

Wednesday, December 6, 2023

## Class of 2023: Kelsey Blake's Journey from Disney on Ice to Speech-Language Pathology & Audiology



Kelsey Blake's journey from professional figure skater to honors graduate in the speech-language

education," Blake said.

[Click here to read the full story.](#)

## David Swain's Legacy: A Four-Decade Commitment to Health and Fitness



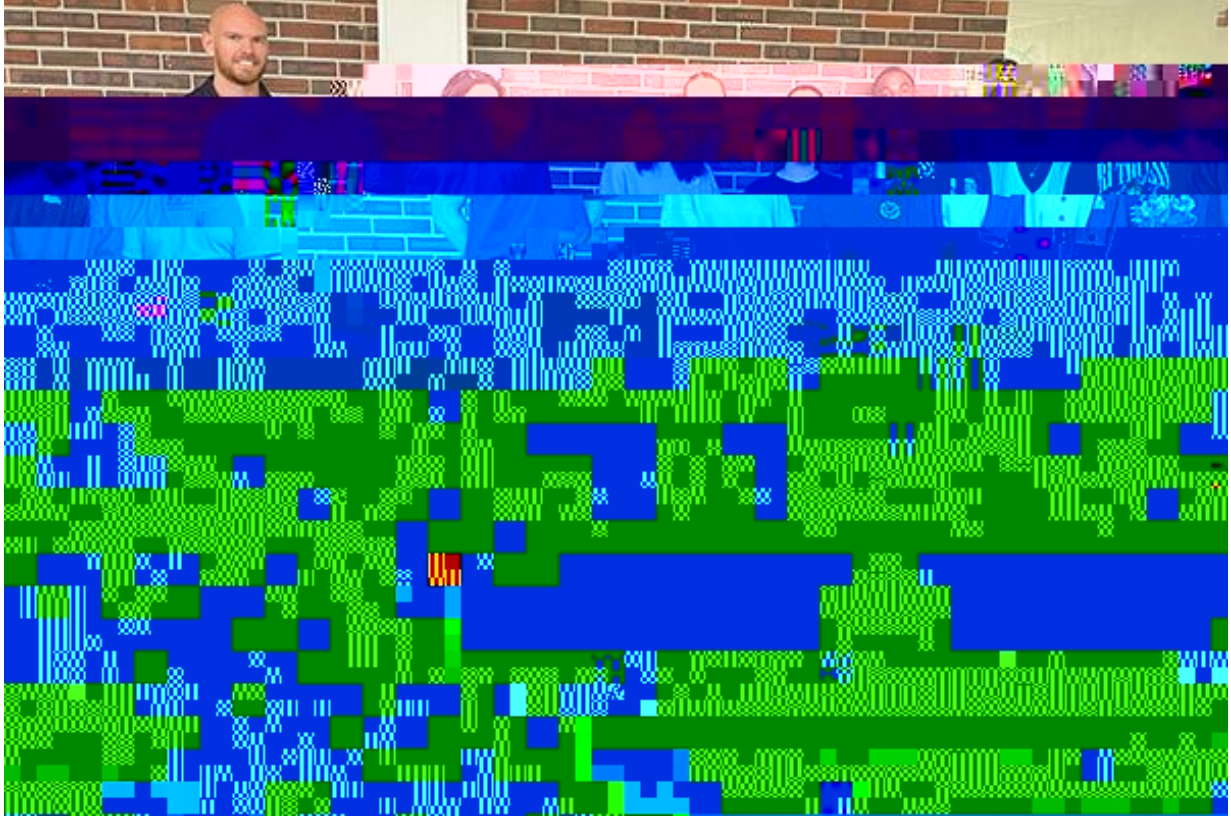
After four decades of dedicated service to the field of Exercise Science, Dr. David Swain, a distinguished Professor at Old Dominion University (ODU) in Norfolk, Virginia, is set to retire at the end of this semester. His extensive career has been marked by groundbreaking research, influential publications, and a passion for promoting health through fitness.

Dr. Swain, who earned his Ph.D. in Physiology from the University of North Carolina at Chapel Hill, has spent his career at ODU, where he has been a leading figure in the field of Exercise Science.

Adapting to the challenges of the COVID-19 pandemic, the program embraced a virtual format, focusing on cognitive and social activities to maintain connections. With the resumption of in-person activities, the program found a new home at Harbor's Edge, a senior living community in Norfolk. This move not only doubled its reach to 12 visits per semester but also opened doors for students to explore the diverse facets of recreational therapy.

