

KINESIOLOGY AND
SPORT MANAGEMENT

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GRANT TINSLEY

Receives Excellence
in Research Award

AARON ARREOLA

Receives Excellence
in Teaching Award

TREASA AUSTIN

Receives Staff
Excellence in
Academic Advising
Award



GRANT TINSLEY SELECTED FOR EXCELLENCE IN RESEARCH AWARD BY THE COLLEGE OF ARTS & SCIENCES

Dr. **Grant Tinsley**, an Associate Professor in the Department of Kinesiology & Sport Management, was selected as the 2021 recipient of the College of Arts & Sciences Excellence in Research Award in the Social Sciences category. The Arts & Sciences Award Committee primarily considered the past three years of research productivity when considering nominees for this award. In the past three years, Dr. Tinsley has received \$336,545 in external funding as Lead Principal Investigator through eight separate research grants. The sponsors for these grants have primarily been nutraceutical and biotech companies, such as MTI Biotech Inc., Nutraceutical International Corporation, Vital Pharmaceuticals Inc., 8 POiNT LLC, and Legion Athletics Inc. Additionally, Dr. Tinsley has secured formal research contracts with five companies over the past three years, which has resulted in the loan or donation of important research equipment or funds to his laboratory. As one example, he recently finalized a contract with the tech giant Intel®, who purchased the rights to use data collected by Dr. Tinsley as part of his project validating new 3-dimensional optical scanning technologies. In the past three years, Dr. Tinsley has published over 60 peer-reviewed journal articles in top nutrition and sports science journals, such as **The American Journal of Clinical Nutrition**, **Clinical Nutrition**, **Critical Reviews in Food Science and Nutrition**, and **Medicine & Science in Sports & Exercise**.

Dr. Tinsley was nominated for this award by Bailey Palmer, a Lecturer in the Department of Kinesiology & Sport Management, and the KSM Faculty Awards Committee. He wishes to acknowledge their work and kind support for his nomination.

AARON ARREOLA RECEIVES COLLEGE OF ARTS AND SCIENCES EXCELLENCE IN TEACHING AWARD

Academically, Dr. **Aaron Arreola** serves as an Assistant Professor of Practice and mentor in Kinesiology teaching KIN 3346 Anatomical Kinesiology and KIN 4301 Introduction to Biomechanics. He is leading the offering of the Sports Medicine Minor, which will have its first graduate this academic year. His academic goal is to continue to expand his teaching foundation while bringing clinical experience into the classroom. As a foundation, his educational philosophy is to guide, encourage, foster dialogue, make knowledge attainable, and do so in a manner that encourages thought and implores academic freedom.

Professionally, Dr. Arreola is a Certified Orthopedic Manual Physical Therapist with certification and licensure in Athletic Training and practices locally in the Lubbock area. Prior to coming to Lubbock, he coordinated rehabilitation services for the Department of Athletics at Arizona State University. He is also a clinical instructor for various PT/PTA programs from across the nation. Currently, he is a Fellow with the Institute for Athlete Regeneration.

TREASA AUSTIN RECOGNIZED WITH EXCELLENCE IN ACADEMIC ADVISING AWARD IN THE COLLEGE OF ARTS AND SCIENCES IN 2021

Treasa Austin started working as an undergraduate adviser in KSM in 2008. Through these 13 years she has provided outstanding customer service to thousands of students shown by her receiving the Rowan Award of Execution in 2011, being nominated for the President's Excellence in Academic Advising Award in 2017 and 2019, and this year recognized with the College of Arts and Sciences' Excellence in Academic Advising Award. Treasa says the best part of her job is building relationships with students, staff, and faculty. She says she loves it when she gets wedding invitations and birth announcements from her students because this means they realize how impactful she has been in their success at Texas Tech. While she is dedicating her time to advising students, she is supporting the advancement of the department through helping hundreds of students progress seamlessly toward their graduation. Treasa enjoys spending time with her three grandbabies, camping with her husband Billy, visiting with her daughter, and watching football games. What you may not know about Treasa is that before joining TTU she drove an 18-wheeler to dairy barns in East Texas to pick up the milk in her tanker so she could haul it to Dallas to unload. We are all very proud of Treasa and thankful she loves working in our department.

