple roles in higher education for 10 years, including Nursing Instructor of Associate Degree and Practical Nursing, Program Director, Associate Dean, and Associate Vice President of Health Sciences Programs. She graduated with her Bachelor of Science in Nursing (BSN) from the University of Phoenix. She received a Master of Science in Nursing with a focus in Nursing Education from the University of Mary and her Doctorate in Nursing Practice from Grand Canyon University (GCU). Consuela currently serves as a program evaluator for the National League for Nursing Commission for Nursing Accreditation (NLN CNEA). Her doctoral focus was Improving Fall Prevention with Patient Education in the Acute Care Setting, and her master's research focus was Nursing Perspectives of Fall Prevention Protocols in an Acute Care Setting. She has been a Registered Nurse for 27 years, and her work background includes pediatrics, mother-baby, and some surgical services.

Welcome Dr. Andrew Carter



Dr. Andrew Carter will join the North Carolina Wesleyan University exercise science faculty this fall after over 15 years at Campbell University. Andrew started the NCAA Division I Strength and Conditioning program at Campbell University and completed his career there as the Associate Athletic Director for student-athlete high performance and development. While at Campbell, Andrew implemented a high-performance team model and was an adjunct instructor in the university's exercise science program. Andrew brings a wealth of practical experience to the exercise science program at Wesleyan. He will primarily teach in the new Human Performance and Sports Science master's program. His experience will serve as a valuable resource as the North Carolina Wesleyan University exercise science program coordinates and implements strength and conditioning for the university's intercollegiate athletic programs. His experience incorporating sports science and developing a high-performance team will elevate the undergraduate and graduate programs and enhance the strength and conditioning service the department will provide.

Welcome Dr. Eli Mizelman

Dr. Eli Mizelman will join the Exercise Science Department this upcoming fall as an Assistant Professor of Exercise Science. Eli earned a Master of Science in Kinesiology and Sports Nutrition from the University of Saskatchewan and a Doctor of Philosophy in Bio-Medical Physiology and Kinesiology from Simon Fraser University. Most recently, Eli held the position of Assistant Professor of Kinesiology at Briar Cliff University. Eli actively participates in the exercise science community and has presented numerous lectures at multiple chapters of the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA). Eli's research interests include sports nutrition, athletic performance, and data analysis.



Welcome Dr. Jones-Hooker

Dr. Christa Jones-Hooker joined North Carolina Wesleyan University's Nursing Program this past spring semester. Christa has held various educational roles throughout her professional career, spanning academia and the biopharmaceutical industry. She graduated with her Bachelor of Science in Nursing (BSN) from Oral Roberts University in Tulsa, OK. She earned her Ph.D. in Nursing and Master of Science in Nursing (MSN) with a concentration in Nursing Education from East Carolina University in Greenville, NC. She is board-certified as a Nurse Executive (NE-BC) through the American Nurse Credentialing Center and as a Certified Nurse Educator (CNE) through the National League for Nursing. Her research interests include systems science, informal caregiving, and patient safety. Christa's doctoral research focused on exploring the impact of COVID-19 on the influence of work systems on care processes and ambulation outcomes. With over 30 years of experience, her work background encompasses nursing, education, sales, and business.



Fourth Monday Colloquia

The faculty Fourth Monday Colloquium has been in existence at North Carolina Wesleyan University for over 30 years. During that time, the event has served as a valuable way for faculty to share their scholarship with colleagues from a variety of disciplines.

Dr. Meredith Gringle was the presenter for the October 2024 Fourth Monday Colloquium. The title of her talk was: *"Post-Structuralism, Play, and Turning Our Gaze(s)"*. Dr. Gringle provided the following description: "Preamble: Our beloved colleague Dr. Thierauf has warned me that my use of the term post-structuralism not only could potentially scare my audience away, but that it's a dead approach to many. I remain mostly undaunted as public health isn't exactly known for being ahead of the philosophical curve and because we have a rather cozy (albeit ethically questionable) relationship with invoking fear to make our points. Plus, I'm kind of into ghosts. So: I am comfortable with forging ahead despite the caveat. Rather than speak about a specific research project, I will focus on my approach to storytelling and how I'm currently playing with this approach to (attempt to) explore organizational culture at Wesleyan. Together, we'll think about institutional ethnography as one way into the work. Ontology, poems, questions (asked and unasked), mushrooms, rich, thick qualitative methodology, and, most of all, I hope, community-engagement will abound. Come for the vibes, stay to become part of the emerging stories!"



