

# Department of Kinesiology News

Department of Kinesiology Newsletter

May 2022

## Congratulations Spring 2022 Graduates!

Congratulations to the students of the Department of Kinesiology graduating in May/August 2022. We want to wish the prospective graduates the best in their future endeavors! Graduating with their bachelor's degrees:

**BA. Sport Management:** Samuel Brice; Thiago de Queiroz, magna cum laude; Casey Hollan; Samuel Kerr; Colleen McCue; Kylie Mercier; Shawn Rigsby; Edward Schullo; Martin Schwebke; Avery Wolf.

**BA. Sport Management and Multimedia Journalism:** Gavin Flynn; Jeremiah Jolly.

**BA. Sport Management and Accounting:** Eric Spurgetis, summa cum laude.

**BS. Human Performance and Fitness:** Jacob Acosta; Mark Beno; Kylee Brody; Gabriel Carlson; Maura Healy; Jennifer Hillier; Ellie Johnson; Matthew Jung, cum laude; Kelann Lampkin; Nathaniel Lukasik; Skyler Marushige; Stevi Mulvehill, summa cum laude; Nathan Nelson; Colin O'Donnell; Nicolas Ramirez; Jacob Rossmiller; Michael Thorson; Nyssa Wagner, cum laude; Zoe Walrath.

**BS. Exercise Science:** Madelyn Cash; Veronica Cavazos; Christian Ciochetti; Alison Cosola; Patrick Crowley, cum laude; Donovan Day; Claire Duncan, summa cum laude; Quinn Farrell; Sara Grieff, cum laude; Megan Jansett, magna cum laude; Logan Klein; Amanda Koos, magna cum laude; Lauren Limpin; James Maciejewski, magna cum laude; Tyler Martyn, summa cum laude; Felica McCroy; Jessica Mendenhall, summa cum laude; Brandon Moreno, cum laude; Maxwell Murphy, cum laude; Maicee Pierce; Jacie Punke, magna cum laude; Devin Reynolds; Christopher Ripley, magna cum laude; Logan Ryan; Carter Schierbrock, summa cum laude; Catherine Schimmelpfenning, summa cum laude; Spencer Schlarman, summa cum laude; Peter Schmidt, magna cum laude; Jenna Schrader, summa cum laude; Hannah Schriner, magna cum laude; Michael Snow; Francine Tepen, summa cum laude; Hunter Thompson; Katelyn Turnquist, cum laude; Emma Wachter, magna cum laude; Conner Williams.

**BS. Exercise Science and Human Performance and Fitness:** Zackary Denton.

**BS. Exercise Science and BS. Biology:** Caleb Heiar; Olivia McClintock, magna cum laude.

Graduating with their **Master of Science in Exercise Physiology:** Ashley Andre, Hannah Anderson, Charles Joseph, Emma Lang, Maitlyn Sanders, Kinta Schott, Seth Spykstra, Shraddha Sudhir, Sebastian Vargas.

Go Bees!



## Master of Science in Exercise Physiology Still Accepting Applications for Summer

MSEP is a 12-15 month (depending on thesis or comprehensive exam option) master's of science program with a June 6th start this year, that is ideal for students looking for research experience, moving on to professional (e.g. DPT, OTD, MD, PA) or Ph.D. programs, or advancing their knowledge in exercise science.

SAU graduates may be able to transfer credit hours from their undergrad KIN 400/500 level courses. Required: courses in anatomy & physiology. Recommended: physics (4 cr hrs) & exercise physiology. GRE waved for SAU students.

Visit [www.sau.edu/MSEP](http://www.sau.edu/MSEP) for more info and application, or email: [MSEP@sau.edu](mailto:MSEP@sau.edu) or [VothNicholasR@sau.edu](mailto:VothNicholasR@sau.edu).

## Master of Science in Exercise Physiology '22 Grads Continuing Their Studies

We are proud of our three May 2022 and August 2022 Master of Science in Exercise Physiology graduates who will be starting additional advanced degrees this summer and fall. Also, they are doing research now for their theses.

Hannah Anderson will be continuing her education at Des Moines University in their DPT Program. Hannah is finishing her research on the effects of Bang (creatine and caffeine) and Reign (caffeine) on squat 1RM and repetitions to failure.

Kinta Schott, who has been a graduate assistant in our MSEP Program, will be attending Arizona State University, working towards a PhD in Exercise and Nutritional Sciences with a focus in metabolism and physiology. She will also be a teaching associate and will teach a few lab sections each semester. Kinta is finishing her re-search titled: Comparison of Ankle Taping Methods on Athletes with Chronic Ankle Instability.