KSM NEW FACULTY



KEMBRA
ALBRACHT-
SCHULTE



HOYOON
JUNG



YASUKI
SEKIGUCHI



ROBERT
ITRI

Dr. Kembra Albracht-Schulte is a first-year Assistant Professor and Director of the Nutrition, Exercise, & Translational (NExT) Medicine Lab. She earned her B.S. in Exercise Science at Lubbock Christian University, M.S. in Exercise Science at Texas Tech University, and Ph.D. in Nutritional Sciences at Texas Tech University. Dr. Albracht-Schulte's research efforts aim to understand the mechanistic and potentially synergistic effects of exercise (intensity vs. duration) and nutrition (e.g. foods, nutrients, food bioactives and supplements) interventions by conducting clinical and translational research. Funded by USDA NIFA, her current research focuses on the combined effects of omega-3 polyunsaturated fatty acids and high-intensity interval training in an overweight population. She teaches KIN 3347 Physiological Application of Nutrition to Exercise and Physical Activity and KIN 6319 Development of Exercise Physiology Proposals.

Dr. Hoyoon Jung, a first-year Assistant Professor, focuses broadly on sports economics (e.g., consumer demand, labor issues in sports, league structure and policy, economic impact, uncertainty of outcome, and computable general equilibrium) and sports analytics (e.g., organizational/individual performance, forecasting model, and machine learning). His research aims to better understand 1) the mechanism of the sports labor market and players' wages, 2) the various determinants of fan demand (e.g., stadium attendance and TV viewership), and 3) the utilization of big data to analyze and further predict organizational/individual performance in various sports settings. He received his Ph.D. in Sport Administration with a minor in Research Methods and Applied Statistics from the University of Northern Colorado. He obtained his M.A. and B.A. in Economics and Finance and B.S. in Sports Industry from Hanyang University in South Korea.

Dr. Yasuki Sekiguchi is an assistant professor and Director of Sports Performance Lab. He received his Ph.D. at the University of Connecticut, M.S. at the University of Arkansas, and B.S. at the Kobe University in Japan. His areas of expertise are hydration and thermoregulatory strategies to optimize performance and athlete monitoring and recovery. He has done a lot of research in these areas and published several research manuscripts. His research areas include heat acclimation and heat acclimatization, optimizing hydration strategy, fluid and electrolyte balance monitoring, optimizing cooling strategy, training load and recovery status monitoring, sleep monitoring, and validation of wearable technology. Also, he has been working with different athletes from youth to professional and Olympic levels as a sport scientist as well a strength and conditioning coach. He is a National Strength and Conditioning Association certified strength and conditioning specialist.

Robert Itri received his undergraduate degree from Brigham Young University (BYU) and his master's degree in sports management from West Chester University. At BYU, he was a varsity baseball player for four years. For 12 years, Itri worked in youth sports in various roles, including an assistant facility manager, business manager, and general manager at an athlete training center in Pennsylvania and New Jersey. He built a travel sports organization from 5 teams a year to over 30 teams a year. Additionally, during his time as manager and general manager, he oversaw the growth of the business expanding from one facility to three facilities, including a seven turf-field outdoor complex. Itri also spent four years coaching college baseball at two different northeast Division III schools. Following his time working in youth sports, Itri returned to school to pursue his doctoral degree in sport management at Troy University before coming to Texas Tech University. His anticipated graduation date is December 2021.

