APRIL 2021

KINESIOLOGY & SPORT MANAGEMENT

Spring Newsletter

Grant Tinsley Awarded Tenure and Promoted to Associate Professor

In February, Dr. Grant Tinsley was granted tenure by the Texas Tech University System Board of Regents. He will also be promoted to Associate Professor, effective September 1st. Dr. Tinsley joined the Department of Kinesiology and Sport Management as a tenure-track Assistant Professor in September 2016. Since then, he has published nearly 70 peer-reviewed research articles and served as the Lead Principal Investigator for 6 externally funded research projects totaling $150,000. His work has been recognized through several awards, including the 2019 Texas Tech Alumni Association's New Faculty Award.

Dr. Tinsley teaches several undergraduate and graduate courses, including KIN 3347 Physiological Application of Nutrition to Exercise and Physical Activity, KIN 5336 Skeletal Muscle Physiology, and KIN 5358 Ergogenic Aids and Human Performance. He believes that his own passion for these topics and focus on application of the material helps students meaningfully engage with the content. Dr. Tinsley regularly earns teaching evaluation scores above the university and department averages.

In addition to research and teaching, Dr. Tinsley is involved in a variety of professional service activities. He serves as an Associate Editor for the Journal of the International Society of Sports Nutrition and regularly serves as a peer reviewer for a variety of nutrition and exercise science journals. He has also appeared on a variety of podcasts to disseminate his research findings to the general population.

Continued on page 2

The major interests of Dr. Tinsley's research laboratory are the evaluation of body composition assessment techniques, the influence of intermittent fasting on health and physical performance, and sports nutrition strategies to improve performance and body composition. Over 30 students have worked in his research laboratory over the past four-and-a-half years, and the lab group currently has 12 members.

Based on his accomplishments in research, teaching, and service, Dr. Tinsley was encouraged to apply for tenure and promotion one year early. The awarding of tenure is widely considered a major milestone in the career of a professor and contributes to the effectiveness of the university. Texas Tech OP 32.01 states, "The purpose of academic tenure at TTU is also to retain a body of faculty best qualified to help develop and execute the core university mission of advancing knowledge and educating students. The purpose of promotion at TTU is to recognize and reward faculty with records of sustained professional accomplishment that contribute to that mission."

Melanie Hart Receives the TTU Faculty Distinguished Leadership Award

Dr. Melanie Hart will receive the Faculty Distinguished Leadership Award presented by the Texas Tech Parents Association on April 24 at its annual Faculty & Student Awards Breakfast and Reception.

Dr. Hart has served twice (17 months; 11 months) as Interim Department Chair, both while an associate professor. Dr. Hart handled numerous challenges in an exemplary manner. During her first term, Dr. Hart led the faculty vacating two of the buildings housing the department and then managing a department located in six campus buildings. She worked collaboratively with numerous offices to help design and renovate a building that would become the department's new home, which is now one of the best teaching and research facilities on campus. During the first seven months of Dr. Hart's second term, while fulfilling of these same responsibilities, she concurrently served as an Associate Dean in the College of Arts and Sciences; during the last six months, she concurrently served as a Vice Provost.

Associate Dean Hart's responsibilities included the review process for faculty tenure and promotion and collaborations with Department Chairs on strategic planning and institutional effectiveness. She coordinated the College of Arts and Sciences' implementation of a new faculty mentoring program. Her role included oversight of faculty and graduate student awards for the college and submission of nominees for university awards. The quality of her work and leadership abilities was highly regarded by the Dean of the College of Arts and Sciences, Lawrence Schovanec. When he was appointed Interim Provost, he appointed her as a Vice Provost.

Continued on page 3

Vice Provost Hart's portfolio has continuously expanded as evidence of and a tribute to her outstanding leadership starting in January of 2014 when TTU created Worldwide eLearning under her oversight and added four regional TTU sites. Worldwide eLearning provides expertise for the design, development, and implementation of high-quality online courses and programs, training in pedagogical best practices for teaching online, and compliance with federal and state regulations including state authorization. In 2015, Dr. Hart's leadership expanded to include a fifth regional site, continuing education, which provides services for the university to develop, implement, and accredit continuing education certificates, continuing education units, conferences, workshops, and other related events, and TTU Independent School District (TTUISD). Now TTU K-12, this unit is a Texas Education Agency accredited K-12 online school offering courses for a Texas high school diploma, supplemental courses for program acceleration or course recovery for other school districts, and credit-by-exam opportunities. In 2016, Dr. Hart was asked to oversee the Osher Lifelong Learning Institute (OLLI-TTU), which offers courses for individuals 50 years or older, now in four communities in Texas. Through Dr. Hart's leadership, TTU added four additional regional sites in 2016, 2018, and 2019. Starting in 2018, Dr. Hart and her staff through Community College Partnerships began to oversee agreements with community college and other partnerships to increase the number of transfer students to TTU. In 2020, Dr. Hart and her e-Learning staff helped lead the transition of all face-to-face courses at TTU into online delivery due to COVID-19 virus. The instructional support provided to hundreds of TTU faculty made this transition remarkably seamless to faculty and students. Dr. Hart has led her staff to continue to provide exemplary instructional support to all faculty and other instructors of record throughout the summer and fall of 2020 as the pandemic forced movement of a high percentage of courses online and into a hybrid format.

