Enhancing your education at UC with volunteer experiences and involvement in health-related organizations can drastically increase the likelihood of landing the job you want after graduation!

Upcoming Events

CHES Exam Study Group
Tuesday, Jan. 27th, 6pm-7pm
Location: CRC 6300
We are hosting our first CHES Exam study group of the semester! These meetings are a great way to prepare for the upcoming spring exam and ease some of those nerves. All sessions are held every other Tuesday, same time, same place!

HPE Lunch & Learn: All About the CHES
Wednesday, Jan. 28th, 12:30pm-1:30pm
Location: AACRC, 60 West Charlton
Come grab some FREE LUNCH and have all your questions answered about the upcoming CHES Exam this Spring! The lunch will be held in the Harambee Room of the AACRC.

Health Hut: General Wellness
Thursday, Jan. 29th, 10:30am-12:30pm
Location: TUC Atrium
The UC Student Wellness Center and Eta Sigma Gamma will be hosting a tabling event to provide resources on various health and wellness topics that affect college students. Stop by for some free products and information!

America the Beautiful 3 Showing
Wednesday, Feb. 11th, 7pm
Location: TUC Great Hall
Come see this new documentary breaking down the media’s impact of sexualization on body image. Director, Darryl Roberts, will be in attendance to do a Q&A session after the film.

Alumni Spotlight: Dr. Michael Krackow

Mike Krackow, Ph.D., is associate professor of physical education at the Virginia Military Institute. He has a Ph.D. in curriculum and instruction from Virginia Polytechnic Institute and State University with a concentration in health promotion and exercise science/sport psychology. Dr. Krackow received his M.Ed. in health promotion and education from the University of Cincinnati. His academic and research interests include health and fitness issues for older adults and special populations, overweight and obesity, core stabilization, and exercise adherence. Dr. Krackow first became interested in science playing sports in high school. He had an interest in sports medicine and strength training. When Dr. Krackow began college, the science - specifically the anatomy and biomechanics - of how the body performed, became injured, healed, and became stronger gained his interest. Since that time, his emphasis has been centered on training athletes and patients to become stronger, and more efficient in order to improve performance and prevent injury.

Graduating this Spring? Don’t Forget to Apply for Graduation by January 30th!
Undergraduate Student Spotlight: Alvin E. Hall

Alvin E. Hall III is a Dayton, Ohio native and a transferred senior from Kentucky State University. His concentration in the HPE program is exercise and fitness, and his interest in the field is health management, community health, and mental health. While at UC, Alvin has had three remarkable years and has had the privilege to participate in some HPE activities. Some of these activities include interning at the Campus Recreation Center, promoting the Healthy U Get Fit Challenge, and contributing to Eta Sigma Gamma’s campaign to promote responsible alcohol use. After finishing his degree at the end of this spring semester, he hopes to further his education by attaining a master’s degree then a doctoral degree.

Alvin’s professional goal is to become a fitness director and facilitate a healthy environment for all individuals through proper nutrition and exercise. Overall, Alvin notes that he wants to leave a positive imprint on the world beyond his mere existence.

Graduate Student Spotlight: Emily Thompson

Emily Thompson is a graduate student in the HPE Master of Science program at the University of Cincinnati with a focus on Exercise Management. She received her Bachelor of Science degree in Health Promotion and Education from the University of Cincinnati in 2014. Emily is originally from Cleveland, Ohio, and is an avid Browns fan! Emily currently serves as a Graduate Assistant for the HPE program where she teaches Group Fitness and The Social History of Baseball for undergraduate students.

She also works as a part time intern for the UC Campus Rec Center and a part time personal trainer at FITWorks in Anderson. She has been involved with local high school athletic programs, as well as coaching young softball athletes. During her undergraduate career, Emily was a two year starting short stop for the University of Cincinnati Clermont women’s softball team. She was also a member of Eta Sigma Gamma, Ohio SOPHE, the American College of Sports Medicine, and a recipient of the Dean’s List recognition. Upon graduation, she is hoping to pursue a career in the area of Strength and Conditioning. Emily is very passionate about fitness, health, and athletics. She hopes to have the opportunity to put her knowledge and experience to great use with athletes of all ages.