

KINESIOLOGY & SPORT MANAGEMENT

SPRING 2020 NEWSLETTER



DEPARTMENT OF KINESIOLOGY AND SPORT MANAGEMENT RECEIVES THE TEACHING ACADEMY'S 2020 DEPARTMENTAL EXCELLENCE IN TEACHING AWARD

The Departmental Excellence in Teaching Award in 2020 honors faculty and staff in the Department of Kinesiology and Sport Management for making unique and significant contributions to the teaching mission of Texas Tech University. Receiving this award recognized the department's dedication to provide high-quality education for all of its undergraduate and graduate students in kinesiology and sport management. The department nurtures a teaching culture characterized by high student evaluations, formative peer evaluations of teaching, an annual teaching workshop, innovative and student-center instructional practices, and teaching excellence throughout the department. The Department of Kinesiology and Sport Management will use the \$25,000 prize to provide transformational learning experiences for students including establishing a Health Screening Clinic as a part of its Exercise Testing and Prescription labs and providing funding to students to present their research at professional conferences.

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left to right : Ethan Mitchell, Robert Smith, Abegale Williams, Patrick Harty, Matthew Stratton, Grant Tinsley, Marqui Benavidez, Mark Sanders, Jacob Dellinger, Sarah White, Christian Rodriguez.

KSM STUDENTS AT TEXAS AMERICAN COLLEGE OF SPORTS MEDICINE

KSM students and faculty attended the annual meeting of the Texas Chapter of the American College of Sports Medicine (TACSM) in Waco in February. Several of KSM students won awards or were finalists for awards, including: Patrick Harty, a Ph.D. student working in Dr. Grant Tinsley's laboratory, won 2nd place out of 17 students in the Manuscript Award competition. This competition evaluates unpublished, student-led original research manuscripts.

Abstracts submitted by several KSM students were judged as finalists in their respective categories.

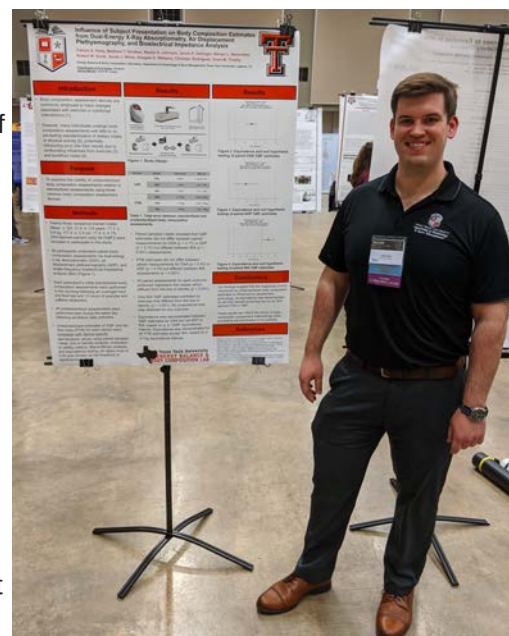
- Undergraduate students earning this recognition were Jacob Dellinger and Marqui Benavides (in Dr. Tinsley's laboratory) and Lauren Schoech (in Dr. Eric Rivas' laboratory) for her poster titled "Females Have an Increased Sensitivity to Thermal Stress during Matched Exercise Metabolic Heat Production."
- Jacob Dellinger, an undergraduate Kinesiology major working in Dr. Tinsley's laboratory, won 2nd place out of 55 undergraduate judged abstract submissions.
- Master's degree finalists included Robert Smith (in Dr. Tinsley's laboratory) and Casey Appell (in Dr. HuiYing Luk's laboratory).
- Mauricio Martinez (in Dr. Rivas' laboratory), a doctoral student, was a finalist for his poster titled "Post-Exercise Hyperthermia Cerebral Blood Flow Hemodynamics Are Similar between Males and Females."

Dr. Ty Palmer had two undergraduate Kinesiology majors (Ethan Mitchell and Chinonye Agu-Udemba) and one Ph.D. student (Ahalee Farrow) present their research from work in his laboratory.