Shraddha Sudhir, who has been the other graduate assistant in our MSEP Program, will be attending the University of Illinois-Chicago, working towards her PhD in Rehabilitation Sciences. This will be a fully funded program and she has also been offered a Dean's Research Assistantship. Shraddha is finishing her research titled: Rotator Cuff Contribution to Glenohumeral Instability: A Musculoskeletal Modeling Approach. The purpose of this research is to understand the kinetic contributions of each of the rotator cuff muscles in shoulder instability by using an estimated musculoskeletal modeling approach.

## Kinesiology Club News

Returning from the decline of a pandemic, the Kinesiology Club was able to see the return of many (unmasked) familiar faces! Within the club this year we were able to have very frequent monthly meetings where members were able to enjoy food while listening to guest speakers within career fields that pertain to kinesiology! These guest speakers included physical therapists, occupational therapy students, and students within cardiac rehab programs!

Looking towards the future, we have entrusted the future of the club to the following elected officers for the 2022 - 2023 school year. Your new officers for the Kinesiology Club 2022-2023 are:

President - Tyler Centner  
Vice President: Conner Williams  
Secretary: Alex Curatolo  
Treasurer: Pending

Submitted by Logan Ryan (Kinesiology Club Vice President, 2021-2022)

## Dr. Lund Promoted to Professor

Our Dept. of Kinesiology Chair, Dr. Sandy Lund, was promoted from Associate Professor to Professor this spring! Congratulations, Dr. Lund! We are so grateful for your leadership.

## Nick Voth Publishes Manuscript

Nick Voth, Dept. of Kinesiology clinical staff, along with former SAU Kinesiology faculty member, Matt Laurent, Jessica Kiss, and Adam Fullenkamp, published a manuscript, "Field-Based Critical Velocity Test Predicts 5,000m Performance Time in Runners" in *Sport Performance and Science Reports*.



<https://sportperfsci.com/field-based-critical-velocity-test-predicts-5000m-performance-time-in-runners/>

## Dr. Eikleberry Seeking Participants for Study: Camping While Black

Dr. Eikleberry is recruiting participants for the study, Camping While Black. She is recruiting Black or multiracial adults over 65 who participated in residential summer camps through the Midwest as participants, leaders, or volunteers. You can view a presentation on the first stage of her research presented to the Iowa Department of Cultural Affairs.

<https://youtu.be/cvGs77PWLv4>

This study seeks to better understand the experiences of Black campers who participated in residential summer camp programs as children, teens, or adult leaders in Iowa or other Midwestern states. Participants will sign a consent form and participate in one face-to-face or virtual interview. They will receive a \$20 VISA gift card and a copy of the interview recording and transcript.

To be eligible for the study, participants must be African American or Multiracial, 65 years or older, and have participated in residential summer camps in the Midwest. Campers, leaders, or organizers welcomed.

Contact lead investigator, Sarah J. Eikleberry, PhD if interested—[eikleberrysarahj@sau.edu](mailto:eikleberrysarahj@sau.edu).

## Dr. Hu and Dr. Eikleberry Serve City of Davenport

Dr. Hu and Dr. Eikleberry are busy taking over city hall!

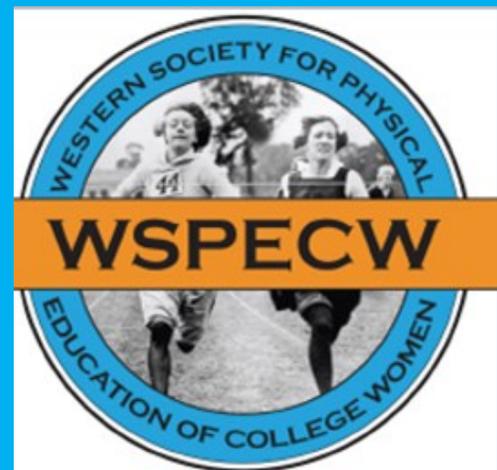
In February, Dr. Chengming (James) Hu was appointed by the 5th Ward alderman to the Davenport Parks and Recreation Advisory Board for a three-year term. Dr. Hu previously served on a similar board in Missouri before joining the Department of Kinesiology faculty at St. Ambrose. The Advisory Board assists with planning and advocacy, gives feedback, and offers advice to the Director of Davenport Parks and Recreation, Chad Dyson.



