



TEXAS TECH UNIVERSITY

Department of Kinesiology & Sport Management™

Faculty Spotlight – Jacalyn McComb



Top row from left: Cory Harty, Ahalee Cathey, Dr. Jacalyn McComb, Bernardo Galvan. Bottom: Kelsey James, Chelsea Gonzales, Audrey Martin

Dr. Jacalyn McComb is a professor of exercise physiology. She earned her bachelor's

degree from Florida Southern University, her master's degree from Southeast State University, and her doctoral degree from the University of Mississippi. She holds the American College of Sports Medicine's Clinical Exercise Physiologist certification and American Council of Exercise certifications as a yoga and a Pilate's instructor. She began her academic career at Texas Tech University in 1989. She also enjoys teaching yoga at Covenant Hospital at the Lifestyle Center, where she has been teaching since 1995.

Dr. McComb teaches a variety of graduate and undergraduate courses, especially in clinical exercise physiology, both face-to-face and online. She is a Phi Beta Kappa Honorary Faculty Member and Fellow of the American College of Sports Medicine.

Dr. McComb's research interests center around Hans Seyle's Stress Response and the concept of Allostatic Load. She focuses her research investigations on "Can we change the physiological response to a stressor through specific exercise interventions?" Her physiological responses of interest include cortisol secretion, heart rate variability, and indices in diabetic control such as glucose, glucagon, and insulin.

She is presently involved in two studies with researchers from the Texas Tech University Health Sciences Center, University of Oregon, San Francisco State University, and faculty in the TTU Department of Psychological Sciences. Both graduate and undergraduate students are involved in this work.

Outside of work, she enjoys biking, swimming, and horseback riding. As certified scuba instructor, Dr. McComb assists each semester with the certification dives of students in PFW 1141.

Alumnus Spotlight – Dean Diersing



[Dean Diersing](#) earned Bachelor of Science and Master of Science degrees in Exercise and Sport Sciences from Texas Tech. While completing his graduate studies, he worked as an exercise specialist at the University Medical Center (UMC) in HealthPoint Fitness and Cardiac Rehabilitation. For the next 11 years, Dean served as Supervisor of Cardiac and Pulmonary Rehabilitation at UMC. In June of 2016, Dean became the Assistant Director of Physical Medicine and Rehabilitation at UMC. His responsibilities include managerial oversight of over 140 employees working in physical therapy, occupational therapy, speech language pathology, athletic training, and rehabilitation therapy plus exercise physiologists and an over \$6 million budget.

Dean has earned certifications from the American College of Sports Medicine as a Certified Exercise Physiologist and a Registered Clinical Exercise Physiologist. He has received several honors and awards for job performance and professional service. In recognition of his outstanding achievements and service, in 2013 Dean was named a Fellow of the American Association of Cardiovascular and Pulmonary Rehabilitation.

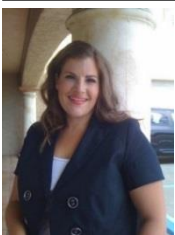
Dean has held numerous executive positions, including twice as president, with the Texas Association of Cardiovascular and Pulmonary Rehabilitation Board of Directors. He currently serves as treasurer on the American Association of Cardiovascular and Pulmonary Rehabilitation Board of Directors. He frequently makes presentations for community groups and at professional conferences on a variety of cardiac rehabilitation and other health-related topics. He volunteers regularly at community health fairs. Dean annually shares his expertise with students at a Certified Exercise Physiologist workshop hosted by the Department of Kinesiology and Sport Management (KSM).

An excellent teacher, Dean has taught since 2007 as a part-time instructor for KSM, typically teaching two sections of Exercise Testing and Prescription each semester. He also lectures and conducts cardiopulmonary practice labs for the physical therapy doctoral program at the Texas Tech University Health Sciences Center.

Dean and his wife, Gentry, have two sons, Trevor and Grant.