A 2013 recipient of the Chancellor's Council Distinguished Teaching Award, Dr. Hart is highly respected throughout the Texas Tech campus for her dedication to student learning, including those she continues to teach each semester in addition to her numerous administrative responsibilities, including co-teaching KIN 7305 College and University Teaching in Exercise Physiology and motor learning courses.

Melanie Hart is known as a consummate professional in problem solving, responsiveness, team building, and as a servant leader. Dr. Hart's outstanding leadership, work ethic, and dedication to providing a breadth of lifelong learning opportunities of the highest quality made her deserving of the TTU Faculty Distinguished Leadership Award.

Sport Management is on social media

 **@TTUKSM**  **@TTU_SPMT**  **@TTUSPMT**

The SPMT specific platforms officially re-launched on April 5th and will contain information regarding up-to-date internship opportunities for students to pursue, student and faculty spotlights, and other important university information. If you would like to be featured on our social media, please email ksm.socialmedia@ttu.edu. We ask for your assistance in building up our following and brand, as we also seek to reach as many students and industry professionals as possible. Please feel free to tag us in sport activities you may be a part of, internship or research opportunities, or let us know what you are interested in seeing on our pages next! Please follow us and tell your friends. We also will continue to post news, internship opportunities, etc. on the Kinesiology and Sport Management Facebook page. See you on social!

KSM Graduate Students Receive Awards in TTU Poster Competition

The Graduate Student Research Virtual Poster Competition was held on March 11. TTU graduate students were invited to "demonstrate their engagement in high-quality research with an ability to present this research professionally and effectively to a non-specialized audience." In the Kinesiology and Sport Management category, Madelin Siedler, who works in Dr. Grant Tinsley's lab, earned 1st place. Cayla Clark, who works in Dr. Joaquin Gonzales' lab earned 2nd place. Jake Boykin, who works in Dr. Grant Tinsley's lab, earned 3rd place.

Cayla Clark

Jake Boykin

Madelin Siedler

Graduate Students Receive Honors at Texas ACSM

·**Nigel Jiwan**, a first-year Ph.D. student in Dr. HuiYing Luk's lab, won 2nd place in the Doctoral Research Poster Competition.

·**Patrick Harty**, a second-year Ph.D. student in Dr. Grant Tinsley's lab, was awarded a Student Research Development Award (SRDA) grant to support his doctoral dissertation. The title of his proposal was "Quantifying the Relationship between Anthropometry, Body Composition, and Performance on the Army Combat Fitness Test."

·One of the ten finalists in the Doctoral Research Poster Competition was **Ahalee Farrow** (Dr. Ty Palmer's lab).

·**Cayla Clark**, a second-year M.S. in Kinesiology student in Dr. Joaquin Gonzales's lab, won 1st place in the Master's Research Poster Competition.

·**Jacob Green**, a first-year M.S. in Kinesiology student in Dr. Grant Tinsley's lab won 3rd place in the Master's Research Poster Competition.

Jake Boykin, a first-year M.S. in Kinesiology student (Human Performance Track) in Dr. Grant Tinsley's lab, won 4th place in the Student Manuscript Competition. His manuscript was entitled "Offseason Body Composition Changes Detected by Dual-Energy X-Ray Absorptiometry Versus Multifrequency Bioelectrical Impedance Analysis in Collegiate American Football Athletes."

·Two other KSM students were finalists in the Master's Research Poster Competition: Jake Boykin (Dr. Grant Tinsley's lab) and **Christian Rodriguez** (Dr. Grant Tinsley's lab).