In March, Dr. Sarah Eikleberry was appointed to the Davenport Plan and Zoning Commission for a five-year appointment. This commission makes recommendations to the City Council on all matters pertaining to Davenport's Comprehensive Plan. After spending a sabbatical studying the impacts of segregation and redlining in Iowa cities, Dr. Eikleberry is enjoying applying an equity lens to her votes on rezoning, platting, planning, and code text.

## Dr. Eikleberry Appointed to Chair Historical Records Committee

Dr. Eikleberry has been elected to chair the Historical Records Committee for the Western Society of the Physical Education of College Women. The organization was not able to celebrate their 100th anniversary in-person last year, but looks forward to commemorating the anniversary this November at their annual meeting in Pacific Grove, CA.



## Spring 2022 Kinesiology Internship Students

We are proud of our 23 Department of Kinesiology Internship students featured on the next three pages with the websites they created. We are also grateful for the opportunities provided for them by their sites and supervisors.

## Spring 2022 Sport Management Internship Students



Jeremiah Jolly - SAU Athletics  
[Home | Jeremiah Jolly Internship](#)  
([blueivygreen41.wixsite.com](http://blueivygreen41.wixsite.com))



Colleen McCue  
Quad City Storm  
<https://mccuecolleen.wixsite.com/internqcstorm>



Isaiah Ponciano - QC Steamwheelers  
<https://poncianoisaiahc.wixsite.com/isaiahponcianodigita/resume>



Eddie Schullo  
Peoria Chiefs  
<https://edwards249.wixsite.com/my-site>



Marty Schwebke  
Oakwood Country Club  
<https://schwebkemartinr.wixsite.com/my-site-2>



Avery Wolf  
Iowa Mississippi Valley YMCA  
<https://averyjwolf.wixsite.com/mysite>

# Spring 2022 Human Performance and Fitness Internship Students



Jacob Acosta - Davenport North High School  
<https://jacobhpfinternship.weebly.com/>



# GENESIS

Madison Allen - Genesis East Cardiac Rehab  
<https://maddiealleninternship.weebly.com/>



# GENESIS

Haiven Baker - Genesis East Cardiac Rehab  
<https://bakerhaivenj.wixsite.com/internship-in-cardio>



Down Syndrome Achievement Centers  
educate. inspire. believe.

Quad Cities, IL/IA

Madeline Blackburn - GiGi's Playhouse  
Down Syndrome Achievement Center  
<https://madeline-blackbourn-internship.weebly.com/>



# GENESIS

Kylee Brody - Genesis East Cardiac Rehab  
<https://kbinternship.weebly.com/>



Matthew Jung - Quick HIT Fitness Labs  
<https://jungmatthewm.wixsite.com/my-site>



K.J. Lampkin - Richmond Elite Performance  
<https://kjlampkin-internship.weebly.com>



Nathaniel Lukasik - SAU Athletics -  
Strength & Conditioning  
<https://nathanlukasikhpf.weebly.com>



Mark Beno - OC3 Crossfit  
<https://benomarkr.wixsite.com/markbenofinalproject/final-project>

## Spring 2022 Human Performance and Fitness Internship Students Continued



Skyler Marushige - SAU Athletics -  
Strength & Conditioning

<https://exercisetrainingforthefuture.godaddysites.com/project>



Stevi Mulvehill - Genesis Medical Center Silvis

<https://stevigmulvehill.wixsite.com/my-site>



Nathan Nelson - Kosama

<https://nelsonnathanr.wixsite.com/website>



Michaela Pieroni - Genesis East Cardiac Rehab

<https://pieronimichaelar.wixsite.com/cardiopulmonary-reha>



Jacob Rossmiller - SAU Athletics  
Strength and Conditioning

<https://jacobrossmillerinternship.weebly.com/>



Carly Smith - Center for Active Seniors

<https://smithcarlyk.wixsite.com/hpfinternship>



Ireland Stewart - Pleasant Valley High School

<https://irelandstewarthpfinternship.weebly.com/>



Nyssa Wagner - Davenport Parks & Recreation

<https://nyssainternship.weebly.com/>

## **Student Profile — Shraddha Sudhir**

Shraddha will graduate in August 2022 with her Master of Science in Exercise Physiology. She obtained her BS in Exercise Science at St. Ambrose University in May of 2021. Shraddha has been a Graduate Assistant for our Dept. this past year and will be attending the University of Illinois-Chicago, working towards her PhD in Rehabilitation Sciences. This will be a fully funded program and she has also been offered a Dean's Research Assistantship! She was also chosen to speak at commencement. Shraddha is from Bangalore, India.