Dean proudly added that KSM has prepared me to be successful as a Clinical Exercise Physiologist and motivated me to want to pursue leadership opportunities. My degrees and involvement at Texas Tech have no doubt been fundamental in the success of my young career. The knowledge, relationships, and support have propelled me to where I am today. I am very proud to be an alum of this great university and specifically the KSM department.

Student Spotlight – Julianna Kilpatrick



Julianna Kilpatrick, a senior majoring in Kinesiology and minoring in pre-professional health, on March 24 was inducted into The Honor Society of Phi Kappa Phi. In addition to being an excellent student academically, Julianna is a leader among our department's Ambassadors. This year, for example, she volunteered to escort several visiting candidates for faculty positions, facilitated the new KSM clothing orders, and took the lead with the Exercise is Medicine event on April 8.

Julianna joined the Texas Tech family after graduating from Norco College in California with Associates Degrees with great distinction in math and science and in kinesiology. She was especially proud to graduate alongside her daughter Brenna and cheered by her son Jack. While at Norco, Julianna received the Phi Theta Kappa Academic Award, one of 30 students from community colleges throughout California selected for the top-ranking first team. This honor recognized academic performance and rigor, community service, campus activities, leadership, and the significance and impact of their community endeavors.

Julianna took a different pathway to college spending several years working in website design and development, customer relationship management, and data management. Then, stage three abdominal cancer derailed her executive career with Viacom. Despite losing a third of her lung capacity, not having the ability to produce sufficient red blood cells and platelets, and needing regular blood transfusions, Julianna wanted to earn a degree to take better care of her family.

1st Annual Exercise Is Medicine 5K/1K Fun Run, Walk, and Health Information Fair



The Department of Kinesiology and Sport Management Ambassadors joined with Exercise is Medicine to hold a 5K/1K Fun Run and Walk and Community Exercise, Health, and Wellness Information Fair on Saturday, April 8th. A total of 70 people (and 1 dog) participated in the 5K/1K that started and finished at Memorial Circle. A number of exercise, health, and wellness information and activity booths were set up next to Memorial Circle to allow patrons the opportunity to gather information on ways they can take a hands-on approach to their health and exercise habits and also gain a better understanding of how to fit at least 30 minutes of exercise into their daily lives. Participants also had the opportunity to test several skills including broad jump, vertical jump, and hand-grip strength and check their results with the skill norms for their age and gender. Four different types of inflatables were available to play on and run through and each one created a lot of joy, laughs, smiles, and tired, happy children. All-in-all the event was a great success and the Ambassadors look forward to seeing you at the 2nd Annual Exercise is Medicine 5K/1K Fun Run and Walk next year! Please follow the Ambassadors via

social media:



Faculty News



In February, [Dr. Grant Tinsley](#) gave a presentation entitled “Intermittent Fasting and Exercise: Can They Coexist?” at the Texas Chapter of the American College of Sports Medicine’s 2017 Annual Meeting. Intermittent fasting programs are dietary strategies which incorporate regular short-term fasts in order to improve body composition and health. Dr. Tinsley’s presentation focused on some of his recent research examining intermittent fasting programs in active adults performing resistance training.

The Department of Kinesiology and Sport Management proudly announces the induction into The Honor Society of Phi Kappa Phi of the following undergraduate and graduate students:

Catherine Chew
Callie Eagan
Bernardo Galvan
Angelica Garcia
Kylee Guthrie
Madison Harmon
Rebecca Hart
Haylee Jackson
Julianna Kilpatrick
Avery Lee

Brenna Lumongsud
William Mullen
Kelcey Mumbower
Caitlyn Netherland
Kris Plunkett
Caileigh Reed
Jon Richards
Kasi Shofner
Racher Smith
Mary Teoh

Founded in 1897 at the University of Maine, Phi Kappa Phi is the nation's oldest, largest, and most selective collegiate honor society for all academic disciplines. Its chapters are on more than 300 campuses in the United States, Puerto Rico, and the Philippines. Each year, approximately 30,000 members are initiated. Since its founding, Phi Kappa Phi has initiated more than 1 million members into its ranks; all of these members have received emblems and certificates of membership. However, Phi Kappa Phi is much more than an emblem and a line on a résumé. It is a global network comprised of the best and brightest from all academic disciplines - a community of scholars and professionals building an enduring legacy for future generations. Membership is by invitation only based on these criteria: Juniors must have completed at least seventy-two credit hours and rank scholastically in the top 7.5 percent (or higher depending on local chapter standards) of their class; Seniors must rank in the top 10 percent (or higher depending on local chapter standards) of their class; Graduate students must rank in the upper 10 percent of their class.



