



Welcome | Issue 2

Welcome everyone to our 2nd Exercise Science Graduate Newsletter! In this edition, we have some great insights from our local expert in rehabilitation, spotlights on our amazing students, and interviews with our proud, alumni.

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



Expert spotlight

Noah Greenspan, PT,
DPT, CCS, EMT-B



Tell us a little bit about your background?

I started my career as a physical therapist at the NYU Medical Center's Rusk Institute of Rehabilitation Medicine after earning my BS in PT. It was at NYU that I was exposed to great medicine and great mentors and where I became interested in Cardiovascular and Pulmonary Rehabilitation. I have since gotten my doctorate in physical therapy with a board-specialist certification in cardiovascular and pulmonary physical therapy.

What inspired you to open your own rehab center?

Starting around 1994, I had spent a lot of time visiting other cardiopulmonary rehabilitation centers around the US including UCLA, UCSF, UCSD, Duke University, Marquette University, and the University of Florida trying to gain as much knowledge and experience. I was fascinated by what I had learned and was eager to try out these new techniques in the clinic. After a certain period of time, I felt that I would have more freedom and be able to do things in my own way, and to this day, I have no regrets. I know it was the right move for my career and my life.

What are the career prospects for exercise physiologists (EP)?

Since the Covid-19 pandemic, there has been a lot of change and uncertainty in healthcare and with change comes opportunity. One of the greatest areas of change is the advent of many, many new platforms for people to manage their health and wellbeing, both online and in-person. I think exercise physiologists can and should be a valuable part of these programs. There are challenges though. One such challenge is competition with other, more established professions, like physical therapy, who hold a license to practice. According to ZipRecruiter.com, annual salaries range from the mid 30,000 up to 80,000's and more, with exercise physiologists working in a very wide array of settings. I think licensure would go a long way not just with respect to professional development and autonomy, but also financially as well.

What advice would you give to students interested in being an EP?

I would absolutely say "go for it." As an exercise physiologist, you will have opportunities to participate in people's lives in a very important and meaningful way. Often, when people come to us for help, it is after an emergency or another health or personal tragedy. As clinicians in a cardiopulmonary rehabilitation space, we are privileged to be able to help people at what is often the worst time of their life. In addition, it doesn't get more basic than the heartbeat or the breath so everyone can benefit. That's what I love about it!

What do you do for fun?

Fun? Just kidding. I have a lot of interests including art and design, music, fashion, SCUBA, and bonsai. And yes. 2025 will definitely be the year that I finish my great screenplay. I also love animals and nature and love spending time with my 3 pups, Monkey, Kiddo, and Chewy.

MS Nutrition & Exercise Sciences



3 concentrations:

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

- ❖ **Low tuition:** Our fees are among the most affordable in NY City.
- ❖ **Evening & hybrid classes:** All classes in the evening and hybrid options.
- ❖ **Research:** 4 exercise labs conducting cutting-edge research.
- ❖ **STEM major:** Science and technology major is a major plus for international students.

Application deadlines
December 15th | July 15th

For more info,
click [the link](#) or
scan the QR
code.



Noah with one of his patients.

Meet the professor



Taemin Ha, PhD

Can you share with us your journey into academia?

I have been a lifelong martial artist, practicing Taekwondo for over 20 years. Throughout my journey in martial arts, I have personally experienced the benefits of physical activity and exercise, and I have witnessed the transformative impact it has on others. This inspired my interest in studying physical education, sports coaching, physical activity, and related fields. As a result, I pursued and completed my bachelor's, master's, and doctoral degrees in Education and Kinesiology.

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

At Queens College, I have been teaching FNES 160, which introduces foundational knowledge in physical education for undergraduate students, as well as FNES 702 and FNES 716, which focus on statistical methods in FNES and trends and issues in physical education. I strive to help my students connect what they learn in class to real-world applications. To achieve this, I design various hands-on activities that allow students to envision how they can apply their knowledge to their current or future professions while engaging in enjoyable learning experiences. One of the most rewarding aspects of teaching for me is discussing with students how course content can be applied in creative and innovative ways.

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

As I delved deeper into the fields of physical education and physical activity, I became increasingly convinced of the importance of equipping individuals with knowledge about physical activity, physical fitness, and health to support a healthy lifestyle. I also believe that these foundations should be developed and experienced from an early age. This

perspective led me to focus my research on physical activity and health promotion for children and adolescents. Given that school-aged children spend a significant portion of their day in school, I see schools as an ideal setting for promoting physical activity. Additionally, with the rapid advancement of technology and its growing presence in students' lives, I am particularly interested in how technology can be effectively integrated into school-based physical activity initiatives.

