



KEVSER ERMIN

Memorial Lecture

Honoring Kevser Ermin: Student, Colleague, Friend



Free and open to the public

March 29, 2018 at 7 p.m.

Turner Auditorium

“Muscular strength, strength training and vascular health”



DR. KEVIN HEFFERNAN

DIRECTOR OF THE HUMAN PERFORMANCE LAB

Dean's Associate Professor of Exercise Science, Syracuse University

Kevin Heffernan is a Dean's Associate Professor of Exercise Science and Director of the Human Performance Lab at Syracuse University (SU). He received his BS in Exercise Science from the University of Scranton, his MS in Applied Physiology and Nutrition from Teachers College- Columbia University, and his PhD in Kinesiology from the University of Illinois at Urbana-Champaign. He completed post-doctoral research training at Tufts Medical Center in the Molecular Cardiology Research Institute. He received New Investigator Awards from the American College of Sports Medicine in 2010 and the North American Artery Society in 2013. He is currently the president elect for the Mid-Atlantic Regional Chapter of the American College of Sports Medicine. Dr. Heffernan uses experiential learning to engage students in an active lab environment and thoroughly enjoys mentoring students through the research

process, from idea conceptualization to manuscript publication. The Human Performance Lab investigates the interaction of diet, nutritional supplementation and exercise (with an emphasis on resistance exercise) on vascular function in health, disease and disability across the human lifespan. The lab has received/is currently funded by: the Dairy Research Institute, the American Heart Association, the American College of Sports Medicine, the National Science Foundation and the National Institutes of Health. Our mission – to use exercise as medicine to prevent and treat chronic disease. . . one step at a time. . . one rep at a time.



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FOR MORE INFORMATION

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