









COLLEGE UPDATE Dr. Robert Orlikoff Dean of the College



73% of CAHS graduates stay in state to work professionally

51% work in the 29 counties of eastern North Carolina

Fall 2019 Convocation







Pregnancy and exercise: New study outlines the benefits for moms-to-be and baby

By KATIE KINDELAN via GMA Aug 8, 2019, 12:11 PM ET



WATCH | Exercise during pregnancy helps babies: Study



Women who exercise while pregnant are not only helping themselves, but their babies too, according to a new study.



Newborns whose moms exercised during pregnancy may have improved heart health and reached movement milestones earlier than other babies, according to researchers at East Carolina University.

Effects of Aerobic Exercise during Pregnancy on 1-Month Infant Neuromotor Skills

AMY GROSS MCMILLAN1, LINDA E. MAY2, GEORGEANNA GOWER GAINES1. CHRISTY ISLER3, and DEVON KUEHN4

Department of Physical Therapy, College of Allied Health Sciences, East Carolina University, Greenville, NC; Department of Foundational Sciences and Research, School of Dental Medicine, East Carolina University, Greenville, NC; 3Department of Obstetrics and Gynecology, Brody School of Medicine, East Carolina University, Greenville, NC: and Department of Pediatrics, Brody School of Medicine, East Carolina University, Greenville, NC

MCMILLAN, A. G., L. E. MAY, G. G. GAINES, C. ISLER, and D. KUEHN. Effects of Aerobic Exercise during Pregnancy on 1-Month Infant Neuromotor Skills. Med. Sci. Sports Exerc., Vol. 51, No. 8, pp. 1671-1676, 2019. Purpose: To determine the effects of exercise during pregnancy on the neuromotor development of 1-month-old offspring. We hypothesized that aerobic exercise during pregnancy would be associated with higher neuromotor scores in infants at 1 month of age, based on standard pediatric assessment of neuromotor skills. Methods: Seventy-one healthy, pregnant women between 18 and 35 yr were randomly assigned to either aerobic exercise intervention or no exercise (control) group. Women in the exercise group performed 50 min of moderate-intensity, supervised gerobic exercise, three times per week; those in control group maintained usual activity. Neuromotor skills were measured at 1 month of age using the Peabody Developmental Motor Scales. 2nd Edition (PDMS-2). Unpaired t-tests were used to compare infants' PDMS-2 subtest percentiles, Gross Motor Quotients, and Gross Motor Quotient percentile between groups. Results: Infants of women in the exercise group had higher PDMS-2 scores on four of the five variables analyzed relative to infants of nonexercisers. Female infants tended to have improved scores relative to male infants of controls; this difference was attenuated in infants of exercisers. Conclusions: Exercise during pregnancy can positively influence developing systems allowing for improved neuromotor development, thus leading to infants who are more adept at movement, and presumably more likely to be active. Because physical activity is a modifiable risk factor of childhood obesity, these findings suggest that exercise during pregnancy may potentially reduce childhood risk of obesity. Key Words: OFFSPRING, MOTOR SKILLS, EXERCISE, PREGNANT, DEVELOPMENT

★ hildhood obesity is continuing to increase with nearly one-third of US children 2-19 vr of age meeting the criteria for overweight or obese (1,2). This increase in obesity is associated with decreased physical activity (3), and poor performance of motor skills in childhood (4). The earliest intervention to attenuate this trend is in the prenatal period.

Moderate to vigorous aerobic exercise during pregnancy has been shown to contribute to improved cardiac autonomic health in offspring (5,6) in addition to its established benefits including reductions in preterm delivery, gestational weight gain, and risk of infant macrosomia (7.8). Previous studies also found 5-d-old offspring from exercised women had slightly improved neurobehavioral ability relative to same age offspring of controls (9). Thus, there is growing support for the positive influence of exercise at the recommended levels

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0195-9131/19/5108-1671/0 MEDICINE & SCIENCE IN SPORTS & EXERCISE, Copyright © 2019 by the American College of Sports Medicine DOI: 10.1249/MSS.0000000000001958

during pregnancy on offspring outcomes, according to the American College of Obstetrics and Gynecology (10). Furthermore, previous work suggests a modest relationship between earlier gross motor milestone achievement in the first year and lower adiposity at 3 yr of age (11). Children who develop movement skills earlier may be more likely to move and remain physically active throughout their childhood (12), which could decrease their risk of becoming overweight or obese, obesity-associated comorbidities (e.g., metabolic syndrome), improve bone density and mental health (13-15).

