QC NEWSLETTER GRADUATE SCHOOL | EXERCISE SCIENCE

QUEENS COLLEGE

Welcome | Issue 1

Welcome everyone to our first exercise science graduate newsletter! In this edition, we have insights from local experts in the exercise and fitness industry, spotlights on our lovely graduate students, and interviews with our proud, recent alumni. The newsletter will also cover current events and news from our department.

I hope that apart from inspiring and providing guidance to our students, the newsletter will also be informative for prospective graduate students. Stay tuned for more exciting features and updates in future editions.

Stay healthy,
Anoop T. Balachandran, PhD
Graduate Advisor (Exercise Science)

Expert spotlight

Heather Milton, MS

Tell us a little bit about your background?

I started my undergrad education at Northeastern University in the major of Cardiopulmonary and Exercise Science. I quickly fell in love with the cardiac system and physiology in general. I continued my education for an MS in Ex Phys at NU. I completed internships in diagnostic stress testing and set up a new internship at the institute of fitness in sport in Indy to better develop myself as a well-rounded EP in both clinical and fitness. Later, I went on to work at Brigham and Women's hospital as an EP, where I learned a great deal from attending cardiologists, nuclear techs, radiologists, and fellow EPs.

I then decided to work in prevention, moving to NYC to pursue a role as a program manager at a preventive medicine center. From there, I moved to NYU Langone where I married my clinical skills and fitness skills, serving both high level athletes and clinical populations. In this role I have worked with a great deal of students and entry level EPs to help them hone their skills and empower them as EPs. I also started consulting for fitness tech companies in the early 2010s. In addition, I collaborated with sports medicine MD's on a number of research projects related to biomechanics, injury prevention and performance.

What do you do in your current job as an Exercise Physiologist (EP)?

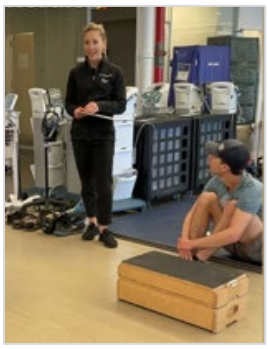
Currently, I am the supervisor of the **Sports Performance Center at NYU Langone Health**, where I manage a team of sports psychologists, dieticians, eps and administrative support. I work with a team to develop programs such as an upper extremity return to sport eval, lower extremity return to sport, golfing lab, hockey center, running lab and S&C class, Triathlon evaluation, and more.

Any advice or tips for our students who want to pursue a career similar to yours?

My advice is If the opportunity you want is not in front of you, go look for it; Don't let anyone make you think that the profession of an EP is lower than other allied health professions; Be confident in your knowledge and expertise, it is unique and important!

What do you like to do for fun?

Outside of work I enjoy travel, beach days, dance and gymnastics.



MS Nutrition & Exercise Sciences

We have **3** concentrations:

1. Nutrition & Exercise Science
2. Nutrition
3. Exercise Science

- **Low tuition:** Our tuition fees are among the most affordable in New York.
- **Evening & hybrid classes:** We offer classes in the evening and hybrid options (in person and synchronous/asynchronous).
- **Research:** We have 4 exercise labs to get hands-on experience in cutting-edge research.
- **STEM major:** A science and technology major (STEM), which is a plus for international students.

Application deadlines
December 15th | July 15th

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For more info, click the link or scan the QR code

Meet the professor

Bridget McFadden, PhD

Can you share with us your journey into academia?

I started my undergraduate education majoring in health science at Saint Joseph's University, but I became passionate about studying preventative medicine and ways in which exercise improves health outcomes. I became a Certified Strength and Conditioning Specialist with the NSCA and began training athletes. After working in the industry for a few years, I went back to school to begin my graduate coursework at Rutgers University. I fell in love with research and finding ways to reduce the risk of injury and optimize performance in athletes.

After receiving my PhD from Rutgers University, I took a post-doctoral fellowship at the University of South Carolina to evaluate military training and ways to enhance performance outcomes in female Warfighters. After three years of research, I knew I wanted to stay in academia and am grateful to have the opportunity to work as an assistant professor at **Queens College** from 2022.

What classes do you teach and what do you enjoy about teaching?

