



DONNA TORRES RECEIVES THE COLLEGE OF ARTS & SCIENCES EXCELLENCE IN SUPPORT AWARD



Donna, who is a Lead Administrator by title, has been an excellent contributor to the success of the Department of Kinesiology and Sport Management since 2014. One of her primary responsibilities is to coordinate graduate admissions for two master's degrees and one doctoral degree. As Graduate Admissions Coordinator, Donna completes all of the associated liaison work with the graduate faculty, approximately 100 admitted graduate students, and the Graduate School. Another one of her primary responsibilities is to work with faculty (over 30 hires in the past 9 years) in the financial management of their start-up packages and internal and external grants, including laboratory equipment purchases, professional travel, and much more.

Read more about Donna here: [Donna Torres Wins A&S Award](#)



The PFW program will be adding 3 Pickleball classes to its schedule beginning Spring 2024.



KSM Team GTA participated in the American Heart Association (AHA) Heart Walk on September 23rd. They also made a monetary donation to AHA.

Front row L to R Jan-Joseph Rolloque, Anton Simms, Ruben Moya;
Middle row L to R- Carina Velasquez, Karla Kitten (Coordinator);
Back row L to R- Cassandra Sisneros, Kayla Sisneros, Kelly Elliott, Aubrey Azzinaro, McKenzie Hare, Lauren Underwood, Kathryn Southall, Yeosang (Joy) Kim, Shivani Satav, Ethan Tinoco.

Research in the Physiological Genomics Laboratory, run by Dr. Michael Massett, is focused on identifying mechanisms to decrease the incidence of cardiovascular disease. Current studies are investigating the signaling pathways involved in sex-dependent and genetic background-specific differences in vasomotor function and the interaction between sex, genetic background, and exercise training on blood vessel function.

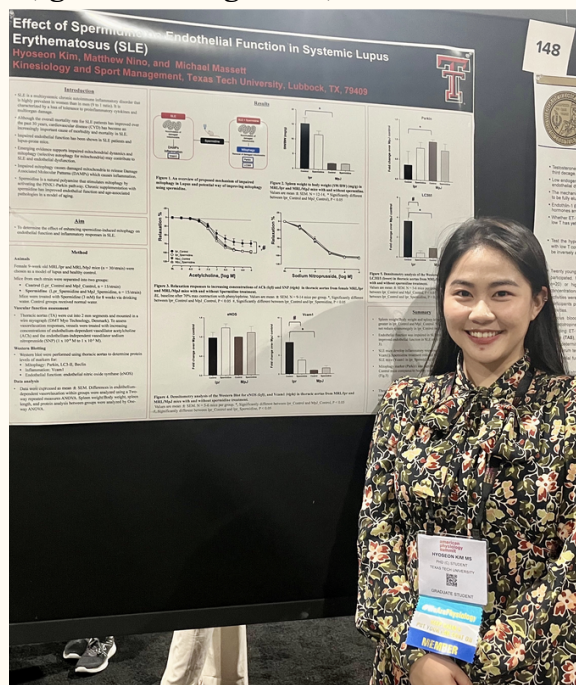


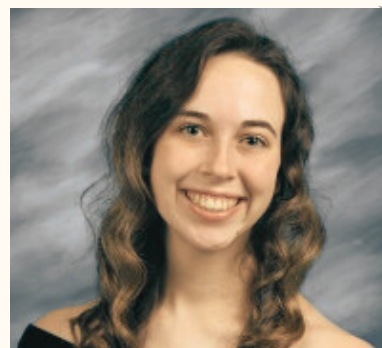
Photo: Hyoseon Kim

A new area of investigation for the laboratory is being led by Hyoseon Kim, a Ph.D. student in the Exercise Physiology program. Her research is focused on blood vessel function in individuals with the autoimmune disease systemic lupus erythematosus (lupus). She is investigating whether impaired mitochondrial function contributes to endothelial dysfunction in lupus. Future studies will determine if exercise training can protect blood vessel health in lupus. Improving cardiorespiratory fitness through increased physical activity also can significantly reduce the risk of cardiovascular disease and all-cause mortality. A second area of interest in the laboratory is identifying novel genes and/or signaling pathways regulated by exercise that could provide insight into mechanisms underlying individual differences in responses to exercise training and susceptibility to chronic diseases associated with low levels of fitness such as cardiovascular disease.

