

The Health & Exercise Science Club's Spring Wellness Newsletter

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Inside TCNJ's HES Human Performance Lab

Many of you can identify the Health and Exercise Science Human Performance Lab (HPL) as the room in Packer where music blasts out of or where the sounds of weights being thrown around originates from, but there is a lot more that goes on behind those doors aside from all the loud noise. In fact, The Department of Health and Exercise Science prides itself on its Human Performance Lab and the involvement of undergraduates in research.

This semester both Dr. Ratamess and Dr. Kang are conducting studies in the HPL. Dr. Ratamess' study is examining the effects of different aerobic training workouts on high-intensity weight training. The aerobic training workouts include a long run at a low intensity, a shorter run at a high intensity, interval training, and an uphill run. The research team hypothesizes that aerobic training will have an adverse effect on resistance training if performed prior to a resistance training routine. Dr. Kang's study will examine the physiological responses to whole-body vibration with the thought that higher vibration frequency and amplitudes will increase cardiorespiratory and metabolic responses.

All the research in the HPL not only contributes to science, but can also contribute to your life by applying the research findings of our professors to your personal workout routines! If you are interested in further details or possibly helping out in the lab, talk to your professors and get involved!

~Tara Porfido~

How high can you jump? How strong is your grip? What do these numbers mean?

Find out by visiting the HES Club at the upcoming
TCNJ Wellness Expo on Tuesday March 24th
from 11:00am – 2 pm in the STUD

We will also be demonstrating and handing out flyers with simple exercises that can be done in the small space of a dorm or office! Come on by!

"Pennies for Push-Ups" Night!

Thursday April 16th at 7pm
in Packer's South Gym (Room 103)

**Join us in a Push-Up Contest to raise
money for the
Wounded Warrior Project**



This organization provides support, programs and services for the brave men and women who protected our country. There are many issues that veterans may face when they return home; not only financial problems, but also health concerns including Post Traumatic Stress Disorder (PTSD). The WWP provides support to veterans, and that is why we chose to host a fundraiser that will support this non-profit charity.

Sponsored contestants will sign up for one of the four groups: Beginner, Average, Athlete, or Push-Up Beast. After a brief demonstration of the proper form and an explanation of the benefits of push-ups, *the games will begin!* Sponsors will donate a penny for every push-up their contestant can perform in the given time!

**Prizes will be given to the male and female
winner of each division!**

Want to challenge a friend? Sponsor each other (or yourself)! Enter the contest, be a sponsor, or just join the HES Club, along with members of the TCNJ Army ROTC, for a fun night in support of great cause!

**WWP information and merchandise will be
available!**

**Event hosted by the TCNJ HES Club,
Co-Sponsored by PhiAD**

What is ZUMBA®

fitness

Tired of doing cardio on a boring treadmill? Maybe its time you give this new popular cardio workout a try, called Zumba! Created by Columbian dancer/choreographer Alberto "Beto" Perez, this dance program incorporates styles of hip-hop, salsa, mambo, samba and more into an entertaining and effective workout! There are nine different types of Zumba programs for various levels of fitness. Depending on the level of difficulty and other factors, you can burn between 500 and 1000 calories in just one hour of Zumba, while enjoying yourself! TCNJ offers multiple Zumba classes in the REC center. I would recommend giving it a try at least once! Bring your friends and finally enjoy burning those calories!

~Priscilla Winston-Laryea~

For more information on Zumba and other fitness classes offered at TCNJ, check out the full REC Center schedule at: <http://tcnjfitnesscenter.weebly.com/>!

TCNJ Health & Exercise Science Alumni Board

"The Department of Health and Exercise Science Alumni Chapter is a group of dedicated alumni promoting alumni communication, networking and professional development. The chapter aspires to foster participation and support through a variety of events, programs and services."

We are currently working on our "2015 Connect, Reflect and Protect Campaign," requesting alumni to let us get to know who they are with our "Who Are You" questionnaire posted on our website at <http://hes.tcnj.edu/alumni/>.

Our Senior Dinner and Alumni Panel is set for **Wednesday, April 22, 2015, at 6:00 pm, Loser 1855**. The Alumni Reception/Wall of Fame Induction will be held beforehand, at 5:00pm in Packer Hall, in which we will be selecting alumni members to be memorialized on our Wall of Fame.

~Professor Joanne Smith-Tavener,
Alumni Board President~

--Faculty Corner--

Smart Nutrition and Conditioning in Kids Drs. Avery Faigenbaum and Anne Farrell

HES has a long history of work in our local community. Faculty and students have developed creative fitness programs that integrate different types of training and served as student teachers in local schools. A new area of research focuses on physical activity and its link to long term, sustainable lifestyle and health behavior changes when started in early childhood. Faculty from the School of Nursing, Health, and Exercise Science recently received funding from Novo Nordisk for a project entitled **Smart Nutrition Activity and Conditioning in Kids (SNACK)**. The primary sites of the project are in the Ewing and Trenton School Districts. This program will build on the strengths of HES and nursing and their community connections.

The SNACK program will consist of three components:

1. Fitness & health assessment of the children
2. Education about fitness, healthy eating; obesity & risk for diabetes with the children
3. Education & engagement with the teachers & parents.

The first phase of the study will be complete by the end of the Spring 2015 semester. Stay tuned for more information as the results of the SNACK project become available.

The Department of Health and Exercise Science presents:

Dr. Shawn M. Arent, PhD, CSCS*D, FACSM
from Rutgers University, who will be speaking about his research on

"The Science of Soccer: Integrating Training, Technology, & Nutrition to Maximize Recovery & Performance"

**Wednesday April 29 from 2-4 PM
Library Auditorium**

Look for an email about sign-ups soon! Limited seating available!
(Attendance will be worth 0.5 Conference Credits for HES Students)