To date, research has not evaluated the neuromotor outcomes of offspring exposed to supervised maternal aerobic exercise at the recommended levels in a controlled randomized trial. The purpose of this study was to determine the effects of supervised moderate-intensity aerobic exercise during pregnancy on the early neuromotor development of offspring. We hypothesized that aerobic exercise during pregnancy would be associated with higher neuromotor scores in infants at 1 month of age, based on standard pediatric assessment of neuromotor skills

METHODS

We conducted a randomized controlled study designed to investigate the effects of exercise during pregnancy on infant





CAHS Conference Room Room 4415













Future 'Recipe for Health' Nutrition Education Center Room 1405





Monroe Seminar Room Room 3206J





Increase Enrollment

Develop Innovative Food Science Facilities

Engage in Research and Outreach Efforts

Advance Interprofessional Education and Practice

Study-Abroad Options to Promote Global Perspectives



College of Health & Rehabilitation Sciences



Financial Constraints
Budget Reductions



Non-State Reserves, FY2015-2019





Prosthetics and Orthotics











FACULTY 180 & SCHOLARS@ECU

Dr. Heather Wright Associate Dean of Research

Faculty 180

Faculty18O

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Faculty180: Faculty Reporting System

Faculty180 is a tool for reporting activities of faculty, departments, colleges and the university as a whole. It will facilitate tenure and promotion and annual performance review processes. System capabilities include:

- Importing faculty publication records from various bibliographic sources such as SCOPUS
- Assisting departments in standardizing information such as journal titles, for example, and eliminating redundancies
- Facilitating management of data at various levelsindividual, department, school, college and university
- Providing customized CV templates and reports
- · Managing review processes electronically

What Can I Work On?

- 1. Check and update your profile and activities. Login to Faculty180.
- activities. Login to Faculty180.

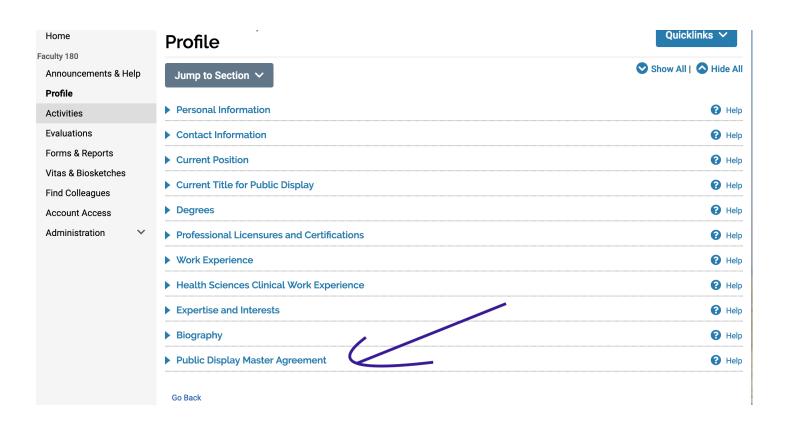
 2. Review your directory information.
- Access self-help resources and other information. SharePoint.
- 4. Contact your college coordinator with any questions.
- Report problems or request help. Support request.



