KSM Newsletter

19 April 2024 ◆





Congratulations to **Audra Day** and **Aaron Arreola** for their promotion to Associate Professor of Practice with Continuing Appointment!

Aaron and Audra are outstanding teachers and provide excellent instruction to our students.

-Angela Lumpkin

Bailey Palmer is a Senior Lecturer in the Department of Kinesiology and Sport Management at Texas Tech University. She was recently honored at a formal ceremony in April with the Professing Excellence Award. This award recognizes a faculty member's impact on the academic success of Texas Tech students living in the residence halls. Created in 2002, the awards are given to outstanding faculty who go above and beyond, both inside and outside the classroom, to impact their students' learning and academic success. Congratulations, Bailey!



Grant Tinsley Selected as Speaker for Texas Chapter of the American
College of Sports Medicine Lecture Series



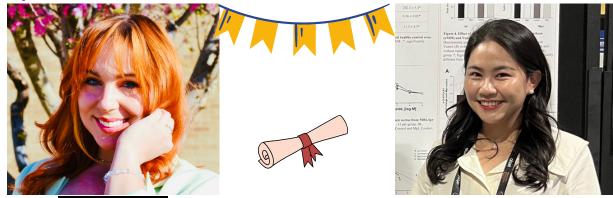
Dr. Grant Tinsley, an Associate Professor in the Department of Kinesiology & Sport Management, was selected by the Texas Chapter of the American College of Sports Medicine as the speaker for its Spring 2024 Lecture Series. From April 1 to April 4, 2024, Dr. Tinsley delivered lectures at West Texas A&M University, Midwestern State University, Baylor University, and Sam Houston State University. His lectures were on the topics of, "Three-Dimensional Imaging for Digital Anthropometry, Advanced Body Phenotyping, and Beyond," "Intermittent Fasting and Exercise: Influence on Body Composition and Performance," and "Body Composition Monitoring: Sources of Error and Best Practices." Attendees included students, faculty, and community members, with an estimated attendance of over 500 individuals across the four sites.

The Sport and Recreation Law Association (SRLA) has announced that **Dr. Katie Brown** has won the 2024 *Lori K. Miller Sport and Recreation Law Association Young Professional Award*. This award recognizes a young professional who demonstrates commitment to the study and instruction of the legal aspects of sport and recreation; service to the field and SRLA; as well as the potential for future growth and excellence in those same areas.





Congratulations PhD Graduates!



MADELIN SEIDLER

HYOSEON KIM

Madelin Siedler will be graduating with a PhD in exercise physiology in August 2024. Madelin joined the PhD program at Texas Tech in the fall of 2020 and worked in the Energy Balance and Body Composition Laboratory under the advisement of **Dr. Grant Tinsley**. During this time, she conducted and authored studies related to the reliability and validity of consumer-grade body composition analyzers and the chronic effect of thermogenic supplements on body composition and resting metabolic rate, among others. She also authored multiple metaepidemiological papers related to clinical guideline development, evidence-based medicine, and systematic review methodology.

Madelin is particularly grateful for a program that set her up for success by providing an abundance of both research and teaching experience and for the camaraderie, teamwork, and kinship she experienced during her time in the Tinsley lab. In August, she will be moving to Minnesota where she will begin a new position as Assistant Professor in the Exercise Science and Sport Studies Department at the College of St. Benedict and St. John's University.

"My time in the KSM department and the Ph.D. program has been a great journey marked by growth. The doctoral program has equipped me with critical thinking and independence in scientific exploration. Working with professors and colleagues in the department has provided invaluable insights and diverse perspectives, shaping my approach to the scientific question. Travel funding from the department each year encouraged Ph.D. students to actively present research at national conferences, allowing a culture of academic and professional development within our department. The comprehensive training and mentorship from my mentor Dr. Michael Massett and the PhD program at the KSM department also prepared me to be competitive and navigate the next career step."

Hyoseon successfully defended her dissertation in March. After graduation, she will be starting a postdoctoral position with Dr. Travis Hein in the Department of Medical Physiology at the Texas A&M School of Medicine, studying microvascular biology.



