

KINESIOLOGY & SPORT MANAGEMENT

FALL NEWSLETTER • OCTOBER 2020



IN THIS ISSUE

AMBASSADORS HOST SECOND ANNUAL GOLF TOURNAMENT

PAGE 2

MEET OUR NEW PH.D. STUDENTS

PAGE 6

2021 NATIONAL COLLEGIATE SPORT SALES CHAMPIONSHIP COMPETITION

PAGE 8

KSM FACULTY PUBLISH WITH GRADUATE STUDENTS

PAGE 14

KSM Awarded for Excellence X2

by Toni Salama, Senior Editor, College of Arts & Sciences

Department Chair Angela Lumpkin (pictured above) Says
Advancements Were a Team Effort.

From the Oscars to the Nobel Prize, awards are given, obviously, in recognition of a job well done. What may not be as readily apparent, though, are the years of work leading up to the honor.

When those advances garner more than one award in the same year, it is a sure sign—not of effort alone but of deep and significant commitment to excellence.

The Department of Kinesiology & Sport Management (KSM) has earned just such a distinction, winning two of Texas Tech University's highest departmental recognitions in 2020: the award for **Excellence in Institutional Effectiveness** and the award for **Departmental Excellence in Teaching**.

Continued on page 9



The group picture from left to right starting at the back: Back Row - Rae Johnson, Eddie Martinez, Jackson Abney, Zachary Shuhmann, Georgy Jacob, Kyler Woodul, and Grady Woodul Front Row - Randilyn Sasser, Molly Croessmann, Lauren Gilliam, Jordan Ortega, Alicia Gonzalez, and Tyra Smith Not Pictured - Ciara Simpson, Sam Snyder, Dr. Chad Smith

KSM AMBASSADORS HOST SECOND ANNUAL GOLF TOURNAMENT

Thus far in the fall semester, the KSM Ambassadors, with 10 new members, hosted their Second Annual Golf Tournament at the Rawls Course benefitting Women's Protective Services of Lubbock on Saturday, August 29. With masks and social distancing guidelines in place, the Ambassadors were able to put together a great tournament. Participants and Ambassadors battled the heat throughout the day, and everyone enjoyed a great day on the golf course with several prizes and giveaways awarded to the participants. Thanks to everyone who participated and sponsored the event to make it possible. The Ambassadors are currently working on plans for a spring 2021 tournament as well and hope you will join them! The Ambassadors also have several outreach and volunteer commitments scheduled throughout the semester while also working on new designs for departmental apparel to sale. Please follow the Ambassadors' Instagram ([ksm_ambassadors](#)) to stay up-to-date with all they have going on throughout the semester including updates on events and apparel for sale.

- Randilyn Sasser, Head Ambassador
- Molly Croessmann, Academic Chair
- Ciara Simpson, Event Coordinator
- Sam Snyder, Treasurer
- Georgy Jacob, Service Chair
- Lauren Gilliam, SORC/Kinesiology Representative
- Eddie Martinez, Kinesiology Representative
- Alicia Gonzalez, Kinesiology Representative
- Rae Johnson, Kinesiology Representative
- Jackson Abney, Kinesiology Representative
- Grady Woodul, Kinesiology Representative
- Kyler Woodul, Kinesiology Representative
- Tyra Smith, Kinesiology Representative
- Zachary Shuhmann, Sport Management Representative
- Jordan Ortega, Sport Management Representative
- Chad Smith, Faculty Supervisor



Marc Lochbaum receives plaque from Dean Brent Lindquist

MARC LOCHBAUM WINS COLLEGE OF ARTS AND SCIENCES RESEARCH AWARD

The College of Arts and Sciences annually recognizes excellence in research. The award spans three years. In this case, the award spanned 2017-2019. Dr. Marc Lochbaum received the College of Arts and Sciences Research Award for 2020 for Excellence in Research - Social Sciences. Over the course of 2017-2019, Dr. Lochbaum published his research and received extensive funding from Lubbock, Europe, and the Middle East. The award requires letters of support. Dr. Lochbaum's letters came from department chairs of the top Kinesiology departments in the USA as well as all the way from Singapore. Dr. Lochbaum has been at TTU since the fall of 2000 when he began as an assistant professor. He has been a full professor since 2012. You can find more about Dr. Lochbaum and his work on our [website](#).

BAILEY PALMER EARNS EP-C FROM THE AMERICAN COLLEGE OF SPORTS MEDICINE

Bailey Palmer, who is an Instructor, teaches KIN 1301 Introduction to Kinesiology, KIN 3305 Exercise Physiology, and KIN 4305 Advanced Strength and Conditioning. Bailey has a bachelor's degree in Health Education and Promotion and a master's degree in Exercise Science from Oklahoma State University. She is a National Strength and Conditioning Certified Strength and Conditioning Specialist (CSCS) and recently passed her American College of Sports Medicine (ACSM) Certified Exercise Physiologist exam. Congratulations to Bailey, who proudly shares her certificate. The ACSM Certified Exercise Physiologist® (ACSM-EP®) works with apparently healthy clients and those with medically controlled diseases to establish safe and effective exercise and healthy lifestyle behaviors to optimize health and quality of life. The ACSM-EP® develops and administers programs designed to enhance cardiorespiratory fitness, muscular strength and endurance, balance, and range of motion.