Lunch & Learn Seminar

This "brown bag" seminar series is sponsored by the Departments of Public Health and Exercise Science, in partnership with the Exercise is Medicine on Campus Initiative and Wesleyan Wellness, and is open to all faculty, staff, students, and community members. These are brief (~ 30min) informal seminars designed to provide quick and easy to understand information about relevant health topics. This past academic year (2024-2025), Ms. Stephanie Brown, a Graduate Intern for the MPH Program, directed the series, under the mentorship of Dr. Shannon Crowley.

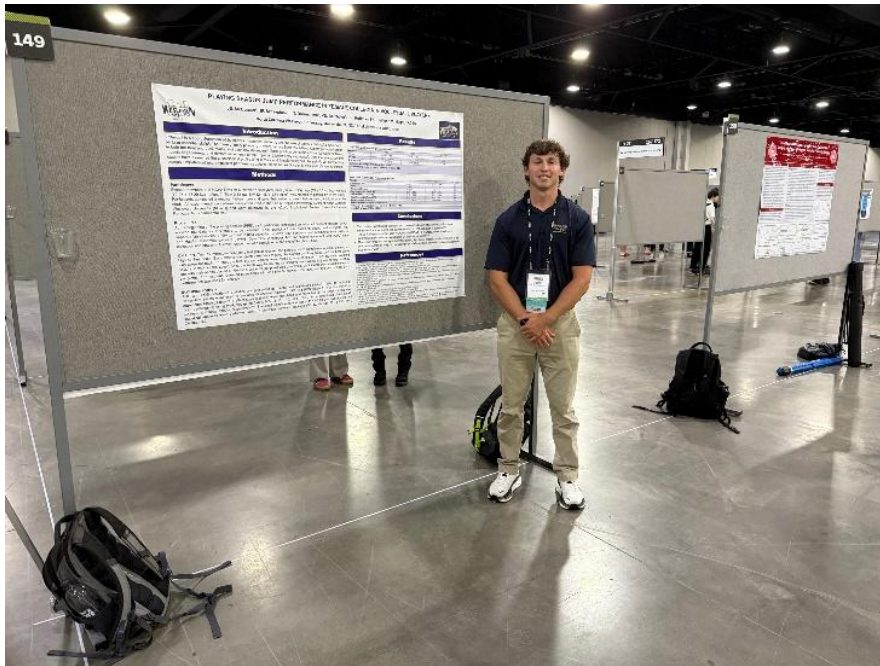
- November 2024-presented by Dr. Endya Perry, VP of Operations, Blue Cross NC. The title of her talk was: "Reigniting Your Fire for Fitness".
- January 2025-presented by Dr. Tia Bass, Manager, Employee Engagement and Development. The title of her talk was: "Eating Healthy on a Budget".
- April 2025-presented by Ms. Charleszetta Smith Ford, Founder of Better Bodies 4 Us, LLC. The title of her talk was: "Exercise for Premenopausal/Menopausal Women".

Publications

- **Magal M.** and Thomas, K.S. Health-Related Physical Fitness Assessments. (2025). In: Obesity and Weight Management (A. Batrakoulis, Ed.) Human Kinetics, Champaign, IL.
- **M. Magal**, M. Amitay and J. R. Hoffman. A Comparison Between the Traditional and Novel Isometric Mid-Thigh Methods and The Relationship to Countermovement Jump Performance. International Journal of Exercise Science. 18 (3): 226-238, 2025.
- Welborn, A. C., **Gringle, M. R.**, & Nichols, T. (2025). "We Were Just so Sad and Devastated": NICU Nurses' Stories of Caring for Families With Substance-Exposed Pregnancies. Nursing Inquiry, 32(1), e12691.
- **Jones-Hooker, C.**, Tyndall, D. E., & Forbes III, T. H. (2023). The Disruption of Patient Ambulation Care Processes by COVID-19: Revealing the Value of Visitor Assistance. JONA: The Journal of Nursing Administration, 53(10), 520-525.
- **Jones-Hooker, C.**, & Tyndall, D. E. (2023). Application of case study research and ethnography methods: Lessons learned. *Applied Nursing Research*, 73, 151713-151713.
<https://doi.org/10.1016/j.apnr.2023.151713>