KSM NEW PH.D. STUDENTS



Victoria Abimbola, Akintade is a Ph.D. student in Exercise Physiology. Most people call her “Bimbo” or “Victoria.” She is from the western part of Nigeria, West Africa, and she speaks British English as her official language. She arrived in the United States just before the start of fall semester classes. She earned her bachelor’s and master’s education in Nigeria. After earning her master’s degree, she worked briefly with the Department of Nutrition, University of Ibadan, in collaboration with the Bill and Melinda Gates Foundation on a fruit and vegetables project in Ibadan, Nigeria. Then, she taught Physiology to undergraduate medical students at Chrisland University, Abeokuta. She hopes to someday serve as a professor and mentor to Ph.D. students in problem-solving research related to exercise and nutrition. Her birthday is on the 27th of March, a very special day that she longs to celebrate every year. She is studying under the mentorship of Dr. Kembra Albracht-Schulte.

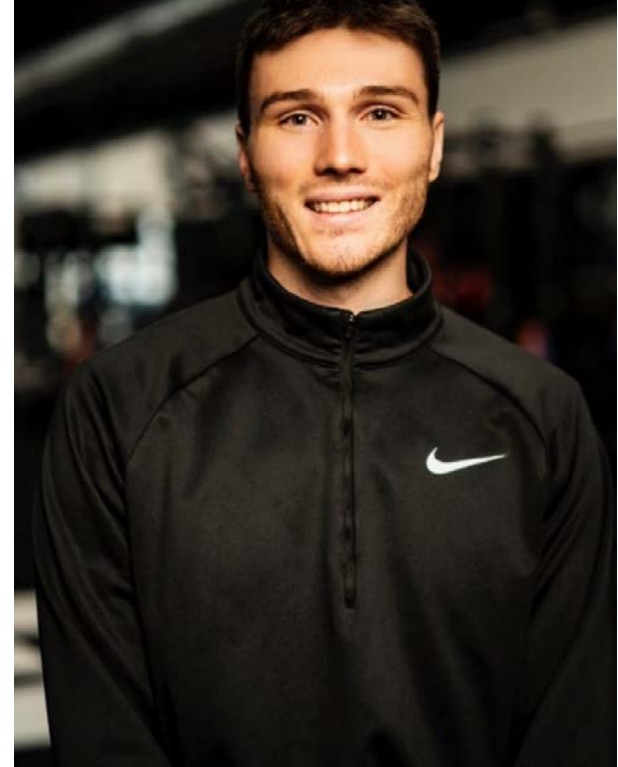
Casey Appell was born in Avon, Connecticut, and grew up in Carlsbad, New Mexico. He earned a B.S. in Biology in 2018 and M.S. in Kinesiology in 2021 from TTU. After obtaining my B.S., he received a research assistant appointment in the Ecology and Evolutionary Biology Laboratory at Yale University in New Haven, Connecticut. In that lab, his research focus included the identification, isolation, and application of bacteriophage to multi-drug resistant bacterial infections in cystic fibrosis patients. During his master’s degree, he investigated the effect of mitochondrial dynamics on type 2 diabetes mellitus skeletal muscle in response to ginger root supplementation. To support this research, he was awarded the Texas American College of Sports Medicine (T-ACSM) Student Research and Development Award. Currently, he is a first-year Ph.D. student under the mentorship of Dr. Hui-Ying Luk. His research interests include investigating the role of three interrelated systems (i.e., skeletal muscle regeneration, protein degradation, and inflammation) in the context of the skeletal muscle and in response to homeostatic and adaptive pressures. His goal is to continue research in the field of kinesiology with a focus on skeletal muscle physiology in a healthcare setting.





Katie Harris, a first-year PhD student, grew up in Seattle, Washington, and has been loving the Texas sunshine. She is a graduate part-time instructor for the applied exercise physiology lab and works in the human performance lab under Dr. John Harry's supervision. Her research areas of interest include functional lifting biomechanics for people with labor intensive jobs and chronic ankle and knee instability. In her free time she likes to play sand volleyball and eat at new restaurants. Some hobbies that she picked up over the pandemic include baking bread and trying to learn how to code. In the future she wants to graduate with her Ph.D., teach at the collegiate level, and mentor students. She is looking forward to getting to explore Lubbock and meet everyone in the department over the course of this semester.