Graduate Program Coordinators

Dr. Joaquin Gonzales serves as the Graduate Coordinator for the Master of Science (M.S.) in Kinesiology. Dr. Gonzales joined the faculty at Texas Tech University in 2010 and is currently an Associate Professor advising M.S. students in the clinical and integrative physiology tracks. As coordinator, Dr. Gonzales will be the point of contact for questions from Kinesiology graduate students and their advisors, collect graduate program assessment data, update the Graduate Student Handbook, and organize regular discussions about graduate program related business. As an alumnus of the M.S. in Kinesiology (2000-2002), Dr. Gonzales has a strong personal desire to ensure the success of the students in the program. Dr. Gonzales directs the Vascular Aging Laboratory in which this year he is completing an American Heart Association funded research grant, “Effect of Pulsatile Pressure and Long Sleep Duration on Cerebral Vascular Function.”

Dr. Michael P. Massett joined the department in August 2019. He earned his Ph.D. in Exercise Science from the University of Iowa. He completed postdoctoral training at New York Medical College and the University of Rochester Medical School. He currently directs the Physiological Genomics Laboratory. The overall research focus of the laboratory is to identify biological mediators of the adaptations to exercise using a combination of genetic/genomic and physiological approaches. Ongoing research is focused on investigating the signaling pathways involved in sex-dependent and genetic background-specific differences in vascular function. Additional research is focused on elucidating the genetic basis for individual variation in exercise capacity and the responses to training. Dr. Massett has been funded by the National Institutes of Health and the American Heart Association. Prior to coming to Texas Tech, Dr. Massett was an associate professor at Texas A & M University, where he was assistant division chair of Kinesiology in the Department of Health & Kinesiology. As a faculty member at Texas A & M and at Texas Tech, he is mentoring Ph.D., M.S., and undergraduate student research. He is serving as the Program Coordinator for the Ph.D. in Exercise Physiology.

Student Spotlight - Allison Bloss

Allison Bloss will graduate with a Master of Science in Sport Management in May. As an undergraduate student, she was a member of the Texas Tech volleyball team and had the opportunity to complete her Bachelor of Science in Sport Management in May of 2020 while playing for the university.

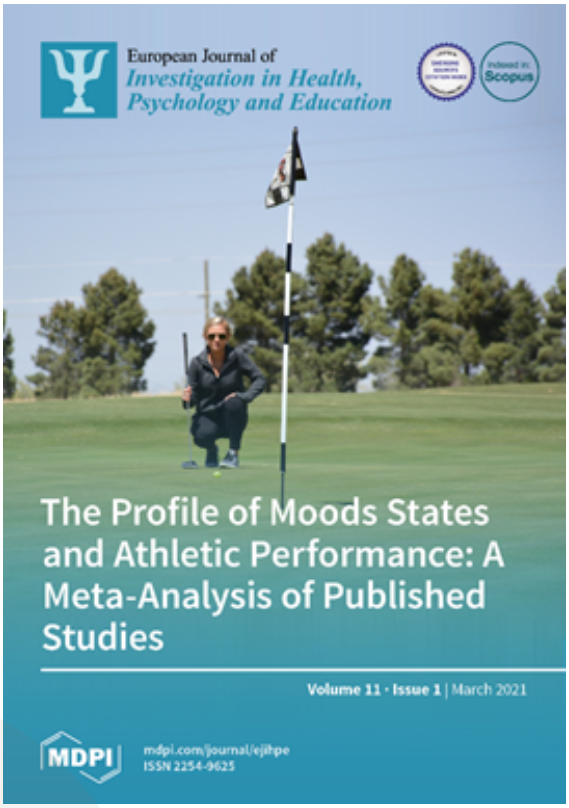
During her volleyball career at Tech, she received several honors. Her freshman season she was the first Red Raider to amass 100+ blocks in a season with 121 and finished her career 6th in program history for blocks. During her volleyball career, Allison earned placement on several all-tournament teams, started all matches while she was healthy, and helped her teams improve their Big XII records each year she played.

While volleyball was what drew Allison to Texas Tech, her best accomplishment was graduating magna cum laude in just three years. Her original goal was to major in Education since she wanted to teach, however, that degree plan did not coincide with her practice schedule. Because of this, she started looking for other degrees to find the degree plan that was the most suitable for her situation and found that Sport Management had multiple applications to both teaching and coaching, which are her career goals. Allison says the sport management classes she took taught her valuable insight into the sports world and assisted in preparing her for coaching. Thanks to her sport management degree, she is now teaching high school geometry with plans to start coaching at the high school level in the near future. Her sport management degrees have prepared her for a successful career.