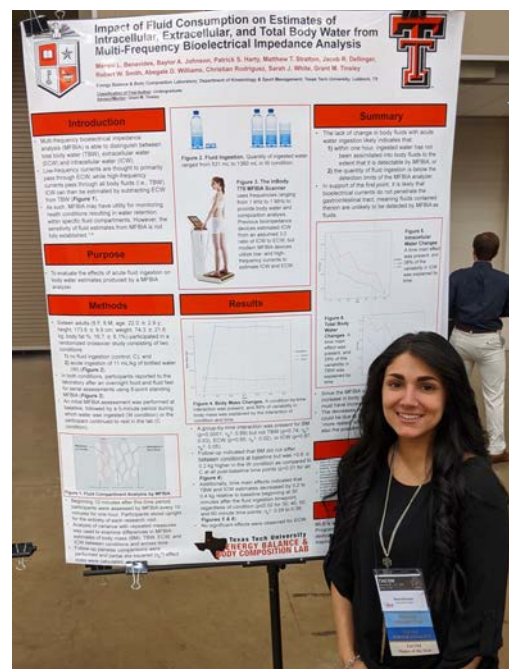
Paolo Salvador, an undergraduate student in Dr. Rivas' laboratory, presented his poster at TACSM titled "Sex Difference in Cardiorespiratory Stress from High-Intensity Exercise."

Ph.D. student Stephen Fischer (in Dr. Arturo Figueroa's laboratory) presented a poster entitled "Exaggerated Pulsatility during Exercise Is Associated with Reduced Muscle Strength and Quality in Elderly Hypertensives."

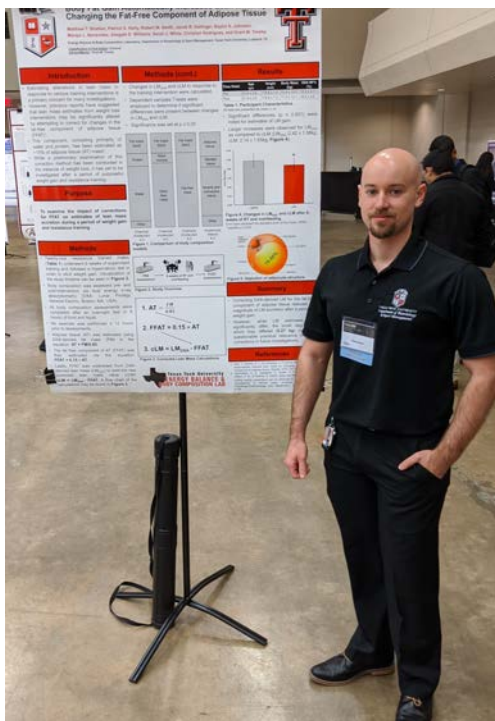
In addition, Kinesiology majors Jacob Dellinger, Ethan Mitchell, and Mark Sanders represented TTU at the TACSM Student Bowl. This Jeopardy-style competition tests undergraduate students' knowledge in a variety of topics in sports medicine, exercise physiology, and related areas. The KSM team joined 29 other teams in the competition, although it did not advance to final round with the top five teams.



