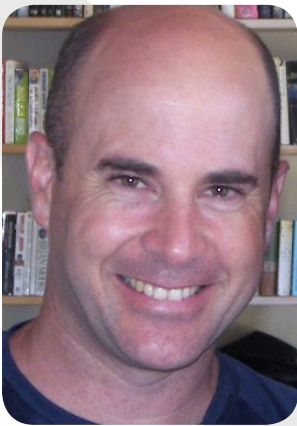




The College of Human Sciences, the Department of Nutrition, Food and Exercise Sciences, and the Wellness Center presents:

Exercise & Performance Nutrition Seminar

featuring presentations by:



Dr. Andrew McKune, PhD, University of KwaZulu-Natal (South Africa)

Dr McKune is an Associate Professor of Exercise Science in the Discipline of Biokinetics, Exercise and Leisure Sciences at the University of KwaZulu-Natal (South Africa). He lectures in Exercise Physiology, Exercise Science and Exercise Biochemistry. Andrew is the Coordinator of the Post Graduate Research Programme and is a Certified Strength & Conditioning Specialist (NCSA). He is also an Advanced Speed, Agility and Quickness trainer (SAQ International). He is a South African National Research Foundation Rated Researcher and his research interest includes immune and inflammatory responses to exercise and how these regulate adaptations to training and recovery from exercise-induced muscle damage.

Takshita Sookan, PhD student, University of KwaZulu-Natal (South Africa)

Miss Takshita Sookan is a Registered health professional and exercise rehabilitation specialist (Biokineticist). She is also a Lecturer and PhD student at the University of KwaZulu Natal, Durban, South Africa. Her research focus is on Heart Rate Variability: uses and benefits in healthy and diseased populations and the effects of exercise and nutrition on HIV infected individuals and non-communicable diseases. Her PhD title is the "Effects of combined resistance training and whey protein intake on body composition, immunity and chronic disease risk in HIV infected individuals receiving antiretroviral therapy."



**The seminar is on Monday, June 2
3:00 - 5:00 pm
Wellness Center Auditorium (HWC 2100)**

**For more information, please contact
Dr. Mike Ormsbee at mormsbee@fsu.edu**