



TEXAS TECH UNIVERSITY

Department of Kinesiology & Sport Management™

2019
FALL
NEWSLETTER

KSM Welcomes Three
New Faculty and One
Undergraduate Adviser

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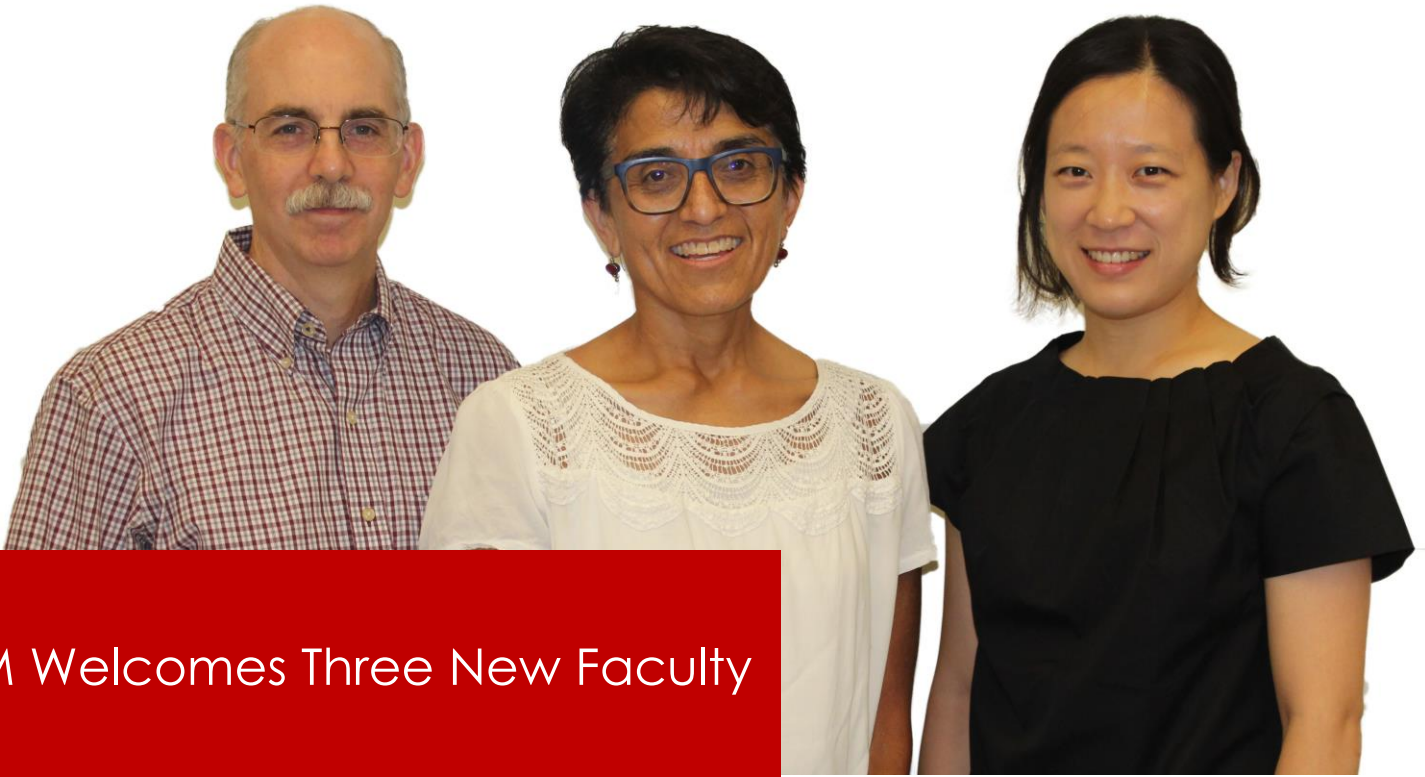
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KSM Welcomes Three New Faculty

and Undergraduate Adviser

DR. MICHAEL MASSETT

A new Associate Professor in exercise physiology, Dr. Massett earned his B.S. in Physical Education from Syracuse University and an M.S. degree in Exercise and Sport Sciences from the University of Arizona. He earned his Ph.D. in Exercise Science at the University of Iowa and completed post-doctoral training in cardiovascular physiology at New York Medical College and the University of Rochester School of Medicine. The overall objectives of his research are to identify the genetic factors modulating the individual differences in response to exercise training and to elucidate the mechanistic basis for chronic diseases associated with low levels of fitness. The National Institutes of Health and the American Heart Association have funded his research.