KSM Ambassador's Lisa Trevino, Timothy Policarpio, Thomas Risenhoover, Amy Hurtado, and Riley Jacobs assisted with The Phi Kappa Phi initiation.



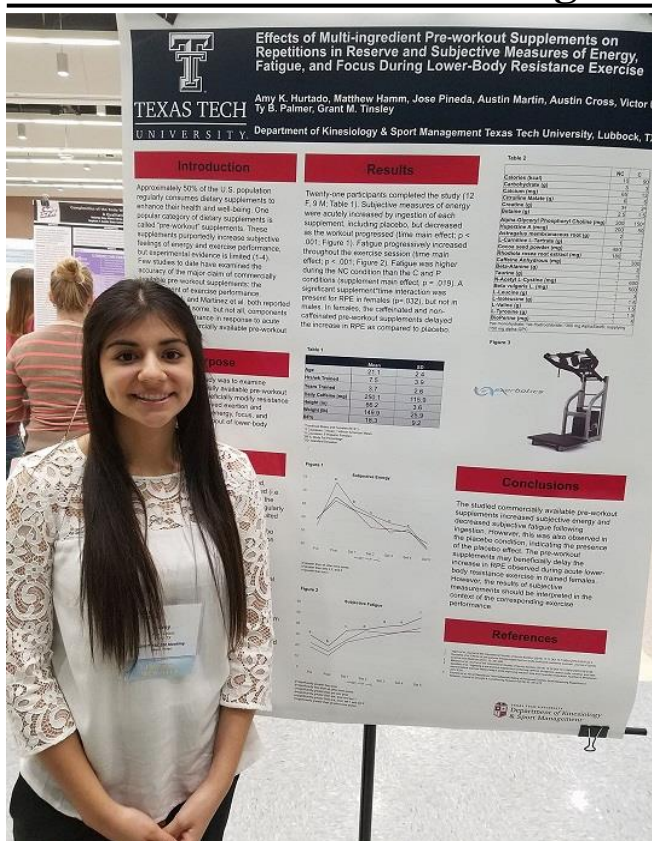
Julianna Kirkpatrick received her certificate from Arts and Science Dean Brent Linquist.



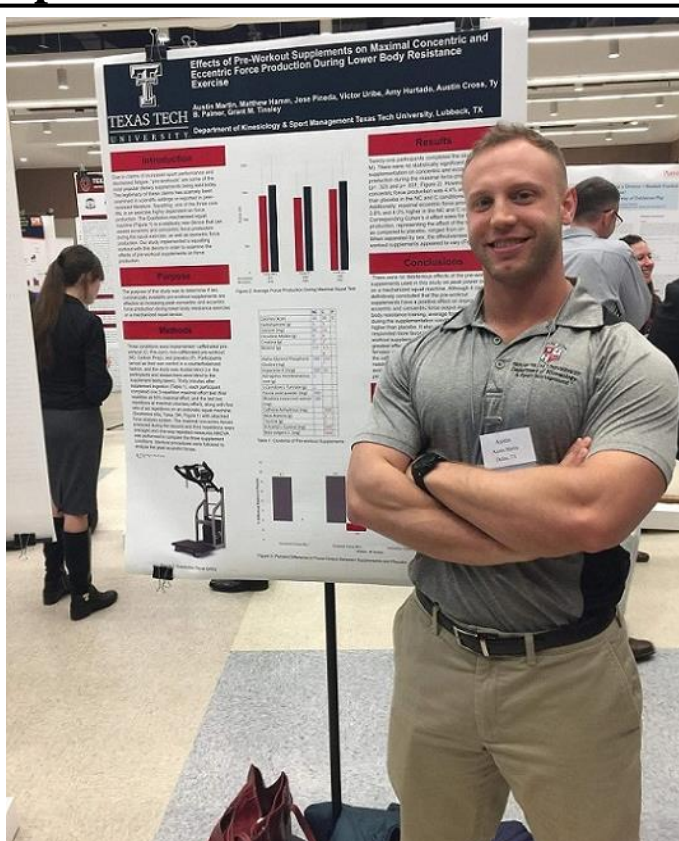
Department Chair [Angela Lumpkin](#) serves as the President and Vice Provost [Melanie Hart](#) serves as Vice President of TTU's chapter of Phi Kappa Phi.