Alumnus Spotlight - Dustin McCorkle

Dustin McCorkle earned his Bachelor of Science in Exercise Science from Texas Tech University in 2011. After graduation, he joined the Atlanta Hawks as a Ticket Sales Representative. Dustin was then promoted to the Executive in Premium Sales and Corporate Partnerships. After his time with the Hawks, Dustin was hired for a management position within the New Jersey Devils as a Ticket Sales Manager, and before long, he was promoted to Managing Director in Premium Partnerships. After he left the Devils organization, Dustin returned to Lubbock and started his own consulting firm where he teaches sales teams and college students aspiring to work in the sports industry. Meanwhile, he accepted the Chief Revenue Officer position at the New Mexico United, where he oversees ticket sales, merchandise, retail, sponsorship, and fundraising. Throughout his career, he has kept in mind a quote from his mentor: “How you do anything is how you do everything.” When asked for advice on how to succeed in the sports industry, he said, “You have to be competitive, coachable, committed and consistent. You have to be able to take and implement feedback, while being the best at your current role, so the next one will find you. Look to work for great leaders/people not logos."

Mood Predicting Sport Performance with Dr. Marc Lochbaum



Dr. Marc Lochbaum, along with three former KSM students, published a meta-analysis early in 2021 on a historic and important topic in sport psychology—mood predicting sport performance. Along with his former students, their work was chosen for the journal's cover - https://www.mdpi.com/2254-9625/11/1 with Emily May getting ready to make a big putt.

Dr. Lochbaum is proud of his collaborators, Thaís, Deylon, and Emily. Thaís Zanatta, a former KSM graduate student, is pursuing a Ph.D. in health psychology at the University of California Merced. Deylon Kirschling, a former KSM undergraduate, is pursuing a Ph.D. in Occupational Therapy at the University of St. Augustine Health Sciences in Austin. Emily May, a former KSM undergraduate, is currently pursuing a Ph.D. in occupational therapy at the University of Texas Medical Branch in Galveston.

Here is the link to their meta-analysis and the journal https://doi.org/10.3390/ejihpe11010005.

Spreading Health, Some Golf, and Lots More via YouTube

About a year and a half ago, **Dr. Marc Lochbaum** began his YouTube channel https://www.youtube.com/channel/UCDt6_zW-ez4duIdA4Uc3SCA responding to a number of his physical activity programs and as a way to provide sport psychology information. Then the pandemic hit. Since then, **Dr. Lochbaum** has grown his channel with a number of KSM students at both the graduate and undergraduate levels to help his programs in Lithuania as well as in West Texas.

Currently, his main programs are Everyone Friendly Programs with Alex (Alex Hernandez, a first year graduate student), Rae Fit (Rae Johnson, a senior and KSM Ambassador), and Sydney's HIITS (Sydney Cooper, an Honor College freshman and TrUE researcher with Dr. Lochbaum). Dr. Lochbaum has a number of programs. One of his favorites is his Virtual Golf with Deylon (Deylon Kirschling, a KSM graduate who worked lots with Dr. Lochbaum on a number of projects and a funded grant).

Be sure to check his channel out for lots of great programs. His channel is approaching 14,000 views!
Here are some of the YouTube thumbnails.

Lower Limb Team Monitoring in Collegiate Basketball - A Case Study with Texas Tech

Narrowly missing out on a national Championship in 2019, Texas Tech men's basketball is one of the most recognizable teams in the Big 12 Conference and the NCAA. In a bid to stay at the cutting edge of athlete preparation, the basketball staff has integrated their data analysis with the Human Performance and Biomechanics Laboratory at the university.

Dr. John Harry

Dr. John Harry, Director of the Human Performance & Biomechanics Laboratory, and Graduate Assistant Sports Scientist, Jacob Hurwitz, have been using their expertise in and out of the lab to answer specific questions posed by the coaches who work directly with the men's and women's teams, paying particular attention to increasing player availability and returning athletes after injury.

Bridging the gap from science to practice

"A number of years ago I reached out to John Reilly, head strength and conditioning coach for the men's basketball program because we wanted to bridge the gap between the lab and the team, the science and the practice", Dr. Harry explains.

"We explained the services we offer to the strength and conditioning coaches and asked if there were any questions they wanted to answer from a player's health, performance, and resiliency perspective. Three areas they thought we could offer assistance with were pre-practice screening, performance assessments, and reducing injuries."

Before diving straight into answering these critical questions, it was essential for Dr. Harry and his team to audit what kind of data was currently being collected at the university.

"Before we started working closely with the team, they were using a certain technology to try answering the questions mentioned. However, they weren't sure of the efficacy of the data that the technology was generating."

Jacob Hurwitz

"At the outset, it was essential for us to run a number of pilot studies as proof of concept. As part of the proof of concept, we brought in IMeasureU to help us get an idea of what stimulus we were exposing the athletes to during practice and how that compares to games. We wanted to understand if they were being adequately prepared.