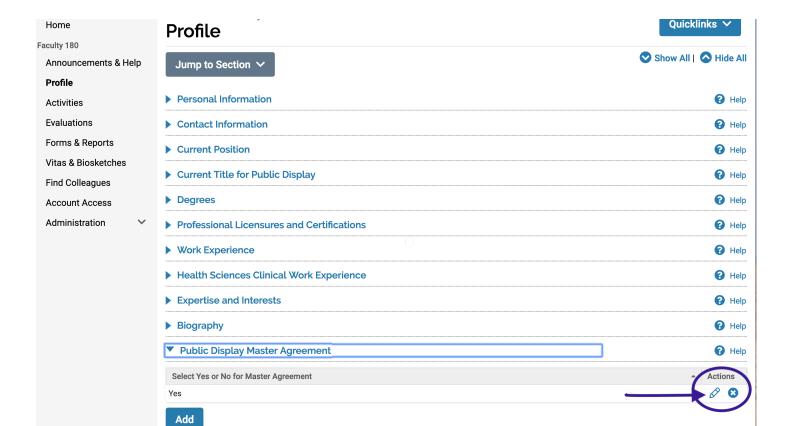
SharePoint resources

Request support

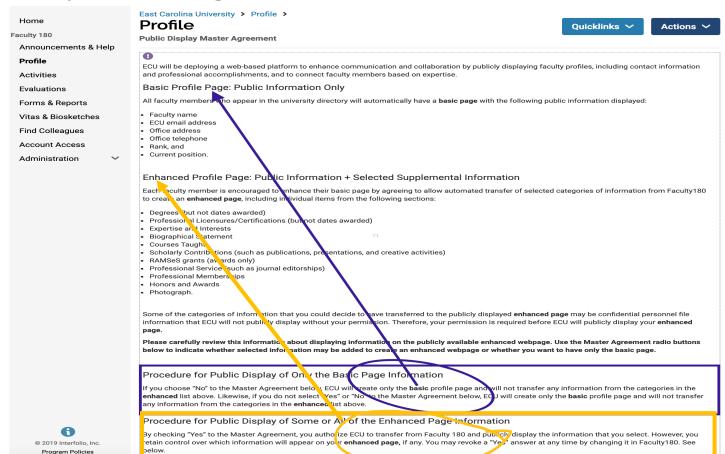
Selecting Public View: Located in Profile



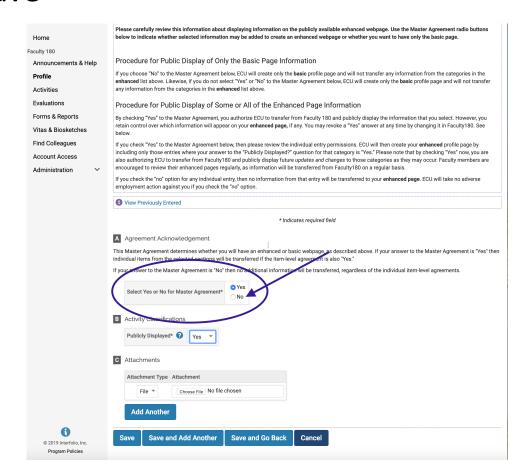
Step 1: Select edit under Public Display Master Agreement



Step 2: The Agreement.