Patrick Harty



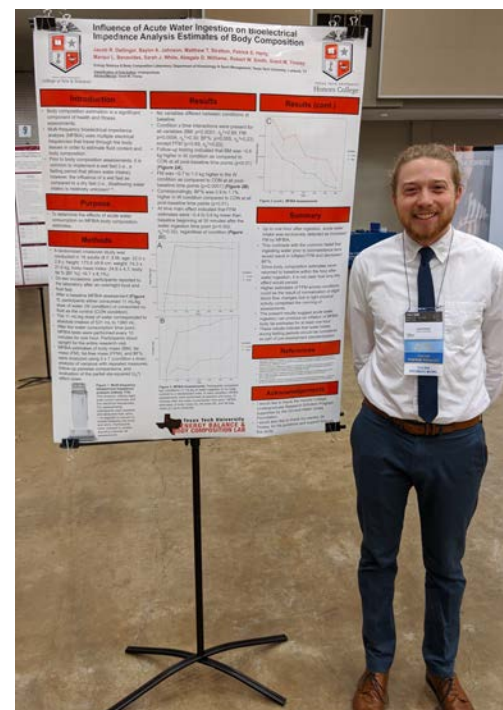
Marqui Benavides



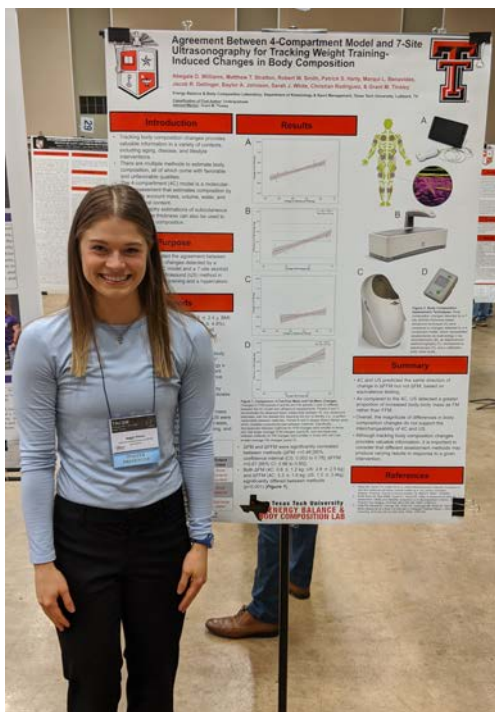
Matthew Stratton



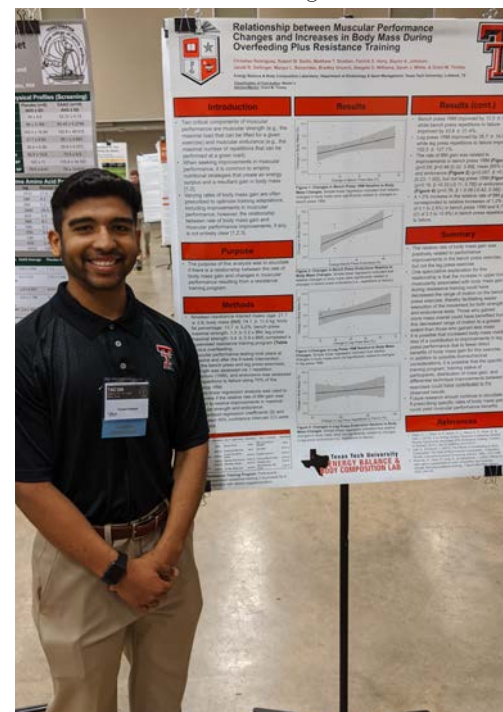
Sarah White



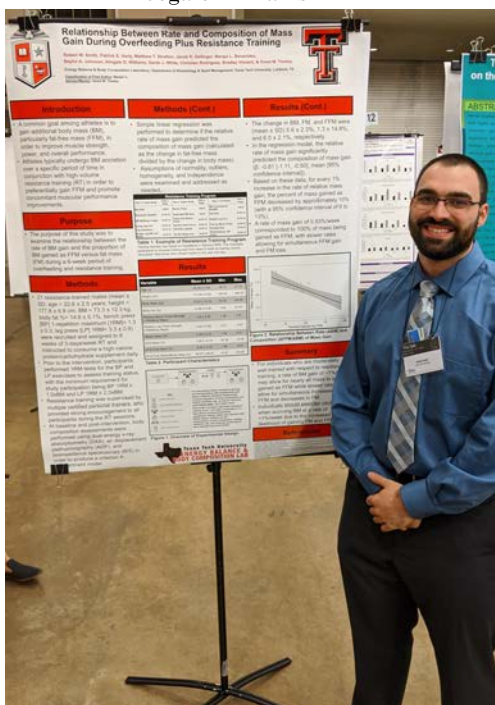
Jacob Dellinger



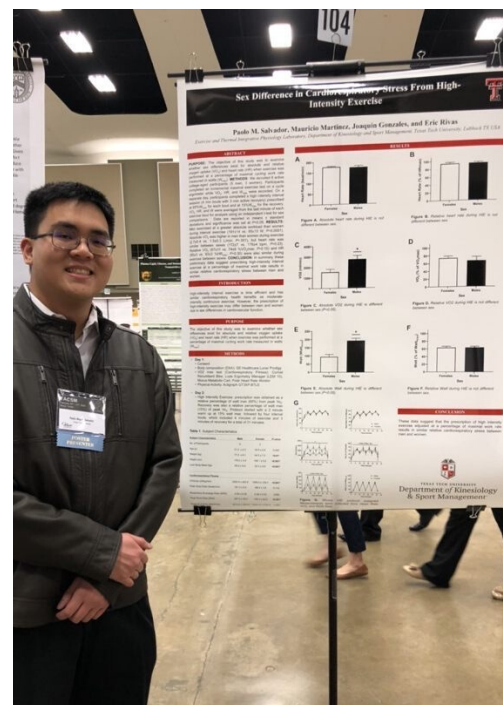
Abegale Williams



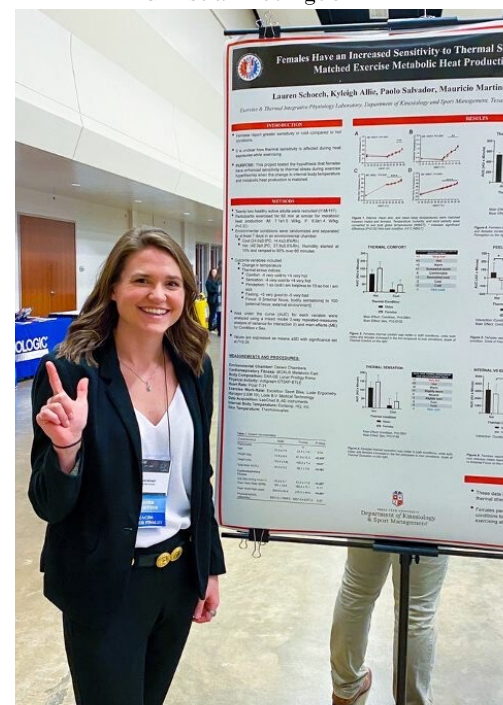
Christian Rodriguez



Robert Smith



Pablo Salvador



Lauren Schoech



19TH ANNUAL GRADUATE STUDENT RESEARCH COMPETITION ON MARCH 11, 2020

- Casey Appell (Master's) "Resistance Exercise-Induced Cortisol Response on Autophagy Activity in Untrained Women" (Hui Ying Luk, Adviser)
- Christian Rodriguez (Master's) "Relationship between Muscular Performance Changes and Increases in Body Mass during Overfeeding Plus Resistance Training" (Grant Tinsley, adviser)
- Cayla Clark (Master's) "Effect of an Acute Bout of High-Intensity Interval Exercise on Aortic Blood Pressure Wave Reflection" (Joaquin Gonzales, adviser)
- William Travis (Master's) "To Sign or Not to Sign Quantifying the Financial Opportunity Costs of Major League Draftees" (Chris McLeod, adviser)
- Ahalee Farrow (Ph.D.) "Relationships between Walking Speed and Lower Extremity Muscle Quality and Strength in Elderly Females" (Ty Palmer, adviser)