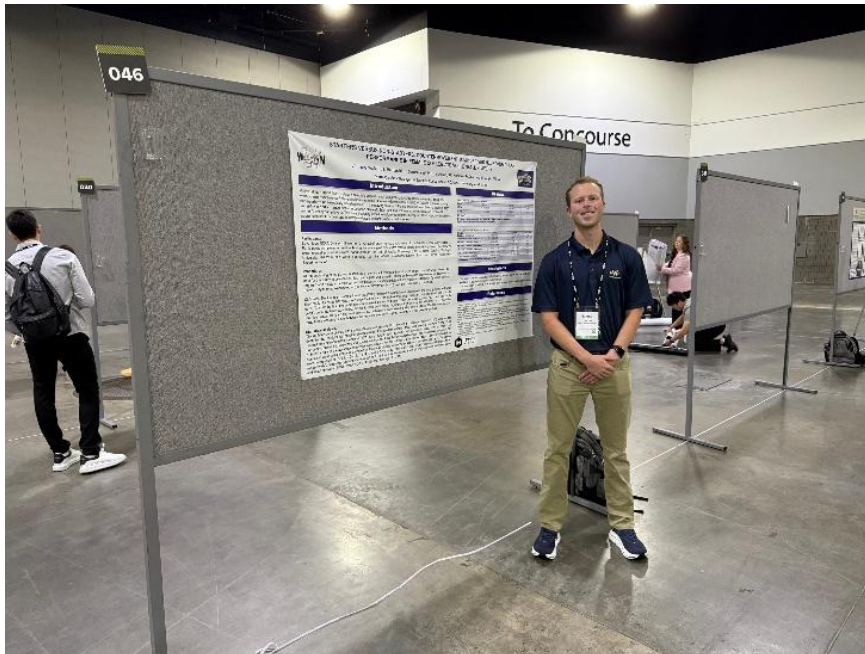
Conference Presentations and Webinars

J. S. McDonald, J. P. Szczypinski, **T. M. Dornemann**, **V. B. Batchelor**, J. R. Hoffman, and **M.**

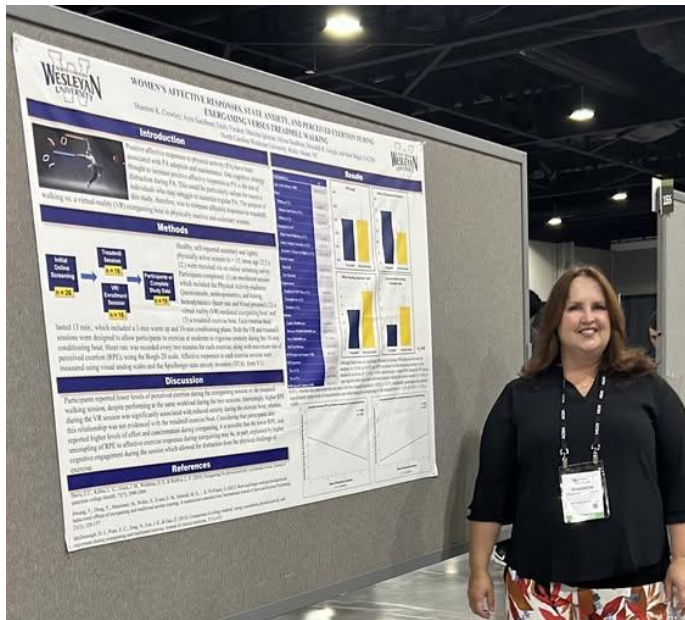


Magal. Playing Season Jump Performance in Female Collegiate Volleyball Players. (Presented; ACSM Atlanta, GA, May 2025).

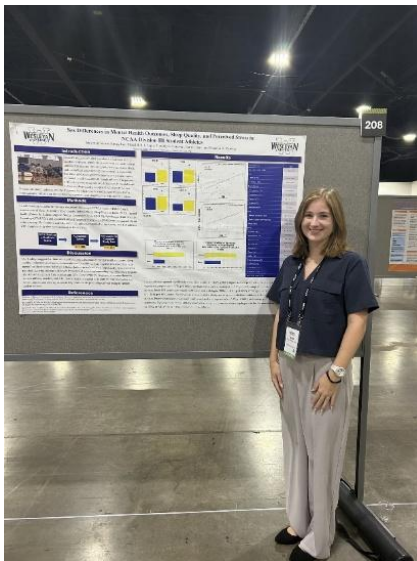
J. P. Szczypinski, J. S. McDonald, **T. M. Dornemann**, **V. B. Batchelor**, J. R. Hoffman, and **M. Magal.**



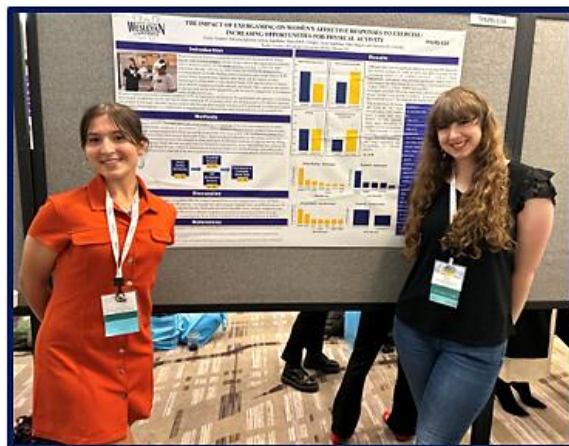
Starters Versus Non-Starters: Countermovement Jump Derived Neuromuscular Performance in Female Collegiate Volleyball Players. (Presented; ACSM Atlanta, GA, May 2025)



