



TEXAS TECH UNIVERSITY

Department of Kinesiology & Sport Management™

Welcome to our new faculty colleagues



Dr. Arturo Figueroa studies arterial function and muscle fitness (mass, strength, and performance) in middle-aged and older adults with obesity, hypertension, and type 2 diabetes. He is interested in the relationship between vascular dysfunction and age-related loss of muscle mass, strength and performance known as sarcopenia. His research has focused on the impact of strength training and nutritional supplementations on the age- and obesity-related vascular and metabolic disturbances in women. Dr. Figueroa received his M.D. and M.S. in Sports Medicine from the Universidad Autonoma of Guadalajara and his Ph.D. in Physiological Sciences (Applied Physiology) from the University of Arizona. He received post-doctoral training in cardiovascular exercise physiology at Syracuse University. Before joining TTU, he was Associate Professor in the Department of Nutrition, Food, and Exercise Sciences at Florida State University.



Fullerton.

Dr. John Harry utilizes principles of biomechanics to evaluate human movement execution and control. His current areas of emphasis include (1) the identification and assessment of unique physical presentations during locomotion in persons with Autism Spectrum Disorders, (2) the improvement of physical human performance during jumping and landing, and (3) the identification of distinct performer strategies using single-subject research designs. Prior to joining Texas Tech, Dr. Harry received his Ph.D. in Kinesiology with an emphasis in Biomechanics from the University of Nevada, Las Vegas. He also received a M.S. in Health and Sport Sciences from the University of Memphis and a B.S. in Kinesiology from California State University at



Dr. Chris McLeod studies the intersection between ecology, economics, and politics in sport. Currently, he uses interdisciplinary theory and methods from ecological economics, economic sociology, political economy, and cultural studies to develop policy for a steady state sport economy to measure the precarity of work in sport events, and to understand how new sport organizations conceive of and create markets. He received his Ph.D. and M.S. in Sport Management from Florida State University and a B.S. in Physical Education from University of Otago.



Dr. David Pifer focuses broadly on financial and economic aspects of sport, but more specifically on sports analytics and how individuals and organizations can use data and statistical techniques to make more informed decisions. Specific applications related to this field include: (1) player and team performance evaluation, (2) payroll management, (3) hiring and firing decisions, (4) fantasy sports, and (5) sports gambling. Prior to joining TTU, Dr. Pifer obtained his Ph.D. in Kinesiology and Sport Management from the University of Georgia, where he also worked in the UGA Athletic Association's sports communication department. He also holds an M.S. in Sport Administration from Marshall University and a B.A. in Business from Covenant College. While at Covenant, Dr. Pifer was a four-year starter and All-American soccer player.



Dr. Eric Rivas is an exercise and thermal physiologist. He studies how exercise and environmental temperatures affect health in population with metabolic dysfunction, such as obesity, diabetes and severely burn injured adults and children. Dr. Rivas received his Ph.D. in Exercise Physiology from Texas Woman's University Denton and completed training at the Institute for Exercise and Environmental Medicine and University of Texas Southwestern Medical Center Dallas. Before joining TTU, he completed postdoc fellowships in the Department of Pediatrics at University of California Irvine studying pediatric obesity and another in the Department of Surgery at University of Texas Medical Branch and Shriners Hospitals for Children Galveston where he studied temperature regulation and exercise in children with severe burn injury.



Ashley Harry

Instructor

M.S. and B.S. Health & Sport Sciences, University of Memphis

SPMT 1302 – Introduction to Sport Management

SPMT 3374 – Personnel Management in Sport

SPMT 4356 – Fundamentals of Sport Marketing

SPMT 4373 – Sales & Fundraising in Sport



Ju Young (LJ) Lee

Instructor

M.S. Athletic Administration/Sport Management, and B.S. Sports Marketing & Management, Indiana University Bloomington

SPMT 4355 – Sport Facilities & Event Management

SPMT 4358 – Leadership & Management in Sport

SPMT 4373 – Sales & Fundraising in Sport



Alex Drusch

Graduate Part-time Instructor

M.S. Exercise Sport Sciences, Texas Tech University

B.S. Nutrition, Oklahoma State University

KIN 3346 – Anatomical Kinesiology

Faculty Spotlight – Marc Lochbaum

Dr. Marc Lochbaum began working at TTU in the summer of 2000. As Dr. Lochbaum tells his students, TTU is his only real job in his life. Dr. Lochbaum began as an Assistant Professor and is currently a Full Professor (since 2012). He came to TTU from Arizona State University. He was born and raised in central Illinois attended the University of Illinois as an undergraduate. Dr. Lochbaum's research and teaching concern sports and exercise psychology. He began researching sports psychology in 1989 in an honors research program. He never looked back and believes that undergraduate research positively changed his life by providing life direction. Dr. Lochbaum's research crosses two main areas – motivation theories about competitive sports and physical activity assessment and self-perceptions. His competitive sports work moves him from Texas to Finland and Croatia working with research teams. In Finland, Dr. Lochbaum has a home in the Olympic Research Institute. Concerning his physical activity research, Dr. Lochbaum's work takes him to East Lubbock. His work there is part of a heavily funded Department of Education Grant – East Lubbock Promised Neighborhood. Outside of TTU, Dr. Lochbaum enjoys foreign-produced dramas, golf at the TTU Rawls course, and grandparenting.