- Stephen Fischer (Ph.D.) "Exaggerated Pulsatility during Exercise Is Associated with Reduced Muscle Strength and Quality in Elderly Hypertension" (Arturo Figueroa, Adviser)
- Patrick Harty (Ph.D.) "Caffeine Timing Improves Lower-Body Muscular Performance" (Grant Tinsley, adviser)
- Hyoseon Kim (Ph.D.) "Heterogeneous Effects of Aging on Vasomotor Function in Large and Small Arteries" (Michael Massett, adviser)
- Mauricio Martinez (Ph.D.) "Post-Exercise Hyperthermia Cerebral Blood Flow Hemodynamics Are Similar between Males and Females" (Eric Rivas, adviser)
- Matthew Stratton (Ph.D.) "The Effect of Time-Restricted Feeding in Combination with Resistance Training on Measures of Body Composition, Muscular Performance, Resting Energy Expenditure, and Blood Biomarkers" (Grant Tinsley, adviser)

Dr. Joaquin Gonzales served as a judge for this Graduate Student Research Competition.

Two undergraduate students presented at the virtual Undergraduate Research Conference.

- Lauren Schoech presented her poster titled "Females Have an Increased Sensitivity to Thermal Stress during Matched Exercise Metabolic Heat Production."
- Madison Mok, an Honors College student, presented her poster titled "Health Benefits of High-Intensity Interval Exercise on Arterial Stiffness, Blood Pressure, Cardiac, and Cerebrovascular."