KATHERINE DILLON

Katherine joined the Department of Kinesiology and Sport Management at
Texas Tech University to work on her doctorate degree under the
mentorship of **Dr. Arturo Figueroa** in the Vascular Health Laboratory. Her
research focuses on investigating the effects of interventions
(supplementation and/or resistance training) on overall vascular health in
populations at risk for cardiovascular disease (postmenopausal women
and individuals with type II diabetes, hypertension, and/or obesity). Her
dissertation is titled "The Effects of Two Weeks of L-Citrulline on Arterial
Function and Systolic Blood Pressure at Rest and During Exercise in
Obese and Overweight Postmenopausal Women with Elevated Blood
Pressure and Hypertension."

Katherine has published 11 research articles and was the lead author on 3 of them. Additionally, she enjoyed attending and presenting at scientific conferences where she could share the work being conducted in the Vascular Health Laboratory. Katherine has accepted an Assistant Professor of Kinesiology position at Albion College in Michigan and will be instructing undergraduate students, as well as getting students involved in cardiovascular research.



Congratulations PhD Graduates!







NIGEL JIWAN

Yejin joined the Department of Kinesiology & Sport Management in 2020 and has worked under **Dr. Arturo Figueroa** with a research emphasis on cardiovascular health. Specifically, she has focused on blood pressure responses at rest and during exercise, arterial stiffness, and endothelial function as well as resistance exercise and dietary supplementation interventions and their effects on vascular function in postmenopausal women. Her dissertation is titled, "Effects of L-Citrulline Supplementation on Macro- and Microvascular Function in the fasted State and during acute hyperglycemia in Middle-aged and Older Adults with Type 2

Diabetes."

YEJIN KANG

During her four-years in the doctoral program at Texas Tech, Yejin has published 12 total peer-reviewed publications, three as the first author and the other nine as a co-author. Yejin has received AT&T Chancellor's Graduate Fellowship for four years and also received the Graduate Student Research Support Award at Texas Tech. As a graduate part-time instructor, she taught Exercise Testing and Prescription Labs, Medical Terminology, Science of Healthy Lifestyle, and Anatomy and Physiology II Discussion Labs. She also served as a treasurer of the KSM Doctoral Organization.

Upon graduation, Yejin will continue her research as a Postdoctoral Scholar in the Department of Anesthesiology, Pharmacology & Therapeutics at St. Paul's Hospital in Vancouver, Canada. In that role, she will study vascular function and muscular dystrophy in animal models.

Under the guidance of **Dr. Hui-Ying Luk**, Nigel conducted research on muscle physiology, exploring the effects of supplements and resistance exercise on muscle growth and performance across diverse populations. His dissertation is titled, "The Effect of Capsaicin on Muscle Anabolism."

While in the doctoral program, Nigel authored/co-authored 10 peer-reviewed articles, with 5 papers under review, and various peer-reviewed abstracts. His work has been recognized with awards, including 2nd and 3rd place at the Texas ACSM poster competition in 2021 and 2023, respectively, and 3rd place at the 2024 Texas Tech Graduate School Poster competition. He was also awarded a Student Research Development Grant through Texas ACSM in 2023 and the Texas Tech Graduate Student Research Grant in 2024 to support his dissertation project.

Nigel currently mentors and guides new TEACH fellows to enhance their teaching skills. He also received the 2024 William Galey Teaching Award through the American Physiological Society and a Mortar Board Apple Polishing Award at TTU. Nigel has accepted an Assistant Professor position at Hope College in Michigan and will be starting in the fall of 2024.



MAURICIO MARTINEZ

My name is Mauricio, and I am a PhD candidate working in the Vascular Health Laboratory at Texas Tech University with **Dr. Arturo Figueroa**. My area of research is in vascular physiology, and I am interested in enhancing the health of our arteries using dietary supplementation and exercise training.

My dissertation study is "The Effects of L-Citrulline
Supplementation in Middle Aged and Older Women with
Metabolic Syndrome During Fasted and Acute
Hyperglycemia". I have a passion for teaching and helping
others obtain novel information. I plan to work in medical
affairs serving as a medical science liaison, where I can
pioneer the communication of cutting-edge research to
practitioners, patients, board members and the regular
public.



