EXERCISE SCIENCE Advisory Council

The mission of the University of West Florida Exercise Science Advisory Council is to assist and advise the Exercise Science Program in achieving excellence through

1- Communication of program’s effectiveness and strategies for constant improvement and actualization
2- Provide guidance on issues related to educational, research, and service activities
3- Serve as a liaison and foster beneficial relationships between faculty and students and the scientific and health-related industry and community members
4- Review and evaluate program strategic goals, plans and new initiatives

Members:

Courteney Mincy, M.S. CSCS(Chair) - courteney.mincy@uconn.edu
Steve Ambler, PT, D.P.T. PhD, MPH - sambler@wustl.edu
Harrison Diaz, Alum, Exercise Specialist at Baptist Cardiac Rehabilitation - harrisondiaz1026@gmail.com
Casey Dull, PT Director Medical Center Clinic- casey.dull@medicalcenterclinic.com
Rich Frazee, M.S., LAT, ATC - rfrazee@uwf.edu
Angie Jenks, Baptist Hospital Cardiac Rehabilitation Manager - angie.jenks@bhcpons.org
Brett Laggan, DDS Northwest Florida Oral & Maxillofacial Surgery - brettlaggan@gmail.com
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Mark McCarthy, Community member, Senior fitness class participant - markmccarthy@cox.net
Kent Morgan, MS CC UWF Head Strength and Conditioning Coach - kmorgan@uwf.edu
Natalie Ireland, MS.

Active Members

Courteney Benjamin, MS, CSCS (Chair)
Korey Stringer Institute

Director of Communication
Assistant Director of Athlete Health and Safety
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Courteney received her undergraduate degree in 2013 from the University of West Florida majoring in Exercise Science with a minor in Sport and Exercise Psychology. During her time
there, she was a member of the women’s soccer team that won the NCAA Division II National Championship in 2012. She earned her master’s degree in Sports Sciences at Florida State University. During her time there, she worked with the women’s soccer team as a strength and conditioning coach. In 2014, this team won the NCAA Division I National Championship. Her main research interests include using data and technologies to optimize performance and safety in sports. She is currently the Director of Communication and the Associate Director of Athlete Performance and Safety at the Korey Stringer Institute and is working towards her doctorate degree in Kinesiology at the University of Connecticut.

Mark M. McCarthy
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Member of the community, regular participant in the Senior Strength Training class, and regular user of the HES gym facilities at UWF.

Retired member of the U.S. Navy (22 years), and college instructor for 15+ years. Experience living and working all over the world, and a sincere desire to pass on what I’ve learned to a new generation of young people.

Richard Frazee, MS ATC, LAT
Program Director, Athletic Training
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Rich Frazee has been the Program Director at the University of West Florida since August, 2002. Prior to becoming Program Director at UWF, Mr. Frazee served as Program Director and Head Athletic Trainer at Lincoln Memorial University in Harrogate, TN from 1994-2002. Rich also spent four years as an instructor at the University of Texas at Austin and gained additional athletic training and teaching experience while employed as a high school athletic trainer in Texas for nine years.
**Casey Dull, PT Director Medical Center Clinic**  
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Mr. Casey Dull, PT, is a Physical Therapy specialist in Pensacola, Florida. He graduated in 1999, having over 19 years of diverse experience, especially in Physical Therapy. Mr. Casey Dull also cooperates with other doctors and physicians in medical groups including West Florida Medical Center Clinic Pa. He has been involved with our internship program for over 10 years.

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**Brett T. Laggan, DDS**  
Northwest Florida OMS  
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Pensacola, FL 32503  
850-478-7070

Dr. Laggan formed Northwest Florida Oral & Maxillofacial Surgery in 2010. He began his surgical career with a four year residency in Oral & Maxillofacial Surgery at the Naval Medical Center in Portsmouth, VA. During his residency, he received special training in complex head and neck trauma and reconstruction at Jackson Memorial Hospital in Miami, FL. Dr. Laggan previously served as the head of Oral & Maxillofacial Surgery at Naval Hospital Pensacola for four years. During this time, he also deployed to U.S. Military Hospital Kuwait in support of Operation Iraqi Freedom. Dr. Laggan’s additional naval experience includes tours on USS John F. Kennedy and USS Gunston Hall with deployments to the Persian Gulf, the Mediterranean Sea, South America and Africa.

Dr. Laggan’s training and experience in the Navy allows him the ability to provide a wide range of services to his patients. His clinical interests include complex oral reconstruction, dental implant surgery, treatment of facial deformities, and dentoalveolar surgery. In tandem with private practice, he is also on staff with the Cleft-Craniofacial Surgical Team at Sacred Heart Hospital.

Dr. Laggan lives in Pensacola with his wife Christy and their children, Riley and Sam. Outside of the office, he enjoys training and competing in swimming, cycling, and running as well as supporting his boys’ sports, hobbies, and school activities.
Steven B. Ambler, PT, DPT, PhD, MPH
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Natalie Ireland, M.S., US Navy Aerospace and Operational Physiologist, npireland92@gmail.com

Natalie graduated from UWF with a master's in Exercise Science in 2017. She commissioned into the Navy in 2018 and is training as an Aerospace and Operational Physiologist. She will work with pilots and aircrew to ensure they understand the physiological hazards of flight and how to handle them

Angie Jenkins
20 years experience in Cardiopulmonary Rehabilitation at Baptist Hospital.

MS, Exercise Science from University of South Alabama
BS, Sport Science, University of West Florida