**Tell us about some of the professional opportunities that have presented themselves while you've attended SAU. How will you use those now or in the future?**

While at Ambrose I have had the opportunity to attend and present my research at multiple conferences like the Midwest ACSM and the Midwest ASB conference. This has not only given me the exposure to the research community, but has also helped me network and allowed me to grow as a professional in the field. These opportunities have helped me grow my interpersonal skills, and helped me become more confident.

**What was a defining moment or very memorable experience you had as a student in the Department of Kinesiology?**

Being recognized as an honorable mention by the American Kinesiology Association as an undergraduate scholar was my defining moment as a student in the Kinesiology Department. This only helped me realize how much the Kinesiology Department has helped me grow and offered me all the support and resources I needed.

**What drew you initially to our department? Has that motivation changed over the course of the years you've been at SAU?**

The amazing professors and the helpful department drew me to being a student in this department. Further, the accessibility to professors and their passion for student success also drew me to the Kinesiology Department. Over 5 years and 2 degrees, the SAU Kinesiology Department and particularly Dr. Seneli and Dr. Lund have helped me discover my passion for research and my passion for biomechanics. This has altered and shaped my motivation for pursuing further degrees and research.

**What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?**

To prospective students considering Kinesiology at SAU, trust me when I say you can't find a better and more helpful department! Make friends with your professors and talk to them, and they will always be there for you and help you. Never be afraid to reach out to them, the TAs or anyone in this department!

**What advice might you give to someone just starting the bulk of their required departmental coursework?**

Take a deep breath, and believe in yourself! Yes, the coursework might seem daunting, but if you enjoy it, it will all be worth it! And ask questions! A lot of questions!

**How did your affiliation with St. Ambrose help you in your job search or graduate school search?**

Ambrose has given me so many opportunities that have helped me grow. All that I learned here from the department and my mentors helped me find a PhD program that I will be starting in the fall. The confidence that I gained while at SAU has helped me become a better person and appreciate the value of education. Without my mentors and peers it would have been impossible to find this opportunity that I will be embarking on in the fall.



## Student Profile — Kinta Schott

Kinta graduated May 21, 2022, with her Master of Science in Exercise Physiology. She is originally from Agoura Hills, California, and obtained her BS in Kinesiology at the University of Alabama in Huntsville. She has been one of our Department Graduate Assistants this year. Kinta will be attending Arizona State University, working towards a PhD in Exercise and Nutritional Sciences with a focus in metabolism and physiology. She will also be a teaching associate and will teach a few lab sections each semester!

**Tell us about some of the professional opportunities that have presented themselves while you've attended SAU. How will you use those now or in the future?**

I have had the opportunity to gain important teaching and lab management experience which, without a doubt, helped me earn a position as a teaching assistant at ASU.

**What drew you initially to our department? Has that motivation changed over the course of the years you've been at SAU?**

I was actually drawn to St. Ambrose because I knew the lacrosse coach; I played against his team when I played in undergrad. As a result, I was the GA assistant coach which helped with tuition and provided me with a small stipend which helped financially. Since then, I've become the Kinesiology Department GA which has provided me, like I said earlier, with important experience for my future career.



**What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?**

Find your WHY. Why do you want to get this degree? Why is it important to you? Once you've decided on that, decide on things that are important to you in your education. What aspects of a school are important? Some examples that went into my decisions included class size, Greek life, athletics, extracurricular opportunities (community service, research opportunities, etc.), local life (I love a good farmers market & a dog park is a necessity).

**What advice might you give to someone just starting the bulk of their required departmental coursework?**

Find the time to get yourself AWAY from coursework. Having a hobby that removes you from the SAU environment is so important for both your physical and mental health. I would recommend trying a local gym fitness class, or going to the farmers market, or a baseball or hockey game. Don't forget that you need to make time to live your life while ALSO maintaining good standing in the department.

## Student Profile — Maitlyn Sanders

Maitlyn will graduate in August 2022 with her Master of Science in Exercise Physiology degree. She earned her BS in Exercise Science at St. Ambrose University in August 2021. She is from Galesburg, Illinois.