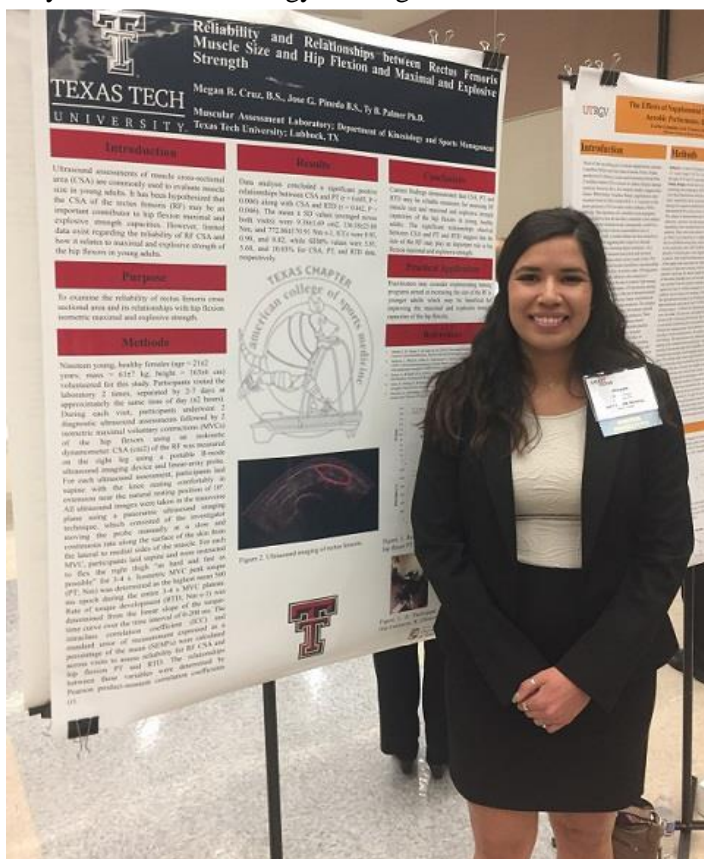
Student Poster Presentations at the Texas Chapter of the American College of Sports Medicine