DR. NA RI SHIN

Dr. Shin is a new Assistant Professor in sport management in the Department of Kinesiology and Sport Management. While graduating from the University of Illinois, she won the 2019 Student Research Competition for her dissertation from the North American Society for Sport Management. The overall focus of her research lies in the field of sport and development and how the knowledge of management is contested within it. She does this with linkages to globalization and transnationalism by problematizing the dynamics of sport as an emerging development agenda and tool. She also seeks to understand sport and development in conjunction with the concept of diaspora, i.e., movement of people.



DR. ALICE VILLALOBOS

Dr. Villalobos earned a Ph.D. in physiology at the University of Arizona-College of Medicine with an emphasis in comparative physiology of fluid/electrolyte balance. She currently teaches Physiological Application of Nutrition to Exercise and Physical Activity. She truly enjoys working with our undergraduate students and attributes her positive impression of Texas Tech and Lubbock to her students' enthusiasm for learning and willingness to help each other. Before joining the department, she taught anatomy-physiology and nutrition at Blinn College in Bryan, Texas, for several years. Her teaching experiences also have included undergraduate and graduate courses in physiology, toxicology, and nutrition.



JESSICA TERRAZAS

Jessica lives in Lubbock with her husband and two children. She moved to Lubbock in August of 2018 from Big Spring, Texas. She has always wanted to be an adviser especially at Texas Tech. She is working on finishing her bachelor's degree in Psychology. She enjoys attending all the sporting events here at Texas Tech. Her hobbies include spending time with her family and doing anything outdoors. She is excited to learn about the Department of Kinesiology and Sport Management and help students in their career paths.



Welcoming Our Nine New

Ph.D. Students



Thaís Benoit received her bachelor's degree in Physical Education from Universidade Federal de Viçosa-Brazil in 2016. After participating in different internships and extracurricular activities, Thaís became interested in learning more about sport and exercise psychology. As an undergraduate, Thaís had the opportunity to study in the United States for one and a half years. While in the United States, she worked with people from different cultures, learned a new language, and developed new research interests such as motivation and health behaviors, her current area of research. Thaís started her master's degree in Kinesiology at Texas Tech in 2018 and earned her degree in 2019. This program allowed her to learn more about the field of sport and exercise psychology, write and publish scientific articles, and participate in conferences, such as the North American Society for the Psychology of Sport and Physical Activity. As a new Ph.D. student, Thaís looks forward to learning more about health-related and preventive behaviors and hope to contribute to the field of sport science by developing innovative and original research.

Luke Chowning was born and raised in northeast Indiana. After graduating from high school, he went to Faulkner University for two years where he met his future wife. He then moved to Lubbock and married his sweetheart in 2015. Luke received a Bachelor of Science from Lubbock Christian University in 2016 and obtained his Master of Science from Texas Tech University in 2019. Under the mentorship of Dr. John Harry, Luke completed his master's thesis titled "The comparison of maximally and standard cushioned shoes on jump performance." Luke is currently working in his doctorate under the guidance of Dr. Harry with an expressed interest in improving athletic performance and improving explosive movements. Currently, he is working on research involving various verbal cues for countermovement jump performance. Luke is teaching lab sections of Applied Exercise Physiology and taught golf, bowling, and diet and exercise as a teaching assistant during his master's program. Upon attaining his doctorate, Luke plans on teaching at a university while continuing his research endeavors and mentoring students of his own.