TTU KSM ALUMNI SPOTLIGHT



PRECIOUS ITUGBU PREPARING TO HELP OTHERS THROUGH OCCUPATIONAL THERAPY

One of our most recent alumni (May 2020), Precious Itugbu, is currently a first-year Doctor of Occupational Therapy (OT) student at TTUHSC. While a student in our Kinesiology program, Precious excelled in her academics and served a one-year term as the Vice President of the Pre-OT Club. Precious was accepted to all Doctoral OT programs where she applied. When asked for advice on what she felt helped her stand out as an applicant, she said, “starting observational hours early and exposing herself to multiple and diverse occupational therapy clinics.” Precious plans to fulfill her future role as an OT by working with veterans and other service members in our country.



DR. JUDI HENRY – SERVING TTU STUDENTS FOR DECADES

Judi Henry, Ed.D. has dedicated her career to enhancing the lives of young women and men. Judi currently serves as Executive Senior Associate Athletic Director/Senior Woman Administrator at Texas Tech University. Judi works tirelessly in support of student-athletes by ensuring they have the best environment to compete and succeed. Her history with Texas Tech and its students is storied, having earned three academic degrees from the institution. She began her teaching and coaching career at Smylie Wilson Junior High School in Lubbock. She joined the Texas Tech University staff in 1980 as assistant to the Dean of Students and spent more than 15 years in that department, ultimately serving as Dean of Students and Assistant Vice President for Student Affairs.

Since joining the Department of Intercollegiate Athletics, she has served as the Sports Supervisor for several programs. She also oversees other areas within the department; Strength and Conditioning, Nutrition, J.T. & Margaret Talkington Leadership Academy and Title IX. She has been instrumental in bringing several conference and national championship events to Texas Tech and the Lubbock community.

JACOB MOTA – TTU ALUM AND NOW ASSISTANT PROFESSOR



Dr. Jacob Mota earned his Bachelor of Science in Exercise and Sport Sciences in 2014 and Master of Science in Kinesiology in 2016 from Texas Tech University. In his time at Texas Tech, he was affiliated with the Goin' Band from Raiderland and recreational sport clubs. He was also active as a researcher in the human performance research laboratory and as a performance coach with Sid Bright at Xtreme Speed Athletic Performance Training. After leaving Lubbock, he attended the Human Movement Science program at the University of North Carolina at Chapel Hill's School of Medicine where he graduated with his Ph.D. in May of 2020. Dr. Mota holds the Certified Strength and Conditioning Specialist credential (with distinction) through the National Strength and Conditioning Association, where he is an active member. Dr. Mota is currently an Assistant Professor of Exercise Science at The University of Alabama, where he teaches and runs a research laboratory. The research questions his laboratory focuses on revolve around the non-invasive assessment of muscle function, neuromuscular adaptations associated with resistance training, and occupational safety and performance. In 2017 he married fellow Red Raider alumna, Emily, and they recently welcomed their sweet daughter into the world in the fall of 2020.

KATIE BROWN HONORED FOR LAW REVIEW ARTICLE

Brown, K., Brison, N. T., & Batista, P. J. (2019). An Empirical Examination of Consumer Survey Use in Trademark Litigation. *Loyola of Los Angeles Entertainment Law Review*, 39, 237 has been judged one of the best law review articles related to intellectual property law published within the last year (2019). As such, it has been selected for inclusion in the 2020 edition of the *Intellectual Property Law Review*, an anthology published annually by Thomson Reuters (West).



PH.D. STUDENTS IN EXERCISE PHYSIOLOGY



DYLAN WATSON

is one of the new Exercise Physiology Ph.D. students in the Department of Kinesiology and Sport Management. He received his bachelor's degree in Health and Fitness Management at Texas State University and his Master of Science degree in Exercise Science from Texas State University. Prior to attending Texas State University, he spent two years studying biology and theology at the University of St. Thomas in Houston. His research interests include athletic and recreational sport performance as well as strength and conditioning based research. He hopes to receive his Ph.D. and then continue doing research in strength and conditioning research for one the military branches in the United States of America.

KEVIN MILLER

is in his first year as a doctoral student in the Ph.D. Exercise Physiology program at Texas Tech University. He earned his B.S. in Exercise Science from Brigham Young University Hawaii. During his time there, he competed on the men's cross country and track and field teams. Later, he completed his master's degree in Kinesiology from Boise State University. After earning his undergraduate degree and during his master's degree studies, Kevin married his wife, Julia, and they now have two boys, Riley and Jack. While at Texas Tech, Kevin aims to enhance his research skills and improve his teaching. His research focus is in skeletal muscle physiology and intends to center his dissertation on the gut microbiome and muscle axis. His goal is to become a professor, continue his research, and continually improve his skills as a teacher. He is currently working with Dr. Luk in the muscle physiology lab.