Ethan Mackey was born and raised in a small town outside of Albany, New York, and graduated with his B.S. degree in Kinesiology from the University of Maine in 2015 where he also competed for the men's Division I basketball program. He then earned an M.S. degree in Sports Medicine from Georgia Southern University in 2020. His hobbies include playing basketball, chess, and riding his road bike. Ethan is a first-year Ph.D. student in Exercise Physiology and plans to continue in academia after graduating. He currently conducts research in the human performance and biomechanics research laboratory and the Womble center under Dr. John Harry where they monitor the women's basketball team for overuse injury. He worked for several years in the private sector as a personal trainer, and he is a Certified Strength & Conditioning Specialist (CSCS) through the National Strength & Conditioning Association.





Christian Rodriguez was born and raised in Lubbock, Texas. He completed his Bachelor of Science in Kinesiology degree from Texas Tech University in 2019. He then stayed at Texas Tech and obtained a Master of Science in Kinesiology (Human Performance Concentration) degree in the Spring of 2021. During his master's studies, he worked in the Energy Balance and Body Composition Laboratory where he assisted with research projects pertaining to energy balance, metabolism, body composition, nutrition, and dietary supplementation. During that time, he grew infatuated with research and all it entails, which is why he decided to continue with his studies and pursue a PhD. Upon completing his PhD, he hopes to teach and perform research at the university level. Specifically, he hopes to continue conducting research related to body composition, metabolism, and sports nutrition. During his free time, he enjoys playing guitar and writing music, playing with his dog, lifting weights, and running. He is working with Dr. Grant Tinsley.

MARC LOCHBAUM AND MACKENZIE SHERBURN WORKING WITH SOCCER PLAYERS AT SNYDER HIGH SCHOOL

Dr. Marc Lochbaum and Mackenzie Sherburn (MS in Kinesiology student) work at Snyder High School with Jessica Lima (MS in Kinesiology graduate). Lima is the head soccer coach and the finance teacher at Snyder High School.

Lochbaum and Sherburn make nearly daily YouTube videos for team activities. Coach Lima uses them before practice. They regularly visit with the team and coach. It is a life and sport plan teaching goal setting, controlled breathing, positive internal dialogue, and visualization couched in a number of activities. Soccer games are in the spring, so they are focusing now on the building blocks.



GUEST SPEAKERS IN SPORT MANAGEMENT



On October 5, 2021, Alexandra Bitaine, the Director of Ticketing at Angel City Football Club, delivered a guest lecture and shared her extensive experience and knowledge about ticket sales and customer relations. In the lecture, Bitaine said “sales is such a unique job because there is no perfect formula to sell. You take pieces here and there, try to put them together, and see if the combination works right. When I started out, I was good at closing, but I was not good at building rapport. So that’s something I learned from my coworkers. Everyone has strengths and weaknesses. No one is a perfect salesperson from the beginning. What’s important is your willingness to learn.” When asked for advice on job interviews, Bitaine said “you should have transferable skills that can be applicable to every job you apply for, such as being organized or a good listener. Then, you expand on your answers by telling specific examples and experiences.”

On September 21, Sport Management faculty and students welcomed National Women’s Soccer League Social Media Director, Ruben Dominguez, to speak via Zoom. Dominguez is also the co-founder of Border Boys Media, which specializes in consulting and creating brands in sports and entertainment. He spoke on the importance of personal branding, internships, and professionalism while striving to achieve employment in the competitive industry of sport. Speaking directly to students, he also stressed the significance of internships in the industry, making personal connections, networking, and using social media accounts to promote their personal brands. Lastly, Dominguez encouraged the students to not concentrate so narrowly on one specific aspect of a potential job, but to continue to elevate their portfolio with experience and creativity.