Patrick Harty was born and raised in St. Louis, Missouri. He graduated *summa cum laude* with a B.S. in Exercise Science from Lindenwood University and later earned a M.S. in Human Performance from the same institution. Patrick completed his master's thesis under the guidance of Dr. Chad Kerksick, examining the effects of differing times of pre-exercise caffeine administration on strength, power, and muscular endurance in resistance-trained males and females. He also competed as part of the Lindenwood University Olympic weightlifting team during his undergraduate years, training under coach Ma Jianping, a 1984 Olympic competitor. Patrick currently works as a doctoral researcher under Dr. Grant Tinsley in the Energy Balance & Body Composition Laboratory and teaches two sections of Exercise Testing and Prescription Laboratory. His primary research interests include nutrient timing, body composition, the safety and efficacy of sports supplements, athlete monitoring, and sports science. Patrick's work has been published in research journals including *Nutrients*, *Journal of the International Society of Sports Nutrition*, *Frontiers in Nutrition*, *Journal of Sports Sciences*, and the *Journal of Strength and Conditioning Research*.



Hyoseon Kim earned her Bachelor of Science in Sports Medicine at CHA University in Pocheon, South Korea. She earned her Master of Science degree in Kinesiology with an emphasis in Exercise Physiology at Texas A&M University. During her master's program, her research focused on endothelial function in large and small blood vessels. She presented her findings in a poster titled "Heterogeneous effects of aging on vasomotor function in large and small arteries" at the 2019 Experimental Biology Conference in Orlando, Florida. She also worked on the project "Genetic background influences endothelial function along the mouse vascular tree," which was presented at the same conference. Her Ph.D. program mentor is Dr. Michael Massett. Her research interest centers around the effects of genetic background on vasomotor function (endothelial function and vascular smooth muscle function). She plans to assess gene expression, protein expression and vascular function to determine the mechanisms underlying mouse strain differences in vasomotor function.





John Krzyszkowski's research focuses on quantifying movement strategies in acyclic tasks and providing exercise interventions which enhance athletic performance in power-focused sports working with Dr. John Harry. Prior to attending Texas Tech, John received his M.S. degree in Clinical and Translational Rehabilitation Health Sciences with an emphasis in biomechanics from Marquette University. He also received his B.S. degree in Exercise Physiology from Marquette University. At Marquette University, John was as a professional strength and conditioning intern, biomechanics research assistant, and a volunteer assistant track and field coach. As an athlete, John competed for Canada internationally and completed his collegiate career as a four-time conference champion and school record holder for Marquette University in the javelin throw. He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, Certified Nutrition Coach through Precision Nutrition, and a Certified USA Track and Field Level 1 Coach through the United States Track and Field Federation. John has presented at the International Society of Biomechanics in Sports annual conference and at the American College of Sports Medicine national conference. John's academic aspirations stem from the years he spent training as a javelin thrower.

Mauricio Martinez works in the Exercise and Thermal Integrative Physiology Laboratory under Dr. Eric Rivas. He is a California kid, born and raised. He attended California State University, Fullerton for his undergraduate degree and conducted research looking at epigenetics and its possible influence on fiber type specificity in both trained and untrained males. He then earned a his master's degree at California State University, Long Beach while working under Drs. Schick and Cotter in the Physiology of Sport and Exercise Laboratory, teaching multiple exercise physiology lab classes, and conducting various research projects. Among these studies he sought to understand a possible relationship between hormonal and inflammatory markers. These studies involved participants exerting different types of acute exercises followed by obtaining either blood, saliva or biopsy samples to further examine potential reactions. There is potential to investigate thermodynamic stress on hormones, inflammatory markers, and genes and utilize these techniques to further investigate metabolic diseases and elucidate alternative methods to combat them. His long-term goal is to obtain a position in academia.