NIGEL CYRIL JIWAN

is an international student from India but was born and raised in Saudi-Arabia. He completed his bachelor's degree in Physical Therapy at Manipal University in India before getting his master's degree in Exercise Science at Texas State University. During his time at Texas State, he worked in the neuromuscular physiology lab working on neuromuscular electrical stimulation effects on muscle physiology, torque, and strength in older adults. His research areas of interest include aging, sarcopenia, muscle physiology, and quality of life in older populations. His ultimate goal after completing his Ph.D. is to become a professor while still having the ability to continue research with older adults and also start working with other vulnerable populations like stroke, cerebral palsy, and autism. He is currently working with Dr. Luk in the muscle physiology lab.



MADELIN SIEDLER

originally hails from southcentral Alaska, but has spent the past decade of life exploring life on the east side of the country. She completed a Bachelor of Arts degree in Political Studies at Bard College in upstate New York, followed by a Master of Arts in Health Communication at Emerson College in Boston. After some intervening years developing clinical guidelines for a medical professional society in the D.C. area, she began to pursue her dream of academics and received a Master of Science in Exercise Science from the University of South Florida. Her major research interests include the effects of nutritional and training interventions on body composition, metabolism, and energy balance and availability, with a specific focus on the impact of novel strategies to promote weight loss maintenance in a range of populations. She also serves as a Fellow of the Evidence Foundation, a non-profit organization dedicated to promoting the use of evidence-based decision-making in health care. She hopes to blend her interests of exercise physiology and evidence-based medicine in the future by teaching, researching, and developing guidelines in sports nutrition and exercise science. In her free time, she enjoys lifting weights and exploring the outdoors. She is working with Dr. Tinsley.



YEJIN KANG

learned her Bachelor of Physical Education at Incheon National University in Incheon, South Korea. She earned her Master of Education degree in Physical Education with an emphasis in Exercise Physiology at Incheon National University in Incheon, South Korea. During her master's program, her research focused on arterial stiffness and endothelial function with exercise intervention. She presented her findings in poster titled "12 weeks of step-box aerobic exercise enhance central artery stiffness in postmenopausal women" at the 2018 European College of Sport Science Congress in Dublin, Ireland. Also, her research titled "Acute Effect of Moderate-intensity Aerobic Exercise on Cerebral Blood Flow and Cognitive Function in Young Adults: Treadmill vs. Cycle Ergometer" was published on the *Korean Journal of Exercise Science* in 2020. She is in her first year of the Ph.D. in Exercise Physiology program with Dr. Figueroa. Her major research interests are arterial stiffness, endothelial function, emodynamics responses, vascular function, and cardiovascular risk factors. Thus, her research is focused on evaluating the acute or chronic effects of exercise interventions on arterial stiffness, endothelial function and vascular responses in aging, obesity, hypertension, metabolic syndrome, and type 2 diabetes populations.



KATHERINE DILLON

was born and raised in Corona, California. She completed her Bachelor of Science in Kinesiology in 2018 and her Master of Science in Kinesiology in 2020 in Riverside, at California Baptist University. As a master's student, she had the opportunity to be involved in three separate studies in which two she was a first author. Her thesis was completed under Dr. Jong-Kyung Kim and was titled, "Effects of Chronic Dietary Grape Seed Extract Supplementation on Hemodynamic Responses in Obese/Overweight Males during Submaximal Exercise." She also had the opportunity to attend the Southwest American College of Sports Medicine Conference in 2019 and presented a poster of her first study titled, "Effects of Acute Grape Seed Extract Supplementation on Arterial Stiffness in Obese Males." Katherine is currently working under Dr. Figueroa in the Vascular Health Lab researching interactions between arterial function, strength training, and supplementation in at-risk populations such as elderly, hypertensive, postmenopausal, and type-2 diabetics. Katherine is a Graduate Part-Time Instructor for Exercise Testing and Prescription labs. Upon obtaining her doctorate, Katherine's final career goal is to become an assistant professor at a university and continue her research in vascular health.



2021 NATIONAL COLLEGIATE SPORT SALES CHAMPIONSHIP COMPETITION

For a second year in a row, the Texas Tech Sport Management program will be competing in the National Collegiate Sport Sales Championship competition hosted by the Atlanta Hawks, Baylor University, and University of North Georgia. This year, the virtual competition will take place in February 2021 and is a prime opportunity for our students to showcase their sales-based skills while networking with individuals working in the professional sector of the sport industry. Last November, combined with a team from the TTU Rawls College of Business, our students won 2nd place overall in the competition. This year, under the guidance of Instructor, Ashley Harry, our students will be competing against 23 other universities for the championship. This competition will provide our students with the opportunity to showcase their knowledge, skills, and abilities acquired through our Sport Management classes. Best of luck to the TTU Sport Management team!