Shannon K. Crowley; Ayra Sundbom; Emily Foraker; Maxima Iglesias; Jolyna Sundbom; **Meredith R. Gringle; and Meir Magal.** Women's Affective Responses, State Anxiety, and Perceived Exertion During Exergaming versus Treadmill Walking. (Presented; ACSM Atlanta, GA, May 2025)

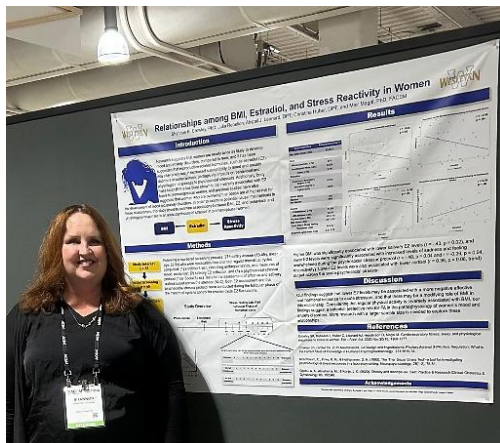


O. Mckenzie Norris, Jimmy Lee, **Meredith R. Gringle,** Timothy L. Donovan, Carol Carson and **Shannon K. Crowley.** Sex Differences in Mental Health Outcomes, Sleep Quality, & Perceived Stress in NCAA Division III Student Athletes. (Presented; ACSM Atlanta, GA, May 2025)

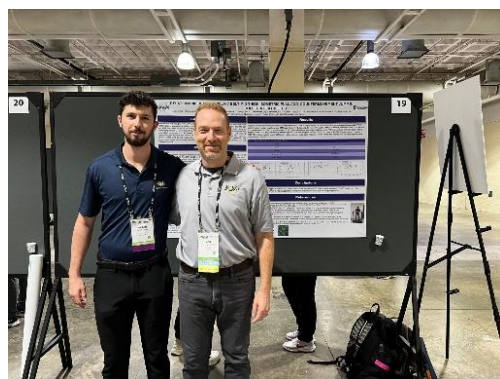


Drs.

Shannon Crowley, Ayra Sundbom & 3 NCWU students: Emily Foraker (Senior, Exercise Science; NCWU Honor's Program), Maxima Iglesias (Junior, Public Health), and Jolyna Sundbom (Sophomore, Public Health) recently attended the Society for Public Health Education (SOPHE) 2025 Annual Meeting in Long Beach, CA. Emily and Maxima presented their scientific abstract titled, "The Impact of Exergaming on Women's Affective Responses to Exercise: Increasing Opportunities for Physical Activity."



SK. Crowley, J Rebellon, AJ. Leonard, C. Huber, A. Avery and **M. Magal**. Relationships Among BMI, Estradiol, and Stress Reactivity in Women. **Medicine and Science in Sports and Exercise**, 56(10S): 325, 2024. (Presented; ACSM Boston, MA)



M. Amitay, S. Spinache, **VB. Batchelor**, **SK. Crowley**, **TM. Dornemann**, JR. Hoffman and **M. Magal**. Relationship Between Pelvic Belt Mid-Thigh Isometric Pull and Countermovement Jump In Collegiate Athletes. **Medicine and Science in Sports and Exercise**, 56(10S): 977, 2024. (Presented; ACSM Boston, MA)

Other Faculty Accomplishments including Scholarly and Professional Activities

Dr. Dornemann had proposals accepted for the Fourth Global Congress on Sport and Christianity which will be held this summer at Baylor University from July 31st to August 3rd 2025. The two panels are entitled "The Kinesiology Accreditation Conundrum" and "Developing the Whole Person: Body, Mind, Heart, and Spirit".

Dr. Shannon Crowley, Associate Professor of Public Health and Director of Public Health Program, delivered the keynote address at North Carolina Wesleyan University's inaugural Omnium Conference on Wednesday, April 9th, 2025, held at the Gateway Technology Center. Her presentation explored the psychological and physiological impacts of movement and exercise.

In October 2024, a video recording of Dr. Gringle's conference presentation "...you know, bad news travels fast": A narrative case study of caring for mothers and infants experiencing substance exposed pregnancy" has been shared in the interdisciplinary digital humanities-focused *Journal of Mother Studies*.