**Tell us about some of the professional opportunities that have pre-sented themselves while you've attended SAU. How will you use those now or in the future?**

Working within the Kinesiology Department, there are many professional opportunities just from observation within classes. When I took the Foundations of Kinesiology course here at SAU during my freshman year, I observed at Rock Valley Physical Therapy in the Crow Valley location. I ended up liking the clinic and the people so much that I have been working there now for over two years! I also was honored with being a Student Ambassador, Campus Tour Guide, Student-Athlete Advisory Board Member, a Director for SAU Dance Marathon, and a Co-Captain of my golf team for the past 2 years. St. Ambrose really provides its students with plenty of opportunities to grow as professionals during their time here. Being a leader within many organizations at SAU, I have learned how to work well on a team and in a group setting, which I believe will help me in the future in a clinic setting.

**What was a defining moment or very memorable experience you had as a student in the Department of Kinesiology?**

A defining moment for me in the Department of Kinesiology would be when I was taking Human Anatomy and Physiology. As one of the hardest courses within SAU, it very quickly showed me how to study and learn in an efficient and beneficial manner. The professors within the Department of Kinesiology and Health Sciences care so much for their students, and it shows in how they teach and talk to each and every person. Never did I feel like I was working through my grades alone while taking A&P.

**What drew you initially to our department? Has that motivation changed over the course of the years you've been at SAU?**

I came to SAU as a Marketing major with a Sociology minor. When I quickly discovered I didn't want to do business for the rest of my life in the first semester of Freshman year, I started looking into other available routes of education. Throughout my life, I have always wanted to help others in a way that would impact their world. I found that being a student in the Department of Kinesiology enabled me to make that difference.

**What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?**

Find friends within your major. Before you know it, projects are going to become larger and harder, and the tests become more difficult. If you can find that one person or group of people to always work on things together and be able to sort through things you don't understand, the more successful you'll become.

**What advice might you give to someone just starting the bulk of their required departmental coursework?**

Dedicate a little bit of time each day to studying. It will help you in the long run just having to go back and touch on things rather than review the entire unit in one session. Also, find a study buddy - you don't know what you don't know.

**How did your affiliation with St. Ambrose help you in your job search or graduate school search?**

SAU's focus on internships sets its students up for success. Being able to go out into the world and make sure that what you're studying is actually what you want to do for the rest of your life is really beneficial. Coming into a brand new major that was definitely more challenging than my last one was truly intimidating, but being able to go out into the field and see the difference that you can make within your field is the best thing that SAU can teach any student.



## Student Profile — Jennifer Hillier

Jennifer graduated on May 21, 2022, with a Bachelor of Science in Human Performance and Fitness. Jennifer will be starting our Master of Science in Exercise Physiology program this summer! She is from Lisle, Illinois.

### **Tell us about some of the professional opportunities that have presented themselves while you've attended SAU. How will you use those now or in the future?**

During my college career at St. Ambrose, I have been surrounded by great teachers and coaches. Their leadership has taught me that helping people in life is a noble pursuit. This is why I have aspirations to help those in need. Being part of health coaching research has made me realize this is my passion. Providing a service to improve the client's physical fitness and mental health brings me a lot of joy. I have had many experiences in college that have made me well-rounded and improved my time management skills. Throughout my college career, I have been involved with the competitive dance team, health coach, STEP club, and have taken 16-18 credits for all four years of college. The health coach program has taught me to become a better listener and health care advocate. I look forward to helping people from all walks of life. My original plan for college was to become an occupational therapist. Since COVID-19 happened it has affected how many observational hours I was able to acquire. Applying to this program will help me with my future application for occupational therapy school. I am filled with confidence and passion as I pursue this course of action. One of the biggest and most valuable professional opportunities was health coaching.



### **What was a defining moment or very memorable experience you had as a student in the Dept of Kinesiology?**

While conducting the health coach research, I have had aspirations of joining the MS in Exercise Physiology program. This helped open my eyes to more possibilities within the kinesiology field. Dr. Schwartz has been a mentor for me throughout my college career. He helped me develop my leadership abilities in and out of the classroom.

### **What drew you initially to our department? Has that motivation changed over the course of the years you've been at SAU?**

My original plan for college was to become an occupational therapist. Since COVID-19 happened it has affected how many observational hours I was able to acquire. My plan was to go to occupational therapy school after my undergrad. Doing the health coaching has taught me that there is a lot more to kinesiology and opened my perspective more. I decided to do the Master of Science in Exercise Physiology program.

### **What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?**

I would definitely recommend the Kinesiology Department. All of the professors are amazing and willing to help any student in the department. I would say set up a meeting with a professor from the Kinesiology Department and they would definitely want to help any student that is interested in being a Kinesiology major. I would keep your options open. Don't be afraid to try something new and out of your comfort zone.