Currently, I teach Physiology of Muscular Activity (342) at the undergraduate level. I also teach Exercise, Energy Balance, & Body Composition (722); Measurement of Physical Fitness & Body Composition (725); and Physical Activity, Health & Exercise Prescription I (733) at the graduate level. Teaching affords me the opportunity to inform on the latest developments in exercise physiology, nutrition, and strength and conditioning research. I am excited to be able to educate and mentor the next generation of exercise science researchers and practitioners.

What is your research area and what sparked your interest in your topic?

My research focuses on the relationship between nutrition, training stress, and recovery and the implications for health and performance. The primary emphasis of my research in this area involves examining the effects of workload and stress on performance and the differential physiological responses in males and females. What really sparked my interest in this research is the translational value and the direct application that our findings can have on improving performance outcomes.

During my graduate career, I worked as the head sport scientist and assistant strength coach for the Rutgers women's soccer team. I was able to see first-hand the benefits and the positive impact research can have on athletes and programs. Our research helped the women's soccer team achieve national prominence at a level it had never reached before. This was achieved while also dramatically reducing injuries and improving indices of health and fitness.

What advice would you give to students pursuing your field?

My advice for exercise science majors is to get involved in as many career-related extracurricular activities as possible. The exercise science field is broad in that there are many avenues and career paths that you can take. Getting involved in clubs, conferences, and research can help you see what interests you and what doesn't.

Outside of academia, what are your hobbies or interests?

As cliché as this sounds, I love sports and exercise. That is probably why I gravitated towards this field. I enjoy weightlifting, running, and I think soccer is the greatest sport in world :)

"Getting involved in clubs, conferences, and research can help you see what interests you and what doesn't"

- Bridgett McFadden, PhD

4 Exercise Science Research Labs

- **Exercise & Aging:** Improving physical function in older adults.

- **Applied Physiology.** physical activity & cardiometabolic risk in HIV+ individuals.

- **Biomechanics:** Movement control & learning using 3-D kinematic analysis

- **Performance:** Improving performance and injury prevention

alumni archive

Tara Walsh, MS

1. Tell us a little bit about what you are doing now in personal and professional life?

Currently, I work as a **Registered Dietitian (RD)** for the Weight Management Program at the St. Francis DeMatteis Center. I conduct initial one-on-one visits and follow-up sessions with all clients, along with teaching weekly nutrition education classes to help facilitate behavior changes for weight loss. Additionally, I conduct heart-healthy diet education consultations for all cardiac rehab patients. Outside of work, I spend my time working out or with my family, friends, and dog!

2. What do you enjoy about your current job?

For one, I love being able to help my clients optimize their nutrition for weight loss and actually see the results over time. Additionally, I love continually learning and providing the latest nutrition information to my clients and how supportive all the staff are at the facility.

3. What did you like about the MS in Nutrition and Exercise Science program at Queens?

The MS program was an extremely well-rounded program. Not only were the professors so welcoming but they also were extremely knowledgeable in their fields and made classes fun and engaging! No matter what class I was taking the professor was always available to answer my questions inside or outside of class. Throughout the master's program, I was able to really enhance my research skills and also became a more confident public speaker.

And I chose to specialize in **Nutrition and Exercise Science** than Nutrition because as an RD, I understand that living a healthy life is much more than eating the right food. In addition to nutrition, exercise is also an extremely important factor to our health. With that being said, I wanted to learn the fundamentals of the exercise science in relation to our health and to better educate my clients on the importance of exercise.

4. Lastly, any advice/suggestions to your fellow students?

I would say that it is an extremely rewarding area of work with lots of room for both personal and professional growth. Both exercise science and nutrition are important career paths in today's world as we need more determined, passionate individuals to help educate the world on proper diet and exercise.

student cube

Jose Antonio Tan, BS

1. What inspired you to choose exercise science as your field of study?

Growing up, my appreciation for sports fueled a deep curiosity about the human body's response to exercise. Choosing exercise science allows me to explore this interest further. My goal is to use this knowledge to contribute to the well-being of others and provide a lasting impact using sports and exercise as a transformative tool.

2. What aspects of the MS in Nutrition and Exercise Science program at Queens College do you enjoy?

The program not only offers quality education, but also fosters a supportive faculty, which appealed to me the most. The program's emphasis on critical thinking and analysis in interpreting general exercise information against evidence-based studies stands out as the most valuable skill gained. This knowledge becomes very applicable in discerning accurate information from less reliable sources.