STUDENT HIGHLIGHTS





McKenzie Hare

McKenzie Hare defended her thesis titled "Determination of the Neuromuscular Mechanisms Responsible for Stair Climb Negotiation". This project was supported by a Master's student research grant from the National Strength and Conditioning Association Foundation. McKenzie graduates with 2 peer-reviewed lead-author publications, an additional lead-author manuscript currently under review, with more to come with her thesis project.

McKenzie also won many accolades including the 2023 TACSM Poster Finalist and the 2023 NSCA-F women's scholarship awards. Following graduation, McKenzie plans to attend Physician Assistant (PA) school.



Kathryn Southall

Kathryn Southall defended her thesis titled "The Neuromuscular Response to Eccentric Muscle Damage in Younger and Older Females". Kathryn will be attending a PhD program at the University of Virginia in the fall to study the impact of ACL injury and reconstruction on lower extremity biomechanics.









Cassandra Sisneros

Cassandra began the MS in Kinesiology program in the Motor Behavior and Sport Psychology track in the spring of 2023. In this time, along with her mentor, **Dr. Marc Lochbaum**, Cassandra has co-authored four meta-analyses and was a winner of the recent graduate school poster competition for one of the Social Science divisions! Along with her research and classes, Cassandra teaches Diet & Exercise in the KSM Personal Fitness and Wellness program and engages in community service by collaborating with the Lady Tiger's Soccer program at Snyder Independent School District. Cassandra and Dr. Lochbaum provide the athletes with life skills lectures over the course of the academic year.

Here are the links to Cassandra and Dr. Lochbaum's meta-analyses and the graduate school poster competition winner's announcement.

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https://doi.org/10.3390/sports11110222 - Pre-Event Self-Efficacy and Sports Performance https://doi.org/10.3390/ijerph19116381 - Revisiting the Self-Confidence and Sport Performance Relationship

Graduate School link -

https://www.depts.ttu.edu/gradschool/Events/PosterCompetition/PosterCompetitionResults.php





STUDENT HIGHLIGHTS





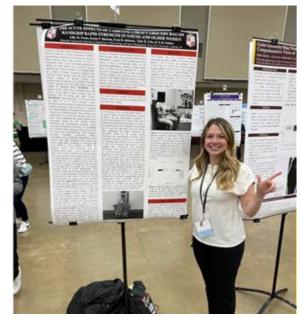
Carrington Ream

Carrington Ream, a recent graduate of the Sport Management Master's Program, and her research advisor, **Dr. Hoyoon Jung**, published an article titled "Team and Coach Gender: The Effect of the Expletive Halftime Speech" in the *Journal of Coaching and Sports Science*. Carrington examined whether expletives alter the effectiveness of speeches given by coaches across genders. Collecting data from a total of 133 respondents, ANOVA demonstrated that expletive word use during halftime speeches by coaches did not play a role in diminishing the coaching effectiveness, regardless of the coach's gender and the players' gender. Additionally, male and female participants perceived expletive speech differently, and student-athletes rated the speeches as significantly more effective than the non-student-athletes.

Carrington played college basketball for Baker University as an undergraduate student and received her bachelor's degree in psychology in 2019. After graduating from Baker, she pursued her passion for sports by earning her Master's in Sport Management from Texas Tech University in December of 2022. Following her graduate studies, Carrington served as the Director of Marketing and Communications at NCAA DII Emporia State. She then returned to Lubbock, where she is Associate Director of The Annual Fund for Red Raider Club, the fundraising branch of Texas Tech Athletics. Carrington is dedicated to growing as a professional in the community she loves and hopes to continue making an impact in Lubbock.

2024 Texas ACSM Conference

Lilly Frans and Tyler Cole presented their research posters at the 2024 Texas ACSM conference in Waco. Lilly and Tyler are both undergraduate Kinesiology majors in the Department of Kinesiology and Sport Management. In the spring, they worked with **Dr. Ty Palmer** on research in the Muscular Assessment Laboratory.