In summer 2024, Drs. Shannon Crowley, Meredith Gringle, and Ayra Sundbom presented a workshop titled "Virtual Reality for Healthy Living" at the 2024 North Carolina 4-H Congress, held at NC State University.

In May 2024, Dr. Dornemann visited the NSCA headquarters in Colorado Springs for the Certified Performance and Sport Scientist certification study material workgroup.

In June 2024, Dr. Dornemann attended the Christian Society of Kinesiology, Leisure, and Sport Studies Conference, presented a paper, and was installed as a member of the board of directors.

In June and July 2024, Dr. Dornemann traveled to the Philippines and Thailand, where he did some volunteer work and helped create several working relationships and MOUs with local academic institutions.

On July 23rd, 2024, Dr. Meir Magal presented to the Rotary Club members, showcasing the innovative Exercise Science Program, emphasizing its unique aspects and outlining its promising future, including the creation of the Human Performance and Sports Science Graduate Program.



In September 2024, Drs. Crowley and Gringle presented information about NCWU undergraduate and graduate public health programs at the September Rotary Club meeting in Rocky Mount, NC.



Over Spring Break 2025, Dr. Dornemann shared his knowledge and expertise in India. He spent a few days at the Sports University of Haryana, a premier institution dedicated to advancing sports education. During his time there, he co-hosted clinics engaging 400 participants. He then led a specialized clinic for the Sports Authority of India in Kolkata, reaching an additional 200 in-person attendees and online participants from across the country.

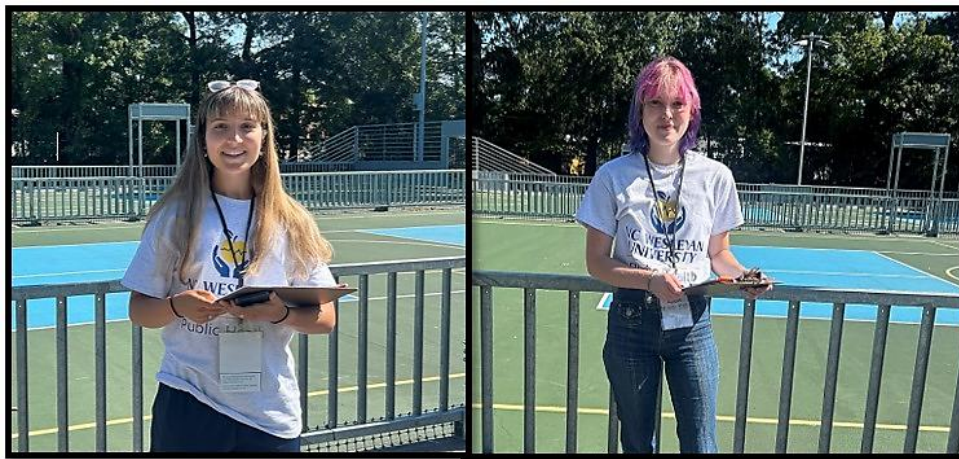


In June 2025, Dr. Gringle presented about public health careers and NCWU Public Health programs at the AHEC L Discover Health Careers: Local Education and Career Pathways event

Students/Faculty Collaboration

Drs. Shannon Crowley and Meredith Gringle, along with MPH students Mckenzie Norris and Jimmy Lee, worked with the NCWU Sports Medicine staff to conduct a study which investigated factors associated with athlete mental health at NCWU. Results from this study will be used to inform the development of programs and initiatives aimed at promoting mental wellness in NCWU student athletes.

Under the direction of Dr. Shannon Crowley, Public Health undergraduates, Maxima Iglesias & Jolyna Sundbom recently completed physical activity data collection in Tarboro, NC for Dr. Aaron Hipp's work at NC State University, as part of the U.S. Soccer Foundation's "Safe Places to Play" initiative. <https://ussoccerfoundation.org/programs/safe-places-to-play/>



Drs. Shannon Crowley and Meredith Gringle hosted an event at the Down East Partnership for Children (DEPC) Family Fun Day in November. At the event, we gave away over 200 pieces of fruit, hosted a hula hoop contest, and had a great time meeting families from the Rocky Mount community.

Drs. Shannon Crowley & Meredith Gringle, in collaboration with Dr. Ayra Sundbom & NCWU Public Health student, Ms. Jolyna Sundbom (2023-2024 4-H State President), presented a workshop titled, "Virtual Reality for Healthy Living" at the 2024 NC 4-H Congress in July.