KATY KEENAN - 2020 WOMEN LEADERS JOSTENS RISING STAR AWARD RECIPIENT

Katy Keenan is currently a sport management master's student and serves as a Graduate Assistant at Texas Tech University for the J.T and Margaret Talkington Leadership Academy. Keenan recently won the Women Leaders in College Sports Josten Rising Star Award. This award recognizes volunteers, interns, students, and part-time staff early in their career and demonstrates the potential to make a significant leadership impact in the future.

In her role with the leadership academy, Keenan assists in the Leadership Academy's continued success, including all programming under the four pillars of Character, Career, Wellness, and Leadership. Keenan works primarily with career development initiatives, including the Suited for Success Career Series, which won the National Association of Academic and Student-Athlete Development Professionals "Model Practice Award" in 2019. She has also assisted with implementing a career development curriculum that has produced a job placement rate of over 90% of participants within one year of graduation.



Keenan received her Bachelor's degree in Retail Management with a minor in Restaurant, Hotel, and Institutional Management from Texas Tech University in 2018. During that time, she was a four-year member of the women's volleyball team and led the team to their first post-season appearance since 2001. She is currently pursuing her Master of Science in Sport Management at Texas Tech University and plans to graduate in the fall of 2020. Following graduation, Keenan plans to pursue a career in intercollegiate athletics working in student-athlete development.

continued from page 1

Angela Lumpkin, KSM professor and chair, said the department's transformation has been a team effort.

"The department looks very different than it did a few years ago," said Lumpkin, who this semester enters her seventh year of leading KSM.

During Lumpkin's tenure, the department had a name change, from Health, Exercise & Sport Sciences (ESS) to Kinesiology & Sport Management. The rebranding signaled the launch of more-relevant programs—and a commitment to higher, more precise standards.

"We were the first department in the College of Arts & Sciences with a GPA requirement," Lumpkin said, "and we're raising that requirement next fall."

Today, KSM has a fleet of upgraded minors, as well as new bachelor's and master's degree in sport management, while the exercise science program recently rebranded as kinesiology. Meanwhile, the first-ever exercise physiology Ph.D. program is now in its third year.

How did they do it?

Rooting for Assessment

KSM's success in both teaching and institutional effectiveness has its roots in the department's stellar regard for assessment, starting from the top. Lumpkin leads KSM's assessment endeavors and in 2019 was recognized for it in the Office of Planning and Assessment's (OPA) fall spotlight. OPA's citation of Lumpkin's assessment work stated: "We applaud you for your responsiveness to our office's assessment feedback, and we all acknowledge your commitment to improving student learning in all KSM degree programs. We considered many other academic leaders across campus, but we especially note your insistence on the highest of standards in your department's assessment methods, results, and analysis."

Regarding the 2020 awards, Lumpkin noted that the OPA's then-most recent evaluation of assessments of four degrees—the B.S. in Kinesiology, the M.S. in Kinesiology, the B.S. in Sport Management, and the M.S. in Sport Management—returned a perfect 4.0 rating in all for areas: student learning outcomes, assessment methods, results, and actions for improvement. For each of KSM's degrees, OPA commented: "Report should be recognized as exemplar for SACSCOC Standard 8.2.a." SACSCOC is the acronym for the Southern Association of Colleges and Schools Commission on Colleges.

"Dr. Lumpkin and the entire faculty and staff of the Kinesiology and Sport Management department continue to innovate and adapt their programs to the needs of today's students," said interim College of Arts & Sciences Dean, Michael San Francisco. "These two awards further validate the department's efforts to provide a groundbreaking experience for students to explore the science of the human body, and careers in professional sport management."

Award for Excellence in Institutional Effectiveness

The Provost's Institutional Effectiveness Excellence Award comes with a \$5,000 prize awarded to departments demonstrating a commitment to improving student learning at the degree program level.

"It's a very focused award and is totally about assessment," Lumpkin said. "Our department has five degree programs, and each has a full set of student learning outcomes that are tied to achievements. We have nine goals for each program, and we measure against those goals when we report to the Office of Planning & Assessment."

Lumpkin said these measurements demonstrate to parents that KSM's programs are value-added and highly accountable.

"KSM is known around campus for our high assessment standards," Lumpkin said. "It means a lot of extra work, but our faculty decided, 'If we are going to do this, let's do it well.'"

Award for Departmental Excellence in Teaching

The Teaching Academy Departmental Excellence in Teaching Award comes with a prize of \$25,000 granted to departments that have made unique and significant contributions to the university's teaching mission while demonstrating esprit de corps in their dedication to the education of students at every level.

There may be no higher teaching commendation than that of students themselves. Over the five years between Spring 2015 and Fall 2019, KSM students were asked to rank their teachers in three areas: how well they specified and followed course objectives, the degree to which their teaching was effective, and whether the course was a valuable learning experience.

