

Department of Kinesiology News

Department of Kinesiology Newsletter

May 2023

Congratulations Spring 2023 Graduates!

Congratulations to the students of the Department of Kinesiology graduating in May/August 2023. We want to wish the prospective graduates the best in their future endeavors! Graduating with their bachelors degrees:

BA. Sport Management: Jacob Cuda; McKensie Fortner; Cole Griffin; Brian Javoroski, cum laude; Fintan Kelleher; Adam Kowalik; Anthony Maldonado; Noah McCreary, cum laude; Liliana Olsen, cum laude; Tyrone Sanders; Rian Schmidt; Nathaniel Villagomez; Nicholas Vollmert.

BA. Sport Management and BA. Marketing: Spencer Pyle.



BA. Sport Management and BA. Accounting: Hunter Mettelle.

BS. Human Performance and Fitness: Zakary Alberts; Madison Allen, cum laude; Haiven Baker, summa cum laude; George Barton; Madeline Blackburn, magna cum laude; Emma Burke; Allison Fellner, magna cum laude; Cassandra Hazen; Matthew Kinnerk; Chris McFarland, cum laude; Tyreece Morgan; Michaela Pieroni, summa cum laude; Brendan Sheehy; Katie Simmons; Carly Smith, summa cum laude; Ireland Stewart, cum laude; Madelyn Wiltrott, cum laude; Dylan Witt; Adrian Zietara.

BS. Human Performance and Fitness and BA. Sport Management: Ryan Warrick.

BS. Human Performance and Fitness and BA. Psychology: Isabella Prado.

BS. Human Performance and Fitness and BS. Exercise Science: Sarah Fox, cum laude; Allison Wallace, cum laude.

BS. Exercise Science: Paul Amezquita; Jillian Atkinson, summa cum laude; Madalin Blumhoff, cum laude; Emily Brodbeck, magna cum laude; Kasey Campagna; Olivia Cantu; Seth Crawley; Alexandra Curatolo, summa cum laude; Sophia Delgado; Katherine Greening, summa cum laude; Kathryn Haasser; Lauren Hoesly, cum laude; Cooper Huckabone; Bryan Hurd, summa cum laude; Danielle Juco, magna cum laude; Elizabeth Jungbauer, cum laude; Megan Kizer, summa cum laude; Daniel Koos, magna cum laude; Steven Kramoski, magna cum laude; Chase Morrison, magna cum laude; Emma Philips; Caitlin Pieroni, cum laude; Kaileigh Remlinger, cum laude; Karilyn Ross; Megan Smith, cum laude; Alexis Sommer, cum laude; Hannah Sondag, cum laude; Jennifer Thomas; Vincent Thomas, summa cum laude; Victoria Tieman; Jacob Tischuk; Zach Tomerlin, summa cum laude; La'Shondra Wilson.

Graduating with their **Master of Science in Exercise Physiology:** Madelyn Cash; Zackary Denton; Chloe Even; Maicee Pierce; Neenah Primas; Maitlyn Sanders; Jared Tegeler; Conner Williams.

Exercise is Medicine Program On Campus Wins Award

Health Coaching Program Successful—More Coaches Wanted

The Exercise is Medicine- On Campus Health Coaching program had a busy semester. We were awarded silver status by the American College of Sports Medicine (ACSM), an accomplishment that was featured in our local news. A research project based on the data collected from health coaching clients was accepted to the national ACSM conference and will be presented by Dr. Chris Schwartz and Dr. Erica Thomas in Denver, CO in a few weeks. The poster title is: Outcomes of a Student-led On-campus Health Coaching Program.

Exercise is Medicine also played a key role in the Health Fair hosted by St. Ambrose Department of Human Resources. Students and employees were able to obtain valuable health information including cholesterol, blood pressure, and more. This event was a success due in part to the health coaches and upper-level Kinesiology students who helped perform these assessments.

The health coaching program was a great success this semester, with four health coaches working with 16 faculty and staff clients. A big thanks to our health coaches: Katie Johnson, Aimee Moore, Kate Sehr, and Seth Crawley. We are recruiting health coaches for the fall semester, so get in touch with Dr. Schwartz if you are interested in learning more.