Arsalan Moinuddin earned his M.B.B.S. in Medicine from Al-Ameen Medical College in Bijapur, India, a M.P.H. in Public Health from the University of Glasgow in Scotland, and a M.D. in Medical Physiology from the Himalayan Institute of Medical Sciences in Dehradun, India. He also served as an assistant professor in the Departments of Physiology at the National Institute of Medical Sciences in Jaipur, India, and Shridev Suman Subharti Medical College in Dehradun, India. Arsalan is working in Dr. Arturo Figueroa's Vascular Health Laboratory focusing primarily on the association between vascular function and exercise intervention (using strength training and L-citrulline administration) on the development of chronic diseases (Type 2 diabetes mellitus, hypertension etc.). He and others have installed a variety of equipment in our lab to assess endothelial function, hemodynamic parameters, peripheral and central blood pressure measurement, arterial stiffness and cardiac autonomic functions to name a few. His educational background in medicine and prior experience of working in autonomic function lab during his residency training in medical physiology provided him a smooth transition into the field of vascular health research.

Alejandra (Dassy) Salazar was born and raised in Houston, Texas. She has have three amazing dogs, Blitz, Bane, and Woody, who are basically her children. She has had them since they were puppies and cannot live without them. Her favorite hobby is working out. She lifts weights 6-7 days a week and is very proud of her 225 lb. deadlift (She is 5'2, 125 lb.). She hopes to one day compete in the Wellness Division of bodybuilding. She received her bachelor's degree in psychology from Texas State University and her master's degree in exercise science from Texas A&M University – Kingsville. After graduating from her master's program, she spent a year living in Austin enjoying all that beautiful city has to offer. She then decided to pursue a Ph.D. in exercise physiology to open up more career opportunities. Her research interest lies in performance. She is working under the mentorship of Dr. Eric Rivas. Her dream job is to work with some sort of professional sports team working closely with their strength and conditioning programs.





Matthew T. Stratton received his M.S. with Honors in Applied Exercise and Health Sciences at Kennesaw State University (KSU). He received his B.S. in Exercise Science from the University of New Mexico (UNM), graduating Summa Cum Laude and receiving the outstanding exercise science graduate award. During his undergraduate studies, he held internships in the UNM Exercise Physiology Lab and KSU Human Performance Lab, assisting in both applied and molecular research. He is a student reviewer for the International Society of Sports Nutrition and the Western Society of Kinesiology and Wellness. Working under the direction of Dr. Grant Tinsley, his research centers on examining both the applied and molecular responses to various supplementation and nutritional interventions, with a focus on muscular strength, power, and body composition. Matthew has presented topics of protein and supplementation at multiple universities, as well as at regional and national conferences. He has published on the topics in many peer-reviewed journals in the fields of nutrition, sports performance, and aging. He is a Certified Personal Trainer from the American College of Sports Medicine, a Certified Sports Nutritionist through the International Society of Sports Nutrition, and a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.

2019 KSM

Heart Walk Team



Members of the Department of Kinesiology and Sport Management teamed up to participate in the 2019 American Heart Association Heart Walk. TEAM KSM consisted of faculty, graduate teaching assistants, and one Ph.D. student. All donations and money raised was donated to the American Heart Association.

Top Row L to R: Bobby Smith, Luke Chowning
Middle Row L to R: Christian Rodriguez, Andrew Lathrop, Chuck Gilliard, Sydney White, Tristen Hefner, Angela Lumpkin, Damian DeSantiago, Karen Penkert
Bottom Row L to R: Siddhi Parab, Alandra Williams, Danie Edgar, Heidi Weindefeld, Karla Kitten

KSM Ambassadors

Serve and Lead

In the spring of 2019, the KSM Ambassadors hosted a booth at the Techwell Interactive Fair in which PFW students were able to test their grip strength and vertical jump. The Ambassadors also attended several recruitment and volunteering events with Tech to Town in which they worked with Caleb's Closet as well as planted flowers outside of Doak Hall during the Arbor Day festivities. Most of the Ambassadors' focus was on their 1st Annual Golf Tournament, benefitting Women's Protective Services of Lubbock on May 5th at the Rawls Golf Course. There was a great turnout by sponsors, students, and participants who enjoyed a round of golf, a fajita buffet, giveaways, and prizes. The Ambassadors will host their 2nd Annual Golf Tournament at the Rawls Course benefitting Women's Protective Services on Saturday, March 28, 2020, with a 1 pm shotgun start and would love to see you there!