KSM's student evaluation scores showed a five-year average of 4.593, outperforming average rankings for both the College of Arts & Sciences at 4.399 and Texas Tech at 4.407 over the same five-year period.

The Graduate Review Process for 2018-2019 returned a "very good" overall rating for the master's programs in kinesiology and in sport management. Importantly, Lumpkin pointed out that no graduate courses are taught by part-time faculty. In KSM, all tenured and tenure-track faculty teach both undergraduate and graduate courses and mentor graduate students.



"We consistently hear positive comments from students about the quality of teaching," Lumpkin said.

However, the award for Departmental Excellence in Teaching depends on far more than student evaluations. KSM had to prove itself in five other areas: programmatic quality, efforts to improve teaching, departmental contributions to teaching scholarship, the variety of departmental pedagogical approaches, and planned use of the \$25,000 prize.

W. Brent Lindquist, who was dean of Arts & Sciences when KSM was being considered for the award, described recent KSM innovations as revolutionary. Speaking to program quality, he especially noted curricular changes that strengthened science content; revised minors; and launched new degree programs, including approval for two dual degrees: the J.D./M.S. in Sport Management, in cooperation with the School of Law, and the M.B.A./M.S. in Sport Management, in cooperation with the Rawls College of Business.

Departmental Teaching Workshop



Luke Chowning

KSM offers its full-time and part-time faculty an annual three-hour teaching workshop that helps attendees acquire instructional strategies proven to engage students in active learning. Recent workshops have featured sessions on topics such as studying and testing strategies, instructional delivery, learning progressions, in-class quizzes, and learning analytics.

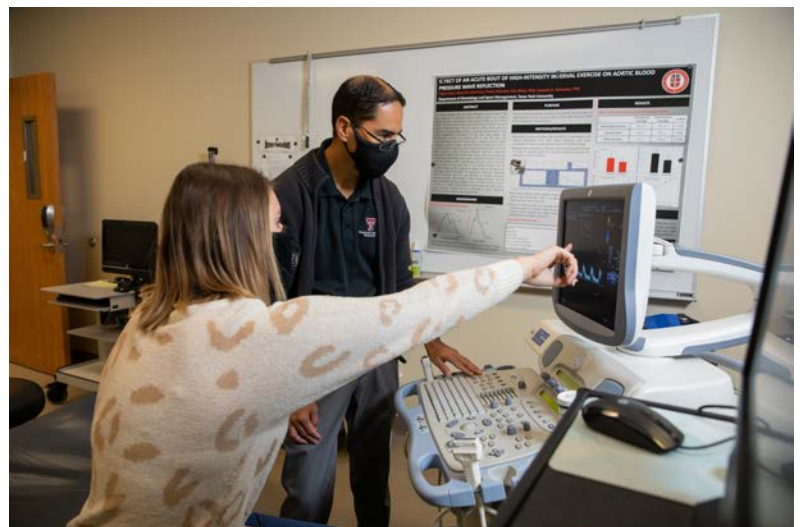
“These workshops are more like ‘good coaching’ for success in the classroom,” said instructor **Diane Nichols**. Her comment was included in the award application.

KSM faculty are evaluated annually if pre-tenured, and all new faculty are routinely evaluated during their first several semesters. The evaluation process includes a review from a class observer, along with the faculty member’s reflections on the observed class. Lumpkin said numerous faculty members have commented that the process affirms the department’s commitment to continuous instructional growth.

Preparing Next-Gen Teachers

Training graduate students in teaching methods was, and is, an essential component in KSM’s strategy to improve departmental teaching overall. As faculty members continue bringing graduate part-time instructors (GPTIs) and graduate teaching assistants (GTAs) into the fold, they’re making new practices a positive habit.

For example, **Joaquin Gonzales**, an associate professor of kinesiology, facilitated a peer-mentoring strategy to help GPTIs develop new knowledge and skills for teaching labs. He meets with the GPTIs weekly to review and practice lab activities to be presented to students the next week. He also communicates with the GPTIs regularly about course reminders, grading questions, and issues related to student absences or other behaviors.



Dr. Joaquin Gonzales with Cayla Clark

Audra Day, an assistant professor of practice in kinesiology, had GPTIs design lab presentations and quizzes to expose them to the requirements of teaching. Once they complete their lectures and quizzes for each week, she reviews the material and gives individual feedback.

Karla Kitten, coordinator of the Personal Fitness and Wellness (PFW) Program, provides a teacher training session to GTAs, then monitors and evaluates their work, offering teaching tips and suggestions along the way.

The department further benefits from professors who have been recognized as outstanding teachers.

In 2019, **Grant Tinsley**, an assistant professor of kinesiology, received a Texas Tech Alumni Association New Faculty Award recognizing his quality of teaching and research.

Lumpkin received the President's Excellence in Teaching Award in 2019. **Melanie Hart**, professor and vice provost for eLearning & Academic Partnerships, received the Chancellor's Council Distinguished Teaching Award in 2013. Last spring, the two co-taught a course for Ph.D. students who are serving as GPTIs this semester.