CONGRATS!



Dr. Audra Day will be honored with an Apple Polishing award presented by the Texas Tech Mortar Board, a National Honors Senior Society on Tech campus. Faculty and staff are nominated by an individual student who they have positively impacted during their undergraduate college careers. The event will take place November 12th, 2023 at 2 pm in the Zeta Tau Alpha Lodge.



Undergraduate Research Scholar, Kaitlin Murphy, was awarded a Portz Interdisciplinary Fellowship for her research project, "Chemotypes of 10 Curcuma (Turmeric) Species and Potential to Improve Obesity Associated Inflammation". Kaitlin is a member of the Nutrition, Exercise, & Translational Medicine Laboratory under the mentorship of Dr. Kembra Albracht-Schulte. She will be recognized at the 2023 National Collegiate Honors Council Annual Conference awards ceremony in November.

Remembering Jake Boykin



Jake Boykin, a 2022 graduate from the M.S. in Kinesiology program and champion cyclist, tragically passed away from injuries sustained in a hit-and-run accident on September 22. Boykin was cycling near Tallahassee, Florida in preparation for an upcoming race when he was struck by a vehicle. At the time of his passing, Boykin was beginning the second year of his PhD program at Florida State University.

During his time in the Department of Kinesiology & Sport Management at Texas Tech, Boykin was a standout graduate student in the Human Performance concentration of the Kinesiology M.S. program. His research efforts led to authorship on eight peer-reviewed publications related to body composition, dietary supplements, and resistance training. His first-author manuscript also earned him a 4th place Student Manuscript Award at the 2021 Texas Regional Chapter of the American College of Sports Medicine Conference.

Boykin's enthusiasm, intelligence, and joyful demeanor are fondly remembered by many current and former students, faculty, and staff at Texas Tech. On September 25, he was honored through a moment of silence at a presentation in the Department of Kinesiology & Sport Management. Although he is no longer with us, his meaningful impact on the lives of many individuals in our department will be remembered for many years to come.

Kinesiology and Sport Management Ambassadors 2023

In April the Ambassadors participated in the Burkhart Walk for Autism and the University Arbor Day festivities where they planted flowers on campus. During the Arbor Day festivities, Kinesiology Representative and current Head Ambassador, Kailey Miller, won the award for Outstanding Organization Member among all Texas Tech student organizations! The Ambassadors also hosted their second annual volleyball tournament that was sponsored by Cardinal's Sport Center. There were a lot of great teams and dogs that came out to play and support the Morris Safe House Foundation!



(L to R): Kailey Miller, Erica Hollis, Kaisen Eldridge, Rachel Demarais, Chailie Alsaffar



Right picture (L to R): Jose Cortez, Cynthia Gil, Elizabeth Gorecki, Erica Hollis, Hannah Icken

For the 2023-2024 academic year the Kinesiology and Sport Management Ambassadors welcomed 10 new members! To date, for the Fall 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. The Ambassadors also participated in Tech or Treat to help children and their parents get into the Halloween spirit while being active. The children who visited the Ambassadors' booth were able to test their jumping skills for a special Halloween prize. The Ambassadors participated in the American Heart Association Walk and the Walk to End Alzheimer's to raise money for great causes. The Ambassadors also volunteered at the Dia de los Muertos event at the Texas Tech Museum in late October. In November the Ambassadors will participate in Texas Tech's STEM night and have several volunteer opportunities scheduled throughout the rest of the fall semester. They are also working on new apparel designs which will be available for purchase in the Spring 2024 semester.

Please follow the Ambassadors via social media:



@ksm_ambassadors

KSM New Advisers

We now have four undergraduate KSM advisers - welcome to the team!

Ana Flores, born and raised in Lubbock, is a new Advisor in Kinesiology & Sport Management (letters F-K). She is very excited to build a relationship with the students and guide them on the right career path. Before starting at Texas Tech, she was the Teller Trainer for City Bank for 3 years and a Teller Supervisor for 5 years before that. Working with and training the part-time tellers has given her the experience she needs to help her achieve her goals as an Adviser. In her free time, she loves to spend time with her family. She is a mother of two: Kylee is 7 years old and Liam is 3 years old. Aside from that, her friends who know her the best would say she has the best judgment in all things food! She is the biggest foodie and enjoys trying it all.



