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# IUP KINESIOLOGY, HEALTH, & SPORT SCIENCE DEPARTMENT NEWSLETTER



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# Student Showcase: Torri Ashbaugh

Torri Ashbaugh is a class of 2024 senior who is originally from Marion Center, Pennsylvania, about 20 minutes away from campus. She is majoring in Health and Physical Education and minoring in Nutrition, “I chose Health and Physical Education because I enjoy sports, and other physical activities such as hiking, biking, and skiing. I think having a healthy lifestyle is so important and I want to promote that to the next generation.”

Torri’s favorite class during her time at IUP has quickly become recreation sports and lifetime activities. She greatly enjoyed how the class was interactive, engaging and hands on, “The way the class is structured made for it to be really fun and enjoyable.”

Outside of the classroom, Torri keeps busy by exercising at the HUB fitness center here on campus, while also being apart of the KHSS majors club. The club provides KHSS students with a great opportunity to get involved with the department, network with faculty, meet peers, and participate in a variety of service activities within the community.

**Student Advice to Prospective Students:** “I would tell younger students that this is a great major with professors that truly care and want to see you succeed. I have learned so much the past four years in this program and have had a lot of fun. Some advice I would give is to follow your heart and choose things that make you happy.”



# Faculty Focus: Professor Mark Sloniger, Exercise Science Professor

Dr. Sloniger holds the position of Professor of Exercise Science. He teaches a multitude of courses, such as biomechanics, exercise physiology, physiological function, and more. He has been recognized as an American College of Sports Medicine (ACSM) Fellow as a result of his research accomplishments and service to the college. Dr. Sloniger is a Past-President of the Mid-Atlantic Regional Chapter of ACSM which is composed of sports medicine professionals and students from New York, Pennsylvania, Delaware, Maryland, West Virginia and New Jersey. He maintains memberships within ACSM and the National Strength and Conditioning Association (NSCA). He is certified by the NSCA as a Strength and Conditioning Specialist. Dr. Sloniger serves the Department of Kinesiology, Health, and Sport Science through his work on a number of committees. Currently, he serves as chair for the departmental Institutional Review Board for the Protection of Human Subjects. Additionally, Dr. Sloniger is the Director of the Human Performance Laboratory housed within the department.



## **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!)



# Alumni Showcase: Latifah Tyler

Latifah Tyler ('15) is originally from Havertown, Pennsylvania. She attended IUP through the department as a Kinesiology and Exercise Science and Athletic Training major. What she enjoyed most about IUP was the diversity, "I got to learn so much about other cultures and people. It allowed me to really find myself and grow as a young adult." Latifah praises IUP's ability to teach her how to adapt quickly and to think outside of the box, "I can truly say, IUP helped me prepare to handle anything thrown my way in my career." When it comes to her favorite professors from her time at IUP, she can't choose just one. She enjoyed every professor in the department for different reasons, and realized that the culmination of them all helped her so much throughout her time here.



Currently, Latifah works as an athletic trainer within the industrial field. She works with a construction company, providing injury care and prevention to the employees. She appreciates her current position because it does not fall into the normal or traditional athletic training field, and is something unique.

**Student Advice to Prospective Students:** "I would advise any student or prospective student to take the time to learn all the campus resources. IUP offers students so many resources that go missed by most students. Also, put yourself out there. Join clubs and groups that interest you. Meet as many people as you can. Most importantly, do not rush through your college experience. It'll be your best days".

# Event Recap: KHSS Department Graduate Assistants Host Annual Run/Walk 5K

On Sunday, November 5th, IUP's Kinesiology, Health, and Sport Science department's graduate assistants hosted the James G. Mill Fitness Center 5K run/walk. The event hosted runners and walkers from the community to benefit the James G. Mill Fitness Center. The event was held at the South Campus Field & Facilities. With the weather in the week and days leading up to the event including a lot of rain, the graduate assistants ensured of a well maintained and kept course to run. The event was also buoyed by multiple volunteers who gave up their Sunday afternoons to come and help. The event was also made possible by generous donations from the IUP Athletics Department, IUP Co-Op, and Romeo's Pizza.



The Kinesiology, Health, and Sport Science department's graduate assistants, will be putting on another community event in Spring of 2024. If you are in the area and looking to support the group and chosen cause, we would love to see you there. Stay tuned for more information on the event!

## **Interested in a change of gym or workout environment?**

The James G Mill Fitness Center located on campus at Zink Hall may have what you're looking for! See below if there is an option that works best for you!

<https://www.iup.edu/kines/centers/millfitness/index.html>

