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IUP KINESIOLOGY, HEALTH, & SPORT SCIENCE DEPARTMENT NEWSLETTER



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Student Showcase: Jeremy Hill

1. Please explain your reasons for choosing IUP's Athletic Training program.

The reason Jeremy decided to attend Indiana University of Pennsylvania for the Athletic Training program is because it is close to his home, and he had heard terrific things about the program. He has known of many people who completed their bachelor's program at IUP, and he was excited to be one of the first students he knew of to continue into the master's program.

2. What are your goals during graduate school?

Jeremy's main goals while being in IUP's graduate school program is to focus on networking as much as possible and to expand his knowledge in the area of sports injuries to the best of his ability.

3. Can you share an experience you've had as an undergrad or graduate student that added to your understanding and interest in Athletic Training?

Jeremy has had many great experiences during his time as an undergraduate and graduate student at IUP. Some of the best experiences he had were working alongside the athletes and preceptors; having some of the most supportive peers; having the opportunity to observe several total knee replacements; and, having the opportunity to learn from some of the best advisors and professors in the world.

4. What advice would you give a prospective student considering this major?

The advice Jeremy would give to a prospective student who is considering the Athletic Training program is "if you want to help people, and you love sports, this is the perfect major for you." Jeremy says students can help rehabilitate athletes as well as being able to watch them perform at their best.

5. What are your goals/plans after graduation?

Jeremy's goal after he graduates is to work at either a secondary school or at a division 2 or 3 college.



Faculty Focus: Dr. David Wachob

As we reach the end of the spring semester, it is important to remember to focus on our personal well-being. Someone who has a great deal of knowledge in this area is Dr. David Wachob of Indiana University of Pennsylvania.

Before beginning his career in higher education, Dr. Wachob worked in both private and public schools as a teacher, coach, and aquatics director. He then became the head teacher at Abraxas I, where he taught health and physical education and was in charge of an outdoor education program.

Dr. Wachob is a certified health and physical education teacher, with both a bachelor's and master's degree in that area. His doctoral degree is in education, with a focus in curriculum and instruction. At IUP, Dr. Wachob enjoys the freedom to pursue areas of professional interest, such as conducting research and selecting committees to serve on.

Some of his research interests include K-12 Student Learning, Standing Desks, and Mental Health and Overall Wellness in students. He also enjoys working with new students, helping them learn and grow through their college journeys into professionals in their field.



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!)



Featured Alumni: Garrett Keller

Recently, Dr. Garrett Keller, '08, M'12, professor of exercise science at Youngstown State University (Youngstown, OH), was selected by the College of Health and Human Services to receive the 2022 IUP Young Alumni Achievement Award. We took time to interview him while he was on campus.

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

I am the Assistant Professor and Program Director of Exercise Science at Youngstown State University where I teach anywhere from six to ten credits. As the Program Director, I am in charge of the internships, including sites, contracts, agreements, and placing students.

I maintain all the documentation that we need to keep our program accredited and make sure that all our classes in our major have instructors. I hire the part time instructors to go out to the clinical sites and visit students. I also have service requirements for my position, and I serve on national committees within the field of Exercise Science.



2. How did being an Exercise Science major at IUP prepare you for your career?

Without a doubt, the practical experiences required within the major, afforded opportunities to work with a hospital and various sites around the area where we could go out and not only learn about Exercise Science but put what we were learning into practice. That is, by far, the thing that helped me most in my career.

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

I remember an exercise testing and prescription course where I had a “patient” at the hospital, and I did a health history, tested them, and even brought them an exercise prescription. Throughout the semester, I was going to the hospital a few times a week, seeing this patient, and working through the testing and prescription process. Not only was I implementing what I was learning in the classroom, but I was learning how to talk to a patient. Those soft skills, along with interacting with other disciplines like nursing, nutrition, and doctors, were invaluable experiences. That course really stands out to me as one that impacted me a great deal.