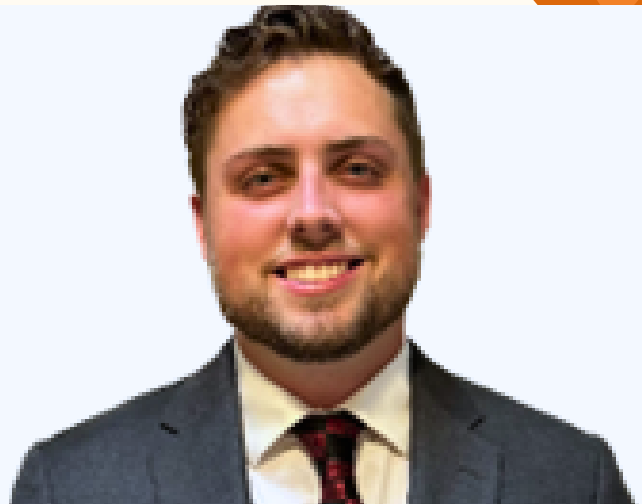
Tiffani Fair is a new Advisor in Kinesiology & Sport Management (letters R-Z). She is a wife of 15 years to an amazing man and Sargeant in the Lubbock Police Department. They have two boys ages 12 and 14 that keep them on their toes. She was born and raised in Lubbock, so red and black are in her blood. A fun fact about Tiffani is that she and her husband took on the challenge and adventure of building their own home. It took them 18 months, and they finished in 2020. They poured a lot of blood, sweat, and tears into it, and are so proud that they took on the challenge and succeeded. She is thrilled to be a part of the Kinesiology and Sport Management staff, and Texas Tech University! She looks forward to building relationships with our students, staff, and faculty.

MEET THE NEW FACULTY

Zack Pederson, PhD

Dr. Zack Pedersen joins the Kinesiology and Sport Management department as an Assistant Professor, after earning his Ph.D. in Sport Management from Indiana University.

[READ MORE ABOUT DR. PEDERSON HERE](#)



Paul Fikes, EdD

Dr. Paul Fikes is an Assistant Professor of Practice in Sport Management. Dr. Fikes has worked over 20 years as an athletic trainer and director of medical services in many sport settings including professional ice hockey, professional baseball, professional football, ESPN's X-Games, and at the high school level in Texas. Dr. Fikes continues to provide consulting services to area high schools for athletic training and sport management.

[READ MORE ABOUT DR. FIKES HERE](#)



Heather Vellers, PhD

Dr. Vellers gladly rejoined the Kinesiology and Sport Management family as an Assistant Professor of Exercise Physiology this fall semester. She earned her Ph.D. from Texas A&M University and completed a Post-doctoral Research Fellowship at the National Institute of Environmental Health Sciences.

[READ MORE ABOUT DR. VELLERS HERE](#)



Student Happenings



Front Row L to R: Olivia Rains, Avery Vincent, Lauren Underwood, Emily Evans, Sadie Sonnenberg, Morgan Hornback Creed Gentry
Back Row L to R: Joe Ramirez, Veda Anumula, Heimo Schaflechner, Jan Ehrig, Jaxon Rollins, Konner Beavers

Dr. Katie Brown's Sport Event Management class was tasked with planning and implementing two events with two separate teams. The students put on a KSM Centennial Costume 5K/Fun Run and a Pickleball tournament. One group was also featured on KLBK's Trends & Friends! You can watch the video [here](#).



Front Row L to R: Annabella Dante, Lillian Zachry, Seghen Teferi, Daniel Cowan, Kennedy Payne
Back Row L to R: Landon Satterwhite, Jacob Roberts, Kade Jones, Shelby Saul, Dillon Woodworth

Lunch and Learn

The KSM "Lunch and Learn" series has begun. This new speaker series is a once monthly opportunity for faculty members and/or other professionals to provide professional development hacks/lessons for our departmental scholars (with a small, healthy lunch provided).



Current Sport Management student, Jackson Rodela-Lentz, works on the grounds crew for the Texas Rangers. Jackson got to experience the World Series games first-hand at Globe Life Field in Arlington, Texas!



