



TEXAS TECH UNIVERSITY

Department of Kinesiology & Sport Management™

Department Starts Strategic Outreach and Engaged Scholarship Initiative



Part-time instructor [Deby Nichols](#) was asked by Department Chair [Angela Lumpkin](#) to lead the department's strategic outreach and engaged scholarship initiative in response to the University's new strategic plan that identifies this as one of its strategic priorities. A former public school teacher and long-time Lubbock resident, Deby began spreading the word about our faculty's expertise to people she knows in the Lubbock community. She shared our department's mission statement—"Provide high quality, research-based, and applied educational programs that prepare leaders in the fields of kinesiology and sport management." Deby created and distributed some fliers as well as arranged meetings with individuals in various organizations. Deby created a database with contact names, email addresses, phone numbers, websites, and addresses, which she will continue to build as this initiative grows. Be on the lookout for this initiative having its own Facebook page soon. Below is a list of departmental faculty who volunteered to speak with community groups during the spring semester.

- [Emily Dhurandhar](#) (on the left and center) spoke at Roscoe Wilson Elementary to a 2nd Grade Health Class on "Healthy Choices" and at Coronado High School on "Child Development" and "Childhood Obesity"
- [Marc Lochbaum](#) spoke to Lubbock High School Navy Junior ROTC freshmen through seniors on "Mental Performance"
- [Angela Lumpkin](#) spoke to Lubbock High School Navy Junior ROTC freshmen through seniors on "Leadership"
- [Deby Nichols](#) spoke at Coronado High School on "Child Development" and "Cardiac Emergencies and CPR"
- [Diane Nichols](#) spoke to Sharp Academy students on "Women in Sports"
- [Bailey Palmer](#) spoke at The Legacy of the South Plains on "Senior Fitness"
- [Ty Palmer](#) (on the right) spoke at The Legacy of the South Plains on "Senior Fitness"
- [Nida Roncesvalles](#) spoke at Kiwanis on "Senior Fitness" and spoke at The Legacy of the South Plains on "Balance and Fall Prevention"
- [Chad Smith](#) spoke at Coronado High School on "Coaching"
- [Anna Tacon](#) spoke at Roscoe Wilson Elementary to a 2nd grade Health Class on "Mindfulness"
- [Heidi Wiedenfeld](#) spoke at Roscoe Wilson Elementary to a 2nd Grade Health Class on "Healthy Choices"
- Nadeeja Wijayatunga spoke at Roscoe Wilson Elementary to a 2nd Grade Health Class on "Healthy Choices"



Faculty Spotlight – [Sandy Reeve](#)



Sandy Reeve joined the Department of Exercise and Sport Sciences in 1998 as an instructor. Sandy has taught thousands of undergraduate students in Introduction to Exercise and Sport Sciences/Kinesiology, Management in Kinesiology Programs, and Practicum in Exercise and Health Promotion. Serving as the internship coordinator for the exercise and health promotion track and the kinesiology majors, Sandy has negotiated internship site contracts locally and nationally. Sandy also has taught the Freshman Seminar.

Sandy earned a B.S. in Physical Education with a Community Health Education minor from Kent State University in Ohio. She earned a M.Ed. in Exercise Physiology with an emphasis in cardiac rehabilitation from Auburn University.

As an exercise physiologist in cardiac and pulmonary rehabilitation for two years and as Department Manager for five years at the East Alabama Medical Center, Sandy provided patient care in all phases of cardiac rehab, developed and managed a variety of health-care and wellness programs, and supervised interns from three Auburn University departments. For one year at East Alabama Medical Center, Sandy helped design and served as Executive Director of the HealthPlus Fitness Center. In 2006-2007, Sandy worked for the Bristol-Myers Squibb Company as a Territory Business Manager for Cardiovascular/Metabolic Sales.

Students praise Sandy for her genuine care for them and their learning. Consistently, students rate her very high in all categories of teaching. Three times student-athletes in the Texas Tech Athletic/Academic Awards rated Sandy as their “Favorite Professor.”

Sandy has served on numerous committees including multiple terms on the Scholarship Committee, several Search Committees, and the Curriculum Committee. For the benefit of students for many years, she directed an annual workshop for the American College of Sports Medicine leading to the Health Fitness Specialist Certification. On campus, Sandy served on the Steering Committee for the FitTech Wellness Initiative and served as faculty adviser for the TechWell Health Fair. She has volunteered with local community groups including the Building Fit Communities and Garrison’s Institute on Aging-Healthy Lubbock Initiative.