The load that athletes are exposed to in basketball takes place within a confined area and there is a big vertical component to what their limbs are experiencing. Simply looking at the distance covered doesn't tell the whole story. With an IMU sensor on each ankle, they are able to get a much better understanding of what is occurring at the lower limbs.

"Coaches often intuitively know that certain drills are harder than others, which guides the periodization of the week leading up to games. But we didn't have objective numbers to back that up. This question led us to really dig deep on which specific components of workload we care about."

A proof of concept with IMU Step

During that proof of concept, Dr. Harry and his team identified and zoned in on Impact Load, Impact Asymmetry, and the distribution of those loads. These metrics helped answer two key questions that had been refined during this process:

1. Does practice intensity match game intensity?
2. Does the planned intensity meet the actual intensity?

Continued on page 10

“In the future, it may be interesting to dive into how load is affected when we play one team over another. Is intensity higher when we go to New York to play Duke vs playing a lower-level team down the street? These are the types of questions that we can now look to answer with IMU Step.”

As well as developing a wider relationship with the men’s basketball team, Dr.Harry and Jacob are now supporting the women’s program on their return-to-play processes and benchmarking protocols. These two areas were slightly different from the questions asked by the men’s team, but the insights from the sensors and the expertise of the human performance staff made this a natural next step.

Benchmark testing with IMU Step

“Jacob has been spearheading the return to play concept with the women’s side”, Dr. Harry explains. “We have developed a battery of tests that is designed to last 30-40 minutes. There is a mixture of both unilateral and bilateral movements so we can get some more granular information on any asymmetries that are present. We have also tried our best to get these tests to be multiplanar due to the nature of basketball.”

“When developing this battery of tests,” Jacob explains. We consulted with John (Harry), Connor Agnew, the strength coach from the women’s team, and the athletic trainer. The six tests focusing on jumping, landing and running we chose were –

- Leap matrix
  - Three cones are positioned in a line 1 meter apart from each other with a fourth cone 1 meter in front of the center cone; Athletes perform a unilateral leap from the center cone to each cone and back to the center cone before switching limbs; Athletes then walk to the front cone and perform a leap with rotation back to and from the corner cones alternating between limbs; Athletes complete three of each of the above-mentioned leaps, rest for 30 seconds and repeat the above.
- 5-10-5
  - Three cones are positioned in a line 5 meters apart; Athletes begin at the center cone, sprint to one of the lateral cones, change directions, and sprint to the opposite cone before again changing directions and sprinting through the starting cone; Athletes walk back to the starting position and repeat the test in the opposite direction to complete a set with 30 seconds rest between sets.
- Three hurdle hop
  - Hurdles are positioned at approximately mid-shin height and 1 meter apart; Athletes hop over each hurdle and return to the start position. This is repeated three times to complete a set. Athletes complete two sets total with 30 seconds rest between sets.
- Run-step-run-step-shuffle
  - Athletes begin on one corner of the baseline of the court; They then shuffle along the baseline to the closer edge of the key; They then sprint along the baseline to the furthest edge of the key; Finally, the athletes again shuffle to the corner of the baseline; Following 30 seconds of rest the test is repeated in the opposite direction to complete a set; Athletes complete two total sets.
- Light reactive test
  - Three lights are positioned in a line approximately five meters apart and two meters in front of the athlete; Upon illumination of one of the lights, athletes will sprint to that light and shuffle back to the starting location; Lights illuminate approximately 2 seconds after being contacted by the athlete; the test lasts 30 seconds; Athletes will rest for 1 minute and repeat for two total sets.
- Curved running
  - Athletes start at one baseline location of the three-point line. Athletes will sprint along the three-point line to the opposite baseline location, pivot and sprint back to the starting position; Athletes will walk to the opposite baseline location and immediately repeat the test in the opposite direction to complete a set; Athletes will rest for 1 minute and repeat for two total sets.

“Some of the tests have been modified slightly in terms of the length of the test. For example, the athletes will perform the 5-10-5 a number of times with a walk back in between so that we collected enough data in the high-intensity bins to allow comparisons a lot easier.”

“Within these tests”, Jacob explains, “we are looking at Impact Load, asymmetry data, and how that load is distributed across low, medium, and high bins. This baseline testing will be introduced once NCAA regulation allows us the time to do so. Every athlete will hopefully come to us on day one fit and healthy which will allow us to get a reliable benchmark. Should any athlete then get injured, we have a gauge of where they need to return to.”

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“We are aiming to complete this battery of tests two to three times per season.”