Lilly Frans

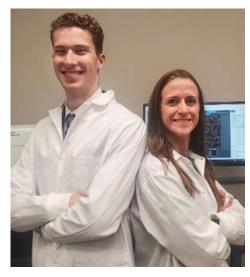


Tyler Cole



Metabolic Health and Muscle Physiology Lab

Dr. Danielle Levitt (pictured right) and undergraduate research scholar Matthew DiLeo (pictured left) were awarded \$2,000 for the project titled "Metabolomic signature of EtOH-treated skeletal muscle precursor cells" as part of the College of Arts and Sciences Undergraduate Research Experience Program. This project falls under a larger goal of the Metabolic Health and Muscle Physiology (MMP) Laboratory to understand how alcohol alters muscle precursor cell bioenergetic function and how this change may drive impaired skeletal muscle regenerative capacity among individuals with alcohol misuse. These analyses will complement Matthew's current studies examining the impact of alcohol on the activity of metabolic enzymes in these cells. Results will aid in informing the development of interventions to improve skeletal muscle and metabolic health in people with alcohol misuse.

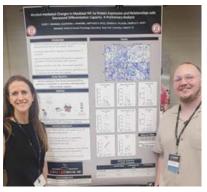


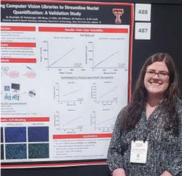


\$5,000 for the project titled "Understanding the relationship among substance (mis)use, physical activity, and physiological and psychological stress" through the TrUE Transformers Program, part of the Center for Transformative Undergraduate Education. The goal of this two-part, undergraduate-focused project is to understand substance use patterns (alcohol and cannabis) in adults with varying levels of physical activity engagement and stress (part 1) and how physiological and psychological indicators of stress resilience differ between physically active adults who misuse one or both these substances versus those who do



Graduating MS student
Colby Newman presented a
poster titled "Alcoholmediated Changes in
Myoblast Hif-1a Protein
Expression and
Relationships with
Decreased Differentiation
Capacity: A Preliminary
Analysis" at the Texas
ACSM annual meeting on
February 22, 2024.





Alexandra Khartabil presented a poster titled "Using Computer Vision Libraries to Streamline Nuclei Quantification: A Validation Study" at the American Physiology Summit in Long Beach, CA on April 6, 2024.



Undergraduate students Tyler McCollum, Alexandra Brojanac, and Nate Quintero competed as one of Texas Tech's two student bowl teams at the Texas ACSM annual meeting on February 23, 2024.

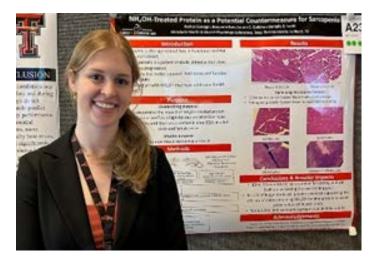




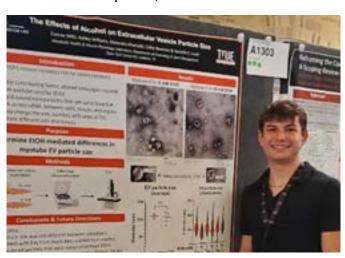


Metabolic Health and Muscle Physiology Lab

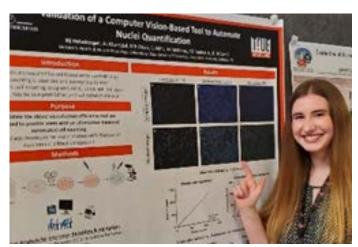
Undergraduate researcher scholars in the Metabolic Health & Muscle Physiology Laboratory (mentor: **Dr. Danielle Levitt**) presented their current work at the Undergraduate Research Conference on April 9, 2024.