KSM AMBASSADORS 2021



Picture 1 (with Raider Red) from left to right is: Allison Moya, Molly Croessmann, Chailie Alsaffar, Fiona Sangliwala, and Kaitlyn Le



Picture 2 from left to right is: (front) Molly Croessmann, Allison Moya, Alex Brojanac, and Hope Meffert (back) Chailie Alsaffar, Dr. Chad Smith, and Kaisen Eldridge

For the 2021-2022 academic year the Kinesiology and Sport Management Ambassadors welcomed 13 new members. With most events taking place virtually or being cancelled due to COVID-19 for the 2021 spring semester, the Ambassadors worked on several items within the program including designing and selling new departmental apparel. In March the Ambassadors hosted a speaker virtually from the TTUHSC School of Health Professions to discuss their graduate programs with Kinesiology majors interested in athletic training, occupational therapy, or physical therapy. This discussion is held annually and works to help current students get on track and gain a better understanding of the requirements for acceptance into these programs along with tips and advice from current graduate students in those respective programs. During the spring, summer, and fall, the Ambassadors have also provided several VIP tours to prospective high school students interested in Kinesiology or Sport Management.

To date, for the fall semester, the Ambassadors have assisted with several student recruitment and campus events including the Texas Tech Preview, College of Arts & Sciences Day, and the Majors & Minors Fair. The Ambassadors also participated in Tech or Treat which allowed them the opportunity to work with and interact with children and help them get into the Halloween spirit while being active. The children who visited the Ambassadors' booth were able to test their long/broad jump skills for neon vampire teeth, which was a huge hit. The Ambassadors volunteered at the Lubbock Book Festival at the Mahon Public Library and have several other opportunities scheduled for the end of the semester. The Ambassadors also participated in the American Heart Association Walk along with Karla Kitten and several of the departmental graduate teaching assistants. The Ambassadors have also created new apparel designs and will have them available for purchase in the Spring 2022 semester. Please follow the Ambassadors via social media: Instagram – [ksm_ambassadors](#)

PHYSICAL THERAPY EXPERT PANEL

On November 1, a Physical Therapy Expert Panel took place within the Department of Kinesiology & Sport Management as part of the department's Kinesiology Speaker Series. At this event, pre-physical therapy students were invited to learn more about the nuances of the physical therapy profession from three practicing physical therapists. The panelists included Seth Manly, Director of Rehab, Physical Therapy, and Fitness Center in the Lynn County Hospital District; Akash Udeepak Bali, Physical Therapist in the UMC Health System; and Aaron Arreola, Assistant Professor of Practice in Department of Kinesiology & Sport Management and Physical Therapist at Regal Park Medical. These panelists provided information about their educational background, current roles in the field of physical therapy, likes and dislikes of their jobs, and advice they have for pre-physical therapy students. Many students also took the opportunity to ask questions of the physical therapists and gain valuable feedback as they pursue this exciting role in the healthcare field.



The panelist area (L to R):

- Aaron Arreola PT, ScD, ATC, LAT, PES, COMT. Assistant Professor of Practice, Department of Kinesiology & Sport Management; Physical Therapist, Regal Park Medical; Athletic Trainer, Lubbock Sports Medicine.
- Akash Udeepak Bali, DPT. Physical Therapist, UMC Health System.
- Seth Manly, PT, DPT, ATC, LAT. Director of Rehab, Physical Therapy, and Fitness Center in the Lynn County Hospital District.

STUDENT SPOTLIGHT

CALEB PERRY



Caleb Perry, a second-year student and Kinesiology major, has been accepted into the Doctor of Physical Therapy program at Texas Tech University Health Sciences Center (TTUHSC) through the early admission initiative with the Texas Tech University Honors College.

Caleb is involved in several campus activities and clubs, including the Pre-Physical Therapy Club, Raider Medical Screening Society, Alpha Lambda Delta, and Phi Eta Sigma. Caleb is also Chaplain for his fraternity, Beta Upsilon Chi.