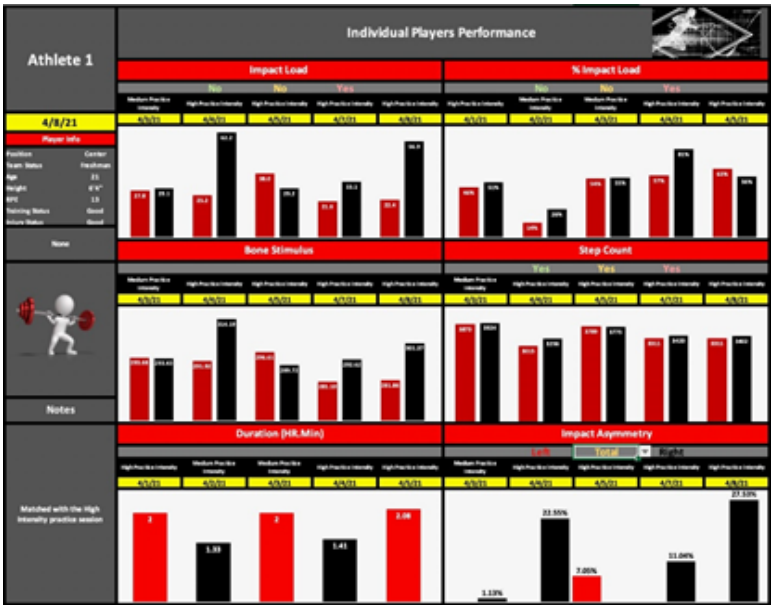

Figure 1. Individual Player Performance Report

IMU Step data: beyond the dashboard

Jacob is also working on a project to visualize and communicate this data effectively to coaches. Jacob has worked as a strength and conditioning coach in the past and currently working as a sports scientist, he is able to make this information accessible and actionable for the technical and non-technical staff on both the men’s and women’s programs. Figure 1 shows how Jacob visualizes the data to help answer one of the team’s key questions: Does the actual intensity of practice match the coach’s planned intensity?

“As you can see here, we have exported all the IMU Step data and put it into our own Excel dashboard. We have created this dashboard to enable us to look at each intensity bin individually. In the black, you can see what the coach had planned the session to be. In this instance, red is the left limb and black is the right limb. The next phase for us on this is to build out our collection of RPE data so we can cross-reference the subjective data from the athlete against what the coach planned and the mechanical load from IMU Step.”

“The return to play dashboard (figure 2) looks very similar but here we are looking at how testing differs compared to baseline. On the left we have a summary of percentage changes to how they compare to baseline.“

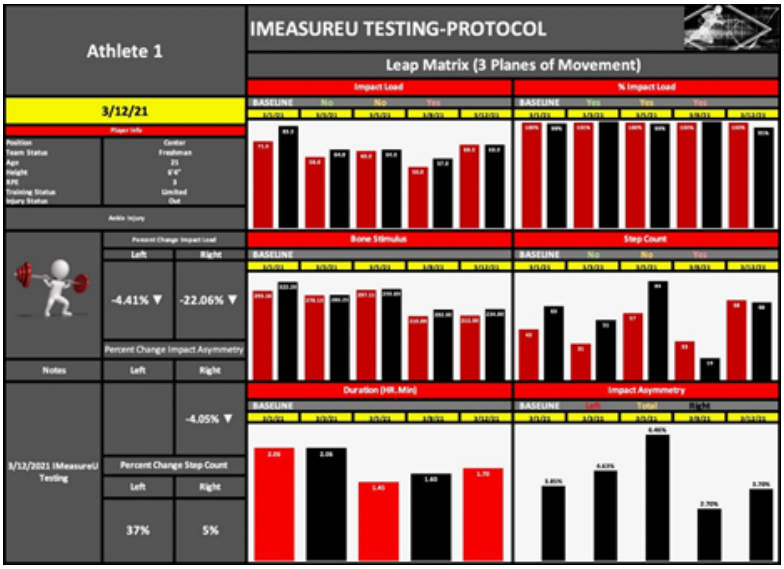

Figure 2. Return to Play Dashboard

“On a day to day basis, we use this dashboard (figure 3) which allows us to filter by various player groups, individuals and by team. In this sheet we are also able to see daily percentage changes so we can make interventions should we see anything critical.”