Thus far in the fall semester, the KSM Ambassadors, with 13 new members, have attended several Texas Tech recruiting events including the College of Arts and Sciences Day, Tech Preview Day, and the Majors and Minors Fair. The Ambassadors had a booth at Tech or Treat where costumed children saw how far they could broad jump and received glow-in-the-dark vampire teeth. The Ambassadors will also host a speaker on athletic training in November. Recently, the Ambassadors had Kinesiology and Sport Management departmental apparel for sale and were able to sell a large number of shirts, hoodies, and fleece jackets. The Ambassadors hope to have another sale with new clothing items early in the spring semester.



Back (L to R): Nikolas Rizzi, Chris Richardson, Luke Ford, Ryan Trevino, Dr. Chad Smith Front (L to R): Julia Wright, Randilyn Sasser, Mariel DeLeon, Bailee Wallace

Spotlight And Awards



Angela Lumpkin Named the Fall 2019 Assessment Spotlight Recipient

For her commitment to academic assessment, Angela Lumpkin, professor and chair in the Department of Kinesiology & Sport Management (KSM), is the fall 2019 Assessment Spotlight recipient. She was chosen unanimously for the honor by Texas Tech University's Office of Planning & Assessment (OPA). "Dr. Lumpkin is a champion for improving student learning, and we applaud her for creating departmental assessment procedures that put KSM students first," Jennifer Shaulis-Hughes, managing director of OPA, wrote in the announcement. "It's an honor for me personally to work with Dr. Lumpkin, and Texas Tech is better because of Angela's commitment to assessment excellence." Angela is pictured with Jennifer Shaulis-Hughes and Darryl James, who serves as Vice Provost for Institutional Effectiveness and is responsible for the oversight of institutional effectiveness.



Left to right: Darryl James, Angela Lumpkin, Jennifer Shaulis-Hughes

Monica Luna, Donna Torres, and Miranda Ortiz Receive TTU's Distinguished Guns Up Award



Left to right: Donna Torres, Monica Luna, and Miranda Ortiz

The **Guns Up Award** recognizes a team of employees that fostered cooperation with other employees to increase productivity and efficiency in the organization and has improved customer service and morale. The 2019 recipients, **Monica Luna, Donna Torres,** and **Miranda Ortiz,** welcome and provide helpful service to everyone who enters the Kinesiology and Sport Management building, calls, or interacts with our department. People comment frequently about how their exemplary performance begins with how well each individually “goes the extra mile” to answer questions and help (always with a smile on her face). They complete all the work associated with graduate admissions, budgetary management for grants and start-up packages, webmaster, scholarships, room reservations, budget, personnel (ePAFs), salaries, academic scheduling, purchasing, travel, inventory, and building repair and maintenance. They also provide staff support for graduate program reviews, the hiring process for over 35 faculty and staff searches in the past 5 years, and support for the Texas Tech chapter of the Honor Society of Phi Kappa Phi. Faculty members’ commented: “She is a committed, effective, and flexible worker who is indispensable for our department. She helps with pressing matters on a weekly basis and goes out of her way to explain university policies and procedures. She personally looks out for all of our graduate students and makes sure they graduate on time.” “She is

a very competent staff who has extensive knowledge, abundant experience, and a big heart. She is irreplaceable. She has helped me personally with the management of external grant funds, payment of human subjects, and processing applications for admission into our graduate program. “Our department is truly blessed to have a staff person like her. She alerts me when things are due.” “She is always friendly and willing to help or point you in the right direction.” “She helps me issue temporary parking passes for my research subjects. Anytime I ask her for help or guidance on something in the building, she graciously stops what she’s doing to assist me! “She creates a welcoming environment for students, faculty and guests.” “She is always pleasant and in a good mood even though she is trying to meet everyone’s needs in a timely manner.” “She devotes tremendous time and effort to improve the department.” “The faculty continuously depend on this team of outstanding professionals for assistance and answers and solving problems and resolving issues. Students know they can count on this team for help, such as their willingness to stop whatever they are doing and immediately help. Students appreciate how responsive and helpful this team is to individually or collectively resolve any issue. Consistently new faculty and staff comment on how welcoming and helpful they are. Monica, Donna, and Miranda are huge contributors to making our department a wonderful place for everyone to work and learn. Their teamwork is outstanding with each person’s work complementing the work of the others to ensure everything gets accomplished seamlessly. Again, faculty commented: “We have three of the best staff members on campus who are always willing to lend a helping hand and we would truly be lost without them. They are always willing to pitch in on a project and connect us with people that can take us to the next level.” These three employees never miss a deadline with their work consistently outstanding.” “They are true professionals who are always willing to help students, faculty members, and staff of our department.” “We have an amazing support staff who really help make our jobs easier. They are a huge help and are always patient, even when faculty have a million questions. We are incredibly thankful for all they do.”