What advice would you give to students pursuing your field?

I encourage my students to fully embrace their college experience. Many students in the physical education program aspire to become physical education teachers, and as future educators, they must develop strong communication skills to fulfill their professional responsibilities effectively. College provides a valuable opportunity for students to build friendships, expand their professional networks, and develop leadership skills. These experiences help cultivate the confidence and competence necessary to become strong leaders and educators. I encourage students to take advantage of these opportunities and actively engage in their personal and professional growth.

Outside of academia, what are your hobbies?

I enjoy all kinds of sports and physical activities, but I also have a deep appreciation for the arts. This makes New York City an ideal place for me, as it offers countless opportunities to experience and enjoy the arts. I love visiting museums and art galleries, as well as attending musicals and theater performances.

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Number of Exercise Science Scientific Publications in 2024.

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



Jonathan Casanova, MS

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

As a personal trainer and nutritionist at Lifetime Athletics in Syosset, I currently serve as the **Head of Nutrition, Products, & Devices**, overseeing a team of nutritionists and managing our supplement line. I've also established my own venture, JC Fitness & Nutrition, where I work as an independent health coach creating customized workout programs and conducting coaching calls.

2. What do you enjoy about your current job?

My passion lies in empowering people to live healthy, fulfilling lives through sustainable lifestyle changes. Seeing clients improve their movement capabilities, their physical abilities, and develop healthier relationships with food and fitness is my entire mission. What truly drives me is witnessing the transformation in clients' confidence and quality of life as they progress. Building meaningful connections and helping people bridge the gap between where they are now and their goals is why I do what I do.

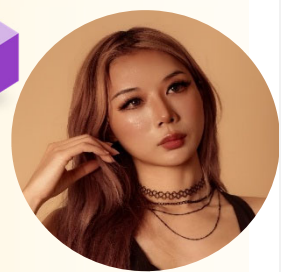
3. What did you like about the MS program?

Queens College puts an emphasis on research and empirical findings, which has been instrumental in my approach to fitness and nutrition. In a time where pseudo-science and social media influencers making unfounded claims, the program's focus on science-based exercise interventions sets its graduates apart in the industry. The staff of professors were also very supportive in my professional development. In an industry where the barrier of entry is low for trainers and coaches alike, the education I received at Queens has given me a significant advantage in my professional practice.

4. Lastly, any advice to your fellow students?

My advice comes from years of experience working with diverse clients across different age groups, fitness levels, and health conditions. I've invested heavily in continuing education, obtaining multiple certifications in specialized areas such as corrective exercise, performance nutrition, and behavior change coaching that have become fundamental to my training approach. This commitment to professional development has helped me become a sought-after coach. I strongly encourage those pursuing this career to continuously expand their knowledge and develop a specialized expertise that makes them stand out in the field. Most importantly, focus on developing strong interpersonal skills and empathy, as these are crucial for building lasting client relationships and achieving consistent results.

student cube



Jennifer Wang, BS

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

I've been interested in nutrition and exercise science for many years, though I initially hesitated due to the field's complexity—it requires knowledge in biochemistry, kinesiology, statistics, and much more. However, I'm grateful I took on the challenge. I've always felt concerned that people are getting sicker and aging faster, even with all the healthcare resources spent, without a strong focus on prevention. Working for years as a medical and social work interpreter, I've seen firsthand the impact of illness on people's lives. This experience drove me to understand how nutrition and exercise can improve health and prevent disease.

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

I really enjoy the exercise component of the MS program because it lets me design personalized exercise and nutrition plans, combining science with practical application. I'm proud to say that, with the knowledge I've gained, I successfully coached myself to compete on the world stage in bodybuilding. This hands-on approach has been both challenging and incredibly rewarding, adding depth to my studies.

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

Besides learning and bodybuilding, I love traveling. In the past decade, I've visited over 100 cities around the world, and I plan to continue exploring.

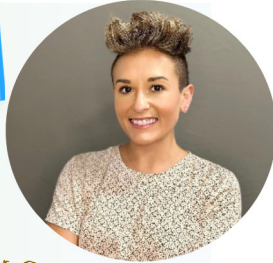
4. What are your career plans after graduation?

Believe it or not, I plan to pursue a PhD. I could see myself as a sports science researcher, a fitness coach, a social fitness influencer, or even a professor—ideally at Queens College, my alma mater, where I could give back to the community that shaped me. I believe that when you're truly ready, opportunities will come.