KIN Adjunct Faculty, Abby Yotty, MS, LAT

Dept. of Kinesiology Adjunct Faculty, Abby Yotty grew up in Iowa City loving the Hawkeyes! She attended the University of Iowa for her undergrad degree in Integrated Physiology with an emphasis in Athletic Training. After an internship with the U of I football team to gain some experience, she attended the University of Northern Iowa for her MS in Athletic Training. Abby has been a Certified Athletic Trainer at St. Ambrose for eleven years now.

Abby currently teaches Wellness Concepts, Prevention and Care of Athletic Injuries, and Pickleball for our Dept. She brings real life experiences and examples into the classroom from her role as an practicing certified Athletic Trainer at SAU. She loves being able to see her student athletes in the classroom. She says, “It’s great to see their value in more than just their athletic achievements.”

Abby has taken a special interest in the past few years in furthering her knowledge base about nutritional needs of student athletes for prevention of injuries. Informing athletes about REDS, identifying their deficiencies and creating a plan for improvement is a very satisfying part of her job.

Abby loves spending her free time getting to watch her two children, Oscar, age 9, and Caroline, age 6, try new sports and learn and grow. With her husband, Brent, they really enjoy distance biking—exploring all the bike paths available in the QC. In the summer, they enjoy boating as a family, going on vacations, and visiting family.



Kinesiology Club News

Kinesiology Club was able to have several new members join our club this year and had the return of several familiar faces! This year the club was able to have monthly meetings for club members to attend. Club members were able to enjoy some treats and play some kinesiology related games! The members were able to listen and asks questions to guest speakers who are in career fields that pertain to kinesiology.

Our guest speakers included physical and occupational therapists. We invited current PT and OT students to come in and talk about what their programs are like and help answer any questions that our club members had!

In the fall, we had a few members attend the ACSM conference. This conference allowed students to meet professionals in the kinesiology field. Please consider attending with us next year!

As we look towards the future, we have elected four new officers to entrust the future of the club to for the 2023-2024 school year. Your new officers for the Kinesiology Club 2023-2024 are:

President: Jake Friel

Vice President: Jack Kragenbrink

Secretary: Katelin Galardi

Treasurer: Carson Spelman

- submitted by Caitlin Pieroni (Kinesiology Club President, 2022-2023)

MS in Exercise Physiology 3+1!

The Department of Kinesiology has developed a 3+1 plan for SAU students who want to complete their Masters of Science in Exercise Physiology, along with their Bachelors of Science in Exercise Science in 4 years! Please talk to your advisor if you are interested in pursuing this opportunity!

We have also been working on articulation agreements with Loras College in Dubuque, IA and with Augustana College in Rock Island, IL for a 4+1 plan for the Masters of Science in Exercise Physiology.

Our enrollment for summer and fall for MS in Exercise Physiology is up from the last few years and we are excited about the future as more students take advantage of having a masters degree to pave the way for their further education or professions!

Suzanne Wiese Receives SAU Award

Dept of Kinesiology Administrative Assistant, Suzanne Wiese, received the Ambrosian Spirit Award for 2023. This award is for the faculty, staff, or student who best



exemplifies St. Ambrose's mission—to enable its students to develop intellectually, spiritually, ethically, socially, artistically and physically to enrich their own lives and the lives of others.

Suzanne was nominated by two students, and the Phi Eta Sigma Honors Society voted for her to receive the award at the Students Awards Night on May 9. Her name has been added to a plaque of the 18 past award winners (since 2005) in the Rogalski Rotunda.

BS in Exercise Science major, Rachel Wacker, president of Phi Eta Sigma, presented the award with the students' reasons for nomination.

Karilyn Ross - Scholar Presentation

BS in Exercise Science graduating senior, Karilyn Ross, conducted an independent, interdisciplinary study, titled "Gender's Affect on Exercise and Mental Health," to better understand the role gender plays in the relationship between physical activity and quality of life as we age. She presented her findings at the Undergraduate Scholars Conference on May 4.

