

Fall Semester Newsletter

The College of New Jersey | November 2015

New Fitness Center in Campus Town



Have you been to the new gym in Campus Town? If not, you're missing out. The new fitness center in Campus Town includes men's and women's locker rooms, cardio machines, weight training, and a multipurpose open space. This facility is a tremendous upgrade from the old gym in Packer Hall in both aesthetics and functionality. Students say that it is much better than the old gym however, the layout is a little awkward and they wish that there were more free weights like dumbbells, squat racks, or benches. Regardless, the new fitness center has great potential and we've put together a workout for you made especially for the new gym!

Devyn Montemarano

Campus Town Fitness Center Workout

1 mile on the treadmill, under 8 minutes

25 pull-ups

50 push-ups

75 squats

1 mile on the treadmill, under 8 minutes

Scale this workout to your fitness level. For example, if 25 pull-ups are too easy, then do 50 pull-ups or if an 8-minute mile is too fast, do it under 10 minutes. The goal of this workout is to finish as fast as you can. You can split up your bodyweight exercises in the middle as much as you want but try your best to beat your previous time each time you do this workout!

Kyle McIntyre and Luis Rivera

Our ReRun Shoe Drive

For the past few years, the HES Club has had the pleasure of working with ReRun Shoes, an organization that supports Sustainable Development in Africa. We do the easy part, by collecting used shoes, those ones in the back of the closet that haven't been worn in years. They are packaged up and sent to ReRun's warehouse in Massachusetts, where they employ adults with disabilities to help sort through the shoes, clean them up, and prepare them to be sent to Africa. Once there, they are distributed to residents of the area in order for them to sell the shoes to others in need. This way, the shoes offer a small business while also providing footwear to people who need it.

ReRun Shoes helps to:

1. Give footwear to children/families in need
2. Employ the disabled
3. Establish micro-businesses in Africa
4. Reduce pollution by recycling responsibly

Our Drive is currently in progress, but we expect to make a significant contribution, as we have in the past.

WE



Mid-Atlantic Regional Chapter of the American College of Sports Medicine

On November 6th and 7th, the MARC-ACSM Conference took place in Harrisburg, Pennsylvania and was attended by many HES students looking to earn another conference credit. The Sheraton hotel was swarming with exercise science students from all over the Mid-Atlantic Region. TCNJ students mingled with peers from East Stroudsburg, The Indiana University of Pennsylvania, and more. Due to the high abundance of students, the lectures presented were relevant to the HES major, interesting, and broken down into terms that all college-level exercise science students could comprehend. On Friday, many students attended Dr. Ellen Casey's presentation titled "ACL Injuries: A Multifactorial Problem," where they learned about the different causes, risk factors, and rehabilitation of non-contact ACL injuries. Other interesting lectures addressed topics discussed in HES Classes such as concurrent training, IGF-1, the effects of estrogen on exercise, plyometrics, strength and condition, and more. On Saturday, our very own Dr. Bush, who is a fellow of ACSM, introduced the lecturers in one of the conference rooms, many of which are her friends or former colleagues. She was also elected to the Executive Board of the Mid-Atlantic Regional Conference for a two-year term. Overall, the HES students that attended the conference were not only entertained, but also represented TCNJ and the Health and Exercise Program very well. We were educated thoroughly in the terminology of exercise science and trained to look for the FITT-VP in every study. The high level of our department can be seen through our students, and that is something that our college as a whole should take great pride in.

Katie Cocilovo



Thank you to all the TCNJ HES Students who attended the conference for well representing what our department is all about.

Look out for these upcoming HES Club events!

- **Wellness Expo**
- **Push-up Contest**
- **Rutgers Conference**
- **HES Conference**

Faculty Corner

This semester in the Human Performance Lab, Dr. Ratamess researched the effects of several different run protocols on acute resistance exercise performance. His study, titled "The Effects of Prior Aerobic Exercise on Acute Resistance Exercise Performance," included subjects who first underwent a control period in which they performed the resistance exercises without running. This was done in order to determine baseline movement proficiencies, since not all subjects were necessarily accustomed to each exercise. Each subject's %VO₂ and %1 RM were determined. One of four types of runs were performed during each trial prior to the resistance exercises (high pull, shoulder press, squats, bench press, and deadlift). Blood lactate was taken immediately after each run and at the end of all resistance exercises.

Maria Levina