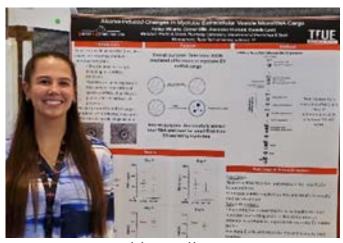
Kaitlyn Zamagni



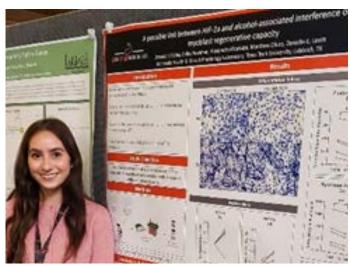
Connor Mills



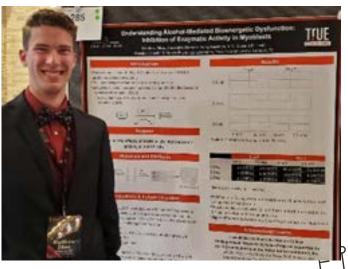
Rylea Helmberger



Ashley Williams



Zenaida Villalba



Matthew DiLeo



Texas Tech University ENERGY BALANCE & BODY COMPOSITION LAB



Pictured from L to R: Christian Rodriguez, Ethan Tinoco, Jaylynn Rasco, Alex Brojanac, Christian Lavalle, **Dr. Grant Tinsley**, Madelin Seidler, and Christine Florez

Novel Lipid-Based Supplement for Muscle Recovery

Dr. Grant Tinsley and Dr. Jacob Mota received a \$80,241 research grant from Bunge Loders Croklaan, a leading global producer and supplier of plant-based specialty oils, to support a project entitled, "Influence of Structured Medium and Long Chain Triglycerides on Muscular Recovery Following Damaging Resistance Exercise." Through this study, the potential of a novel lipid-based compound to improve muscular recovery after intense exercise will be examined. Doctoral candidates Kealey Wohlgemuth and Christian Rodriguez are serving as funded Research Assistants for this grant and are leading day-to-day operations.

Student Publications

- 1. Madelin Siedler, a doctoral candidate working with Dr. Grant Tinsley, published a first-author article entitled, "Chronic Thermogenic Dietary Supplement Consumption: Effects on Body Composition, Anthropometrics, and Metabolism" in *Nutrients*.
- 2. Christian Rodriguez, a doctoral candidate working with Dr. Grant Tinsley, published a first-author review article entitled, "Skeletal Muscle Estimation: A Review of Techniques and their Applications" in Clinical Physiology and Functional Imaging.
- 3. Christine Florez, a doctoral student working with Dr. Grant Tinsley, published a first-author article entitled, "The Effects of Two Servings of a Thermogenic Supplement on Metabolism, Hemodynamic Variables, and Mood State Outcomes in Young Overweight Adults" in Cureus.

Texas Chapter of the American College of Sports Medicine (TACSM) Abstract Presentations

- 1. Body Composition and Anthropometric Changes during a 10-week Training Academy in Police Recruits. *Christian LaValle et al.*
- 2. Body Fat Percentage Estimation from Smartphone Three-Dimensional Optical Imaging. *Christine Florez et al.*
- 3. Comparing the Validity of Five Different Resting Metabolic Rate Prediction Equations in Active Women. Madelin Siedler et al.
- 4. Technical and Biological Error of Skeletal Muscle Mass Estimation from Dual-energy X-ray Absorptiometry. Christian Rodriguez et al.
- 5. Validity of Body Volume Estimates from a Smartphone 3-Dimensional Scanning Application. *Ethan Tinoco et al.*
- 6. Relationships between Body Composition and Game Day Training Load in Ice Hockey Players. *Alexandra Brojanac et al*
- 7. Correlations Between Measured-to-Predicted Resting Metabolic Rate Ratio and Psychological Variables in Active Women. *Jaylynn Rasco et al.*





Back row from left: **Dr.Yasuki Sekiguchi**, Ruben Moya, Karissa Mesquita, Ciriany Campoverde-Arrazola, Jan Rolloque, Marcos Keefe, Erica Hollis, Cherish Keeney, Front row from left, Ryan Dunn, Tyler Mccollum

"Enhance Performance and Recovery with Science"

<u>Sports</u> <u>Performance</u> <u>Lab</u>

> Click for more Information!