Karilyn partnered with participants from the Center for Active Seniors, Inc. (CASI) in Davenport to gather data. She was assisted in her research by Dr. Erica Thomas, Associate Professor of Kinesiology. Karilyn's research explored the connection between psychology and kinesiology, an important exploration into the factors that truly impact our perceptions of health and wellbeing throughout our lifetime.



Keeping Up with Dr. E!

Faculty Assembly Chair

Dr. Sarah Eikleberry was elected by her peers to serve as the Faculty Assembly Chair. Currently she is serving a one-year term as chair-elect. The Faculty Assembly has primary responsibility for curriculum, subject matter and methods of instruction, research, faculty status, and aspects of student life relating to the educational process.

After Dark Self Defense Clinic

Dr. Eikleberry led a black light self-defense clinic. Suzanne Wiese and SAAT (Sexual Assault Awareness Team) Advisor, Lisa Fortner, attended and provided many punches and kicks, along with moral support.

Defense after Dark

April 26th from 5:30-8:00

Defense Class 5:30-7:30pm in Madsen (Galvin Fine Arts Center)

Walk 7:30-8:00pm (Start in Madsen and end on Rogo Patio)

Come and participate in our self defense class and then join us for our Take Back the Night Walk

We will have black lights for the defense class so if you would like to interact with them wear neon colors!

Annual Conference of the North American Society for the History of Sport

Dr. Eikleberry will be attending the Annual Conference of the North American Society for the History of Sport in Washington DC, where she will present "Work, Play, and the Politics of the WAAC Recreation News in a Semi-Segregated women's army camp, 1943-1945." This presentation explores the ways in which depictions of army life at Fort Des Moines resisted and reinforced varying forms of racial and gender inequity. This project draws on over two years worth of *WAAC/WAC News*, "*The Armygal's Publication*," civilian news coverage, oral histories, and officers' memoirs.

Advocacy in Des Moines and the Classroom



Dr. Eikleberry traveled to Des Moines with members of PRISM, employees of The Project of the Quad Cities, and Augustana College to speak with Scott County legislators about education bills that impact health education, student privacy, and curricular censorship.

In the final days of the legislative session, her Teacher Education Program students in KIN 302 Health and Physical Education Concepts and Methods for Elementary School Teachers explored the impact the impending legislation will have on the place of activities and books being used inside local schools.

New Pathway to Masters of Athletic Training with Loras College

We have signed an articulation agreement with Loras College in Dubuque, IA, for a 3+2 program for BS in Exercise Science majors at St. Ambrose to complete an Masters of Science in Athletic Training at Loras College in 5 years total!

Masters of Science Exercise Physiology

- Complete in 12 months
- Optional research experience
- Transfer classes from undergrad
- Bolster job resume and application for professional graduate programs
- Teaching opportunities



Mara Guse, MS ('20) began the MS Exercise Physiology program to help her narrow what path she wanted to take. She decided to re-apply to physical therapy school and is now enrolled at Midwestern University in their DPT program.

www.sau.edu/msep



Spring 2023 Kinesiology Internship Students

We are proud of our 19 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 2023 Human Performance and Fitness Internship Students



Zakary Alberts
Quad City Steamwheelers
<https://albertszakaryj.wixsite.com/zak-alberts-internsh>



George Barton
St. Ambrose University Athletics
<https://georgebartonhpf.weebly.com/>



Emma Burke
Quad City Storm
<https://emmambhpf.weebly.com/>



Taylor Canada
Bettendorf YMCA
<https://internshipoverview.weebly.com/>



Allison Fellner
Genesis Pediatric Therapy Center
<https://gopedinternship.weebly.com/>



Sarah Fox
Genesis Cardiac Rehabilitation
<https://sarfohxpfinternship.weebly.com/>

Spring 2023 Human Performance and Fitness Internship Students, Continued



Down Syndrome Achievement Centers
educate. inspire. believe.

Quad Cities, IL/IA

Cassandra Hazen
Gigi's Playhouse

<https://hazencassandram.wixsite.com/my-site-1>



Down Syndrome Achievement Centers
educate. inspire. believe.