Graduate Student Spotlight

Cayla Clark



Cayla Clark, from Wylie, Texas, graduated *summa cum laude* from Abilene Christian University (ACU) in May of this year. She was chosen as a University Scholar by her department because of her academic achievements and involvement as a research assistant. One of the highlights of her undergraduate career was getting to present her work as first author in a poster presentation at the Texas American College of Sports Medicine conference in February 2019 over the study titled: "Effects of Resistance Training with Instability and Cadence Walking on Multiple Measures of Functional Movement and Strength of Persons in Mild to Moderate Stages of Parkinson's Disease." In addition to research, Cayla also was very involved in the Kinesiology Department at ACU. She was President of Kinesiology Club, where she led club meetings, planned community service opportunities for the club, and was a key contributor in planning a virtual Ironman race and sprint

triathlon for the Abilene community. During her last semester of undergraduate work, Cayla interned at Hendrick Medical Center in Cardiac Rehab. Through her research opportunity and internship, she decided she wanted to pursue graduate work in exercise physiology. Now, Cayla works as a graduate research assistant under Dr. Joaquin Gonzales, conducting research over the effects of long duration sleep on central pulse pressure, while currently working on her thesis.

Undergraduate Student Spotlight

Bailee Wallace



Bailee Wallace is a senior Kinesiology major from Midland, Texas. She has been recognized as a National Society of Collegiate Scholar and placed on the President's List and Dean's List each semester at Texas Tech. During her freshman year she was an undergraduate teaching assistant for the Anatomy I lab and performed SI sessions as a testing phase to try and implement SI for the Anatomy I course. Through Bailee's time at Texas Tech she has been involved in various volunteer opportunities including serving at a week-long church camp during each summer where she leads a group of middle school girls in academics and a variety of activities. With the Victory Life College Ministry, she helps on the Outreach Team speaking to individuals interested in their ministry and finding opportunities for the ministry's college students to get involved in the church and community.

Bailee currently serves as the President/Head Ambassador for the Kinesiology and Sport Management Ambassadors after serving as Treasurer for 2018-2019. As an Ambassador, Bailee has participated in events involving informative recruitment for the department including Texas Tech Preview, Majors and Minors Fair, and Arts & Sciences Day where advisers and Ambassadors speak to prospective students. She has also volunteered with other Ambassadors at campus events like Tech-or-Treat, AHA Heart Walk, Tech to Town, and Arbor Day along with volunteering at the South Plains Food Bank, Caleb's Closet, and Special Olympics Texas. Bailee is currently focused on helping the Ambassadors plan their 2nd Annual Golf Tournament

that will benefit Women's Protective Services of Lubbock. When not in school, Bailee works as a physical therapy technician at UMC Team Rehab where she performs modalities, assists therapists with their patients, and completes paperwork. This job is quite fulfilling as her career goal is to become a physical therapist. She also plans to become NSCA certified as a Strength and Conditioning Coach to aid in her dream of being a well-rounded physical therapist in the Sports Medicine field. Her next stop is Physical Therapy School, hopefully here at Texas Tech University!