The Tech Sport Management Group will help with the short 45-minute sessions in which professional development/best practices information is shared with our scholars in a presentation/workshop-type format. Dr. Julie Mata, Assistant Professor of Practice for Sport Management, presented on "Developing Your Professional Pitch: Separate from the Crowd and Do the Work You Love!" in the first session on October 18th with approximately 15 students in attendance.

MEET THE PHD STUDENTS



Hushyar Azari is a Ph.D. student in Exercise Physiology. He is from Kurdistan, Iran, West Asia. He arrived in the United States just before the start of 2023 spring semester classes. He earned his MD degree at Urmia University of Medical Sciences, Iran and practiced medicine as a family and emergency ward physician in Baneh, his hometown, for 4 years. He participated in several research projects about the effects of supplements with anti-inflammatory features in metabolic syndrome before starting this Ph.D. program. He is studying under the mentorship of Dr. Kembra Albracht-Schulte in the Nutrition, Exercise and Translational Medicine Lab (NEXt Med Lab) and hopes to build a strong research background which will help him in the future when he starts his medical practice again in the United States to become an MD-PhD researcher. His research is currently focused on the beneficial effects of exercise intervention and fish oil supplementation on metabolic health and specifically nonalcoholic fatty liver disease (NAFLD) by assessing the changes that occur in the gut microbiota composition and miRNA expression.

Kosar Valaei was born and raised in Amol, a small city in northern Iran. She earned her B.Sc. in Exercise Physiology (2016) and M.Sc. in Exercise Physiology and Sports Nutrition (2019) from the University of Guilan. In her master's program, she had the opportunity to teach undergraduate students Exercise Physiology and Bioenergetics, which was a truly rewarding experience that helped her gain a thorough understanding of exercise physiology. The focus of her master's thesis was supplementation and HIIT as well as their effects on metabolism. She published her first paper in the *British Journal of Nutrition*. After completing her M.Sc., she worked as a research assistant diet counselor and trainer at the gym to gain practical experience. Then, she studied the pathophysiology of cardiac disorders, such as hypertension, and endothelial dysfunction, and how the cardiovascular system responds to various forms of exercise, including resistance training, for which two journal papers were published in the *Journal of Antioxidants and Nutrients*. She decided to pursue her Ph.D. under the direction of Dr. Heather Vellers. She seeks to better understand molecular mechanisms of disease and discover novel therapeutic targets. Specifically, her research focuses on endurance training and mitochondrial function in animal models and humans. In her future research, she would like to focus on mitochondrial genes and exercise trainability.



Alexandra Khartabil was born and primarily raised in Irvine, California. She holds a Master of Science in Kinesiology with a concentration in Exercise Physiology, and two Bachelor of Science degrees in Kinesiology with concentrations in both Exercise Science and Allied Health. After earning her M.S., she worked as a lecturer of Kinesiology at California State University, San Bernardino, where she taught courses such as exercise physiology, EKG interpretation and stress testing, measurement and statistics in kinesiology, and biomechanics laboratory. Her work has been published in peer-reviewed publications and presented at both regional and national conferences. Currently, Alexandra is a first year Exercise Physiology Ph.D. student and Graduate Part-Time Instructor in the Department of Kinesiology and Sport Management at Texas Tech University. She works under the mentorship of Dr. Danielle Levitt in the Metabolic Health and Muscle Physiology Laboratory. Her goal after completing her Ph.D. is to return to the field of academia as a professor and teach at the collegiate level, in addition to continuing research in the field of kinesiology, with a focus on skeletal muscle physiology.



MEET THE PHD STUDENTS



Sunny Park is a first-year Ph.D. student studying under the mentorship of Dr. John Harry in the Human Performance and Biomechanics Research Laboratory. He most recently worked as a strength and conditioning coach at the collegiate and professional level (East Tennessee State University - Director of Basketball Sport Performance, University of Evansville - Assistant Athletic Director for Sports Performance, San Antonio Spurs - Athletic Performance Intern). He received a M.Ed. in Exercise Physiology (Sports Science and Nutrition) from the University of Texas and a B.S. in Kinesiology and Health Science from York University (Toronto, Canada). His primary research interest is in the identification of the critical factors in the improvement of vertical jump height in athletes with a secondary research interest in optimizing training microcycles to improve sport performance during inconsistent competition schedules.

