

**FAU Exercise Science and Health Promotion Department**  
**List of Completed Theses**

Year	Author's Name	Title	Chair	Committee Members	
2013	Brazendale, Keith	An empirical study of children's enjoyment and perceived competence in physical education and its effects on their physical activity participation outside of school	Graves	Whitehurst	Penhollow
2012	Rhoads, Kelley	An educational tobacco intervention: impact of the health belief model on college students	Penhollow	Graves	Whitehurst
2011	Feil, Friederike	The effects of compression socks on perception of post exercise muscle soreness	Whitehurst	Zoeller	Graves
2010	Mark, Nina	Comparison of acute heart rate variability responses to relaxation alone vs relaxation preceded by Hatha yoga	Zoeller	Whitehurst	Jacobs
2010	Berrones, Adam	Does physical fitness mediate the physiological and perceptual responses to 10 minutes of chest compression-only CPR?	Whitehurst	Zoeller	Graves
2010	Graham, Patricia	The effect of cadence on time trial performance in novice female cyclists	Whitehurst	Zoeller	Jacobs
2009	Goldstein, Erica	The effects of caffeine supplementation on strength and muscular endurance in resistance-trained females	Jacobs	Whitehurst	Penhollow/Antonio
2009	Allen, Henry	Pedometers in the curriculum: an instrument to enhance student success through wellness education	Penhollow	Whitehurst	Jacobs
2007	Costa, Pablo	The acute effects of different durations of static stretching on dynamic balance performance	Graves	Whitehurst	Jacobs
2007	Hooks, Karen	Comparing the use of a business plan with a community intervention model in a volunteer project of a not-for-profit agency	Zoeller	Graves	Ford
2006	Gross, Mari	Does a lack of formal training in exercise prescription influence the dietitians' decision to recommend exercise	Whitehurst	Stout	Boone
2006	Seufert, Sandra	The effectiveness of the American Association of Cheerleading coaches & advisors safety certification in reducing number of injuries	O'Kroy	Zoeller	Ford
2006	Moon, Jordan	Validity of the Bod Pod for assessing body composition in male high school athletes	O'Kroy	Stout	Zoeller
2005	Goodwin, Priscilla	The relationship among commuting, dietary, and exercise behaviors in college students	Whitehurst	Stout	Graves
2005	Quinn, Jill	Influence of Pilates-based mat exercise on chronic lower back pain	Graves	O'Kroy	Torok
2004	Mielke, Michelle	Oxygenated water and exercise performance	O'Kroy	Torok	Zoeller
2004	Godo, Jennah	Assessing influences of dietary supplement use in South Florida adolescent athletes	Graves	Hecht	O'Kroy
2003	Lai, Kenrick	A comparison of different methods for improving hamstring flexibility	O'Kroy	Torok	Graves
2003	Burns, Patricia	Chest pain monitor: a gender comparison of diagnostic treatments in the emergency department	Torok	Graves	Zoeller
2002	Barat, Carlye	Short-term effects of a hospital-based, comprehensive employee wellness program on cardiovascular risk factors	Torok	Graves	O'Kroy
2002	Howard, Nancy	Effects of Gravitron® training on upper body strength in 11-13 year old students	Torok	O'Kroy	Graves
2001	Miller, Joshua	The role of airflow limitation in exercise-induced arterial hypoxemia	O'Kroy	Torok	Graves
2001	Sol, Constanza	The impact forces at the knee joint--a comparative study on running styles	Torok	Welsh	Graves
2001	Von Ammon, Victoria	Lifetime exercise mode and the propensity of falling in older adults	O'Kroy	Torok	Graves
2001	Roberts, Jim	The scapula's role for optimizing recruitment of the pectoralis major during the supine dumbbell chest press	O'Kroy	Torok	Graves
1999	Todd, James	The effects of an external nasal dilator on the work of breathing during exercise	O'Kroy	Torok	Campbell
1999	Hilbert, Scott	The effect of aerodynamic posture on work of breathing in cyclists	O'Kroy	Torok	Campbell
1994	D'Angelo, Anita	The effect of foot articulation on exercise intensity during aerobic dance	Whitehurst	Lightfoot	Meyer
1989	Abbott, Anthony	Dissertation for COE Ed.D.--Exercise science knowledge base of commercial fitness instructors	Welsh	Greenfield	Kaufman/Maeder/Alderson