Dr. Shannon Crowley, along with Public Health students, Emily Foraker and Maxima Iglesias received the 2024-2025 Office of Undergraduate Research Faculty-Student Research Award. Funding from this award supported Maxima and Emily's travel to present their work at the Society for Public Health Education (SOPHE) 2025 Annual Meeting.



Around Campus



Under the leadership of Dr. Tim Dornemann and with the help of Dr. Meir Magal and Coach Vanessa Batchelor, the HPSS was approved by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) and set to start in Fall 2025. The HPSS is a cutting-edge program that blends scientific principles with practical applications to help you enhance athletic performance, improve health outcomes, and lead in the dynamic fields of sports science and fitness. The coursework in the MHPSS program focuses on practical and face-to-face experiences to enhance skill-building and understanding.

Curriculum features a combination of content-based knowledge, practical application, and certifications to prepare students for entry into the strength and conditioning field. Students progressing from the North Carolina Wesleyan University undergraduate exercise science program would be able to transfer eight credits into the program, allowing two courses to be taken while an undergraduate, reducing the graduate program cost.



New Nursing Facility

The university proudly celebrated the upcoming launch of its new Bachelor of Science in Nursing (BSN) Program, set to welcome its first cohort in Fall 2025. To mark this milestone, the University hosted a private Open House and Ribbon Cutting Ceremony on Thursday, April 10, 2025, on its Rocky Mount campus.

The event welcomed generous donors, University leadership, and community partners for an exclusive preview of the state-of-the-art nursing facilities. This was only possible with generous partnerships such as: Golden LEAF Foundation, UNC Nash Hospital, Cannon Foundation, The Eddie & Jo Allison Smith

Family Foundation, Daniel and Brenda Crocker, Paul and Leslie Bauer, Lonnie and Carol Poole Family Foundation, Southern Bank Foundation, State of North Carolina Treasury, Rocky Mount Community Foundation, Gerald and Melia Cox, and Guardian Corporation. Attendees had the opportunity to tour newly designed classrooms, faculty offices, simulation labs, study areas, and break rooms—all tailored to support the next generation of nursing professionals.

Special remarks were shared by NCWU President Dr. Evan D. Duff, who noted, “Five years ago we started making plans to launch a BSN Program and we were able to bring those plans to fruition with important hires, and the support of our community and dedicated donors.” underscoring the impact and importance of this new program to the region. He shared how the facility began as bank facility, was then donated to Wesleyan, and has since then been utilized for other purposes. It was decided that it would become Wesleyan’s mission to “focus all energy on converting this building to a state-of-the- art Nursing Education Facility”.



New Traditional BSN Program

Over the past two years, Drs. Crystal Ostheim and Lesley McGraw have been working with NCWU



administration, faculty colleagues, community partners, and the North Carolina Board of Nursing to develop a traditional prelicensure BSN program. On January 16, 2025, North Carolina Wesleyan University received initial approval from the North Carolina Board of Nursing for the traditional BSN program. Drs. Evan Duff, Joseph Lane, Crystal Ostheim, Lesley McGraw, and Christa Jones-Hooker were in attendance for this meeting. Dr. Jennifer Lewis, NCBON Education Consultant, assisted the nursing faculty in this process. The university has had a successful, growing RN-to-BSN program since 2020 designed for working nurses with Associate's degree to come to NCWU to obtain their BSN degree. With the new program, students will be able to come to NCWU to become registered nurses. Through this program, students will receive the training and resources necessary to obtain their BSN degree, successfully pass the NCLEX-RN exam, and become competent, high-quality, professional nurses. It is the hope of NCWU that



some of our nursing graduates will remain in the local community and contribute to improving the quality of healthcare for the residents of rural eastern North Carolina. There have been nine students accepted to start the junior nursing courses in Fall 2025. There have been over 200 freshman applicants who have expressed interest in the nursing major for the 2025-2026 academic year.

NCWU Appoints New BSN Program Director



Dr. Lesley McGraw, DNP, MSN, RN, CNE, has been appointed the role of BSN Program Director and will be leading the new traditional BSN program. Dr. McGraw brings a wealth of knowledge and years of experience in nursing education. Dr. McGraw's vision is for the NCWU BSN program to be a high-quality, innovative program, utilizing an abundance of well-researched strategies and teaching methods to provide active and engaging learning opportunities for nursing students.