3. Where are you currently employed/?

I am grateful to be a stretch practitioner in a stretch studio in Long Island, NY, while I also enjoy my role as a badminton head coach for a high school team in New York City. Lastly, I am fortunate to be a **Clinical Exercise Physiologist** intern at a cardiopulmonary rehabilitation facility in midtown NYC.

4. Any hobbies or interests you'd like to share?

During my free time, I volunteer for a local badminton club that organizes events, tournaments, and community outreach efforts. To stay physically active, I enjoy competing in club-level badminton, I've ran a few marathons (when I used to run a lot more) with a best time of 4:20 and completed countless road cycling century rides.

5. What are your career plans after graduation?

I will use my skills in the rehabilitation scene as an exercise physiologist and eventually specialize in the clinical side of it. In addition, I will continue to practice coaching especially now that I have a deeper understanding of exercise principles to help athletes improve. In the long run, I am still open to learning more of opportunities that are possible in the exercise field.

alumni archive

Jordan Winn, MS

1. Tell us a little bit about what you are doing now in personal and professional life?

After graduating from Queens College master's program, I moved to Tampa, Florida and currently working for a **corporate fitness** company EXOS. I am a member of the group exercise team helping to create successful class schedules for multiple sites. In addition to this I provide personal training and group training sessions to employees at my location and lead group exercise classes.

2. What do you enjoy about your current job?

I enjoy seeing my clients achieve their goals as well as continue their health and fitness journey.

3. What did you like about the MS in Nutrition and Exercise Science program at Queens?

I enjoyed the lab portion of the Exercise Science program at Queens College and felt that was most helpful in preparing myself for the work force.

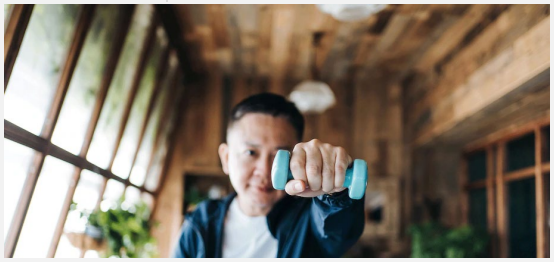
4. Lastly, any advice/suggestions to your fellow students?

If I could give any current study advice, I would want them to follow their passion and never stop learning!

The Washington Post

Our research article (Dr. Balachandran & Dr. Quiles) was featured in **The Washington Post**. The study showed that lighter weights for high repetions was similar to heavier weights in middle-aged and older adults for muscular adaptations. Click the link below to read:

Weight training can be easy and still build strength. Here's how.



student cube

Ingrid Menezes, BS

1. Tell us a little about your academic background.

I am an **international student**, originally from India, and I have a bachelor's degree in **Physical Therapy**.

2. As an international student, why did you pick Queens College?

As an international student, I carefully considered several factors when choosing a college, and Queens College stood out for its welcoming atmosphere and commitment to fostering a global perspective. As I navigate being far from home, the diverse community here ensures that I always feel connected and supported. Another benefit is, the MS. in Nutrition and Exercise Science is a STEM major, and this aligns perfectly with my career aspirations.

3. What aspects of the MS in Exercise Science at Queens College did you enjoy?

Every class I have taken so far has been a rewarding learning experience. I would like to highlight two of my favorite classes so far- The lab class I took provided a practical approach to everything I learned. It was fun and engaging, adding an interactive element. Additionally, the research class I undertook provided a deeper insight into the world of research, allowing me to explore the nuances of a subject matter in depth.

4. What are your career plans after graduation?

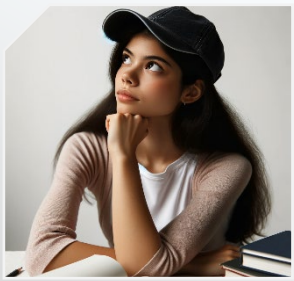
After graduation, I aspire to continue my career in the field of **Physical Therapy**, building upon the solid foundation laid by this master's program.

5. **Any hobbies or interests you'd like to share?**

I have a passion for music, and I enjoy playing the piano, which allows me to express myself creatively. I also love reading, especially historical and dystopian fiction.

Passionate about studying exercise and fitness?

But do not have a related undergraduate degree? Please email us and let's talk more.



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