Step 3: Click **Yes** or **No** for Master Agreement and **Save**

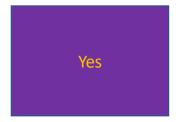


Scholars@ECU

Master Agreement

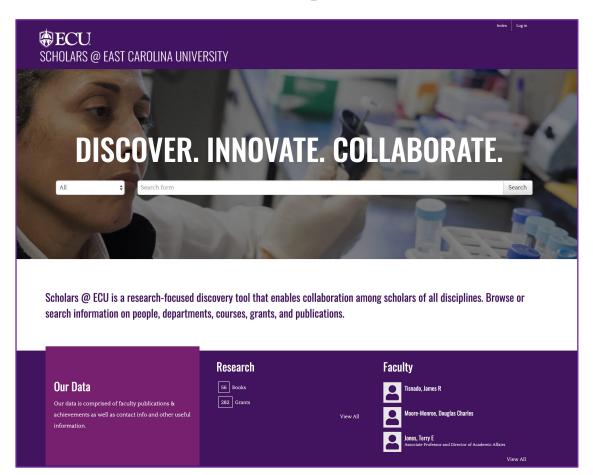
No/Not Indicated



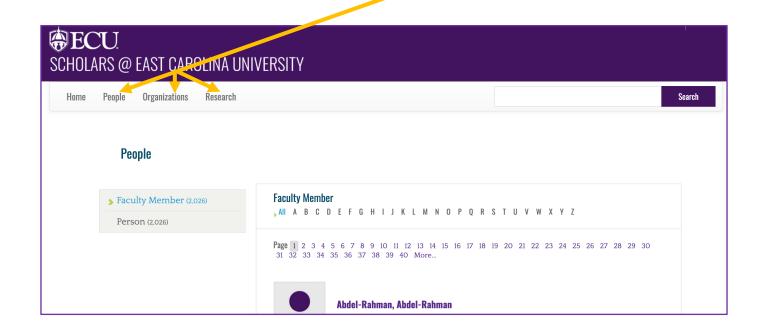


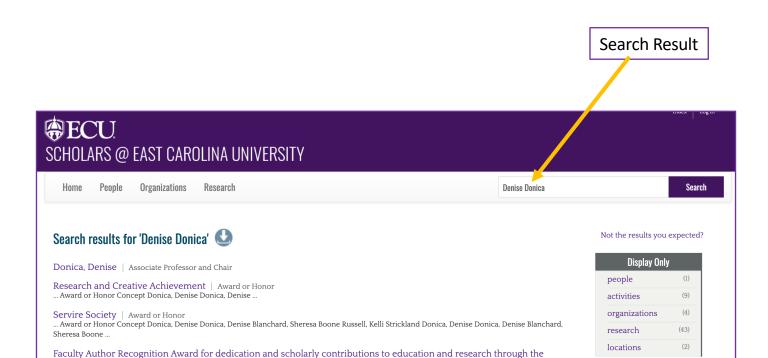


Scholars@ECU



Multiple Search options





authorship of written works from July 1, 2017 through June 30, 2018 | Award or Honor

... Award or Honor Concept Donica, Denise ...

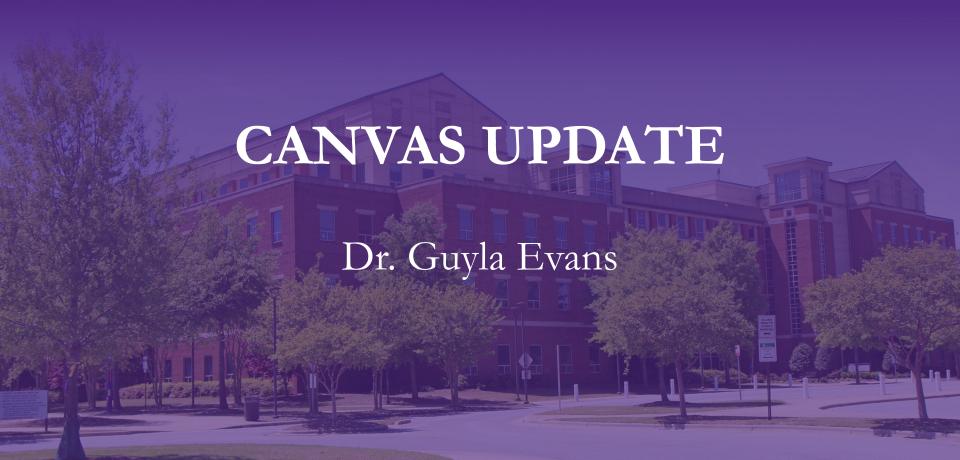
Scholars@ ECU

- The website is live
- Your basic or enhanced profile is viewable
- Courses Taught information will eventually be added to Scholars@ECU

- To Do's:
 - Keep your Faculty180 updated
 - Complete the Public Display Master Agreement

Questions?







Coming soon to a classroom near you!

ECU's New Learning Management System

Fall 2019 Canvas Pilot...

- 42 Faculty and 7,000 Students
- Our Canvas Team
 - CAHS Early Adopters (BB&T leadership, CourseFit, other large/multi-section courses)
 - Dr. Yolanda Holt, CSDI
 - Dr. Jennifer MacDougal, DARS
 - Dr. Virginia Stage, NUTR
 - Dr. Xiaoming Zeng, HSIM
 - CAHS Instructional Technology Consultant
 - Ms. Jean Merenda
 - CAHS Faculty Leader
 - Dr. Guyla Evans, CLSC

When can I make the move?

- Spring 2020 opt in
- Fall 2020 all in
 - Blackboard will still be available for Spring and Summer 2020 courses

Course Migration Plan

- Phase 1 Courses taught in
 - Fall 2018
 - Spring 2019
 - Summer 2019
 - Expect these courses to be available in September
- Phase 2
 - Courses accessed in the same timeframe (Fall 18 Summer 19) whose enrollment does not come from Banner (orientation, training courses)

Course Migration Plan (cont'd.)

- You may log into Canvas to see if your course has migrated
- You may export content from Bb into Canvas
 - Visit <u>How do I import content from Blackboard 6/7/8/9 into Canvas</u> for instructions
- You may request a course export/import throughout the year
- Note: only course content will be migrated
 - Student data will be available in Bb and accessible by ITCS Bb administrators for two years after the migration

Will my course look exactly the same?