Outside the Lines

KSM has cultivated a culture where faculty members develop, learn, and share new pedagogy and scholarship that actively engage students and strengthen their learning.

Variety is the guide.

For instance, Vice Provost Hart teaches face-to-face, hybrid, online, and regional site classes; and she makes the most of technology. Unique in her toolbox is a telepresence robot that teaches classes when Hart must be away from campus. The robot allows Hart to virtually move around the classroom and interact with students—thus she is still “present,” though not in person.

The department's online courses are unique in that they have all completed the rigorous process of course development guided by eLearning staff, and each course's design is certified as excellent. The upshot: More than 40 of the department's online courses meet, and often exceed, the highest national standard for online courses, including accessibility.

In her KIN 3305 Exercise Physiology course, **Heather Vellers**, an assistant professor of kinesiology, has found it useful to take the pragmatic approach—including an explanation of how and why all levels of Bloom's Taxonomy are essential to learning. She requires that students discuss the 'muddiest points' with peers, then assesses her teaching effectiveness by asking students to provide feedback each class. Further, after a single semester of implementing student-provided daily key points and daily group quizzes, Vellers found student learning was greatly increased, based on exam grades and students' comments.



Dr. Heather Vellers with students Zion Minor and Flavio Calderson

Lumpkin reported that **Aaron Arreola**, an assistant professor of practice in kinesiology with years of experience and a wealth of expertise as a physical therapist and athletic trainer, helps connect students to the many graduate health sciences programs students segue into once they complete their baccalaureate.

Arreola requires students in KIN 3346 Anatomical Kinesiology to job-shadow, where they observe potential career choices first-hand. These experiences outside the classroom help students put course content into practice and enable some to obtain jobs, internships, and validation for their post-college plans.

Not Your Average Textbook

KSM faculty members have authored or edited several of the textbooks used in the department.

Marc Lochbaum, professor of kinesiology, wrote *Connect Get Active 3.0* (McGraw-Hill Higher Education). This e-textbook provides quality text, videos, learning experiences, and assessment materials to students and GTAs and is used not only in TTU's Personal Fitness and Wellness (PFW) Program but also by several other institutions. Lumpkin identified *Connect Get Active 3.0* as the largest collection of such materials in higher education, noting that it is modestly priced for students.

Jacalyn McComb, a professor of kinesiology, is the editor of *Health Issues for the Active Female*, the textbook used in KIN 5330, whose course name mirrors the book title.

Lumpkin herself has authored several textbooks, including *Introduction to Physical Education, Exercise Science, and Sport* (McGraw-Hill, 11th edition). This volume was chosen by the faculty for use in KIN 1301 Introduction to Kinesiology. Two other Lumpkin textbooks, *Modern Sport Ethics: A Reference Handbook* (2nd edition) and *Practical Ethics in Sport Management*, have been used in SPMT 5325 Ethics and Morality in Sport.

Follow the Money

The \$25,000 Departmental Excellence in Teaching Award will go toward transformative learning.

Part of the funds—\$15,000 of it—will be used to equip and supply a health screening clinic for local adults. This clinic will operate as a new component of the KIN 4306 Exercise Testing and Prescription course, which is required for all kinesiology majors. Students will be trained to conduct free health assessments and provide educational materials as a portion of their lab time. The funds will cover disposable supplies such as test strips and cartridges, and equipment such as blood lipid and glucose analyzers, stethoscopes, scales, blood pressure cuffs, skinfold calipers, and privacy screens.



Nigel Jiwan

Unfortunately, the clinic's opening has been delayed because of the COVID-19 pandemic.

"It was going to launch this fall," Lumpkin said "Now our next target is to open in fall 2021.

The remaining \$10,000 will go toward reimbursing Sport Management students for some of the expenses incurred by attending learning opportunities, such as the annual National Sports Forum in Atlanta, Ga.

Looking Ahead

In fall 2019, KSM consisted of 1,712 undergraduate majors, 1,347 of them in kinesiology and 365 of them in sport management. It also enrolled 33 students pursuing a master's in kinesiology, 41 pursuing a master's in sport management, and 12 pursuing a Ph.D.

Continuing growth is part of the department's plan

"The quality of each program feeds into the next," Lumpkin said.

“The quality of each program feeds into the next,” Lumpkin said.

With so many fundamental changes already in place, KSM is now positioned to invest considerably more in research.

“The department is just beginning to get grants and conduct the kind of research that will attract the best graduate students,” Lumpkin said.

“In a sense, higher education is always evolving. We have two new programs on the horizon,” Lumpkin said. “We’re raising our GPA requirement next fall, and we continue to build out the department. KSM’s goal continues to be that of graduating as many students as possible who are as well prepared as possible.”