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Steven Morrison, Who Studied Human Fall Risk and Prevention, Dies at 59



Throughout the semester, the Exercise Science program engaged in a comprehensive health project as part of the EXSC 431 Wellness Programming and Administration course. Collaborating with Busch LLC, Prime Plus Senior Recreation Center, and the City of Chesapeake, the class provided ongoing health assessments, including blood pressure and body composition evaluations. In addition, fall prevention screenings were provided to seniors at the Prime Plus Senior Recreation Center.

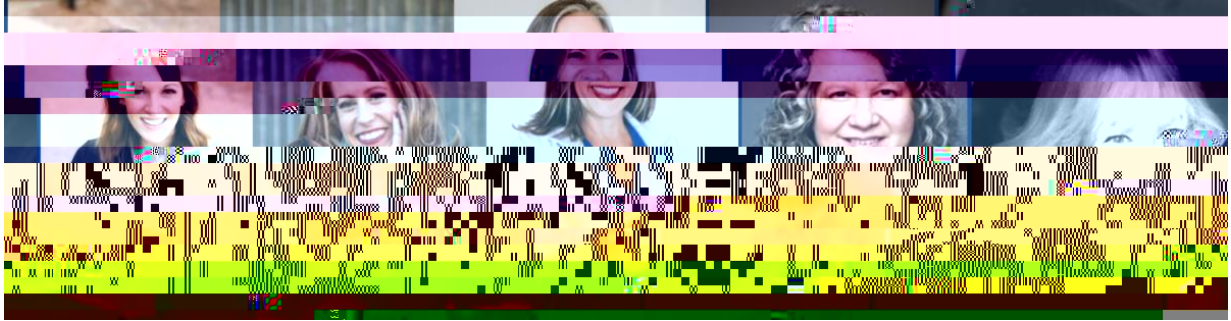
As a culmination of their efforts, the class successfully screened and educated 45 seniors, over 40 employees at Prime Plus, and more than 30 employees from the City of Chesapeake.

The collaboration between Exercise Science program students and the partnering organizations proved to be a valuable learning experience. Over the course of the semester, more than 50 students gained practical, hands-on experience, contributing to the success of this service-oriented project. The program looks forward to future opportunities to continue making a meaningful impact on the health and well-being of the community.

## Sentara Scholars Program Benefit 26 ODU College of Health Sciences Students

The ODU College of Health Sciences is delighted to announce that 26 juniors and seniors have been selected to benefit from [Sentara Healthcare's generous Sentara Scholars program](#). Sentara Scholars, a \$3 million initiative, aims to break down financial barriers hindering student enrollment and retention in healthcare programs. The selection process is based on criteria such as expected family contribution and unmet financial need.