Dr. Lochbaum is pictured in Muscat, Oman. In Oman, he is researching children's physical activity.



Alumnus Spotlight – Dr. Mitchell Whaley



Dr. Mitchell Whaley earned his Bachelor Science in health and physical education teacher education from Texas Tech University in 1980. He earned his Master of Arts in exercise physiology in the Human Performance Laboratory at Ball State University in 1982. He earned his Ph.D. in human performance and physiology from Indiana University in 1993.

A clinical exercise physiologist with a specialization in cardiovascular rehabilitation, Dr. Whaley was instrumental in developing the Cardiac Rehabilitation Programs at Eastern Illinois University and Sarah Bush Lincoln Health Center in Charleston, Illinois, in the early 1980s. He returned to Ball State in 1986 as a faculty member and director of the Adult Physical Fitness Program within the Human Performance Laboratory. Certified by the American College of Sports Medicine as a Preventive/Rehabilitative Exercise Program Director, Dr. Whaley has authored

multiple journal articles and textbooks, including serving as Senior Editor of the seventh edition of the American College of Sports Medicine's – *Guidelines for Exercise Testing and Prescription*. He served on and chaired numerous national committees within the American College of Sports Medicine, most notably among these were his activities promoting certification for exercise program professionals. Dr. Whaley has served as a reviewer for multiple refereed journals in his field and as a member of the National Institutes of Health - Behavioral Medicine, Interventions, and Outcomes Study Section (2005-2008). Dr. Whaley is a Fellow of the American College of Sports Medicine.

Dr. Whaley continues to teach and work with graduate students in the Clinical Exercise Physiology Program at Ball State. His current research centers around health outcomes associated with habitual physical activity. He has served as a physical fitness consultant to the United States Navy and IBM, Inc. and was a visiting scholar at the Cooper Clinic for Aerobics Research in Dallas, Texas, in 1994 and in the Department of Sports Medicine at Kyung Hee University, in Suwon, South Korea, in 2001.

Dr. Whaley began his administrative career in higher education at Ball State as Chairperson of the School of Kinesiology (2002-2008). After serving as Dean of the College of Applied Sciences and Technology in 2008 for eight years, Dr. Whaley led the College of Health Implementation Task Force from 2014-2016 and was appointed the Founding Dean of the College of Health in 2016.

Dr. Whaley is a United States Army veteran having served on active duty between 1973 and 1976. Trained as a Morse code intercept operator, he worked for the Army Security Agency.

Spotlight on Students – Ahalee Cathey and Kelsey James



Ahalee Cathey, from Cypress, Texas, graduated from Texas Tech University in 2015 with a Bachelor of Science in Exercise and Sport Sciences. As an undergraduate, she was involved in research as a research assistant under Dr. David Stodden and Dr. Nida Roncesvalles. Ahalee is currently is a second year Master of Science in Kinesiology student, with an emphasis in clinical exercise physiology. She is involved in research under Dr. Ty Palmer as well as working on her thesis under Dr. Jacalyn McComb. Upon graduation, Ahalee hopes to pursue a career in cardiac rehabilitation with the ultimate goal of pursuing a career in physical therapy.

Kelsey James, from The Woodlands, Texas, graduated from Texas Tech University in 2016 with a Bachelor of Science in Exercise and Sport Sciences. A clinical exercise physiology student, Kelsey is in her second year pursuing a Master of Science in Kinesiology. She is also working on her thesis under the advisement of Dr. Jacalyn McComb. Kelsey is a Certified Exercise Physiologist (EP-C) from the American College of Sports Medicine. She plans to pursue a career in cardiac rehabilitation after graduating.

Ahalee and Kelsey are testing lower back muscle endurance, fatigue, spinal posture, and self-esteem values after use of the Upright pose posture trainer in a 21-day training program. The Upright is a wearable device that senses whether the participant is sitting upright and vibrates if the person becomes too slouched. The research hypothesis is that there will be an improvement in lower back-muscle endurance, fatigue, spinal posture, and self-esteem. All participants are ages 18-35 with back issues due to their overuse of advancing technology and its influence on posture.