National Collegiate Sport

Sales Competition



Three Sport Management undergraduate students, Kenedy Brandon, Nikolas Rizzi, and Daniel Smith, traveled to Atlanta, Georgia, in early November to compete in the National Collegiate Sports Sales Championship competition. The competition is hosted by Mercer University and the Atlanta Hawks of the National Basketball Association (NBA). Under the guidance of their instructor and mentor, Ashley Harry, Kenedy, Nikolas, and Daniel will be competing against students from 21 other universities in a fast-paced ticket sales competition. Based on specific buyer profiles provided by the hosts, students (also known as "sellers") pitched a ticket package for NBA tickets to "buyers." Students

were judged on a number of different criteria including the ability to build rapport with the buyer, their level of product knowledge, active listening to the buyer's concerns, and their ability to provide solutions and recommendations, all of which are crucial to a successful career in sport sales. This event allowed competitors to not only showcase their sales-based skills, but also the opportunity to network with Talent Acquisition managers from various professional franchises, intercollegiate athletic programs, and professional sport venues. These organizations include the NBA, National Football League, National Collegiate Athletic Association, Major League Baseball, Major League Soccer, and Atlanta Motor Speedway. Our students' participation in this competition showcased the knowledge, skills, and abilities acquired through our Sport Management program. When the KSM arrived at the competition, they met another team from the Rawls Colleges, so Dr. Mark Fish and Ashley Harry decided to combine three from each group into one team. TTU's students competed against students from 20 other universities and **won 2nd place overall**, an incredible accomplishment for both our SPMT students as well as those in the Rawls College of Business. Congratulations!!! The picture shows the TTU team.



Faculty Grants Fund

Research Projects

and Community Service

Dr. Marc Lochbaum, professor specializing in exercise and sport psychology, received three new grants this past summer and fall totaling \$367,230.43. **Lubbock Partnership Network (\$84,342)**: The Lubbock Partnership Network funded Dr. Lochbaum as a continuation of his East Lubbock physical activity after school research programs funded for the past six years by the U.S. Department of Education. This fall Ervin and Alderson elementary schools and Dunbar College Preparatory Academy have funded Dr. Lochbaum's programs for the 2019-20 academic school year. These programs provide daily after-school programming for 200 children and youth. Dr. Lochbaum employs 18 Texas Tech University, many in the Department of Kinesiology and Sport Management, students to run his programs. Dr. Lochbaum's programs provide physical activity based after school programming. At Dunbar, the program centers on track and field for primarily 6th grade female students. **Ector College Prep Success Academy (\$39,500)**: Dr. Lochbaum received funding from Ector College Prep Success Academy, a middle school in Odessa with 1500 students, to train the physical education staff in ways to maximize moderate-to-vigorous physical activity minutes in PE classes. Additionally, Dr. Lochbaum works with after school staff on physical activity programming. **Erasmus+ Cooperation for Innovation and the Exchange of Good Practices KA201 - Strategic Partnerships for School Education (\$243,388.43)**: Along with Jarek Mäestu, an Associate Professor at the Institute of Sport Sciences and Physiotherapy in the Faculty of Medicine at the University of Tartu, Dr. Lochbaum won a grant titled *Supporting Teachers to Maximize Enjoyable MVPA Minutes in Children and Youth: Project Enjoyable MVPA – Project JoyMVPA* from the Erasmus+ grant system. The award covers 34 months of work with partners in Lithuania, Finland, Estonia, and Slovenia. The project is very ambitious in that it will support physical education teachers in a multi-lingual program across the countries mentioned as well as in Europe.

Dr. Joaquin Gonzales, associate professor specializing in clinical exercise physiology, receives an Innovative Project Award from the American Heart Association. It is well known that sleep duration is important for cardiovascular health such that less than 6 to 8 hours of sleep is associated with elevated cardiovascular disease risk factors. Interestingly, evidence is emerging that too much sleep is also associated with higher risk for myocardial infarction and stroke. The mechanism underlying this association has not been explored, but recent data from the literature does point to a causal link, particularly with regard to the risk for stroke. Through this Innovative Project Award from the American Heart Association, Dr. Gonzales seeks to understand the effect of long sleep duration on vascular function in blood vessels of the brain (i.e., cerebral arteries). He will test the hypothesis that overnight change in blood pressure is a causal factor leading to vascular dysfunction following long duration sleep. This project will involve multiple physiological measurements being assisted by collaborators **Drs. Heather Vellers** and **Eric Rivas** and graduate research assistant Cayla Clark. Dr. Gonzales is one of only six researchers in the state of Texas to receive this competitive award this year.