- Some restructuring may be needed
- Canvas reduces the number of "clicks" and flattens navigation
 - If you have many folders/subfolders, these will be affected
 - Some early adopters found that starting "fresh" was easier/more efficient than reformatting imported content

Can I still use Bb in Summer 2020?

 Yes – this may be especially beneficial for students who will be completing a degree during Summer term

Will all of the Bb tools be available in Canvas?

Blackboard Tool	Canvas Alternative
Ally	Evaluation In-Progress
Blackboard Analytics	Analytics Beta
Blackboard Collaborate	Webex, Big Blue Button
Blackboard Portfolios	Portfolium (Spring 2020)
Blackboard Outcomes	Canvas Learning Outcomes and Portfolium will be the replacement.
EAC Visual Data	This tool will not be available in Canvas. Canvas Analytics will provide similar functionality at the course level. For gathering data across courses, Canvas Outcomes and Rubrics will offer similar functionality, but these tools lack raw data for per student reporting. Please contact us for any special scenarios that need to be researched.
Lockdown Browser	This tool will not be available in Canvas.
Qwickly	Courses must be Cross-Listed in Canvas in order to message more than one course/section or upload content to multiple courses.
Qwickly + Cloud	This tool is no longer needed because Canvas provides integration with OneDrive.
VoiceThread	Canvas Studio

More about tools...

- Old ones that are staying (at least in the near term)
 - WebEx CinQLive
 - MediaSite for classroom recording
 - Turning Point (clickers)
- New ones we are acquiring
 - Canvas Studio (aka Arc) Canvas's powerful embedded video recording tool will replace VoiceThread
 - Big Blue Button (Canvas's embedded web conferencing/recording tool keeps recordings 14 days only; students will also have access)
 - Portfolium (portfolio tool; will eventually be used to collect artifacts for accreditation, etc.; students will have lifetime access; work on this tool will begin in the fall)
 - Turnitin (replaces SafeAssign)
 - Zoom (under consideration)

How do I let my students know about courses being taught in Canvas?

- Consider posting a message in your Bb course shell directing the students to Canvas
 - Example: This course is being taught in Canvas. All ECU courses will be taught in Canvas by Fall 2020. Log in to Canvas at <u>ecu.instructure.com</u>.
- ITCS will be notifying all students that some courses will be taught in Bb and others in Canvas, and to expect communication from the faculty
 - Links for training in both systems will be included

Can I practice in Canvas before modifying my "real" course?

All faculty will have a "sandbox" course for practice/development

How can I get more information?

- Information sessions will be held on Main and West campuses this fall
 - Main Campus
 - Monday 9/9 from 2:00-3:30, Black Box Theatre
 - Wednesday 9/11 from 12:00-1:30, Room 253
 - Health Sciences
 - Monday 9/9 from 12:00-1:30, Grand Room
- Canvas will be made available to all faculty after these sessions

What about training?

- Complete agenda will follow
- September Dates
 - Main Campus
 - Tuesday 9/17, Main Student Center Room 249
 - Wednesday 9/18, Main Student Center Room 249
 - Health Sciences
 - Tuesday 9/17, Grand Room

November Dates

- Main Campus
 - Tuesday 11/19, Main Student Center Room 249
 - Wednesday 11/20 (Tentative) Main Student Center, Room 249
- Health Sciences
 - Tuesday 11/19, Grand Room

What Best Practices should I consider?

- Attend training!
- Consider recreating your course vs. modifying your existing course
- Consider using templates available in "Canvas Commons"
 - Templates have been built that are
 - Mobile responsive
 - Built on Quality Matters
 - Built using Universal Design
 - Templates are available with College branding
 - Syllabus template includes the recommended information from the Faculty Manual

How do I get help?

- 24 x 7 Canvas Support
 - Go.ecu.edu/canvas
 - Help menu within the Canvas application
- IT staff assigned to our College
 - HSB 4415, Fridays from 1:30 3:30
- Central IT (Team Dynamix system)
 - ithelp.ecu.edu

What does it look like?

• <u>ecu.instructure.com</u>

Questions?





DEPARTMENT UPDATES & NEW FACULTY INTRODUCTIONS By Chair



FALL CONVOCATION Presented by Faculty Council