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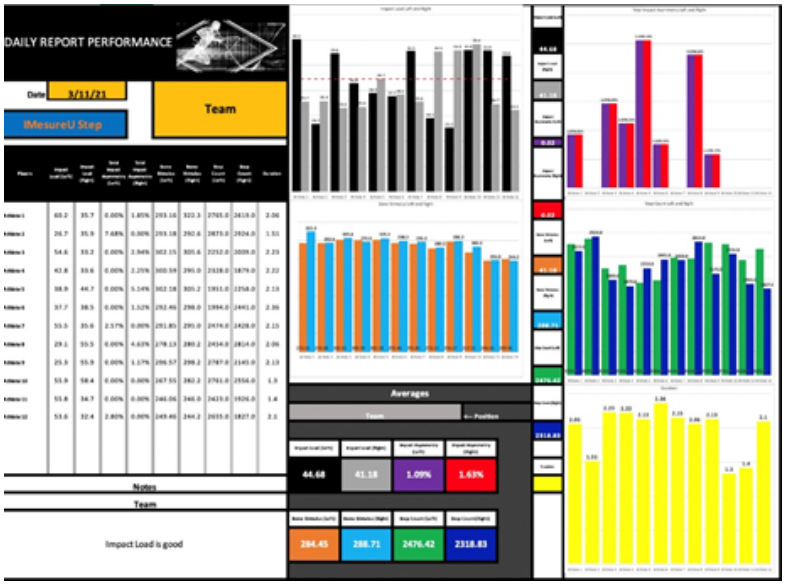


Figure 3. Daily Dashboard

“Then we have a weekly page (figure 4) so we can see how the week looks for an individual or playing group versus the averages over time.”

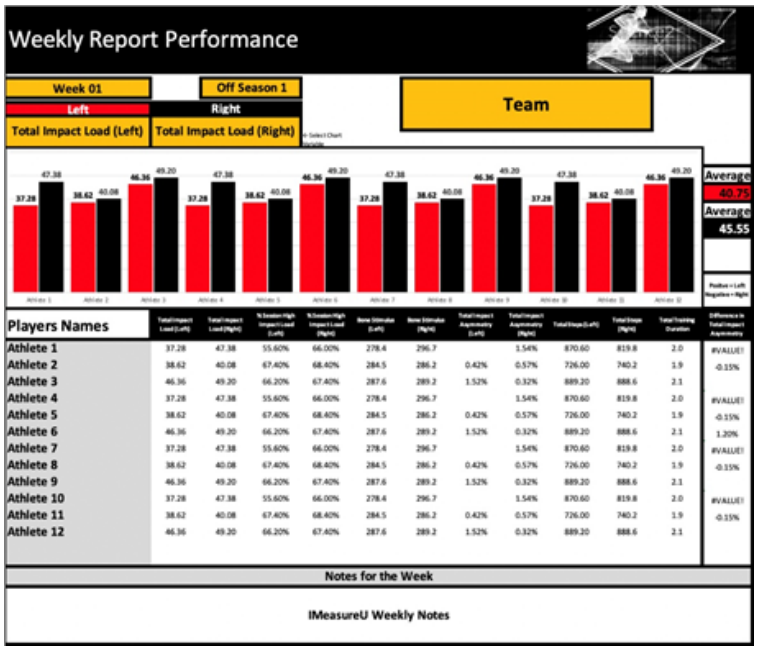


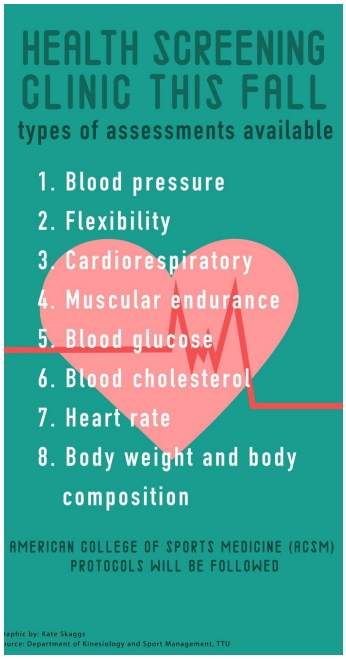
Figure 4. Weekly Dashboard

With the help of IMU-Step, Dr. Harry and Jacob are striving to answer the crucial questions asked by the technical and non-technical staff from the men’s and women’s basketball teams. A solid core of repeatable and consistent tests along with an eye for what metrics to focus on gives them a great foundation to improve the health and performance of the basketball teams.

Note: This article was originally published on imeasureu.com”

Here’s the link to main article: https://imeasureu.com/2021/03/31/lower-limb-team-monitoring-in-collegiate-basketball-a-case-study-with-texas-tech/

KSM Hosting Health Screening Clinic



Texas Tech's Department of Kinesiology and Sport Management is planning to implement a health screening clinic every semester starting in the Fall 2021.

Heidi Wiedenfeld, an instructor at Tech's Department of Kinesiology and Sport Management, said this clinic will be available at no cost for all faculty and staff, as well as Ph.D. and master degree students, following the American College of Sports Medicine (ACSM) protocols.

