

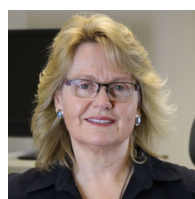
# RESEARCH AT THE AHPRC

THE ATHLETIC AND HUMAN PERFORMANCE RESEARCH CENTER

*We are committed to transforming lives by optimizing athletic and human performance across all ages and abilities.*



## Here at the 'PRC



The AHPRC celebrates one year of research activity – it opened on April 29<sup>th</sup>, 2019 – and now services several National Institutes of Health grants and pilot awards including studies involving African American cancer survivors, people with stroke and fibromyalgia, older adults and student-athletes. However, out of concern for the safety of all study participants and consistent with Marquette’s policy to slow the spread of COVID-19, the AHPRC temporarily halted in-person visits to the AHPRC in mid-March. Several studies have pivoted to guided activities via technology or self-guided exercises until we can get back on campus safely. During this time of physical distancing, the AHPRC is maintaining an active online presence, providing weekly workouts and exercise advice to keep our students, staff, and faculty active. Many of us have experienced large reductions in our daily incidental activity. Hence, scheduled activity is more important than ever. In fact, while guidelines suggest we reach the 150 minutes of moderate physical activity per week, some experts (including us at the AHPRC) suggest more planned physical activity is needed in this time of staying at home, and in the range of 200 minutes or greater. Stay informed and follow the AHPRC Twitter, Facebook, and Instagram sites closely, and visit our web page for the latest on how to stay active in this time of being physically apart and at home.

Be sure to read the **‘Exercise is Medicine’** corner by clinical assistant professor of Exercise Science, Toni Uhrich, highlighting advice on COVID-19-related health and activity guidelines.

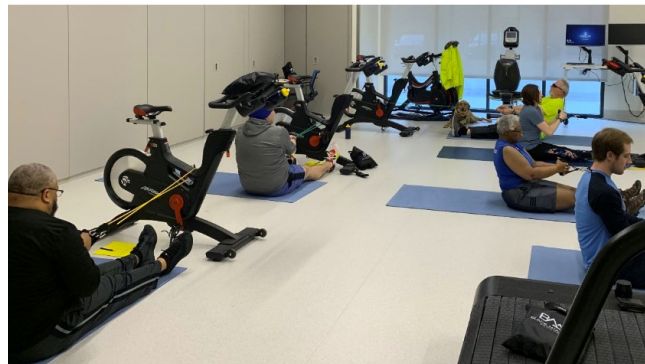
**Sandra Hunter, PhD**  
AHPRC Director  
Professor, Exercise Science

Guests from Bruce Guadalupe Middle School explore the Film Room at the 'PRC.



## Highlights & Happenings at the 'PRC

- Medical College of Wisconsin Physical Medicine and Rehabilitation Residents Visit
- Lab Manager Mike Haischer Virtually Presented Research for NSCA WI
- Marquette COVID-19 Research Initiative
- Marathon Shoes Pilot Data
- Bruce Guadalupe Middle School Visit
- Feature in Swedish TV Special



Veterans participate in Dr. Rachel Bollaert’s project at the 'PRC.

## COVID-19 Presents Unique Challenges for Research at the 'PRC

The spread of COVID-19 has impacted almost all aspects of daily life for people around the world. At Marquette and throughout the US, classes have been moved online and in-person human subjects research is largely put on hold with stay-at-home orders and physical distancing. Marquette researchers quickly adapted to the rapidly changing environment at the onset of the outbreak. One of the studies that has pivoted is that led by Dr. Rachel Bollaert in the Exercise Science Program, who was the recipient of the 2019-20 AHPRC pilot award. Her study involves exercise classes for military veterans who are able to continue a self-guided program in their homes. Dr. Bollaert will continue to enroll participants in her research study when the AHPRC reopens. Another study, Men Moving Forward (MMF) led by Dr. Paula Papanek and MCW’s Dr. Melinda Stolley, are exploring funding opportunities to investigate the impact of online learning due to COVID-19 on urban



The AHPRC hosted Men Moving Forward research using the Biodex machine.



**Where are they now? Past Interns for the ‘PRC:**

Sandra Dahling, was one of the early interns in the AHPRC (in conjunction with a senior internship in the HPAC). She graduated in Exercise Science in May 2019 having competed 4 years on the MU women’s basketball team. A native of Sweden, she returned home and began medical school in August 2019 at Linköping University (south and east of Stockholm). She uses time-management skills learned as a student-athlete and knowledge in anatomy and exercise physiology (among other topics) to really help with first year courses and labs. She is loved by her classmates for bringing this knowledge to group assignments (third from left in image below). She was excited to be involved in the early days of the AHPRC, and was a wonderful asset to our team. Check out the article below highlighting Sandra's leadership qualities during her time on the MU women's basketball team!



*Then*



*Now*



Clinical Assistant Professor

**Toni Uhrich**, Director of the HPAC, the AHPRC sister site.

**Exercise is Medicine<sup>®</sup>**  
On Campus  
Marquette University

BOOST your immune system while having some fun...EXERCISE! Among the many benefits of regular physical activity is helping you fight disease and infection...a bonus as we all do our best to stay healthy and reduce the risk of spreading COVID-19. For more tips and resources from the American College of Sports Medicine, please see the link below. And remember ‘other medicines’ that support your immune function, such as good food, sleep, and laughter!



**Who’s Working at the ‘PRC?**

**Director:** Sandra Hunter, Ph.D., FACSM

**Research Lab Manager:** Mike Haischer, M.S., CSCS

**Director, Human Performance Assessment Core:** Toni D. Uhrich, M.S., ACSM-EP

**Undergraduate Staff:** Rachel Beilfuss, EXPH'20, DPT'22; Makayla McIntyre, COMM '23



**Featured ‘PRC Team Member:**

Undergraduate Social Media Manager Makayla McIntyre, COMM '23

Makayla McIntyre is an undergraduate freshman pursuing a degree in Communication Studies and minoring in Spanish and Marketing. She is the communications intern here at the ‘PRC and is excited to be managing our newsletter and media platforms. Passionate about athletics, research, and keeping people connected, Makayla is dedicated to creatively planning and promoting the happenings at the AHPRC while inspiring individuals at Marquette and beyond to be active and innovative alongside the ‘PRC! In her free time, she enjoys running outside with her dog Tanner and working as a barista for Starbucks!