NCWU Participates in the CIP Program through NC AHEC

In the health sciences, it is imperative to have well established partnerships with local community healthcare organizations to provide excellent learning experiences for students. The nursing faculty at



NCWU are committed to maintaining professional, collaborative relationships with our community partners. NCWU has chosen to participate in a program hosted by North Carolina Area Health Education Centers (NC AHEC) known as the Nursing Clinical Instructor Partner Program (CIP) in collaboration with UNC Health Nash. Through this program, UNC Health Nash will provide a seasoned nurse that is actively practicing at the hospital to serve as a clinical instructor for NCWU nursing students. Drs. Ostheim and McGraw have worked collaboratively with Patty Collins from NC AHEC and Dr. Mary Strickland, Chief Nursing Office at UNC Health Nash, to establish this partnership. Beginning in Fall 2025, Jasmine Arrington, RN with UNC Health Nash will train NCWU nursing students through this program.

New Nursing Faculty

Due to the approval of the new traditional BSN program, NCWU has hired additional nursing faculty members to provide quality instruction to our students. The new nursing faculty members are highly qualified nurse educators with a multitude of years of experience in nursing practice and education. NCWU welcomes Dr. Christa Jones-Hooker, Dr. Consuela Blaizes, and Tara Ballard, MSN to the nursing faculty. Drs. Jones-Hooker and Blaizes will serve as the primary classroom instructors, while Mrs. Ballard will serve as the simulation and skills lab coordinator for the BSN program.



Mrs. Tara Ballard, MSN, RN

CCNE Accreditation

The RN-to-BSN program at North Carolina Wesleyan University received national accreditation from the



Commission on Collegiate Nursing Education (CCNE) in September 2021. In order for a program to maintain this accreditation, there are rigorous standards and benchmarks that must be met annually regarding the program's curriculum, faculty achievements and expertise, program learning outcomes, and program evaluation with quality improvement initiatives. CCNE denotes high-quality standards that must be achieved and reported routinely to maintain accreditation. Dr. Crystal Ostheim, Director of Nursing Programs, in conjunction with the nursing faculty, submits these reports to CCNE at the designated time frames. Dr. Ostheim submitted the CCNE Continuous Improvement Progress Report document to CCNE in November 2024. The CCNE Board approved this report, indicating that the RN-to-BSN program continues to meet the high-quality standards set forth by this accrediting body. Therefore, NCWU's program accreditation was extended through June 30, 2027. Furthermore, NCWU was also notified at that time that the traditional BSN program will receive CCNE accreditation at the onset of the program due to the university's diligence in maintaining excellent standards in the RN-to-BSN program. Members of CCNE will visit the campus in October 2026 for the program's next evaluation.



Led by Dr. Meredith Gringle, a concentration in Social Epidemiology was added to the MPH Program, allowing graduate students in public health the opportunity to specialize in either Physical Activity and Health or Social Epidemiology.

Student Organizations, Group Accomplishments, and School Events

Health and Movement Science Club

North Carolina Wesleyan University is one of only 156 universities and colleges worldwide to be honored by Exercise is Medicine® for its efforts to create a culture of wellness on campus. Activities such as Walk with the President, Exercise is Medicine® On Campus (EIM-OC) mascot challenge, Lunch n' Learn Series for Health, and other campus wellness initiatives aided NCWU in earning a silver level designation

from the EIM-OC program. On October 3rd, 2024, the Presidential Proclamation was signed by Dr. Duff, declaring October to be the official Exercise Is Medicine Month on Campus (EIM-OC) Month at



Wesleyan. Together with Dr. Duff, the Health and Movement Science Club President, and the officers from right to left, Maxima Iglesias, Emily Humphrey, Maddy Edwards, Amber Pierce, and Skyler Walker. Immediately following the signing, students, faculty, and staff participated in a Walk with the President around campus.





This past year the activity of the Health and Movement Science Club was the Glow Run Fundraiser, which took place on November 18th.

Individual Student Accomplishments

20th Annual Student Symposium poster competition

In the event that was held on April 16th, 2025, Justin P. Szczypinski, an EXS major, won the 1st place in the upper-level category. His poster title was “Differences in Countermovement Jump Derived Neuromuscular Performance in Female NCAA III Volleyball Players.”



Honor Student Projects from our School

The following division majors or worked on year-long research projects with faculty as directors.



Emily Foraker (Exercise Science major, directed by Dr. Shannon Crowley)-
"The Impact of Exergaming on Women's Affective Responses to Exercise: Increasing Opportunities for Physical Activity"



Justin McDonald (Exercise Science major, directed by Dr. Meir Magal)-
"Playing Season Jump Performance in Female Collegiate Volleyball Players"



Justin Szczypinski (Exercise Science major, directed by Dr. Meir Magal)-
"Starters Versus Non-Starters: Countermovement Jump Derived Neuromuscular Performance in Female Collegiate Volleyball Players"

Honors Convocation Recognitions

This year's Honors Convocation was held on April 3rd, 2025. The purpose of this event was to recognize students for their academic excellence and academic service. This year, in addition to recognizing the exercise science and public health awards, we also recognized the John Paul History Award and the Peer [School of Health Sciences Newsletter, 2024-2025](#)

Tutor of the Year Award recipients, who were given to students at our school who are both exercise science students.