Staff Spotlight – Undergraduate Advisors



[Trea Austin](#), lead advisor, (on the right) has been with our department for 9 years. She moved to Lubbock from east Texas where she worked in the utilities industry for 8 years. She has 3 children and 1 grandchild. In her spare time, she likes to go camping with her husband.

[Diana Sierra](#) (in the middle) moved to Lubbock from California last Halloween, following her dreams of working for a large university helping students. Her college internship was with the Sacramento River Cats (MiLB). She is excited to be a part of KSM at TTU. She likes Lubbock because it revolves around the university, and she adopted her puppy here. What she misses most about California - besides her family - is Sacramento bistros and Lake Tahoe.

[Melissa Pawelek](#) (on the left) came to Texas Tech after 8 years in the classroom as an English teacher at both the high school and middle school levels. Originally from New Mexico, she graduated from Wayland Baptist University (WBU) in 2009 with a degree in English Education and received her master's degree from WBU in 2013. Outside of work she enjoys attending TTU athletic events, trips to the lake, and the occasional pub trivia night. She and her fiancé, Byron, have 2 dogs, Watson and Abby, who greet her enthusiastically when she comes home.

Faculty News



[Dr. Marc Lochbaum](#) and [Dr. Youngdeok Kim](#) received funding for their project *Physical Activity Patterns and Related Health Outcomes of Omani Elementary Children in The Context of Attending School* from the Sultan Qaboos Cultural Center. The award was highly competitive as anyone whether in academia or not was eligible. The award totaled \$47,391. The grant topic is physical activity levels and related important health measures (e.g., sedentary behaviors, body composition, and perceived physical abilities), self-perceptions, and environmental constraints (e.g., school policies) in Omani 4th grade children. Recently, Dr. Lochbaum and Dr. Kim traveled to Muscat, Oman, to begin their research. While in Muscat, they visited numerous schools, collected data on over 200 children, and set up data collections with their Oman Research team provided by the Oman Ministry of Education for the next few months. The children, approximately 1200, will be assessed and surveyed across the entire country now and in the spring of 2018. To their knowledge, this will be the largest objective and even subjective physical activity assessment of children in the entire Gulf Region. In the photo above are Dr. Kim and Dr. Lochbaum along with the best taxi driver in all of Muscat!



[Dr. Grant Tinsley](#) was invited to speak about his research on intermittent fasting and weight training at the 1st Annual International Society of Sports Nutrition Conference at Kennesaw State University in Georgia. He was invited because he is serving as an adviser for a new study that is taking place at Kennesaw State. This research will determine if intermittent fasting (eating all food in an 8-hour period of time each day) leads to different changes in body composition and exercise performance when compared to a normal eating schedule. Working with other universities helps broaden the impact of the researchers in the Department of Kinesiology & Sport Management.



Student News



For the 2017-2018 academic year the Kinesiology and Sport Management Departmental Ambassadors welcomed 7 new members, joining 6 returning members from the 2016-2017 academic year. At the Spring Arbor Day event the Ambassadors won the award for Best Example of Teamwork for the groups collective effort in putting together and successfully running their Exercise is Medicine 5k/1k Fun Run and Walk and Community Exercise, Health, and Wellness Information Fair. The Ambassadors spent the summer and early part of the semester planning events for the fall and spring semesters and continue to seek out new ways with which to help the Kinesiology and Sport Management students, faculty, and staff. This semester the Ambassadors have assisted with several student recruitment and campus events including the Texas Tech Preview, Arts & Sciences Day, and the Majors & Minors Fair. These events provide prospective high school and undecided college students insight into all that the department offers. The Ambassadors attended Science Made Simple at the TTU Museum to promote science and help students understand how their bodies work and move by allowing them to test their vertical jump and hand strength. Tech or Treat (see above) also allowed the Ambassadors to work with, interact with children, and help them get into the Halloween spirit while being active. The children who visited the Ambassadors booth were able to test their long/broad jump skills for a Halloween prize.



Ambassadors Madison Hauptman and Horatio Pena help with the Majors and Minors Fair.

Please follow the Ambassadors via social media:



Teaching Assistants participating in the 2017 American Heart Association Heart Walk



Top row: Megan Cruz, Hunter Turnipseed, Jack Preechavanichwong, Amanda Morris, Michael Landrum, Luke Chowning, Dylan Plants, Middle row: Vanessa Carranza, Gianna Jackson, Isabela Aurellado, Shibani Fogueri, Bottom row: Carla Heredia, Brecka Moore, Kearney Moss, Ahalee Cathey, Karla Kitten, Dani Salinsky. The TA's also brought along some friends along with some of their pets. Heidi Wiedenfeld also participated on our team.

Faculty, staff, students, and alumni of the Department of Kinesiology and Sport Management are invited to send pictures and information for upcoming newsletters.