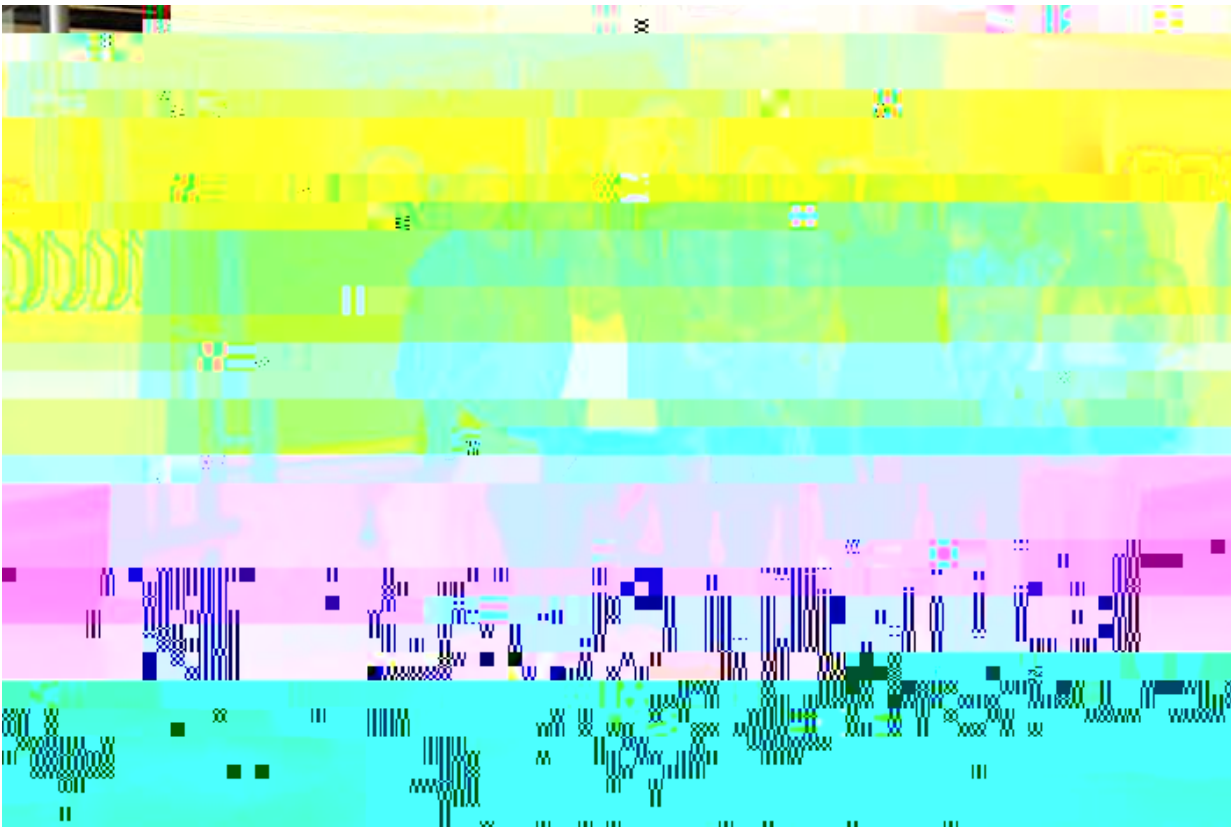
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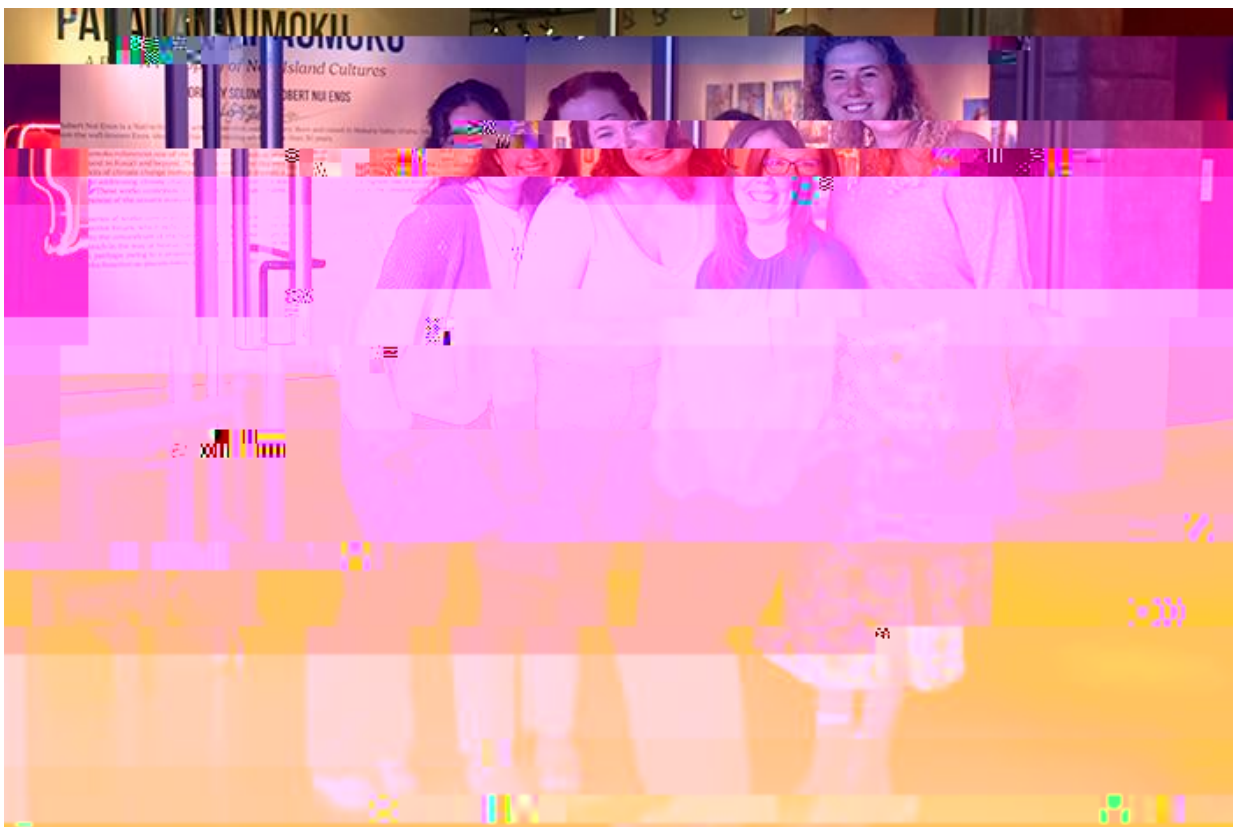
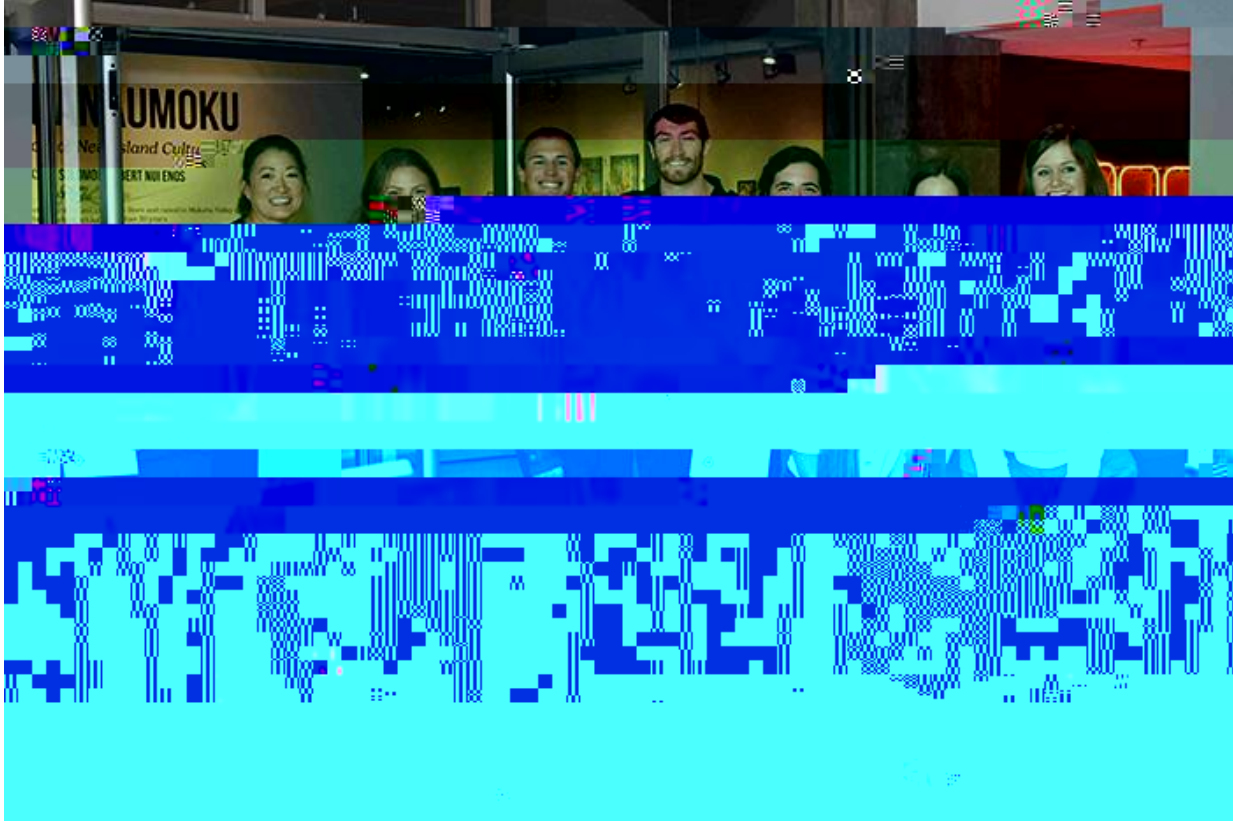
Dental Hygiene's Winter Weekend Continuing Education Program returns on February 23-24, 2024, offering dental hygiene professionals a valuable opportunity to expand their expertise. Designed for an immersive learning experience, the program presents a curated lineup of courses, providing participants with 15 CE hours. Courses are offered virtually, allowing attendees to engage in live and recorded webinars at their convenience.

Complementing the virtual offerings, an in-person Winter Weekend Exhibit Hall awaits attendees on February 24, 2024, at the Priority Club in S.B. Ballard Stadium from 6 p.m. to 8:00 p.m. This exclusive event provides a space for networking, exploration of exhibits, and gaining insights in a more interactive setting. [Event details and registration information can be found on the official website.](#)

### Featured Photos: Alpha Eta Society Induction Ceremony









## Recent Publications

[Limits of Ultra: Towards an Interdisciplinary Understanding of Ultra-Endurance Running Performance](#)

Patrick Wilson, S

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