

December 2022

# IUP KINESIOLOGY, HEALTH, & SPORT SCIENCE DEPARTMENT NEWSLETTER



## In this Issue:

**Student Showcase: Stone Shugarts**

**Faculty Spotlight: Dr. Richard Hsiao**

**Featured Alumni: Shania Benning**

**Event Recap: Dr. Kulik wins award from PA Shape Convention**



@iup\_khss



@iup\_khss



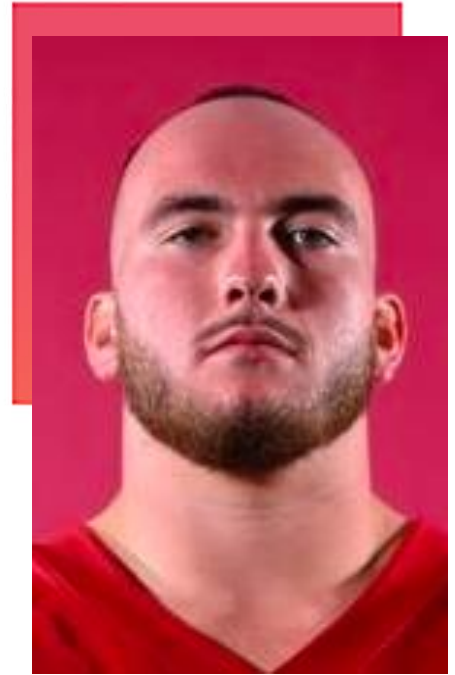
@IUP KHSS



# Student Showcase: Stone Shugarts

Stone Shugarts ('24) is from Augusta, Georgia. Shugarts chose to major in Exercise Science because it focuses on anatomy and physiology, which are two subjects that have always interested him. Shugarts is a Pre-medicine major, and he would like to pursue a career as an Orthopedic Specialist.

Classes such as Human anatomy, Human physiology, and Prevention and Care are the classes that Shugarts enjoys the most. "Human anatomy was an in-depth look at the body, primarily the musculoskeletal system, in tandem with a lab where we get the privilege to observe a cadaver and help dissect it over the semester. Human Physiology (Structure and Function) was very enjoyable as it was the yin to anatomy yang, I got to learn the functions of all the systems of the body. The lab was quite enjoyable due to the experiments being done on us, which were very hands-on such as an EEG. I highly enjoyed Prevention and Care of injuries due to the nature of the course as well as my professor Dr. Rivera. With myself wanting to be a doctor with a focus in sports medicine I'm getting to directly learn about my future career field; furthermore, Dr. Rivera has a plethora of experience with working with injured athletes, so I always look forward to his classes.



"The culture of the [Exercise Science] department is amazing, both professors and fellow students. I enjoy every single one of my classes and look forward to going to them unlike some of my natural science courses. Also, once you graduate, you're automatically certified as an exercise physiologist or clinical exercise physiologist." After graduating from IUP, Shugarts wants to attend medical school.

While being a student, Shugarts plays on the IUP Football team. Even though he's busy with school and football, Shugarts likes to spend time with his teammates and friends, attend IUP Basketball games, and work out.

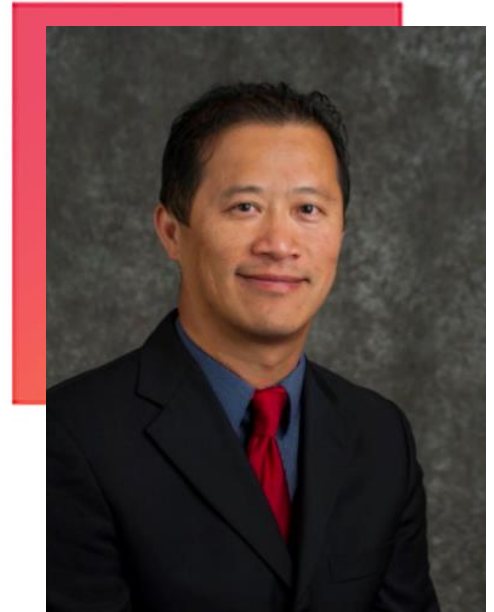
**Student Advice to Prospective Students:** "To take advantage of all the great resources the department offers as well as all of its extraordinary facilities. Look into elective courses offered by the department to take that interest you outside of your required curriculum. Lastly, talk to older students in the department and get their advice."

