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IUP KINESIOLOGY, HEALTH, & SPORT SCIENCE DEPARTMENT NEWSLETTER



In this Issue:

Student Showcase: Brooke Little

Faculty Spotlight: Dr. Robert Alman

Featured Alumni: Shannon Smitley

Event Update: Sports Medicine Update

Edward Lee Sloniger



Student Showcase: Brooke Little

Brooke Little is a Sports Administration major at Indiana University of Pennsylvania. Brooke explains that she chose Sports Administration because she has had a long history of involvement and interest in sports, including working as an intern in her undergraduate years. Being an Athletic Director and Coach of a volleyball team, Brooke's interest and love for sports grew into her wanting to pursue a career in that area.

Her goals throughout school at IUP have been to gain knowledge and experience from her classes and internships to bring into the real world. For someone looking to go into a Sports Administration career, Brooke advises that they gain as much experience as possible through internships. She thinks that getting that experience is important to be sure that you want to continue with a career in Sports Administration and make it your life's work.

After Brooke receives her undergraduate degree at IUP, she is going to continue her education in graduate school, and she plans to continue playing volleyball. Once she finishes graduate school, she is anticipating her future career in the real estate business and will begin to look for jobs as an assistant coach in college volleyball.



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 as a way 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!)

Follow KHSS: @IUP_KHSS, @IUPEXSci, @HpeIup



@IUP Sports Management / Studies



Faculty Focus: Dr. Robert Alman

As we all move well into the spring semester, it is important to begin focusing on your own personal well-being (while still enjoying the snow beginning to melt and flowers coming into bloom.) Someone who knows this well is Dr. Robert Alman of Indiana University of Pennsylvania.

I recently had the opportunity to speak with Dr. Alman, an Associate Professor and Graduate Coordinator for MS in Exercise Science at Indiana University of Pennsylvania. Before beginning his career at IUP, Dr. Alman graduated from California University of Pennsylvania with a degree in Biology Secondary Education and went on to further his education at West Virginia University where he completed a Master's Degree in Exercise Physiology. He then decided to pursue his Ph.D. in Administration and Leadership at Indiana University of Pennsylvania.

At that time, he also began to invest in what would become 11 years as the Coordinator of Wellness and Cardiac Rehab at Indiana Regional Medical Center. While working in the area of wellness, Dr. Alman has had an interest in researching the Impact of Lifestyle Choices on Type II Diabetes, Cardiovascular Disease, and Stress.

At IUP, Dr. Alman teaches courses in the Kinesiology, Health, and Sport Science Exercise Science Program. He enjoys working with students who have a drive to succeed and become full-fledged contributing members of society. He can find communicating with students to sometimes be challenging, but he is passionate about staying relevant and helping students understand the profession.



Featured Alumni: Shannon Smitley

Please explain a bit about your job and your responsibilities in your position.

“I am the Health, Physical Education, Driver’s Education, and Adapted Physical Education Teacher at Everett Area Junior/Senior High School in Everett. I am also the Assistant Junior High Girls Basketball Coach for the district and helped with Varsity Volleyball and Varsity/Junior High Track and Field. My district is filled with IUP grads on staff! I was in the IUP HPED Class of 2015 and am currently working on my Masters in Adapted Physical Activity at IUP. My responsibilities include teaching 10th Grade Health and Driver’s Ed. I also teach Wellness and Physical Education to a mix of 9th through 12th grade students and half of the 6th grade students. I taught Adapted Physical Education to students in our Adapted PE program for half a year. During my time at this school, I’ve organized Walk to School Days, helped design our new Fitness Center in honor of my former co teacher, and coached many district championships in Track and Basketball.



How did being a Teacher's Education major at IUP prepare you for your career?

“It has prepared me for every aspect of my career. After graduation in May 2015, I was hired as the Aquatics Director for The Eberly Scout Reservation Camp Conestoga in Somerset. I was hired as a full time for Health, Physical Education, and Driver’s Education at Everett and have been there ever since, building relationships with my coworkers and students in and outside of the classroom.”

What is a course or project you remember as an undergrad or graduate student that connected to your past or current work experiences?