COMMUNITY OUTREACH

Arturo Figueroa – Seniors Are Special UMC – “Hypertension and Resistance Training”

Arturo Figueroa – Lubbock Lions Club – “Healthy Aging”

Joaquin Gonzales – Lubbock Women’s Club – “Walking to Prevent Aging”

Melanie Hart – Interview with KCBD – “Physical Activity”

Marc Lochbaum – Retired Teachers of Slaton LISD – “Senior Fitness”

Marc Lochbaum– developed YouTube channel for “Senior Fitness”

Angela Lumpkin – Caprock AMBUCS – “Ethics in Sports”

Jacalyn McComb --Covenant Hospital – “Yoga”

Ty Palmer – Garrison Institute on Aging – “Healthy Aging”

Chad Smith – Pre-Physical Therapy Club – “Goal Setting”

Heidi Wiedenfeld – South Plains Association of Governments – “Senior Fitness”

THE IMPORTANCE OF SPORT MANAGEMENT INTERNSHIPS

The majority of employers point to the internship experience as one of the most important factors they consider in hiring new college graduates for full-time positions. The Department of Kinesiology and Sport Management is proud to offer college credit for the internship experience.

Alison White says, “Being in the Sport Management Internship class has been extremely beneficial. It has allowed me to transfer things I have learned in the classroom into a real-life situation and gain job experience in the field I want to pursue. I am very thankful for this opportunity that is offered to me so that I can gain a well-rounded educational experience.”

Another student, Karlee Combest, says, “My internship has helped me in immense ways. This opportunity has allowed me to network within an intercollegiate athletic department. I don’t believe I would have this experience if it were not for this internship class. I am so thankful to be constantly surrounded by encouraging professionals who push me every day and genuinely want me to succeed. Having the support of my professors and my worksite coordinator means the world to me. Through my internship with Texas Tech Sport Management department, it has opened doors and ultimately helped me prepare for my future career in sports.”

Sport Management majors with senior status may enroll in SPMT 4376-I for three hours credit and if they choose, add SPMT 4378-II for three additional hours.

Students who intend to do an internship in Sport Management should contact, Diane Nichols, Undergraduate Sport Management Internship Coordinator. diane.nichols@ttu.edu

We invite you to join our social media sites:

Facebook <https://www.facebook.com/groups/ttusportbusiness/>

Twitter <https://twitter.com/TTUSPMT>

LinkedIn <https://www.linkedin.com/groups/12043043/>

KINESIOLOGY INTERNSHIPS

KIN 4375, the internship for Kinesiology undergraduates, allows students to explore a field of interest to help them decide if this career option is for them. Because many fields are broad and offer multiple choices, an internship allows students to gain greater knowledge or learn more about a career they may choose after graduation. Through completion of KIN 4375, many students earn jobs in their former internship sites. Cardiac rehabilitation, athletic training, commercial fitness, physical therapy, occupational therapy, wellness programs, cooperative fitness, sports medicine, and strength and conditioning are some of the most popular internships for our interns. This spring semester we even have a student, Nikolas Ortiz, who is working in an exercise physiology lab in Australia and his supervisor reports “He is having the time of his life and learning so much.”



left to right starting at the back: Nikolas Rizzi, Brady McDowell, Georgy Jacob, Ryan Trevino, Luke Ford, Chris Richardson Middle row: Dr. Chad Smith, Randilyn Sasser, Sam Snyder, Ciara Simpson, Molly Croessmann Front row: Mariel DeLeon, Julia Wright, Autumn Gist, Hermella Andarge, Bailee Wallace

KSM AMBASSADORS HAVE A BUSY SPRING

Ambassadors Spring 2020

To date, for the spring 2020 semester, the Ambassadors had a booth at the Techwell Interactive Fair in which students were able to test their grip strength and/or vertical jump. In late-January the Ambassadors hosted Brian Garibay from the TTHSC School of Health Professions to discuss their graduate programs with Kinesiology majors interested in athletic training, occupational therapy, or physical therapy. In mid-March the Ambassadors hosted faculty member and Associate Athletic Trainer, Imelda Garcia to discuss the athletic training program at Texas Tech and to help recruit athletic trainers for the 2020-2021 academic year. Around 85 undergraduate students attended these sessions and both speakers were a huge success. At the end of February the Ambassadors volunteered for a local organization, Caleb's Closet, in organizing donated items for foster families and also held a give-back night at Chipotle the first week of March, where they received a lot of support from faculty and staff, fellow students, and community members to raise money for the organization. The Ambassadors have continued to host several prospective students and will provide tours and transportation for the faculty candidates interviewing later in the semester. The Ambassadors have continued working on the golf tournament, which had to be postponed from March 28 to the fall semester with the focus this semester being on obtaining sponsors/donors, recruiting teams, etc. There are currently no recruiting events scheduled for the spring semester, but the Ambassadors will be participating in Arbor Day on Friday, April 24 and Tech to Town on Saturday, April 25.