Under the guidance of Dr. Kembra Albracht-Schulte, Caleb is a member of the Nutrition, Exercise and Translational (NExT) Medicine Lab. Caleb is involved in a collaborative project with Dr. John Norbury, Division Chief of Physical Medicine and Rehabilitation at TTUHSC, and Dr. Toby Brooks, TTUHSC School of Health Professions and part-time instructor in KSM, to determine the impact of group fitness on health-related quality of life and exercise adherence. Caleb is also involved with the USDA NIFA funded project to determine the combined effects of omega-3 polyunsaturated fatty acid supplementation and high-intensity interval training in overweight adults. Additionally, Caleb has co-authored a chapter in the third edition of **The Active Female: Health Issues throughout the Lifespan** (Editor, Dr. Jacalyn J. Robert-McComb).

Caleb Perry plans to graduate with a bachelor's degree in Kinesiology in May of 2023 and will then begin coursework in the DPT program at TTUHSC. Upon graduation, he hopes to be a travelling physical therapist and eventually open his own clinic specializing in sports rehabilitation.

KIARA GARZA RECEIVED TRUE FUNDING FOR HER RESEARCH WITH DR. ALBRACHT-SCHULTE



Kiara Garza, junior Kinesiology major and member of the Nutrition, Exercise, and Translational (NExT) Medicine Lab, received Undergraduate Project Funding (\$1,000) from the Texas Tech University Center for Transformative Undergraduate Experiences (TrUE) to study the influence of high-intensity interval training on the gastrointestinal microbiome. “I love being a part of the Texas Tech community”, Kiara explains. “Participating as an undergraduate researcher has given me the opportunity to cultivate my interests in applications of exercise as medicine”.

SPORT MANAGEMENT ONLINE GRADUATE CERTIFICATE TO LAUNCH FALL OF 2022

Beginning in the fall semester in 2022, the department will begin offering a fully online graduate certificate in Sport Management. This 15-hour graduate certificate will consist of the following courses:

- SPMT 5320 Sport Leadership
- SPMT 5324 Marketing and Promotion in Sport
- SPMT 5325 Ethics and Morality in Sport
- SPMT 5345 Administration of Intercollegiate Athletics
- SPMT 5346 Law in the Sport Industry

The graduate certificate was funded through a seed grant provided by Texas Tech University eLearning. The certificate program will be tailored to working professionals in the sport industry. Students will have flexibility to complete the certificate, but the certificate is designed to be completed in one calendar year (spring, summer, fall). Courses will be taught in an 8-week format to align with the needs of the target audience for the certificate. The online graduate certificate is separate and distinct from the M.S. in Sport Management program. For answers to questions please contact **Dr. Jimmy Sanderson** at jimmy.sanderson@ttu.edu.

STUDENTS PUBLISH FIRST-AUTHOR RESEARCH ARTICLES

In Summer and Fall 2021, four students working with Dr. **Grant Tinsley** published first-author research articles.

Patrick Harty, a doctoral candidate, was first author for an article entitled “Military Body Composition Standards and Physical Performance: Historical Perspectives and Future Directions,” which was recently published in the Journal of Strength and Conditioning Research. This project provides the background for Mr. Harty’s dissertation study, which will focus on predicting performance on the new Army Combat Fitness Test.

Christian Rodriguez, a first-year doctoral student, was first author for an article entitled “Comparison of Indirect Calorimetry and Common Prediction Equations for Evaluating Changes in Resting Metabolic Rate Induced by Resistance Training and a Hypercaloric Diet,” which was recently published in the Journal of Strength and Conditioning Research. This manuscript originated as Mr. Rodriguez’s comprehensive evaluation during his final year of the M.S. in Kinesiology program. This was Mr. Rodriguez’s first first-author research article.

Jake Boykin, a second-year master’s student, was first author for an article entitled “Offseason Body Composition Changes Detected by Dual-Energy X-ray Absorptiometry versus Multifrequency Bioelectrical Impedance Analysis in Collegiate American Football Players,” which was recently published in the journal Sports. As a former collegiate football player, Mr. Boykin was able to provide unique insights during this collaborative project with researchers at the University of Mary Hardin-Baylor. This was Mr. Boykin’s first first-author research article.

