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IUP KINESIOLOGY, HEALTH, & SPORT SCIENCE DEPARTMENT NEWSLETTER



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Student Showcase: Paige Mikesell

Paige Mikesell is currently a junior at Indiana University of Pennsylvania pursuing her bachelor's degree in Health and Physical Education, K-12 Teacher Education. She is a Provost Scholar with a 4.0 GPA. In the spring of 2020, Paige was also awarded the CoSIDA Academic All-American, which is awarded to a student-athlete with at least a 3.30 cumulative grade point average. During the winter of 2019, she earned the PSAC Winter Top 10 Award, which recognizes excellence in the classroom and in athletic competition. In order to obtain this honor, a student-athlete must be chosen and voted on by the league's sports information directors.

From a young age, Paige knew that she wanted to be a teacher. Growing up and throughout high school, her teachers were her role models. "I wanted to impact others, just like they had impacted me," said Paige. As she was making her decisions on college, she was a little unsure of what kind of teacher she wanted to be. "Staying physically active and living a healthy lifestyle were very important to me, and I knew that I wanted to stay involved in fitness throughout my life. That's when I thought of health and physical education", stated Paige. It is her desire to share her love for health and physical activity with students and be able to transform their lives by equipping them with the knowledge they need to live long, healthy lives. Paige went on to say, "Majoring in health and physical education at IUP has given me the skill that I need to ensure I am properly teaching my students and impacting their lives, just like all my teachers did for me."

As a student at IUP, Paige has been given many opportunities to propel her professional development. Some of these opportunities were built into classroom curriculum, but some were volunteer. Either way, her experiences outside the classroom have been critical in her development as a future educator. Paige stated, "It is hard to completely understand what being an educator means when you just talk about it in class. These opportunities have provided me with hands-on experience with students that has allowed me to grow as an educator." A few of the opportunities and programs that Paige is currently involved in are the Special Needs Assistance Program (SNAP), English Second Language Program (ESL), the Homeschool Program, SHAPE PA, SHAPE America, and the Health and Physical Education majors club at IUP. She was also one of two students selected to serve as a SHAPE America Eastern District Future Professional Member. These opportunities and programs have given her valuable insight into what being an educator means, how to meet the needs of the students, how to adapt quickly, as well as experience in the field. "Being involved in these programs is helping me to become a better health and physical education professional", said Paige.

As a member of the IUP Women's Swim Team, Paige was IUP's women's freshman athlete of the year in 2019. In 2020, she was awarded IUP's women's athlete of the year. Paige was recognized as the PSAC women's most outstanding swimmer in 2020 and 2021. Despite the pandemic this year she was fortunate enough to be able to compete, and become a national champion in the 200 freestyle, the national runner-up in the 100 and 200 butterfly, and overall a 7x All-American at the 2021 national championships. Paige also serves as the secretary on IUP's Student Athlete Advisory Committee, which aims to enhance the total athlete experience by promoting leadership, community, integrity, and providing resources to all athletes to succeed in the classroom, in competition, and in the community.



Faculty Focus: Dr. Jessica Baum Mehus

With the retirement of Mr. Ron Trenney last summer, the Department was short the required three Athletic Training faculty to maintain its accreditation with CAATE. Through a collaboration with Athletics, Dr. Jessica Baum Mehus will be transferring to the Kinesiology, Health, and Sport Science Department in order to meet this Accreditation Standard.

Dr. Jessica Baum Mehus is originally from Norwalk, OH. She attended Baldwin-Wallace College and graduated in 1997 with a Bachelor of Arts with a major in Athletic Training. Her minors were biology, psychology, and coaching. She graduated with a Master of Science degree in 1999 from Ohio University where she had a graduate assistantship that included working with football, volleyball, and softball. As part of the GA position, she also taught an athletic training/injury information class to non-AT majors and first aid/CPR courses.

After completing her MS degree, she began her first athletic training position at SUNY Fredonia. After working there, she moved to Long Island to work with the New York Power of the Women's United Soccer Association and the Long Island Rough Riders of the D3 Pro Soccer League. In 2003, Jess began her time at IUP when she was hired as a full-time AT to work with the varsity sports. This position also gave her the opportunity to resume work with athletic training students, which was something she had missed.

In 2010, Jess began to work on her PhD in the Administration and Leadership Studies Program at IUP. She completed her dissertation, "Social Psychological Influences on Sport-Related Injury Reporting of Collegiate Student-Athletes," in August 2018. Dr. Baum-Mehus will continue to expand on this research as she begins her career as a faculty member in the KHSS Department.

Jess resides with her husband Brian and two sons, Bobby (6) and Mason (4). She loves spending time with the boys and working outdoors. As a family, they like to travel to Ohio to visit Jess's mom and going to the beach at Ocean City, MD.



Interested in giving to the IUP KHSS Department?

Eugene Lepley Memorial Physical Education Scholarship

James G. Mill Center for Health & Fitness

Kinesiology, Health, & Sport Science Enhancement Fund

Kinesiology, Health, & Sport Science Scholarship (New)

Go to www.iup.edu/givetoKHSS



Featured Alumni: Devin Wirt

Devin Wirt was recently selected as one of the 2020-2021 inductees into the College of Health and Human Services Hall of Distinction. A self-described serial entrepreneur and revenue geek, Wirt graduated from IUP with a Bachelors of Science Degree in Exercise Science in 2007. Devin who is from Philadelphia, Pennsylvania hit the ground running soon after graduating starting Transformational Fitness, LLC. His company grew the mobile-based fitness business which generated over \$500,000 in revenue and expanded to thirty team members. In 2014, Mr. Wirt sold that business and started TFLiving in 2016. TFLiving is a tech-enabled amenities company that keeps residential and various corporate sites connected and engaged with easy-to-access wellness and lifestyle services. The company provides its customers with fitness, wellness, and social events that help enhance the resident and/or tenant experience. Currently, the company services over 200,000 units of apartment and condominium communities and over 1m sq-ft of office space. When starting the company, Mr. Wirt was told his business would fail, and despite the dire warnings, TFLiving has grown to over 1000 team members and their services can be found in over forty US States.



At the beginning of 2021, Mr. Wirt stepped down as CEO of TFLiving and has started Devin Wirt, Inc where he serves as CEO. Wirt and the team advise and consult for companies of all sizes. The current portfolio of clients have a total valuation north of \$500,000,000. Mr. Wirt credits his blue-collar Philadelphia upbringing to his drive and desire to be successful but noted that his business acumen has come from the various peers that he has been fortunate to surround himself with.

Mr. Wirt resides in Murrells Inlet, South Carolina with his wife Melissa and son Olive (8)r.

EVENT UPDATE: THE PENNSYLVANIA SPORT BUSINESS CONFERENCE

On April 23rd, 2021, the 11th Annual Pennsylvania Sport Business Conference was virtually hosted by the IUP Sport Administration Program faculty. The theme of this year's conference was "Sports in the New Normal." Speakers from professional sports, collegiate athletics, the sporting goods industry, the health and fitness industry, and other areas of sports management presented on the challenges that their organizations faced and how they adapted during the pandemic.

Among the speakers at this year's conference were IUP Alumni; Christina Nellis, Whitney Crull, Roman Carloni, Matt Reinsel, Zach Henderson, Chad Westerburg, Alonzo Santiago, Krystle Lucci, Elisabeth Schmidt and Allen Childs.

IUP students Justina Mascaro and Michael Pesta won the Student Research Award and were able to present their research. Mascaro presented on predicting upsets in the NCAA Division II Women's Basketball Tournament, while Pesta presented on determinants of NHL goalie salaries.