Michael Stewart is a Ph.D. student in Exercise Physiology. He was born on the island of Guam and grew up in the Northern Mariana Islands, Saipan, located in the western Pacific Ocean. After serving in the United States Navy, he relocated to San Antonio, Texas, where he completed a Bachelor of Science in Kinesiology and a Master of Science in Health and Kinesiology from the University of Texas at San Antonio. During that time, he had the opportunity to work on collaborative research projects funded by the National Science Foundation, where he investigated balance and gait improvement in individuals with multiple sclerosis using immersive virtual reality and augmented sensory feedback. He currently conducts research in the Human Performance and Biomechanics Laboratory under the guidance of Dr. John Harry.



Christine Florez was born in Panama City, Panama and moved to the United States at a young age. Though she moved around the states throughout her formative years, she considers Dallas, Texas her hometown. Following high school graduation, she joined the U.S. Army as a combat medic for five years during which time she deployed once. She ended her military career to raise her daughter and after a long hiatus from academia, she returned to school to complete her undergraduate degree. While attending courses at the University of Mary Hardin-Baylor, she became a research assistant at the Human Performance Lab, discovering a love for research. After completing both her bachelor's and master's degrees in Exercise Physiology, she joined the Energy Balance and Body Composition Laboratory under the mentorship of Dr. Grant Tinsley. Here, she hopes to continue exploring her passions for body composition, skeletal muscle, and statistics and use her education to improve the gaps in research relating to women's health. In her free time, she enjoys spending time with her daughter, Leia (yes, like from Star Wars), powerlifting, drawing, and playing guitar.



Christian Camacho
President



Sam Marshall
VP of Management and Operations



Paige Posa
VP of Marketing and Recruitment



Blake Abramowitz
VP of Professional Development



Elias Mickelson
VP of Events and Engagement



Drake Heads
VP of Finance

TECH SPMT GROUP

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The new student-led and faculty-advised Sport Management Club is off to a great start. The official name of the club is Tech Sport Management Group. Leaders of the club include President Christian Camacho, and Vice-Presidents Paige Posa, Sam Marshall, Elias Mickelson, Drake Heads, and Blake Abramowitz. There are over 50 members of the club, and membership continues to rise. The club's focus is on professional development, networking, and community service. Julie Mata and Karla Kitten are the faculty advisors for the club.



2023- 2024

STUDENT HIGHLIGHTS

Several current and past students within the department recently published a paper in *Sports Medicine* titled "Certainty of Evidence Assessment in Systematic Reviews Published by High-Impact Sports Science Journals: A Meta-epidemiological Study." The project was led by Madelin Siedler, a fourth-year Ph.D. candidate in the Energy Balance and Body Composition Laboratory, and involved the screening of 1,935 titles and abstracts and 1,392 full reports by a team of ten screeners. The team included Christian Rodriguez, a third-year Ph.D. candidate in the Energy Balance and Body Composition laboratory, and Matthew Stratton, a 2022 graduate of the Ph.D. program.

Among other findings, this meta-epidemiological study of all systematic reviews published in the highest-impact sports science journals between 2016 and 2022 demonstrated that only 1 in 5 assessed the certainty of the evidence being presented. This is important, as when done well, systematic reviews are key for gathering and synthesizing all available evidence on a topic. However, without an assessment of how certain or uncertain the findings are, end-users such as sports medicine physicians, coaches, and other practitioners are left without vital information. Luckily, the new review also found that the proportion of reviews assessing certainty of presented evidence appears to be slowly increasing over time.

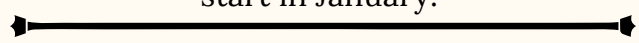
The review can be accessed [here](#).



Dillon KN, Kang Y, Maharaj A, Martinez MA, Fischer SM, Figueroa A. L-Citrulline supplementation attenuates aortic pressure and pressure waves during metaboreflex activation in postmenopausal women. *Br J Nutr.* 2023 Sep 4:1-8. doi: 10.1017/S000711452300199X. Epub ahead of print. PMID: 37664994.