Imelda Garcia Speaking Event

On Wednesday, March 11, the Kinesiology and Sport Management Ambassadors hosted Imelda Garcia, a Kinesiology and Sport Management part-time faculty member and Associate Athletic Trainer for Texas Tech Athletics. With about 30 students in attendance, Garcia provided some professional history and background on what athletic training is, discussed where athletic trainers work and what they do, and described the various specialized fields and areas open to athletic trainers. She also explained her job working with the Texas Tech teams with which she works and explained the requirements for certification from the National Athletic Trainers' Association Board of Certification. Garcia then explained the mission statement for the Texas Tech University Athletic Training (TTUAT) program along with the requirements for acceptance and the necessary courses required for the internship program. Next, Kinesiology major and KSM Ambassador, Luke Ford, spoke about his personal experience in the TTUAT internship program and answered questions from the students. The event ended with an explanation of the application process along with all necessary information including the link to the application and due dates for the application provided to those interested in joining the program.



JAPANESE DELEGATION VISIT AND GUEST SPEAKER

On November 21, 2019, a group of Japanese businessmen came to the Department of Kinesiology and Sport Management. It was a government-funded project aiming to develop people and organizations that help expand the sports industry in Japan. They chose our department because of its academic success and global reputation. During the visit, Mr. Tetsuhiko Mitsuta, the CEO of Mission Sports Inc., delivered a guest lecture titled "International Sport Marketing: Global Trends and Event Legacy." Mr. Mitsuta shared his extensive experience and knowledge on the business operation of mega sporting events such as the Olympic Games and FIFA World Cup. Over 40 undergraduate and graduate students attended the lecture and exchanged their opinions and ideas. After the lecture, Mr. Mitsuta said, "I was very impressed by Texas Tech students. They are highly motivated and eager to learn about International sports. That is a very important trait to be successful in today's global sports industry." The Japanese delegates stayed in Lubbock for four days meeting sport management faculty and visiting the Texas Tech Athletic Department.



TTUHSC SPEAKER - BRIAN GARIBAY



On Thursday January 30th, the Kinesiology and Sport Management Ambassadors hosted Mr. Brian Garibay from the Texas Tech University Health Sciences Center (TTUHSC) School of Health Professions to speak to students about their rehabilitation sciences graduate programs. With about 55 students in attendance, Mr. Garibay talked about the programs of physical therapy, occupational therapy, and athletic training. One of the biggest pieces of information he shared was that the TTUHSC is one of the few schools in Texas that is moving the Master's Occupational Therapy Program to a Doctoral program starting with the students entering the program this Summer. He also mentioned that the TTUHSC has a new high-tech cadaver lab and explained its importance in continuing to improve all aspects of the program for current and future students. After news of the advancements at the TTUHSC, Mr. Garibay talked about each profession (physical therapy, occupational therapy, and athletic training), the requirements for each program, and the thorough application process. He informed the students on how competitive the programs are and that it is recommended that they start as soon as possible in strengthening their application. Mr. Garibay and two occupational therapy students that joined him, spoke of how to stand out and including healthcare and volunteer experience, networking with professionals, applying early, mock interviews, and strong letters of recommendation.

ALUMNA SPOTLIGHT - SHELBY KLOIBER

Dr. Shelby Kloiber earned her Bachelor of Science in Exercise Science in 2008 and her Master of Science in Exercise Science in 2011 at Texas Tech University. Upon graduation Dr. Kloiber was offered a full-time faculty position within the TTU Kinesiology Department where she taught many different undergraduate classes. Some courses included Exercise Physiology, Testing & Prescription, and Research Methods. Dr. Kloiber is an ACE certified personal trainer and ACSM Certified Exercise Physiologist. In 2015-2016 Dr. Kloiber worked as a Certified Exercise Physiologist in the Cardiac and Pulmonary Rehabilitation Clinic at UMC. During her time as a faculty member, she carried out two study abroad programs in Barcelona and Munich where she taught TTU Kinesiology courses and created an opportunity for these students to shadow healthcare professionals outside of the US.

In 2016 Dr. Kloiber moved to Southern California to pursue further higher education. She attended Southern California University of Health Sciences where she had the opportunity to learn within an integrative program by attending courses as a Chiropractic student with Physician Assistant and Acupuncture students. Throughout the 3.3 year curriculum Dr. Kloiber completed 300 selective hours of Sport Medicine training. These courses included topics in injury diagnostics, concussion protocol, rehabilitative exercises, and diagnostic advanced imaging to name a few. Dr. Kloiber graduated Summa Cum Laude in 2019 earning her Doctor of Chiropractic with additional training in Sport Medicine.