Sandy plans to retire in December of 2018 and move closer to family in Alabama. Sandy shared this reflection on her years at TTU: “I am very fortunate to have worked at Texas Tech University in the Department of Kinesiology and Sport Management for the past 19 years. Retirement is a point that I never thought about reaching, and it is both scary and exciting. Texas Tech has grown so much since I have been here and especially our department. We have been through such an evolution over the years, but I have always managed to keep current and adjust to changes in our field. I have had the opportunity to work with many wonderful people, and I am excited about the potential there is with all of the new and very capable faculty and staff. We are positioned to make a difference in the years ahead!”

Student Spotlight – M. Lane Moore



M. Lane Moore, a TTU Honors College student majoring in kinesiology with minors in biology and chemistry, will graduate *summa cum laude* on May 18. Lane has maximized his undergraduate years through a variety of learning experiences and academic achievements. Through funding received from the Honors College, Lane is an active researcher working with Dr. Grant Tinsley resulting in a publication (Tinsley, G., Moore, L., & Graybeal, A. “Reliability of Hunger-Related Assessments during 24-Hour Fasts and their Relationship to Body Composition and Subsequent Energy Compensation” published this year in *Physiology and Behavior*) and a poster presentation on “Comparison of Body Fat Estimates by Dual-Energy X-Ray Absorptiometry and Bioelectrical Impedance Analysis in Muscular Athletes” at the TTU Undergraduate Research Conference.

For four years, Lane mentored a 5th grade student working with the Bayless Elementary Honors College Mentoring Program. He has tutored college students

through MCAT Tutoring Services. He worked as an undergraduate teaching assistant in BIOL 1404 Introduction to Biology for Science Majors Lab.

Lane's leadership activities have included serving as secretary and president of the Bayless Leadership Board, in various roles with the Beta Upsilon Chi Christian Fraternity, volunteer relations leader with the Texas Tech Relay for Life benefiting the American Cancer Society, and as fundraising officer for the TTU Medical and Dental Global Brigades. With the latter group, Lane was a member of a medical mission to Honduras in the summer of 2017. Lane has gained valuable professional experience volunteering with and then as a medical assistant/bracing assistant at Lubbock Sports Medicine, as a research assistant in Dr. Tinsley's lab, and as a physician's aide and volunteer at Lea Regional Hospital in Hobbs, New Mexico. Lane has gained over 1,000 hours of volunteer experience.

Lane earned inclusion on the TTU President's List each semester for his outstanding academic work. He is a TTU Honors College Undergraduate Research Scholar. He received the Undergraduate Outstanding Performance in Organic Chemistry Award in spring of 2016, Beta Upsilon Chi Outstanding Service Award in fall of 2017, and Dr. Bernard Harris Pre-medical Society Exemplary Member Award in spring of 2018. Lane is a member of The Honor Society of Phi Kappa Phi, Golden Key Honor Society, and Alpha Lambda Delta Honor Society. As a top 50 senior at Texas Tech, he was honored with membership in Mortar Board Honor Society.

Following Lane's graduation in May, he will be applying to medical school while simultaneously taking a gap year. During this year, he will continue to conduct research under Dr. Tinsley in the Department of Kinesiology and Sport Management, work at Lubbock Sports Medicine, and volunteer with Lubbock Impact and the American Cancer Society. Lane, who is engaged, plans to get married next year as well. After his gap year, he will attend medical school to become a physician, and he hopes to specialize in sports medicine.

Alumnus Spotlight – Lauren Raylee Mason



Lauren Mason graduated *magna cum laude* from Texas Tech with a B.S. in Sport Management and a minor in general business in 2017. A native of Queensland, Australia, Lauren came to Texas Tech to play on the golf team and earn her undergraduate degree. While completing her athletic eligibility in 2018, Lauren is earning her M.S. in Sport Management.

Passionate about golf, Lauren has expanded her knowledge and experiences in golf. She has taught golf to adolescents in summer camps, worked at the Texas Tech Rawls Golf Course in guest services and operations, and taught undergraduate students in beginning golf classes in the Personal Fitness and Wellness Program. Lauren completed an internship as an undergraduate

student working with the TTU Director of Operations for the track and field, tennis, and golf teams.

Lauren has earned numerous academic honors. She has been a three-time recipient of the TECHSPY's High Merit Award, named to the Academic All-Big 12 Women's Golf Team, President's Honor Role List, Dean's List, selected as the TECHSPY's Top Graduating Senior, and received the 1A Faculty Athletics Representative's Academic Excellence Award.

As a college athlete competing at the highest level, Lauren believes she has acquired skills of teamwork, discipline, time management, work ethic, attitude, communication, and leadership. Illustrative of these, Lauren served for two years on the TTU Student-Athlete Advisory Committee. This group of student-athletes provide perspectives on the student-athlete experience to athletic administrators and organize, plan, oversee, and participate in community service activities. Personally, she has volunteered with the Texas Scottish Rite Hospital for Children, Salvation Army—Red Kettle Collection, and South Plains Food Bank.