--30--

KSM FACULTY PUBLISH WITH GRADUATE STUDENTS (FACULTY ARE IN BOLD; *BESIDE STUDENT NAME)

Bagheri, R., B. H. Moghadam, E. Jo, **G. M. Tinsley**, M. T. Stratton*, D. A. Larky, M. Eskandari, and A. Wong. “Comparison of whole egg vs. egg white ingestion during 12 weeks of resistance training on skeletal muscle regulatory markers in resistance-trained men”. *The British Journal of Nutrition* (Ahead of Print), pp. 1-20. ISSN: 1475-2662. DOI: <https://doi.org/10.1017/S0007114520002238>. PMID: 32576297.

Balsalobre-Fernández C., Geiser G., *Krzyszowski J., Kipp K. (2020). Validity and reliability of a computer-vision-based smartphone app for measuring barbell trajectory during the snatch. *Journal of Sports Science*. 38(6):710-716.

Farrow, A. C.*, Gonzales, J. U., Agu-Udemba, C. C., Sobolewski, E. J., Thompson, B. J., **Palmer, T. B.** (2020). Effects of age on vertical jump performance and muscle morphology characteristics in females. *Journal of Sports Medicine and Physical Fitness*, 60(8), 1081-1088.

Figueroa A, Maharaj A*, Johnson SA, Fischer SM*, Arjmandi BH, Jaime SJ. Exaggerated aortic pulse pressure and wave amplitude during muscle metaboreflex activation in type 2 diabetes patients. *Am J Hypertens* 33(1):70-76, 2020.

Gonzales, J.U., Fischer SM*, Maharaj, A.*, **Vellers, H.**, Anderson, T., Karnjanapiboonwong, A., Subbiah, S., Kellawan, J.M., Figueroa, A. (2020). Response of exercise-onset vasodilator kinetics to L-citrulline supplementation during different phases of the menstrual cycle. *Physiological Reports* 8:e14536.

Graybeal, A.*, Moore, M. L., Cruz, M. R.*, **Tinsley, G.** (2020). Body Composition Assessment in Male and Female Bodybuilders: A 4-Compartment Model Comparison of Dual-Energy X-Ray Absorptiometry and Impedance-Based Devices. *J Strength Cond Res*, 34(6), 1676-1689.

Harry, J.R., Blinch, J., Barker, L.A., *Krzyszowski, J., *Chowning, L. (2020). Low Pass Filter Effects on Metrics of Countermovement Vertical Jump Performance. *The Journal of Strength and Conditioning Research*. In Press.

Harty, P.*, Sieglinger, B., Heymsfield, S. B., Shepherd, J. A., Bruner, D., Stratton, M.*, **Tinsley, G.** (2020). Novel body fat estimation using machine learning and 3-dimensional optical imaging. *Eur J Clin Nutr*, 74(5), 842-845.

Harty, P. S.*, M. T. Stratton*, G. Escalante, C. Rodriguez*, J. R. Dellinger*, A. D. Williams*, S. J. White*, R. W. Smith*, B. A. Johnson*, M. B. Sanders*, and **G. M. Tinsley**. “Effects of Bang® Keto Coffee Energy Drink on Metabolism and Exercise Performance in Resistance-Trained Adults: A Randomized, Double-blind, Placebo-controlled, Crossover Study”. *Journal of the International Society of Sports Nutrition* 17.1 (2020), p. 45. ISSN: 1550-2783. DOI: <https://doi.org/10.1186/s12970-020-00374-5>. PMID:32831109.

*Krzyszowski, J., *Chowning, L., **Harry, J.** (2020). Phase-Specific Predictors of countermovement Jump Performance that Distinguish Good from Poor Jumpers. *The Journal of Strength & Conditioning Research*. In Press.

*Krzyszowski J., Kipp K. (2020). Load-dependent mechanical demands of the lower extremity during the back and front squat. *Journal of Sports Science*. In Press.

Lochbaum, M., Zanatta, T.*, Kazak, Z., (2020). The 2 × 2 achievement goals in sport and physical activity contexts: A meta-analytic test of context, gender, culture, and socioeconomic status differences and analysis of motivations, regulations, affect, effort, and physical activity correlates. *European Journal of Investigation in Health, Psychology and Education*, 10(1), 173-205.

Moore, M. L.*, M. L. Benavides*, J. R. Dellinger*, B. T. Adamson*, and **G. M. Tinsley**. “Segmental body composition evaluation by bioelectrical impedance analysis and dual-energy X-ray absorptiometry: Quantifying agreement between methods”. *Clinical Nutrition* (2020). ISSN: 1532-1983. DOI: <https://doi.org/10.1016/j.clnu.2019.12.009>. PMID:31874783.

Mota, J.A.*, Kwon, D. P., Kennedy, M., **Sobolewski, E. J., Kim, Y., Gonzales, J.U., Stock, M. S.** (2020). Compensatory adjustments in motor unit behavior during fatigue differ for young versus older men. *Aging Clinical and Experimental Research*. In Press. DOI:10.1007/s40520-019-01438-6

Mason J, Tenenbaum GT, Jaime SJ, Roque N, Maharaj A*, **Figueroa A.** Arterial Stiffness and Cardiorespiratory Fitness are Associated with Cognitive Function in Older Adults. *Behavioral Medicine*, in press September 15, 2020.