Dr. Kloiber was immediately offered a position at Back to Function located in Lomita, California. Back to Function is the official Sport Medicine Chiropractic provider for the following Los Angeles teams: NBA Lakers, MLB Dodgers, NHL Kings and the new XFL Los Angeles Wildcats. Along with care provided to professional athletes, the Back to Function team of healthcare providers specialize in soft tissue therapy, chiropractic adjustments, postural restoration and personalized training. Dr. Kloiber has been trained in Stecco Fascial Manipulation and is sitting for the American Chiropractic Board of Sport Physician exam in May to become a Certified Chiropractic Sport Physician.



ALUMNA SPOTLIGHT - BRITTANY FLOYD



When I drove into Lubbock, Texas for the first time, I had a likely universal thought "this is it"? There are no trees, no water, and an insulting amount of wind. I was used to the manure odor, coming from Stephenville, so that part didn't bother me as much. Nevertheless, I expected to earn an education. What I didn't expect was to make lifelong relationships, gain unparalleled life experiences, and leave with a few extra letters behind my name (not to mention a few tears in my eyes). My Bachelor's degree in Exercise and Sport Sciences at Texas Tech University taught me to put my mind towards a goal, manifest it daily, and it will become yours. I worked daily to push myself, not to be the best, but to be the best I could be. One of the most valuable lessons I learned at Texas Tech was to live life in moderation. I studied hard, but I also made time for myself and my personal happiness. I traveled abroad to study in Seville, Spain) for a semester, I competed in my first bodybuilding competition, I attended many Texas Tech sporting events, and I even managed to maintain a part-time job so I could afford a Chimy's margarita on occasion. Two short years from my first class at TTU, I held a diploma in my hand at age 20. After graduation in December of 2015, I applied to a Master's program at TTUHSC, got accepted, and two and a half rigorous years later, I walked the stage again with my head held high and guns held higher. Now, as a proud Texas Tech Red Raider Alum, I have just celebrated my one-year anniversary as the youngest Occupational Therapist at Encompass Health Rehabilitation Hospital of Arlington. On a day-to-day basis, I serve and treat individuals with life-altering diagnoses in their recovery to regaining a meaningful and independent life. I am forever thankful for the opportunities Texas Tech has gifted me, and it's safe to say that my perspective has wildly changed than that of my first impression. When I visit Lubbock, Texas now, I don't see a lack of trees, water, or an insulting amount of wind. Instead, I see a lifetime of irreplaceable memories with a diverse group of people I will hold near and dear to my heart for years to come. I see all the professors, advisers, clinicians, and friends who made me into the health care professional and person I am today. I attribute all my success to the good Lord and the wonderful staff at Texas Tech University who pour their heart into their students. I am forever proud to be a Texas Tech Red Raider!

FACULTY GRANTS IN 2020

San Antonio Nathan Shock Center Pilot Award Grant (\$30,000; July 2019-2020)

Dr. Heather Vellers received this funding for her project titled, "Role of Genetic Background on Age-Related Changes in Mitochondrial Genome Dynamics: Influence of Aerobic Exercise." The purpose of this work is to uncover how aerobic exercise and genetics associate and interact to influence the aging process.

American Heart Association grant (Innovative Project Award (\$197,451: 2019-2021)

Dr. Joaquin Gonzales received this funding for his research on the "Effect of Pulsatile Pressure and Long Sleep Duration on Cerebral Vascular Function." This research aims to understand the impact of aortic blood pressure changes during sleep on function of blood vessels in the brain. In particular, we are assessing the effect of pulsatile blood pressure patterns combined with long sleep duration on the reactivity of the blood vessels in the brain. This information would help us understand the reason why long sleep duration increases the risk for heart attack and stroke in older adults.

Vital Pharmaceuticals, Inc. (\$20,000; 2020)

Dr. Grant Tinsley received this funding for his research on "Effects of a Caffeine- and Protein-Containing Coffee Beverage on Metabolism and Muscular Performance." The purpose of this study is to investigate the effects of a novel caffeine- and protein-containing coffee beverage on resting and post-exercise metabolism, as well as muscular performance during lower body resistance exercise.