Dr. Heather Vellers received research funding from the San Antonio Nathan Shock Center in July 2019 for her project entitled, "Role of Genetic Background on Age-Related Changes in Mitochondrial Genome Dynamics: Influence of Aerobic." The purpose of this work is to uncover how aerobic exercise and genetics associate and interact to influence the aging process. While regular daily exercise enhances biological aging, there are significant inter-individual differences in exercise trainability following a standardized exercise training regimen, where some increase their aerobic fitness with training, and others respond poorly. Approximately 50% of individual differences in exercise trainability is due to genetic background. In Dr. Vellers' current work, a specific focus is on the contribution of the mitochondrial genome. The findings of this work will be used for precision medicine; specifically, to implement individualized exercise training and/or nutritional supplementation for improved exercise trainability, and ultimately, slowing of the aging process.

Dr. Eric Rivas was awarded the American Physiological Society Research Career Enhancement Award. This award is designed to enhance the career potential of the awardee and allows an individual in the early phases of his/her career to obtain special training to develop new skills or retrain in areas of developing interest. Dr. Rivas' career enhancement project is to learn the mechanistic study of cerebral and peripheral vascular function via wire and pressure myograph in mice. Dr. Rivas will spend one week at the host site learning these techniques under Dr. Anne Dorrance, Professor of Pharmacology and Toxicology, and Associate Chair at Michigan State University. Dr. Dorrance is an expert in cerebral and peripheral vascular smooth muscle pharmacology, physiology, and function. Her lab focus is on understanding the mechanisms by which cerebral arteries regulate blood flow and how conditions like obesity and hypertension impair this process. This grant award also funds a research study utilizing the learned techniques. In collaboration with Dr. Naima Moustaid-Moussa, Professor of Nutritional Sciences Program here at Texas Tech University, Dr. Rivas' project will examine the mechanistic study of omega 3s and heat therapy on vascular function.

Dr. Arturo Figueroa is a co-PI on a three-year research study dealing with intellectual capacity, physical exercise, and aging funded by the Spanish government. Balie M.Guerra Balic M. is the principle investigator.

Research by New
Faculty Member

Nari Shin

Nari Shin and co-authors, , Jon Welty Peachey and Doe Jae Park, had their *recent International Review for the Sociology of Sport* publication was cited in the NBC Asian America's article "Dodgers pitcher Hyun-Jin Ryu connects Korean Americans to Korea through baseball" (see https://www.nbcnews.com/news/asian-america/dodgers-pitcher-hyun-jin-ryu-connects-korean-americans-korea-through-n1064196?cid=sm_npd_nn_fb_aa&fbclid=IwAR3bPE1fHgSfMrvP7TdL9xLrGe8VTnZTpW02ehQvzdmvJ9RJWIY99y_JrDY

This article wrote that Ryu hasn't been just a source of pride for Korean Americans — he's been a source of national pride, even for second-generation fans. After speaking with six Korean American fans of Ryu, the authors concluded that they were all caught between two cultures:

"The feeling of being connected to the motherland is very meaningful to them because they have experienced identity crises while growing up in the USA." "Participants mentioned the fact that Ryu being 'fully' Korean, which means he was born in Korea and is 100 percent Korean descent, was appreciated by the Korean American community and helped Korean American fans establish a stronger connection." Ryu is helping to transcend stereotypes about Asian masculinity: He's not a doctor. He's not a liquor store owner. He's a 6-foot-3, 250-pound athlete. The crowds that hang on Ryu's every pitch are reminiscent of the Asian American fans that would gather to watch Jeremy Lin in action during the height of "Linsanity" when he played in the National Basketball Association. In this way, Ryu's success isn't important just to Korean Americans, but all Asian Americans.