4. What advice do you have for current students in Exercise Science?

Get out there! Even if volunteering is not required for a class, go to places where you can see various disciplines that are within the field. Once you observe what it entails, you can begin to see what areas you interested in. For instance, if you have an opportunity to work with people in strength and conditioning, you could observe a coach and realize you may want to go into the clinical side of things instead. When you go out and volunteer, you meet people, and that can lead to knowing what you want to do in the future. Sometimes, volunteering a couple of hours a week, or even a couple of hours a month, can lead to a full-time position down the road.

Event Update: Sports Business Conference

On April 22, 2022, the Indiana University of Pennsylvania held the annual Pennsylvania Sports Business Conference. Held in the Hadley Union Building at IUP, speakers from professional sports, collegiate athletes, the sporting goods industry, the health and fitness industry, and other areas of sports management presented the theme, “Show Me the Money,” to attendees.

The program was opened in the Ohio Room with a welcome by Sylvia Gaiko and followed by the first main speakers, Chad Westerburg (Erie Otters) and Zach Henderson (Washington Nationals). Following, was a session by nine time Emmy award winning Eric Monaco about his time working for NFL Films as a Producer, showing the crowd a clip of *Life is Great...Football is Better*.

The crowd then broke out into smaller groups to attend the first mini sessions. Speakers included, Derek Partsch, the Director of Business Operations for the Johnstown Tomahawks; Anthony Reed, the Manager of Premium Sales and Service from the University of Maryland; Mike Reynolds of the Lancaster Barnstormer; and Christina Nellis of the Pittsburgh Pirates.

Subsequently, the second sessions of mini speakers went as follows: Benjamin Swanson spoke about revenue sharing and its effect on win percentage; Margaret Marsteller and Richard Kline explained the economic influences on the summer Olympic medal count; Robert Zullo and Riley Lewis talked marketing strategies in Division III intercollegiate athletes, and Nate Rovenolt, the Corporate Sales Executive for the Harrisburg Senators also spoke.

After handing out case study awards and networking during a luncheon, the mini sessions continued with Chris Kuo from the Ambassador Committee for Living Sport; Jordan Albright, the Executive Sales Associate for External Relations and Group Sales for the United States Naval Academy; Kelly Antony, the Director of Fitness Center and Recreation for Moravian University.

To close out the conference, Andrew Fee spoke about his experience working with the Special Olympics and why their missions resonate with him. Closing remarks were made by Dr. Joshua Castle, thanking the crowd for attending and showing appreciation for all the speakers who participated in the conference.



Phi Epsilon Kappa Induction

The following students from the Department of Kinesiology, Health, and Sport Science were recently inducted into the Gamma Tau Chapter of the Phi Epsilon Kappa Honorary Fraternity:

Undergraduate Students: William Thomas Bissland (Exercise Science), Marissa Cardarella (Exercise Science), Tanner Colton (Sport Administration), Rachel Horrell (Health & Physical Education), and Paige Mikesell (Health & Physical Education).

Graduate Students: Heather Davis (Health & Physical Education), Gretchen Elsey (Exercise Science), Allyson Fontana (Exercise Science), Brooke Keslar (Exercise Science), Samantha Maier (Health & Physical Education), Jan Matos (Exercise Science), Jessika Miller (Health & Physical Education), and Kenneth Parrish (Health & Physical Education).

Additionally, the following KHSS students received awards from the Phi Epsilon Kappa Fraternity:

Scholastic Achievement Certificate – Jeremy Hill (graduate, Athletic Training), P.T. Schlosser (graduate, Sport Management), and Kathleen Werner (graduate, Health & Physical Education)

Dr. Jeffery S. Vessely Memorial Scholarship Award – Alyssa Trudniak (graduate, Sport Management)

Dr. David Lorenzi serves as the Chapter Advisor for the Gamma Tau Chapter and is the Executive Director of the Phi Epsilon Kappa Fraternity.

The Phi Epsilon Kappa Fraternity is the oldest honorary fraternity serving individuals in kinesiology-related fields.