L to R: Erica Hollis, Alex Brojanac, Tyler Mccollum

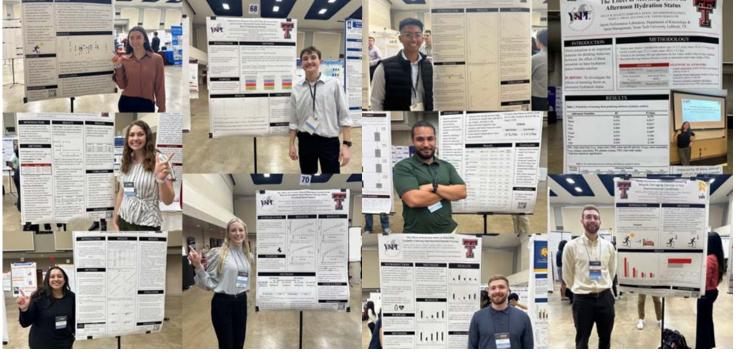


From left: Erica Hollis, Tyler Mccollum



From left: Erica Hollis, Marcos Keefe, **Dr.Yasuki Sekiguchi**, Ryan Dunn





Top Row L to R: Ciriany Campoverde-Arrazola Tyler Mccollum, Jan Rolluque, Kelly Elliott
Middle Row from L to R: Cherish Keeney, Ruben Moya
Bottom Row from L to R: Karissa Mesquita, Erica Hollis, Ryan Dunn, Marcos Keefe

10 graduate and undergraduate students presented their research.

Ryan Dunn was awarded the TACSM research grant.

Ryan Dunn placed 2nd in the research grant presentation.

Ryan Dunn received the 3rd place for manuscript award.

Marcos O'Keefe also received the TACSM research grant.

Marcos O'Keefe was the finalist of the abstract presentation.

Erica Hollis (our undergrad student) won the 1st place for the undergraduate scholarly award.

Erica Hollis and Tyler Mccollum competed in a student bowl game.



TTU SPMT GROUP

PROFESSIONAL DEVELOPMENT & NETWORKING

Allysan Hernandez, *Texas Tech Director of Event Operations*: Discussed careers in Event Operations, internship opportunities, and provided a tour of the Womble.

Robert Giovannetti, *Texas Tech Senior Associate Athletic Director*: Discussed collegiate athletics careers and professional development.

Paul Ruiz: Discussed diverse workplaces and the changing population trends relevant to the sport industry.

Chris Cook, *Media & Communications*: Discussed career and industry experience in sport media and communications.

Dr. Jimmy Sanderson: Provided a LinkedIn workshop for professional development.



SOCIAL EVENTS



Pictured: Hunter Stewart, Lucas Anderson, Drake Heads, Elias Mickelson, Paige Posa, Blake Abramowitz, Toledo Martin, Gianna Martinez, Christian Camacho, Franco Sanchez, Sam Marshall, Eddie Prince, Perry Jones



Pictured: Drake Heads, Austin Alvarado, Blake Abramowitz, Hunter Stewart, Cooper Furlow, Perry Jones, Kat Adams, Gina Martinez, Ashley Parten, Jacob Sanchez, Jamar Brooks, Faith Jabalie, Oliver Chiacchia

SPRING 2024 EXECUTIVE BOARD MEMBERS

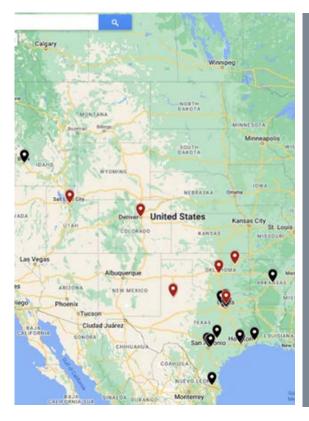
Paige Posa - President

Christian Camacho - Ex-Officio President
Drake Heads - Vice President
Blake Abramowitz- Director of Professional Development
Elias Mickelson - Director of Events & Engagement
Ella Wheat - Director of Marketing & Recruitment

Ashley Parten - Director of Finance & Analytics
Hunter Stewart - Multimedia Coordinator
Scout Carter - Networking Coordinator
Toledo Martin - Outreach Coordinator
Anna Benkert - Operations Coordinator

Sport Management Alumni & Faculty News

TTU SPMT Alumni Map - Click Here



The sport management faculty are in the process of creating an interactive alumni map! This map will be incredibly beneficial for current and future SPMT students wanting to know where our wonderful SPMT alumni have ended up, whether it is in the sport industry or not.

Additionally, we hope this map will allow SPMT alumni with jobs to see where their peers, who received either a BS or MS (or both), are currently working.