### **What advice might you give to someone just starting the bulk of their required departmental coursework?**

I would definitely say there are a lot of tests and studying that are done within each Kinesiology class. Regardless of any class you are going to take, the student is going to need to study. My biggest recommendation would be to study every day for 30 minutes of each chapter. The majority of being in the Kinesiology Department is taking tests within each class. The student should not feel apprehensive about that; any professor is willing to meet with their student and help them learn the material better. Studying a little bit each day goes a long way with learning all of the content in the class.

### **How did your affiliation with St. Ambrose help you in your job search or graduate school search?**

In the summer I will be starting my MS in Exercise Physiology program. I'm super excited to start this program. I would definitely say being a part of the health coaching program on campus expanded my options in the Kinesiology program. After my master's is done a goal of mine is still to go to occupational therapy school.

## **Student Profile — Thiago de Queiroz**

Thiago graduated magna cum laude on May 21, 2022, with a Bachelor of Arts in Sport Management. He was accepted into the M.S. in Sports Administration program at the University of Louisville! Thiago is from Rio de Janeiro, Brazil.

**Tell us about some of the professional opportunities that have presented themselves while you've attended SAU. How will you use those now or in the future?**

I had some great professional opportunities while studying here at the SAU. First, with my Practicum in Sports Management class, taught by Dr. Eikleberry, I had the experience of working with the QC Storm. It was not only my first time working with them but also the first time going to the Tax Slayer Center. I made some great connections during that opportunity. Also, in my Sports Sales class, taught by Dr. Spencer, I had the opportunity to work with the QC Steamwheelers. Again, awesome working with them and being able to make connections with professional teams. I hope to use those connections in the future, especially for recommendations.



**What was a defining moment or very memorable experience you had as a student in the Department of Kinesiology?**

I believe that I had many memories with both my advisors, Dr. Eikleberry and Dr. Spencer, they both guided me really well through my degree. All the conversations and one-on-ones with them were very special for me because I felt I was not only a number but a person and a student. They both helped me throughout hard times I had to get my degree.

**What drew you initially to our department? Has that motivation changed over the course of the years you've been at SAU?**

I love sports and I noticed that St. Ambrose has great connections with some of the main local teams which was something I was looking for with working experience. I keep loving sports but I believe that my original idea of the area I was planning to work with might have changed a little bit because I now want to work more with professional teams instead of my initial idea of working with a school or college athletics.

**What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?**

Study hard and use your resources. The Kinesiology Department has great professors such as Dr. Eikleberry, Dr. Spencer, Dr. Hu, and many others. They are very respectful, they have great knowledge of what they are teaching, and they are willing to help you whenever you need them.

**What advice might you give to someone just starting the bulk of their required departmental coursework?**

Again, study and use your advisor because they are going to know the best path for your degree. Also, understand all the requirements for your degree and do not wait until the last minute to take your major classes.

**How did your affiliation with St. Ambrose help you in your job search or graduate school search?**

I have been well guided by my advisors. I owe them a lot for that. Dr. Eikleberry and Dr. Spencer made my life easier because they have been by my side throughout my whole SAU career. Especially I would like to mention Dr. Spencer because he helped me with my graduate school search and I am very grateful for that.

## Student Profile — Colleen McCue

Colleen graduated May 21, 2022, with a Bachelor of Arts in Sport Management. She has accepted the position of Fulfillment Coordinator with the Quad City Storm after spending a year interning with them! She is from Chicago.

**Tell us about some of the professional opportunities that have presented themselves while you've attended SAU. How will you use those now or in the future?**

St. Ambrose University helped me to connect with multiple sporting organizations where I was able to gain a variety of experiences and make connections. Constantly students are pushed to network in the community and to try working at places outside of our comfort zones. Because of that I was able to complete internships at various organizations including Visit Quad Cities, the St. Ambrose Football team, and the Quad City Storm, but also had the opportunities to meet a handful of people in the sport industry as guest speakers. These experiences have helped me to further my career in the sport industry based on the knowledge that I have gained. As I have been growing my career, I have been able to use the prior connections made throughout my time at Ambrose to complete work within the community but also create opportunities for my future growth.

**What was a defining moment or very memorable experience you had as a student in the Department of Kinesiology?**

When I reflect on my time at Ambrose, I frequently think of my first few Kinesiology classes and the people I met during that time. One of my first classes was facilities management where I did a presentation on the football stadium Lambeau Field, and after that I instantly knew that I was going to love being in sport management. I became very motivated about the topics we studied, and the teachers allowed us to focus on projects we were passionate about. In these classes I ended up being grouped together with some students for projects. These students ended up studying in the same classes with me for the next two years, becoming my friends, study partners, and eventually friendly competition in the field.