“Dr. Wachob’s Middle School Physical Education Course was the first PE specific course I had. Dr. Lorenzi’s Motor Learning was another class that I enjoyed, and it sparked my interest in Adapted Physical Activity. I still enjoy taking classes and learning because of IUP’s HPED program and the professors who run it. Being in the Health and Physical Education Majors Club was one of the groups that kept me loving my major. It gave me opportunities to teach and work with kids, as well as volunteer in the community, develop as a future educator, and make connections with many professionals. Part of those connections came from attending the PSAHPERD State Conferences and Mini Conferences - I loved attending these as an undergrad, and still try to make State Conferences every other year.”

What advice do you have for current students in Teacher's Education?

“The best advice I can offer for current students in Teacher Education is to find your tribe. You will need one to survive this career. They are people who have your back, rain or shine. I have found your teaching BFF is a person who is teaching or has taught your content, as would a mentor. For me, this is the Elementary PE Teacher. She gives me guidance on everything and anything - keeps me grounded, builds my confidence as a teacher, and has helped me grow as an individual and a teacher.”



Event Update: Sports Medicine Update

On December 5, 2021, the Indiana University of Pennsylvania Athletic Training Program held the annual Sports Medicine Update Workshop. As was the case last year, this year's program was again held virtually, but that did not impact the quality or importance of the event. Evidence of this is the number in attendance (104) and the opportunity to earn five CEUs for practicing professionals.

The program was opened with a welcome by Dr. James Racchini from Indiana University of Pennsylvania and followed by the first session, "The Importance of Functional Testing and Training," led by Ronald De Angelo. De Angelo is the Director of Sports Performance at the University of Pittsburgh Medical Center (UPMC) and has been practicing in the fitness industry for over 40 years, and he has trained many professional elite athletes.

The next presentation was "Conflict Management", led by David Piper of Indiana University of Pennsylvania. Dr. Piper is a Professor and Chair of the Employment and Labor Relations Department. He has taken classes at Indiana University of Pennsylvania to obtain his paramedic certification and has since worked as a medic for Citizens Ambulance Service.

The third presentation of the workshop was "Management Strategies in Concussion Care," facilitated by Jamie Chichy, a Physical Therapist from Indiana Total Therapy, who has focused her research on concussion management and oculomotor dysfunctions. She has been involved in the American Physical Therapy Association and the Pennsylvania Physical Therapy Association.

The next presentation was "Fascia in Sports" led by David Lesondak, who is involved with the Allied Health Professional Staff in the Department of Family and Community Medicine at the University of Pittsburgh Medical Center (UPMC). He is a board-certified Structural Integrator, visceral manipulator, and fascial fitness trainer. He is extremely qualified for this particular lecture as evidenced by his recently published book, [Fascia: What it is and Why it Matters](#).

The last presentation of the workshop was "Emergency Action Plan for Mental Health in Secondary Schools" by Larry Cooper and Stacey Ritter. Cooper is the NATA District Two Secretary and Ritter is from Concussion Navigations Services; their combined expertise led to a timely session on a topic of great interest. At the conclusion of the workshop, Dr. Racchini wrapped up the proceedings and I'm sure all attendees left with new knowledge, and all are looking forward to the next workshops.



SPORTS
MEDICINE
UPDATE



IUTP

Edward Lee Sloniger

Edward Lee Sloniger, who taught in the Health and Physical Education Major Program at Indiana University of Pennsylvania (IUP), died on December 31, 2021. He was 91.

Born on February 16, 1930, in Dayton, Pennsylvania, Sloniger graduated from Slippery Rock University with a degree in Health and Physical Education in 1957. He received a Master's degree in Health and Physical Education from the University of Illinois in 1958, where he earned a Ph.D. in Exercise Physiology in 1962.

Sloniger was a creator of the Health and Physical Education Program at IUP and taught in the university for over 30 years. During his time at IUP, Sloniger also developed the Sports Program, which is now included in the major curriculum. He served on numerous committees and directed the Faculty Fitness Program. He also established the Human Performance Lab and the Cardiac Center at the university.

Sloniger was one of the most successful Golf Coaches IUP has seen, serving in that position for 17 years. He led teams to winning multiple tournaments and meets, and he was named top coach and coach of the year a total of 20 times over his years of coaching. He is survived by his wife Mary Beth Sloniger; one son, Mark and his wife Stephanie, and grandchildren Graham and Benjamin; sister Betty Lou; and brother Kenneth.

He was preceded in death by his parents John and Vernie; siblings, Barry, Carl, Gene, Golda, Margaret; and his granddaughter Kara.