Legion Athletics, Inc. (\$32,271; 2020)

Dr. Grant Tinsley received this funding for his research on "The Influence of Creatine Monohydrate Supplementation on Testosterone, Dihydrotestosterone, and Hair Loss." This study is a 6-month trial that will examine whether daily supplementation with one of the most popular sports supplement ingredients, creatine monohydrate, causes hair loss or hormonal changes associated with hair loss.

Kyowa Hakko Bio Co., LTD (\$149,932; April 1, 2020-March 31, 2021)

Dr. Arturo Figueroa received this funding for his research project entitled "Effects of Four Weeks Supplementation with L-Citrulline and Glutathione on Arterial Function and Cardiovascular Responses in Postmenopausal Healthy Women: A Pilot Study". The age-related endothelial dysfunction is characterized by reduced production of nitric oxide in the endothelial cell of blood vessels. Endothelial dysfunction is in part attributed to reduced L-arginine (the substrate for nitric oxide production) bioavailability and increased oxidative stress. Oral L-citrulline supplementation has shown to increase L-arginine levels in blood and antioxidant capacity. The purpose of the study is to examine the effects L-Citrulline alone at normal dose (6 g daily) or L-citrulline at low-dose (2 g daily) combined with the antioxidant glutathione (200 mg daily) for four weeks on vascular function and oxidative stress in postmenopausal women with normal to elevated blood pressure. We will test the hypothesis that low-dose of L-Citrulline combined with glutathione would have similar vascular benefits than high-dose of L-Citrulline compared to placebo in postmenopausal women. Dr. Heather Vellers will collaborate in this project with the assessment of oxidative stress and glucose control.

North American Society for Sport Management (\$3,476; 2019-2020)

Dr. Akira Asada received this funding from one of his professional organizations to examine "Team Representativeness: Scale Development and Model Testing." In this research, he proposes a new concept, team representation, which refers to the extent to which people perceive local sports teams as representing their communities. The purpose of the research is to examine the structure of team representation, develop its measurement instruments, and explore its antecedents and outcomes.

United States Department of Education (\$170,509; 2019-2020)

Dr. Marc Lochbaum continued his work with the after-school physical activity program through the Lubbock Partnership Network. He structures high quality after-school physical activity programs for children and youth in a poverty and educational stricken area of Lubbock.

Ector College Prep Success Academy Physical Activity Programming (\$39,500; 2019-2020)

Dr. Lochbaum trains and works with the physical education teachers to maximize moderate to vigorous physical activity minutes during physical education classes through this funded contract, "Maximizing Physical Education-MVPA Minutes" The overall purpose of this program is to improve daily physical activity programming across Ector College Prep Success Academy and more specifically with students in the 6th and 7th grades.

Lubbock Partnership Network (\$84,342; 2019-2020)

Dr. Marc Lochbaum is conducting an after-school physical activity program through this funded contract to provide an "After School Physical Activity Program" at Ervin and Alderson elementary schools and Dunbar College Preparatory Academy. He and 18 TTU students provide after-school physical activity programs for children and youth in these three schools.

Erasmus+ Cooperation for Innovation and the Exchange of Good Practices KA201 - Strategic Partnerships for School Education (\$243,388; 2019-2022)

Dr. Marc Lochbaum as co-principal investigator with Jarek Mäestu at the University of Tartu received this funding for "Supporting Teachers to Maximize Enjoyable MVPA Minutes in Children and Youth: Project Enjoyable MVPA – Project JoyMVPA." Dr. Lochbaum is working with partners in Lithuania, Finland, Estonia, and Slovenia. The project aims to support teachers with games with children's input in both written and video format across the countries mentioned. The intent is the games will have a high amount of moderate to vigorous physical activity and enjoyment suitable for recess, physical education, and sport clubs.

Erasmus+ Support for Collaborative Partnerships in the Field of Sport (\$14,111; 2019-2020)

Dr. Marc Lochbaum along with Dr. Aušra Lisinskienė at Vytautas Magnus University in Kaunas, Lithuania won a grant to work with a number of European countries on a project titled "European Union Physical Activity and Sport Monitoring System." The project's goal is determining the best set of self-report physical activity questions with the hope of unifying a number of commonly used physical activity questionnaires used across Europe into one simple self-report measure.



Heather Vellers



Joaquin Gonzales



Grant Tinsley



Arturo Figueroa



Akira Asada



Marc Lochbaum