If you are an SPMT alumni receiving this newsletter and would be wanting/willing to join the growing number of pin locations on the Google map, please send 1) you preferred name, 2) your organization's name, 3) your position/title, and 4) your year and degree (e.g., MS '15, BS' 18 - see map link above for examples) to faculty member Zack Pedersen (zapeders@ttu.edu).

If you know of other alumni who do not get this newsletter, please feel free to pass this along to them as well. We thank you for your participation and can't wait to see this map become even more populated!

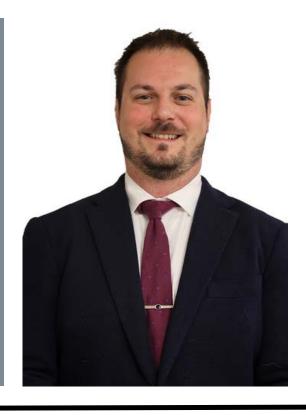
DR. ZACK DAMON

Dr. Damon was recently featured on The Educational AD Podcast.

The episode discussed the benefits of a sport management degree, the advantages of our TTU Sport Management programs, and the Sport Leadership Collective that Dr. Damon recently launched in the Fall of 2023.

Further, they discussed key skills needed to be successful in the sport industry and how students and others who are interested in working in sport can gain and then hone these skills. They also concentrated on the changing leadership landscape that athletic directors even at the high school level have to now navigate.

Podcast Episode Available Here



» KSM Ambassadors News

To start the Spring 2024 semester, the Ambassadors participated in Texas Tech's Day of Service on Martin Luther King Jr. Day by helping tie blankets, write cards of encouragement, fill Meals on Wheels bags, and other helpful tasks at the Broadway Church of Christ. In February, the Ambassadors hosted Hollie Stanton 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. The Ambassadors volunteered at the Night to Shine Prom Night, which provides an unforgettable prom night experience for people with special needs ages 14 and older. The Ambassadors also designed and sold new departmental apparel which raised the most money from departmental apparel sales to date!

In March, the Ambassadors helped celebrate Women's History Month by volunteering at the Women's Athletic Appreciation Dinner. In April, the Ambassadors volunteered at the Tech Lubbock Community Day and at the Catholic Charities Resale Center. They also hosted their third annual volleyball tournament, with sponsorships from Cardinal's Sport Center and Pie Five. It was a great event that was won by the team Glute Sets! The Ambassadors will also be participating in the Burkhart Walk for Autism and the Texas Tech Arbor Day festivities at the end of April. Please follow the Ambassadors via social media:

KSM Ambassadors - Instagram



L to R: Jamar Brooks, Rachel Rever, Kailey Miller







L to R: Kailey Miller, Alex Brojanac, Rachel Rever

IN OTHER NEWS

STUDENT SPOTLIGHT



Dr. Kendra Albracht-Schulte
Director of the NExT Medicine Lab

Hushyar Azari's dissertation research was selected for a Graduate Student Research Support Award.

Megan George, an undergraduate research scholar, in the NExT Medicine Lab was awarded \$2,000 by the 2023-2024 Undergraduate Research Experience Program for her research on the impact of combining omega-3 supplementation and high-intensity interval training (HIIT) on glucose tolerance. This is a competitive award from the College of Arts & Sciences in conjunction with the Center for Transformative Undergraduate Research Experiences (TrUE).



Evan Johnson is currently an undergraduate student in the Department of Kinesiology and Sport Management at Texas Tech University (TTU). He is scheduled to graduate from TTU this summer with a B.S. in Kinesiology. During his time at TTU, Evan worked as a research assistant for his father, Dr. Bradley Johnson, in the Department of Animal and Food Sciences. He was also a research assistant for Dr. Ty Palmer in the Muscular Assessment Laboratory. Over the last two years, Evan helped Dr. Palmer collect and analyze data for several research studies on physical performance outcomes in young and older adults. Evan also collected his own data for a research study investigating the reliability of force production measurements during a supine medicine ball throw test. For this study, Evan wrote a manuscript that was recently accepted for publication in the Journal of Musculoskeletal and Neuronal Interactions. After graduation, Evan plans to continue his education as a master's student of Kinesiology in the Human Performance program at TTU. He will be starting this program in August.