# Faculty Focus: Dr. Richard Hsiao

## Dr. Richard Hsiao, Graduate Coordinator for Master of Science in Sports Management/Sports Studies

Dr. Richard Hsiao enters his 17th year at IUP. Before being a professor at IUP, Hsiao taught Sports Law, Sports Marketing, and other lifetime activity courses at Florida State University. Hsiao has written articles for the *Journal of Recreation and Leisure*, *the International Journal of Aquatic Education and Research*, *the Sport and Leisure Management International Report*, and *the Research Quarterly for Exercise and Sport*. While a writer for those journals, Hsiao has written a textbook named *The Management of Business in Sport: A Global Perspective*. While being a professor at IUP, Hsiao is the Director of the James G. Mill Fitness Center, which is in Zink Hall. Hsiao believes the James G. Fitness Center is a great way to connect to the Indiana community and IUP students.

Before the pandemic, Hsiao enjoyed traveling and attending professional conferences. Hsiao started traveling when he was a teenager and enjoyed every bit of it. Since growing up in Taiwan (the heart of Asia), Hsiao started experiencing traveling by going to countries that surround his home country. Hsiao believes that he's been to over 100 countries in his life. While being worldly, Hsiao spends most of his time with his wife and kids.



## Interested in giving to the IUP KHSS Department?

The Kinesiology, Health, and Sport Science Department is happy to announce that we have decided to establish a KHSS Freshman Scholarship. We are looking forward to providing financial support to incoming freshmen to show commitment to our discipline and our belief in the talent of incoming freshmen who have chosen fields and future careers in KHSS.

Anyone wishing to help fund this scholarship can donate using the link:

<http://www.iup.edu/givetoKHSS>

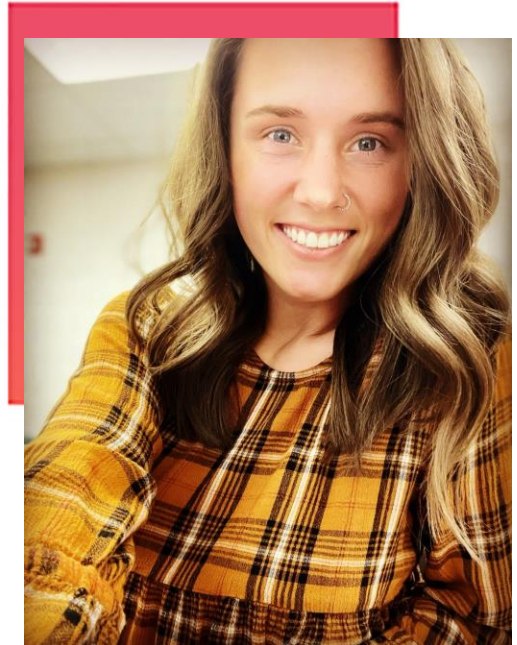
(Please share this link with alumni, student organizations, and all in the IUP community!)



# Featured Alumni: Shania Benning

## Shania Benning, '19, Head of Athletic Trainer for Bedford School District.

Shania Benning is from a small town named Somerset. Before attending IUP, Benning was committed to a different college, however, she still wanted to tour of IUP's campus. Although it was raining and chilly outside, Benning fell in love with how beautiful the campus was. She withdrew from the college that was previously committed to and enrolled at IUP. In her junior year of high school, Benning was set on studying Athletic Training in college. Once she started taking classes at IUP, she felt confident in choosing that major. She absolutely loved the curriculum and opportunities athletic training provided. Benning enjoyed different classes such as, pathology, injury, anatomy, and how the human body operates. During her time at IUP, Benning enjoyed a great learning experience from the teachings of Dr. Trenney, Dr. Racchini, and Dr. Rivera. "They're super knowledgeable and honest about their own career paths and you could tell they were always willing to do anything to help you succeed in any career path that you gravitated towards. Even now as a practicing healthcare professional, I still utilize them as mentors."