Knowledge applied!
Jennifer wins the 2024 World Natural.

alumni archive



Robyn Cascio, MS, DPT

1. Tell us about what you are doing now in your professional life?

After graduating from Queens College with my MS, I was accepted to Tufts University and obtained my Doctor of Physical Therapy in 2023. I have been working as a **Physical Therapist** in an outpatient clinic since January of 2024. Most recently, I became certified in the use of Blood Flow Restriction Therapy and have enjoyed applying its use with my patients to induce the chemical effects of exercise despite physical limitations of performance.

2. What do you enjoy about your current job?

I have really begun to enjoy working with post-surgical cases. As a new graduate, it is common to feel nervous to treat individuals who are seemingly so fragile after surgery. However, with guidance, it has become rewarding to see the magnitude of change possible in just several weeks as they reach each milestone of recovery.

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

I truly enjoyed the opportunity to delve into more complex cases and advanced coaching principles during my graduate studies at Queens. Courses like Motor Learning and EKG prepared me for my Doctoral studies.

4. Lastly, any advice to your fellow students?

I would advise students on a path like mine to remain involved in health advocacy and professional responsibility. Whether you are a Strength and Conditioning Coach, a Fitness Manager, or a licensed Physical Therapist, it is each of our duties to actively reduce barriers to activity, to keep the health and fitness industry simpler to navigate, and to challenge misinformation that can deter individuals from moving at all.

student cube



Andy Vega, BS

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

Exercise science is the only science I know where I can read a research paper on muscle hypertrophy and apply it to a workout routine. Sports medicine has an array of application including physical and mental health. In today's modern society, most people live mostly a sedentary lifestyle which comes with the rise of lifestyle chronic diseases. Exercise has been shown to reduce the risk of developing these diseases, but most folks don't simply have that knowledge. My goal is to help close the knowledge gap by utilizing the most up-to-date research info to improve their health. I want to teach folks that exercise is nature's medicine, and it has always been the case since our hunter gatherer days.

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

Using the physical fitness measuring tools in a laboratory setting. It is wonderful that we have these different instruments that can help us predict future health complications. These tools are used as preventative healthcare rather than managing health complications. Preventative care is the best care.

3. What are your career plans after graduation?

I will obtain the ACSM's exercise Physiology certification, and I hope to work as an **Exercise Physiologist**. I don't have anywhere specific in mind when it comes to employment. I need to first gain experience working as an exercise science professional. Anywhere I start it's just a first step for me.

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

Bike everywhere around Queens. Watching human anatomy and physiology channels on YouTube. I think the human body is neat.

Passionate about exercise & health?

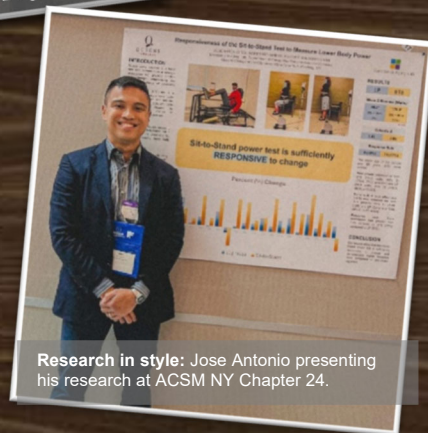
But do not have a related undergraduate degree? Email us now!



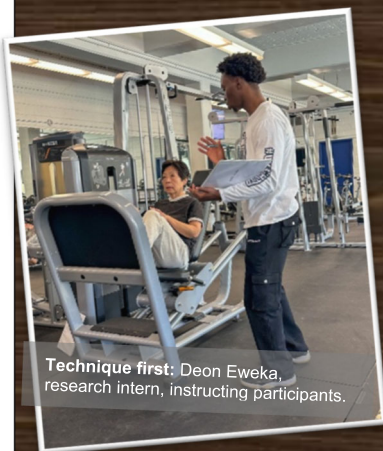
Photo Board



Watch out world! Jose Antonio, Patri Latorre, Amanda Alcía, Kayla McAvoy, Quincy Cole at Spring 24 graduation.



Research in style: Jose Antonio presenting his research at ACSM NY Chapter 24.



Technique first: Deon Eweka, research intern, instructing participants.



Faster pls: Brendon Zelman testing Vo2 max in Dr. Mcfadden's sports lab.

Body Composition Tools in our Labs

- ❖ **GE DXA:** Dual-energy X-ray absorptiometry



- ❖ **BODPOD:** Whole-Body Air-Displacement Plethysmography



- ❖ **In Body 770:** Research grade, Bioelectric Impedance Analyzer (BIA).



We are recruiting for our NIH-funded study!

The study will compare the effect of weight lifted on function, muscle mass, strength, and power in older adults. Share the news!