Palmer, T. B., Farrow, A. C.*, Agu-Udemba, C. C., Mitchell, E. A. (Epub: ahead of print). The time course of passive stiffness responses following an acute bout of static stretching in healthy, elderly men. *Physiotherapy Theory and Practice*.

Palmer, T. B., Farrow, A. C.*, Palmer, B. M. (2020). Relationships between hamstring morphological characteristics and postural balance in elderly men. *Journal of Musculoskeletal and Neuronal Interactions*, 20(1), 88-93.

Pifer, N. D., McLeod, C. M., Travis, W. J.*, & Castleberry, C. R.* (2020). Who should sign a professional baseball contract? Quantifying the financial opportunity costs of major league draftees. *Journal of Sports Economics*, 21(7), 746-780.

Stratton, M.*, **Tinsley, G.**, Alesi, M. G., Hester, G. M., Olmos, A. A., Serafini, P. R., Modjeski, A. S., Mangine, G. T., King, K., Savage, S. N., Webb, A. T., VanDusseldorp, T. A. (2020). Four Weeks of Time-Restricted Feeding Combined with Resistance Training Does Not Differentially Influence Measures of Body Composition, Muscle Performance, Resting Energy Expenditure, and Blood Biomarkers. *Nutrients*, 12(4).

Tinsley, G. M. and M. L. Moore*. “Body fat gain and loss differentially influence validity of dual-energy x-ray absorptiometry and multifrequency bioelectrical impedance analysis during simultaneous fat-free mass accretion”. *Nutrition Research* 75 (2020), pp. 44-55. ISSN: 1879-0739. DOI: <https://doi.org/10.1016/j.nutres.2019.12.006>. PMID: 31962277.

Tinsley, G. M., M. L. Moore*, M. L. Benavides*, J. R. Dellinger*, and B. T. Adamson*. “3-Dimensional optical scanning for body composition assessment: A 4-component model comparison of four commercially available scanners”. *Clinical Nutrition* (2020). ISSN:1532-1983. DOI: <https://doi.org/10.1016/j.clnu.2020.02.008>. PMID:32113641.

Tinsley, G. M., M. L. Moore*, J. R. Dellinger*, B. T. Adamson*, and M. L. Benavides*. “Digital anthropometry via three-dimensional optical scanning: evaluation of four commercially available systems”. *European Journal of Clinical Nutrition* (2020). ISSN: 1476-5640. DOI: <https://doi.org/10.1038/s41430-019-0526-6>. PMID: 31685968

Tinsley, G., Moore, M. L., Rafi, Z., Griffiths, N., Harty, P.*, Stratton, M.*, Benavides, M. L., Dellinger, J. R., Adamson, B. T. (2020). Explaining Discrepancies between Total and Segmental DXA and BIA Body Composition Estimates Using Bayesian Regression. *J Clin Densitom.*

Tinsley, G. M., M. L. Moore*, A. M. Silva, and L. B. Sardinha. “Cross-sectional and longitudinal agreement between two multifrequency bioimpedance devices for resistance, reactance, and phase angle values”. *European Journal of Clinical Nutrition* (2020). ISSN:1476-5640. DOI: <https://doi.org/10.1038/s41430-019-0496-8>. PMID:31455876

Tinsley, G. M., C. Rodriguez*, S. J. White*, A. D. Williams*, M. T. Stratton*, P. S. Harty*, R. W. Smith*, J. R. Dellinger*, and B. A. Johnson*. “A Field-based Three-Compartment Model Derived from Ultrasonography and Bioimpedance for Estimating Body Composition Changes”. *Medicine and Science in Sports and Exercise* (Ahead of Print). ISSN: 1530-0315. DOI: <https://doi.org/10.1249/MSS.0000000000002491>. PMID: 32804903.

Tinsley, G. M., A. E. Smith-Ryan, Y. Kim, M. N. M. Blue, B. S. Nickerson, M. T. Stratton*, and P. S. Harty*. “Fat-free mass characteristics vary based on sex, race, and weight status in US adults”. *Nutrition Research* (New York, N.Y.) 81 (Ahead of Print), pp. 58-70. ISSN: 1879-0739. DOI: <https://doi.org/10.1016/j.nutres.2020.07.002>. PMID: 32882467.

Wong A, **Figueroa A**, Fischer SM*, Bagheri R, Mehrabani J, Park SY. The effects of mat Pilates training on vascular function and body fatness in obese young women with elevated blood pressure. *Am J Hypertens* 33(6):563-569, 2020.

Wong A, Jaime SJ, Grubbs B, Panton B, Fischer S*, **Figueroa A**. Attenuated aortic blood pressure responses to metaboreflex activation in older adults with dynapenia. *Exp Gerontol*, 138:110984, 2020.