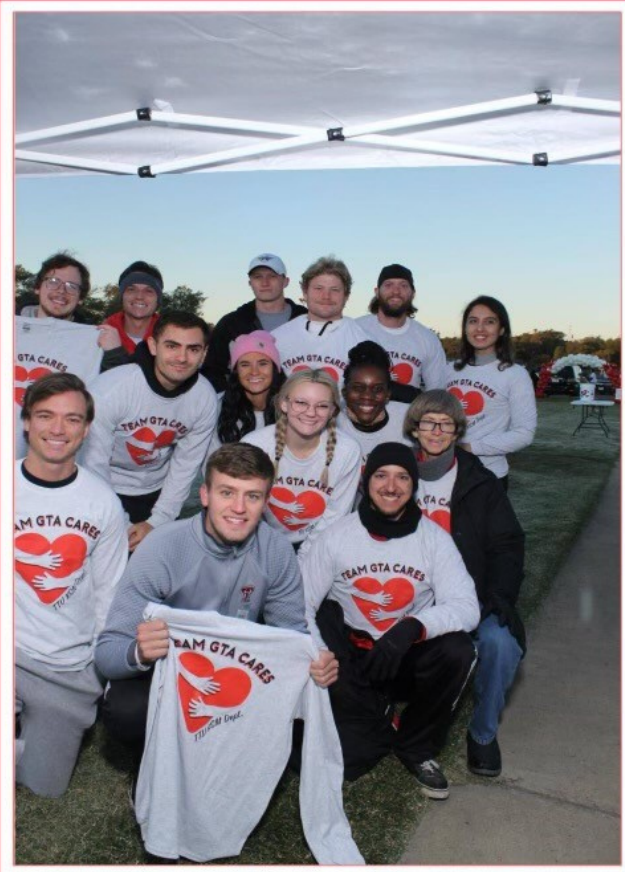
Jacob Green, a second-year master’s student, was first author for an article entitled “Cross-sectional and Longitudinal Associations Between Subcutaneous Adipose Tissue Thickness and Dual-Energy X-ray Absorptiometry Fat Mass,” which was recently published in the journal Clinical Physiology and Functional Imaging. As a Registered Dietitian, Mr. Green contributed important practical insight and context for this project. This was Mr. Green’s first first-author research article.

Stephen Fischer, who works with Dr. **Arturo Figueroa**, has one recent first-author publication:

Fischer SM, Wong A, Maharaj A, Jaime SJ, Figueroa A. Impaired pulse pressure amplification, augmentation index, and arterial stiffness are associated with reduced limb lean mass in overweight and obese postmenopausal women. Exp Gerontol 145:111194, 2021; doi: 10.1016/j.exger.2020.111194.

Ahalee Farrow collaborated with her mentor Dr. Ty Palmer in this publication:
Farrow, A. C., Palmer, T. B. (2021). Age-related differences in hip flexion maximal and rapid strength and rectus femoris muscle size and composition. Journal of Applied Biomechanics, 37(4), 311-319.

KARLA KITTEN AND GRADUATE TEACHING ASSISTANTS PARTICIPATED IN THE ANNUAL AMERICAN HEART ASSOCIATION HEART WALK



The KSM GTAs, once again, participated in the annual American Heart Association Heart Walk on October 16th in Mackenzie Park. This year 13 GTAs participated and were able to donate \$300 to the Heart Association.

Participating on this year's team were: L to R Top Row- Daniel Scherrer, Nik Rizzi, Brandon Dalton, Jake Boykin, Lee Rinewalt, Maryam Nourollahimoghadam; Middle Row L to R- Jacob Green, Margaret Begley, Madelyn Simmang, Shatterra Strong, **Karla Kitten** (coach/sponsor); Bottom Row L to R- Dale Keith, Bryce Reinwalt, Gui Martins

2021
 Lubbock Heart Walk