While studying for her master's degree, Benning did an internship through CSS Medical Center. Her time at CSS Medical Center gave her the opportunity to learn and practice as an Athletic Trainer, and her experience led her to a position at Richland School. Benning graduated with her master's degree from IUP in 2020. "I utilized the dual enrollment opportunities that IUP had which allowed me to graduate a lot sooner than a standard master's program. Currently, Benning is the Head Athletic Trainer at the Bedford Area School District. Her position as the Head Athletic Trainer gives her joy every day. "I absolutely love everything about the job. Every day is different, and every day comes with its own level of intensity. Some days I have lots of evaluations on-field injuries and other days I'm scheduling appointments for athletes, completing rehabilitation, or sometimes just sitting outside enjoying the weather while watching sports practice. Of course, there are downsides to the job but what job doesn't? I get paid to watch sports."

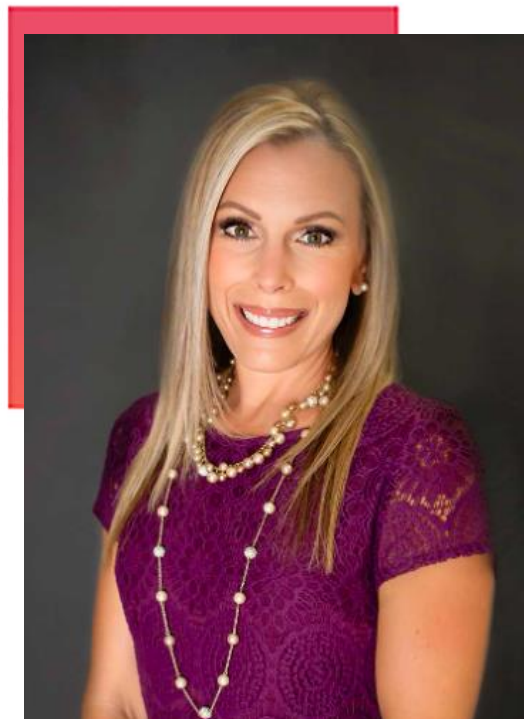
**Alumni Advice to Students:** "Looking back on my experience, I wish I would've soaked up more clinical time. The curriculum is intense, and you don't have a lot of free time, however, when you leave the college environment, it's super hard to get access to the "experience" side of the job. At college, we had five or six different athletic trainers PLUS professors that have been doing it for 10 or more years. They have an abundance of tips and tricks to meander in the field as a professional. When you leave, it's up to you and you are only. You no longer have access to that non-textbook information. You might have input here and there from colleagues but it's no longer your sole environment. As a practicing professional, you're expected to know, but as a student, you're expected to ask."

# Dr. Kulik wins award from PA Shape Convention

This year, the Shape of Society and Health & Physical Educators presented Dr. Keri Kulik with the Physical Education Teacher of the Year. Before teaching at IUP in 2008, Kulik attended Penn State Behrend, which is a branch of Pennsylvania State University in Erie, PA. Kulik majored in Biology, which she was interested in before going into Education. She went into the workforce as a Strength and Conditioning/Personal trainer; however, she didn't enjoy it as much as she thought. So, she decided to get her teaching certification, which started her career as a teacher. While pursuing her Ph.D., Kulik had an interest in teaching in Higher Education, which led her to teach IUP, and she still enjoys it.

While being nominated for the award, Kulik was hopeful to win the award, while also being not getting her hopes up. In 2013, Kulik won a similar award in Health Education, so she was thankful for another award. "It is nice to feel that you're still relevant, and people value what you do in the classroom, even though it's almost 10 years later."

**Professor Advice to Prospective Students:** "I would advise all new students to come in with an open mind and be open to the experiences here on campus. I think we all have this plan for how life is going to go, and sometimes having that plan or being too married to that plan puts your blinders on to other opportunities that are out there. I would encourage our students to be open to other ideas, other plans, and other experiences. While you're here, just your time to meet people and get involved in as much as you can. You want to come out as a well-rounded individual. You just have to be willing to get involved."



## KEEP UP WITH KHSS SOCIAL MEDIA!!



@iupsportmgt



@iup\_khss



@IUPExsci



@iup\_khss



@HpeIup



@IUP KHSS



@iupsportmgt