Exercise Science Award

This year's Exercise Science Award went to Colin Scoggins. The following was the description of the award:



The recipient of this award is a current collegiate baseball player who excels academically and possesses impressive analytical skills. This semester, he is completing his practical experience in providing personal training to faculty and staff members and helping Coach Batchelor with the strength and conditioning of several athletic teams on Campus. Not surprisingly, he is receiving very high marks for his work. Additionally, last semester, he demonstrated his knowledge and understanding of exercise science by passing the challenging ACSM Certified Exercise Physiology (ACSMEP) certification exam. He is scheduled to graduate from NCWU in May 2025 and plans to attend PT School. In conclusion, the Exercise Science faculty finds this recipient to be a respectful and bright person who interacts easily with students and faculty. His significant achievements are truly impressive, and we have no doubt he will continue to do so for many years.

Public Health Award

This year's Public Health Award went to Maxima Iglesias.



The Public Health faculty would like to nominate Ms. Maxima Iglesias for this award. The following was the description of the award: Maxima is a Public Health Junior, student athlete, and exemplary student leader. With regards to leadership, Maxima is the current captain of the Women's Lacrosse Team, serves as the treasurer for the Health and Movement Science Club, and is a member of the NCWU tutoring program and former first-year mentor. In recognition of her leadership efforts, Maxima was recently inducted into the National Society of Leadership and Success. In addition, at NCWU, Maxima has received the USA South All-Sportsmanship award for Cross Country & Lacrosse, the USA South Academic All-Conference (with distinction) for Basketball & Lacrosse, and she has also been on the President's Honor List since her freshman year at NCWU. In addition to dedicating her time to academics and athletics, Maxima has also been significantly involved in undergraduate research at NCWU, even receiving the NCWU Faculty-Student Research Award from the Office of Undergraduate Research for her efforts in this area. Maxima has also recently co-

presented her research work at the national meeting for the Society for Public Health Education in Long Beach, California, alongside her student research Colleague, Ms. Emily Foraker. It is noteworthy that Maxima has accomplished all of this impressive work while also maintaining a perfect GPA! On a personal level, Maxima is respectful, intelligent, and caring, and is well-liked by professors and peers. She is an outstanding representative of the department and the University, and we know she will go on to do great things in public health!

The John Paul History Award went to Thiago Ezequiel Gianico and the Tutor of the Year Award went to Linda Nhiwatiwa



Alumni Accomplishments

Graduate School Acceptance



Emily Foraker, a December 2025 EXS graduate, was accepted into the 4+1 MPH Program at North Carolina Wesleyan University



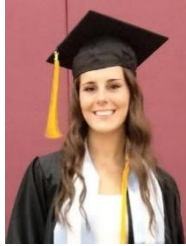
Zach Joyner, a 2025 EXS graduate, was accepted to the Master of Science in Human Performance and Sports Science Program at North Carolina Wesleyan University



Caroline Savoy, a December 2025 PBH graduate, was accepted into the 4+1 MPH Program at North Carolina Wesleyan University

Attainment of National Certification

- American College of Sports Medicine (ACSM)
 - EXS major, Vicky Farji-ACSM Certified Personal Trainer[®] (ACSM-CPT)



- MPH, Nyra Govan-ACSM Physical Activity and Public Health Specialist (PAPHS) Certificate



- EXS major, Zach Joyner-ACSM Certified Exercise Physiologist[®] (ACSM-EP), ACSM Certified Personal Trainer[®]



- EXS major, Justin McDonald- ACSM Certified Exercise Physiologist[®] (ACSM-EP) and ACSM Certified Personal Trainer[®] (ACSM-CPT)



- EXS major, Colin Scoggins- ACSM Certified Exercise Physiologist[®] (ACSM-EP), ACSM Certified Personal Trainer[®] (ACSM-CPT), and ACSM Certified Group Exercise Instructor[®] (ACSM-GEI)



- EXS major, Justin Szczypinski - ACSM Certified Exercise Physiologist[®] (ACSM-EP) and ACSM Certified Personal Trainer[®] (ACSM-CPT)



* If you know an alumnus who isn't getting our newsletter, please email Wendy L. Brake with those email addresses to be added to our listserv (wbrake@ncwu.edu)

**I would like to thank Carl Lewis for kindly allowing me to use many of the pictures he took at the various events depicted in this version of the newsletter. **