Kayla Sisneros is currently a Kinesiology master's student in the Human Performance program at Texas Tech University (TTU). She is scheduled to graduate from the program this December. Kayla has worked as a graduate assistant at TTU and has taught several personal fitness and wellness classes. During her time at TTU, Kayla was a research assistant for Dr. Ty Palmer in the Muscular Assessment Laboratory. As a research assistant, Kayla helped Dr. Palmer collect and analyze data for several research studies on physical performance outcomes in young and older adults. Kayla also collected her own data (under Dr. Palmer's supervision) for a research study investigating the effects of age on handgrip strength and vertical jump performance in women. For this project, Kayla wrote a manuscript that was recently accepted for publication in *Acta of Bioengineering and Biomechanics*. Earlier this year, Kayla accepted a position as a Ph.D. student in the exercise physiology program at Texas Woman's University, which she will start in January.



Kayla Sisneros, Master's Student, Kinesiology



From L – R, Dr. Jacob Mota (laboratory director), Kealey Wohlgemuth (3rd year Ph.D. Candidate), McKenzie Hare (2nd year M.S. Student), and Kathryn Southall (2nd year M.S. Student) from the Neuromuscular and Occupational Research Laboratory (NOPL) attended the National Strength and Conditioning Association Annual Meeting in July 2023 where they presented their latest research (3 posters and 1 oral podium presentation) and networked with other leaders in the field to promote their work.

The National Strength and Conditioning Association at its annual conference recognizes outstanding research efforts of students through student research awards. Kealey Wohlgemuth received the 2023 Doctoral Student Outstanding Podium Presentation Award for her presentation on “Characteristics of Slow and Fast Performers on a Firefighter Air Consumption Test.” Kealey received this award for her 12-minute presentation of her research to a live-audience of conference attendees and judges. Her research mentor is Dr. Jacob Mota.



NEUROMUSCULAR AND OCCUPATIONAL RESEARCH LABORATORY (NOPL)



McKenzie Hare (2nd year M.S. student) was named a Master’s recipient of The National Strength and Conditioning Association (NSCA) Foundation’s Graduate Research Grant for 2023. Hare was selected by the NSCA Foundation Grant Committee and Grant Panel after a thorough evaluation process of all applicants. This grant program funds graduate research in strength and conditioning at the Master’s level. McKenzie Hare is studying Kinesiology with a concentration in Human Performance in Dr. Jacob Mota’s lab.



Dr. Jacob Mota and Ph.D. candidate Kealey Wohlgemuth from the Neuromuscular and Occupational Research Laboratory recently disclosed an invention to the TTU office of Research Commercialization. Stemming from their work together, the pair has a U.S. Provisional Patent Pending for a device to assist with B-mode ultrasound image acquisition. This device is not ready for public release, but may one day dramatically influence how researchers and clinicians capture ultrasound images. In October 2023, the office of Research Commercialization hosted an “Inventor Celebration”, that recognized the two for their work thus far.



Be Our Guest



Charles Johnson

VP, Team Business & Event Operations, Arlington Renegades

Former Texas Tech Football player, Charles Johnson, spoke to our sport management students about how to break into the industry, how to brand themselves, and how to take advantage of opportunities.

[VIEW MORE ABOUT CHARLES](#)

Dr. Michael Ormsbee

Professor,
Graduate Program Director in
the Department of Nutrition
& Integrative Physiology
at Florida State University

