The Science of Movement

The Exercise Medicine & Sport Sciences Initiative (EMSSI) at the University of California, Irvine is a unique multidisciplinary program that promotes scholarly activities and innovative discoveries in all fields associated with movement, including exercise and sport sciences, exercise medicine, and rehabilitation. The Initiative is dedicated to enhancing human health and wellness through undergraduate and graduate teaching, basic and translational research, development of innovative technologies, service to the community, and clinical activities.

“Virtually every organism is dependent on movement in one form or another. With respect to humans, physical activity imposes unique stresses on a broad spectrum of cell types, tissues, and organ systems. In so doing, physical activity plays a key role in shaping fundamental biological processes necessary for maintaining health and preventing disease.”

Professor James Hicks
Initiative Director

Exercise Is Good for Health

The idea that “exercise is good for health” seems self evident, however, a fundamental, mechanistic understanding of how exercise works in specific diseases and conditions is still lacking.

The Exercise Medicine & Sport Sciences Initiative has helped organize a talented and diverse group of faculty from six UCI schools (Arts, Biological Sciences, Engineering, Medicine, Social Ecology, and Social Sciences) who have centered their research on physical activity. From discoveries of fundamental biological/physiological processes to development of innovative approaches in rehabilitation medicine, these faculty, their postdoctoral fellows, graduate students and undergraduates, have formed core groups broadly interested in the fields associated with movement, exercise, sport sciences, and rehabilitation.

Academic Initiatives at UCI

The Exercise Medicine & Sport Sciences Initiative is one of the initiatives sponsored by UCI’s Office of the Provost and Executive Vice Chancellor through the Office of Academic Initiatives.

Questions?

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The Exercise Medicine & Sport Sciences Initiative is uniting those who share an interest in fields associated with exercise and sport sciences, exercise medicine, and rehabilitation. Below are the Advisory Committee members who help the Initiative Director, James Hicks, to guide the Initiative and provide a mechanism for collaboration across disciplines.

Vincent Caiozzo, Initiative Co-Director
Orthopedic Surgery

Dr. Dan Cooper
Chair of Pediatrics

John Crawford
Dance & Media Arts

Dr. Ranjan Gupta
Chair of Orthopedics, Surgery

Michael Izzi
Athletic Director

Shlomit Radom-Aizik
Director of the Pediatric Exercise & Genomic Research Center, Pediatrics

David Reinkensmeyer
Director of iMove, Anatomy & Neurobiology

Ramesh Srinivasan
Chair of Cognitive Sciences

Bruce Tromberg
Director of Beckman Laser Institute, Biomedical Engineering, Surgery