**What drew you initially to our department? Has that motivation changed over the course of the years you've been at SAU?**

I initially was drawn to the uniqueness of the program. This major allowed me to study business but in a way I thought would be fun. Over the course of the four years, Ambrose showed me how to pursue my passion as a career. The teachers and peers along the way encouraged me to pursue the things I loved and have added to the motivation.

**What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?**

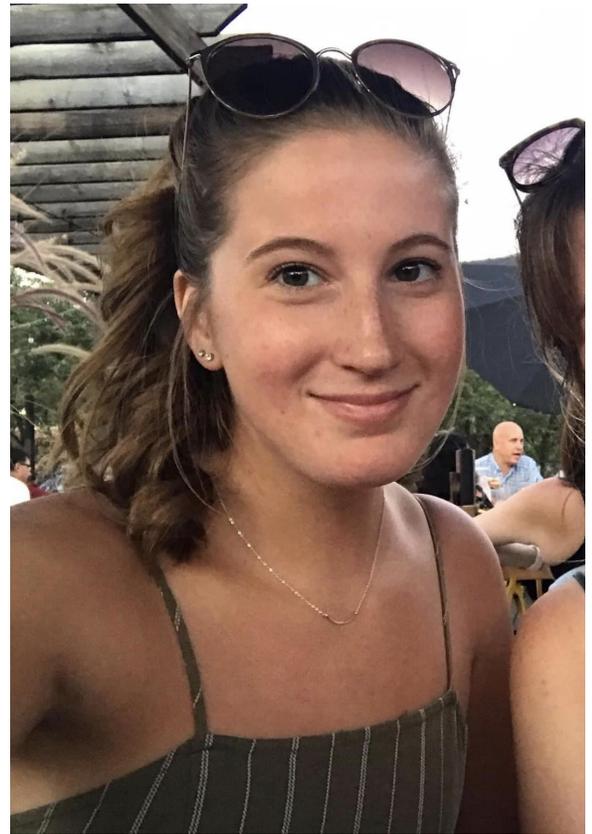
I would tell a prospective student to look at these courses if they would really like to enjoy what they are studying and if they are passionate about finding a career in sports. The Department of Kinesiology at SAU would be the place to look if you are trying to make your first leap into the sport industry whether it be through health or business. They will prepare you and help you make the connections to start your career.

**What advice might you give to someone just starting the bulk of their required departmental coursework?**

I would tell someone starting the bulk of their coursework to have fun with it. Branching out and working with people around you will help make the coursework seem fun while also motivating those around you to do better. Also don't be afraid to try new experiences; the professors are there to coach you through the steps and this is the best time to determine what you really like and don't like about the industry. Ambrose helps you to work in a variety of different places; take advantage of that and get the experience that employers will love in the future.

**How did your affiliation with St. Ambrose help you in your job search or graduate school search?**

Being affiliated with St. Ambrose helped me to make those initial connections that I eventually used in my job search. The past year I spent at Ambrose exposed me to new work positions that helped me to determine what I enjoyed doing and gave me a better idea on what I wanted to do after graduation.



## Student Profile — Christian Ciochetti

Christian graduated on May 21, 2022 with his Bachelor of Science in Exercise Science. He was accepted into the St. Ambrose Master of Public Health program for this fall! He is from Rockford, Illinois.

**Tell us about some of the professional opportunities that have presented themselves while you've attended SAU. How will you use those now or in the future?**

I have been able to spend the last year working as a patient care technician (PCT) at Swedish American Hospital. At the hospital I work specifically on the Special Precautions Units. Here I have been able to take care of patients from my community that have been battling Covid-19 throughout this ongoing pandemic. I will continue to hold this position as I transition to the MPH program at St. Ambrose this coming fall. During my time at Ambrose I was able to make many professional connections with staff and faculty. I also had the honor to be a part of the PRISM club on campus and work with Dr. Eikleberry and Dr. Schwartz. These experiences allowed me to receive very honorable letters of recommendation from esteemed professors and faculty. The Kinesiology Department also provided me with a variety of opportunities to make connections with alumni or members of the community.