"There is a health screening survey that participates screening survey that participants have to complete on our department website, teachers and students of the Exercise Testing and Prescription class and myself, will be going through to analyze if the interested participant is eligible."

The survey that interested individuals need to complete will focus on cardiovascular risk factors, said Wiedenfeld. After this, ACSM guidelines will be applied to check for will be applied to check for the individual's eligibility, based on how physically active the participant is. If eligible, participants will be tested on body weight and body composition, flexibility, cardiorespiratory, muscular endurance, blood glucose, blood cholesterol, heart rate and blood pressure.

"We are going to be looking at the low-risk individuals," Wiedenfeld said.

The screening clinic is easily accessible for those who are interested because it is on campus, said Wiedenfeld. It is also beneficial to the participants: those who participated will be given exercise programs based on their results.

"If they want to work out at the Rec Center or wherever, they will have a baseline exercise program that they can follow," Wiedenfeld said. "Hopefully, it can improve their health, in case they need to lose weight or reduce their cholesterol levels."

The health clinic is also implemented as a mean to give students real-world experience in doing health screenings and clinic management. Audra Day, assistant professor of practice in the Department of Kinesiology and Sport Management, said that this health clinic allows students in the Exercise Testing and Prescription class to gain experience from evaluating health perimeters and designing an appropriate exercise prescription for participants.

"These prescriptions are designed to address any areas that might benefit from a change in activity or exercise," Day said.

The clinic was planned to be launched during the Fall 2020 semester, but it was delayed due to complications of the COVID-19 pandemic. Regarding how the department will conduct this clinic while the pandemic is still possibly active by the end of the year, Day said they will continue to follow any requirement instituted by the university.

"We will be taking guidelines from the university: if we need to use masks or gloves, or we need to follow specific cleansing procedures, we will simply follow them," Day said. "Other than that, we don't think there will be any issues because we have already followed all procedures for our student-run labs here in our building, so students are already used to precautions to prevent spreading infectious diseases. We will provide equipment and make sure that everyone is protected."

Since the health clinic is part of a course taught at the Department of Kinesiology and Sport Management, Day said the department will host this clinic every semester from Fall 2021 on. They will have bigger plans if this health screening clinic results in success.

"Eventually, our goal is to launch this clinic for the entire community as well," Day said. Staff and faculty members who participate in the health clinics can also find themselves an extra benefit on top of what is provided there. Ladonna Johnson, associate managing director at Tech's Human Resources department that is involved with informing other departments of this clinic, said the Department of Kinesiology and Sport Management is also proposing for faculty and staff members who plan to participate in the clinic to earn up to four hours of paid time off. "Once the Kinesiology Department lets us know that the employee has taken part or volunteered in this project that they are doing, they will provide the information to us and we can give them the paid time off," Johnson said.

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The health clinic will be conducted starting Fall 2021, and is now actively recruiting participants. Anyone who finds this interesting can find more information on the clinic and how to register at the department's webpage at https://www.depts.ttu.edu/ksm/Health_Screening_Clinic/. Members of the Department of Kinesiology and Sport Management said they greatly encourage people who find themselves eligible to take the survey and participate in the clinic. Used by permission of Bao Pham and The Daily Toreador

Faculty and Students' Scholarly Work in 2021

Goal #1 in the Department of Kinesiology and Sport Management's Strategic Plan for 2020-2025 is to: ***"Increase the productivity and impact of research, scholarship, and creative activity that advances knowledge, benefits society, improves quality of life, and contributes to economic development."*** Illustrations of the faculty's (whose names are in bold font) 2021 publications and other works accepted for publication later this year are listed below. Joining many of the faculty as collaborators in these publications are students, whose names are italicized. Congratulations to all these faculty and students on their scholarly work.

1. **Asada, A.**, & **Sanderson, J**. Supporting sacrifice or condemning belief: Consumer reactions to Nike's advertising campaign featuring Colin Kaepernick. International Journal of Sport Management and Marketing.

2. Ashtary-Larky D, Bagheri R, Asbaghi O, **Tinsley GM**, Kooti W, Abbasnezhad A, Afrisham R, and Wong A. Effects of resistance training combined with a ketogenic diet on body composition: a systematic review and meta-analysis. Crit Rev Food Sci Nutr: 1-16, 2021.

3. Ashtary-Larky D, Bagheri R, Ghanavati M, Asbaghi O, **Tinsley GM**, Mombaini D, Kooti W, Kashkooli S, and Wong A. Effects of betaine supplementation on cardiovascular markers: A systematic review and Meta-analysis. Crit Rev Food Sci Nutr: 1-18, 2021.

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