Lauren has achieved on the golf course, including as a member of the 2011 and 2012 Queensland Junior State Team Champions and member of 2012 Queensland Women's State Team. She was the 2011, 2012, and 2013 Sunshine Coast Amateur Open Champion. Her college career bests include Best Finish: tied for 1st at Henssler Financial Intercollegiate (March 28-29, 2016); Lowest 18-hole Score: 68 at the [Web.com](#) Intercollegiate (March

31, 2015); and Lowest 54-hole Score: 213 at the [Web.com](#) Intercollegiate (March 31, 2015). Lauren and her teammates tied for fifth at the 2015 National Collegiate Athletic Association Team Championship and tied for 19th at the 2017 National Collegiate Athletic Association Team Championship.

After earning her master's degree in August of 2018, Lauren's career plans include pursuing her life-long dream of becoming a Ladies Professional Golf Association (LPGA) touring professional. Lauren will begin to the first stage of LPGA Qualifying-School in August of 2018 in the hopes of obtaining her LPGA tour card for the 2019 season. After pursuing professional playing career, Lauren hopes to use her Texas Tech degrees along with her personal experiences and expertise within the golf industry to become a head golf coach at a Division I institution.

Faculty News

Dr. Tinsley and his Research Team Examine Physiological Outcomes of Intermittent Fasting and Dietary Supplementation during an Eight-Week Weight Training Program

[Dr. Grant Tinsley](#) received a research grant from MTI Biotech, Inc. to examine the effects of the dietary supplement beta-hydroxy-beta-methylbutyrate (HMB) in combination with intermittent fasting and weight training in active women. During an 8-week weight training program, the researchers are examining the effects of different eating patterns and HMB supplementation on body composition, metabolism, muscular performance, and a variety of physiological outcomes. The research team includes several Kinesiology & Sport Management faculty members (Dr. Grant Tinsley, [Dr. Joaquin Gonzales](#), and [Dr. Youngdeok Kim](#)), as well as eight student researchers (Austin Graybeal, Lane Moore, Danielle Hardin, Danielle Salinsky, Devin Kennedy, Alfred Kankam and Michael Villarreal).



Student researchers responsible for supervising the weight training in Dr. Tinsley's research study.
Left to right: Danielle Salinsky, Devin Kennedy, and Danielle Hardin.

Faculty Honors



[Youngdeok Kim](#) was inducted as a Research Fellow in the Society of Health and Physical Educators (SHAPE) America at its 2018 National Convention. Dr. Kim is pictured (left) with Chair of Research Council of the SHAPE-America, Dr. Hans Van Der Mars. Each Research Fellow has made significant and sustained contributions to research and scholarly activity and related service in the areas of interest to SHAPE America. Congratulations, Dr. Kim!



[Angela Lumpkin](#) will receive the **2018 Distinguished Sport Management Educator Award** at the North American Society for Sport Management Conference on June 9 in Halifax, Nova Scotia, for her exceptional contributions to teaching and student learning. Sarah Stokowski, a former undergraduate student at the University of Kansas, nominated her for this award. A member of the TTU Teaching Academy, Dr. Lumpkin has a sustained commitment to the improvement and quality of teaching and learning. Congratulations, Dr. Lumpkin!



[Grant Tinsley](#) won the **2018 European Journal of Sport Science Best Paper Award** for This paper: Grant M. Tinsley, Jeffrey S. Forsse, Natalie K. Butler, Antonio Paoli, Annie A. Bane, Paul M. La Bounty, Grant B. Morgan, & Peter W. Grandjean. "Time-restricted Feeding in Young Men Performing Resistance Training: A Randomized Controlled Trial" (Vol. 17, Issue 2). This award will be presented at the 23rd Annual Congress of the European College of Sport Science in Dublin, Ireland in July. Congratulations Dr. Tinsley!

Alumnus Honor



Kembra Albracht-Schulte, M.S. in Exercise and Sport Sciences with an emphasis in clinical exercise physiology from our department, received Texas Tech's 2018 Helen DeVitt Jones Excellence in Graduate Teaching Award. Kembra is a doctoral student in the Department of Nutritional Sciences. She also is a recipient of the USDA NIFA AFRI ELI Predoctoral Fellowship and J.T. and Margaret Talkington Graduate Fellowship. Way to go, Kembra!

Student News



From left to right: Ahalee Cathey Graduate Student, Assistant Professor Ty Palmer, and Chinonye Agu-Udemba Undergraduate Student at the Texas ACSM conference. Both students were nominated for outstanding abstract awards.

Dr. Huml's Sport Event Management Course Spring Event



Participants brave the cold on Saturday, April 7, 2018 for the 5K, 10K, 1Mile Run, and Walk Event

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