Amy Hurtado Kinesiology Undergraduate Student



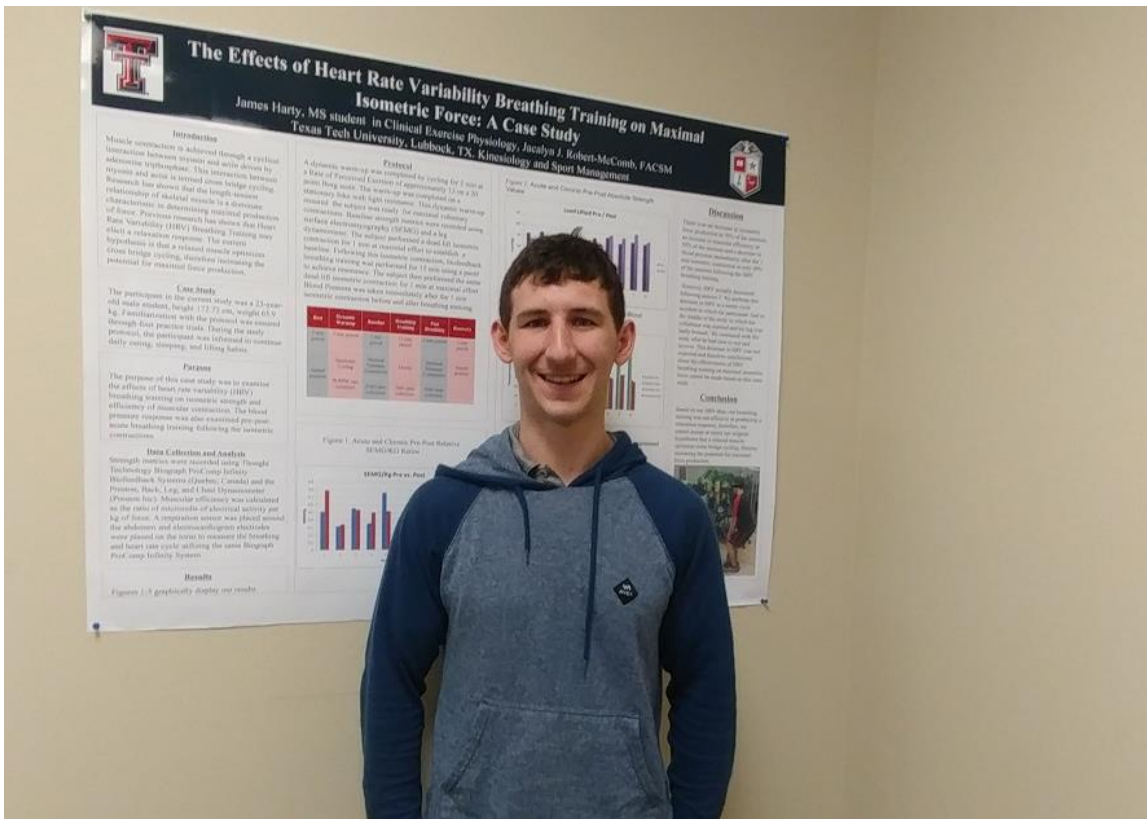
Austin Martin Kinesiology Graduate Student



Megan Cruz Kinesiology Graduate Student



Jose Pineda Kinesiology Graduate Student



Cory Harty (Kinesiology Graduate Student) with Dr. Jacalyn McComb presented a poster at the 48th Annual Scientific Meeting of The Association of Applied Psychophysiology and Biofeedback



Three sport management graduate students (Caitlin Towle, Draye Densmore, and Kearney Moss) and undergraduate student Derek Corral in April participated in the 2017 College Sports Research Institute Case Competition.

Congratulations to our graduates from our Master's Program

Kinesiology

December 2016 Graduates

Kelci M. Bethke
Ryan N. DeFranco
Matthew A. Hamm
Jazmyn W. Lamar-Bruce

May 2017 Graduates

Stefan Y Bakun
Tyler R. Cook
Rachel M. Durham-Keylon

May 2017 Graduates

James "Cory" Harty
Ana P. Hernandez
Kyle T. Judson
Melissa M. Linstrom
Austin Y. Martin
Ivan Amein Nayfeh
Gary J. Newell
Sara I. Ovandipour
Andrea L. Raymond

May 2017 Graduates

Caylie L. Reynolds
Samuel S. Ryan
Kyle M. Thompson
Victor A. Uribe
Joshua L. Woodward

August 2017 Graduates

John D. Ashley
Jose Pineda

Sport Management

December 2016 Graduates

Jacorian K Duffield
Angelica E. Garcia
Bridgett L. Jenkins
Blane F. Kitten
Lauren A. Watson

May 2017 Graduates

Clay J. Elmore
Tyler W. Lee
Chase H. Louthan
Kristopher A. Plunkett
Brooke N. Scott
Robert F. Strobel III
Joey M. Villarreal

August 2017 Graduates

Hannah C. Limmer
Caitlin J. Towle

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