**What was a defining moment or very memorable experience you had as a student in the Department of Kinesiology?**

One of my favorite experiences from the Kinesiology Department was during the Exercise and Aging class. During this class I had the opportunity to participate in both water aerobics and Parkinson's centered strengthening classes. These classes demonstrated the importance of exercise throughout all stages of life. It was a very interesting hands-on experience I was able to participate in with a few friends.

**What drew you initially to our department? Has that motivation changed over the course of the four years you've been at SAU?**

My previous experience in athletics and infatuation with the medical field drew me towards the exercise science major. I was also drawn to the various career opportunities that the major can lead students to. I was unsure of what my particular place would look like in the future, and kinesiology allowed me to dip my toes in many different areas. I am still pursuing a career in healthcare, and my passion for exercise and health is still what drives me.

**What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?**

Make sure you have an interest in wellness and physical activity. This department is very hands-on and builds upon previous affiliations and experiences with fitness and health. It is easier to feel engaged in the material when you have a desire to apply this important knowledge to your own life and education.

**What advice might you give to someone just starting the bulk of their required departmental coursework?**

Take every opportunity to get to know your advisor as well as other faculty members in the department. Your professors are more than happy to be a resource for you, but they cannot help if you do not ask for it. It is also important to take time to get to know the peers within your major, because you will be working alongside them for the majority of your time at Ambrose. They will be your lifeline, and engaging with your peers in the material is the best way to figure out the areas that you need more time with. Do not be afraid to ask for help or access the resources that St. Ambrose provides.

**How did your affiliation with St. Ambrose help you in your job search or graduate school search?**

During my time at Ambrose my route towards grad school was not always clear. However, my advisor (Dr. Erica Thomas) and peers motivated me to pursue the masters of public health program and to continue my education at St. Ambrose. The kinesiology department also provided me with a variety of opportunities to make connections with alumni and members of the community.

## Student Profile — Amanda Koos

Amanda graduated magna cum laude May 21, 2022, with a Bachelor of Science in Exercise Science. She has accepted a Project Management position at McGraw Hill Higher Education Publishers in Dubuque. Amanda is from La Motte, Iowa.

**Tell us about some of the professional opportunities that have presented themselves while you've attended SAU. How will you use those now or in the future?**

I was honored to work for the Kinesiology Department as their work study student from my sophomore to senior year. This allowed me to have a closer connection with my professors and get a better understanding of the structure of higher education from a professor's point of view. I also worked for McGraw Hill, a higher education publishing company, throughout my years at St. Ambrose. With these two experiences, I found a passion for being involved in higher education and helping professors teach students in the most efficient way. These opportunities led me to take a different path than originally planned and accept a Project Management position at McGraw Hill where I will be able to help professors prepare for their online courses and pursue many other interests of mine regarding higher education and science.

**What was a defining moment or very memorable experience you had as a student in the Department of Kinesiology?**

My favorite experience with the Kinesiology Department is a collection of all of the moments I felt supported and cared for by their faculty and staff. While working with the department I was excited to get to know many of them and learn from them in and out of the classroom. From hallway greetings to long conversations in the office, the faculty and staff always made me feel welcomed. These relationships are one of the things I appreciated the most about attending a small school like St. Ambrose.

**What drew you initially to our department? Has that motivation changed over the course of the years you've been at SAU?**

I was drawn to the Kinesiology Department by my interest in science, anatomy, and occupational therapy. I began as a psychology major with the intent of going into occupational therapy. I became very interested in my science and wellness classes and decided to change my major to exercise science. Although I decided not to go into occupational therapy, I still enjoyed learning about topics I am passionate about while being an exercise science major. Some day, I hope to work directly with science materials of higher education to help professors teach their classes and help students learn.

**What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?**

Don't be afraid to take risks and look at all of your options. If someone told my freshman-year self that I was going to be working an office job after graduation I wouldn't have believed them. I am so grateful that I was able to take chances and use the many opportunities I received at St. Ambrose to guide myself in making decisions for my future.

**What advice might you give to someone just starting the bulk of their required departmental coursework?**

Focus on building strong work ethic because it will help you in so many aspects of life. Once you stop working for a grade and start working because you want to work hard, learn, and succeed, the grades will come naturally.

**How did your affiliation with St. Ambrose help you in your job search or graduate school search?**

Utilizing the Career Center at St. Ambrose helped me to make many difficult decisions, especially in my freshman year. The opportunity to work for the Kinesiology department allowed me to gain experience in higher education to benefit me in my job application process. Being a part of organizations on campus such as Dance Marathon and Campus Ministry helped me to gain leadership skills that will continually benefit me in my future.