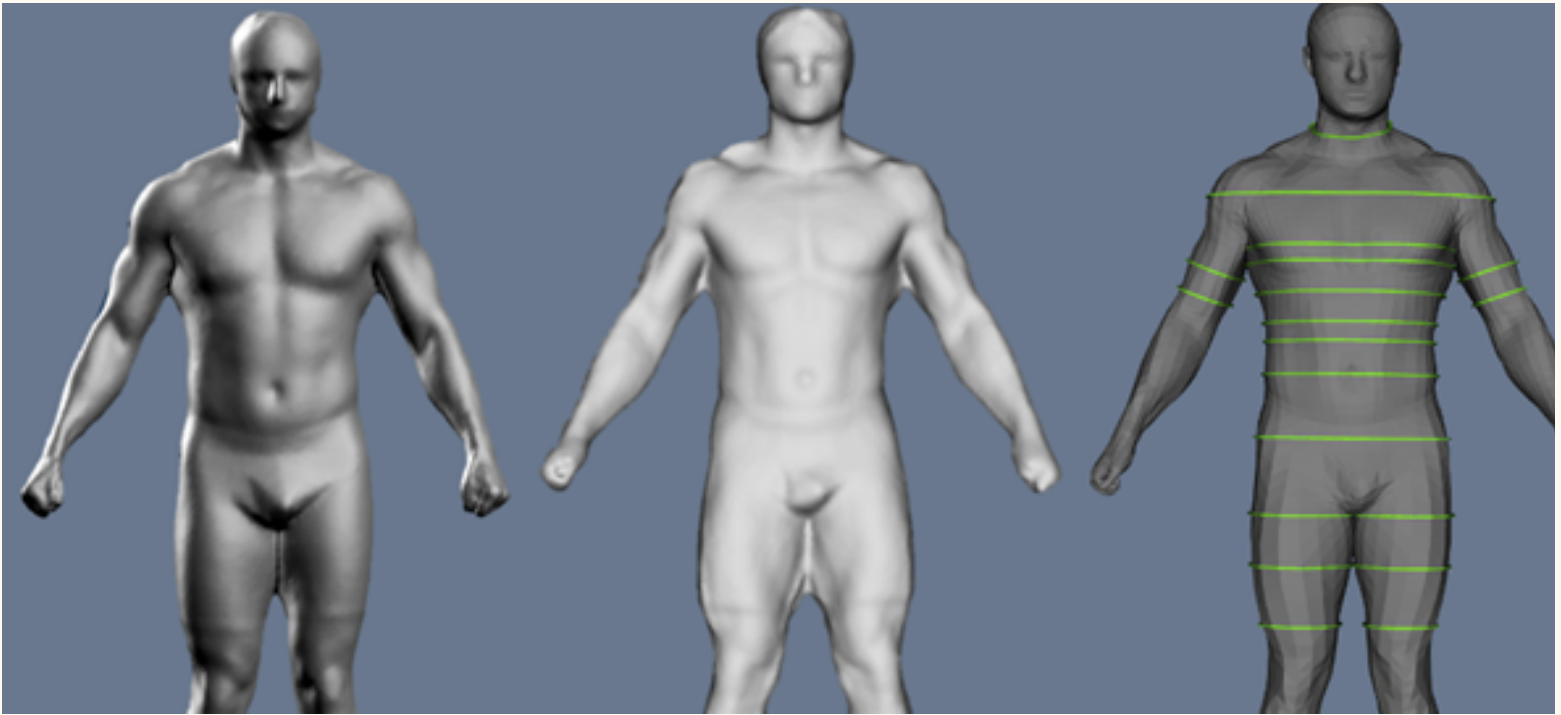
Dr. Ormsbee visited the KSM Department at Texas Tech University to deliver a presentation earlier this fall on Presleep Feeding and its impact on health, metabolism, and performance



His presentation was sponsored in part by the Texas Chapter of the American College of Sports Medicine.

[VIEW STORE](#)

Smartphone 3D Scanning for Body Assessment



Dr. Grant Tinsley, an Associate Professor, received a \$35,000 grant from Prism Labs, a leader in 3-dimensional body mapping, to continue his research on 3D scanning for body composition assessment. The new phase of this project will focus on smartphone-based digital anthropometry and body composition assessment. Tinsley and his research team have conducted research on 3D scanning since 2018, resulting in numerous peer-reviewed publications and presentations. Prism Labs has previously funded research in Tinsley's lab to study earlier generations of 3D scanners but is now focused exclusively on accessible mobile technologies.



FALL '23

OTHER HAPPENINGS



Dr. Marc Lochbaum helped to build a house through Habitat for Humanity in his hometown. It was very fulfilling to do this with some friends he has known since the late 1970s. No one put him up on the roof. These friends are all skilled builders and brought out Dr. Lochbaum's best skill sets.

Sport Management graduate student, Sydney Ritter, who landed a job as an Inside Sales Representative with the Oklahoma City Thunder spoke to our undergraduate Sales & Fundraising class on Friday, October 6th.

She gave the students helpful tips for preparing and interviewing for a job in the sales industry side of professional sports.