Quad Cities, IL/IA

Maude Heft
Gigi's Playhouse

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



Matt Kinnerk
Kosama Fitness

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



Emily McAvan
Genesis Cardiac Rehabilitation

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



Caitlin Pieroni
Genesis Cardiac Rehabilitation

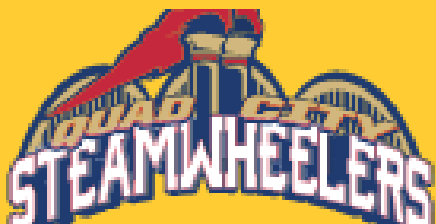
<https://pieronicaitlinr.wixsite.com/internship>



Madelyn Wiltout
Center for Active Seniors, Inc (CASI)

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

Spring 2023 Sport Management Internship Students



Jacob Cuda
Quad City Steamwheelers
<https://jacobcuda25.weebly.com>



Cole Griffin
St. Ambrose University E-Sports
<https://cole-griffin.weebly.com/>



Alexis Johnson
Rock Island Parks and Recreation
<https://johnsonalexisd.wixsite.com/alphabet-moves>



Anthony Maldonado
St. Ambrose University Football
<https://anthonymaldonadoportfolio.weebly.com/>



Brock McCulloch
St. Ambrose University Athletic Training
<https://www.weebly.com/editor/main.php#/>



Spencer Pyle
Quad City Storm
<https://pylespencerj.wixsite.com/spencer-pyle-quad-ci>



Jamon Thomas
Quad City Steamwheelers
<https://jamonthomassau.weebly.com/>

Student Profile — Cole Griffin

Cole graduated May 20, 2023 with a Bachelor of Arts in Sport Management, after serving our country for six years in the United States Air Force. Cole is from Moline, Illinois and has five daughters with his wife Shannon: Brynlee, Aurora, Briley, Carlie and Ayla!



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 the fortunate opportunity to come across the St. Ambrose Esports team, which led me to a role in team management and event organization. One of the notable events I was involved in was the HoneyPot event, where over 300 competitors

gathered to showcase their skills in various games. Additionally, during my Capstone class, I collaborated with esteemed local agencies including Visit Quad Cities, Quad City Steamwheelers, Quad City Storm, YMCA, and others. These experiences enriched my understanding of community engagement, marketing, and the significance of fostering relationships with organizations in the area.

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

It was immensely satisfying to apply the concepts and skills I learned in class directly to the Esports Program. The knowledge I gained, particularly in sponsorships and partnerships from the Capstone class, proved invaluable. Leveraging this knowledge, I successfully secured a partnership between the Esports Program and a local sports team. This experience not only showcased the practicality of what I learned but also reinforced the importance of utilizing those skills in real-world scenarios.

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

After my military service, I had a strong desire to pursue my education in my hometown and fulfill my dream of working in the sports industry. Attending St. Ambrose University only intensified that passion. My professors were incredibly knowledgeable in their respective fields and shared their expertise with genuine enthusiasm and real-world experiences. However, what truly changed for me during my time at St. Ambrose was my discovery of the esports side of the sports industry, which brought a whole new dimension of excitement and novelty.

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

If I were to offer advice to someone entering the Sport Management Program in the Department of Kinesiology at SAU, it would be this: You get what you put in. My professors in this department went above and beyond to provide me with support and guidance. There are no limits to what you can achieve, and the department is dedicated to assisting you every step of the way.

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

I highly recommend maintaining an open line of communication with your professors. If you find yourself facing any challenges or difficulties, don't hesitate to reach out to them. I assure you that they will be more than willing to provide you with the assistance and support you need.

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

I'm currently in the process of searching for a job... so if you know anyone looking for a Sport Management graduate, let them know about me. I have a professor, Dr. Eikleberry, who served as my advisor, and I'm fortunate to have her as a reference on my resume. I know that any of the professors would be willing as well.

Student Profile — Steven Kramoski

Steven Kramoski graduated magna cum laude with his Bachelors of Science in Exercise Science on May 20, 2023. He is currently in the St. Ambrose Doctorate of Physical Therapy Program. He is from Morrison, 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?

In the Physical Therapy Program, I have the opportunity to go on different clinical rotations throughout the curriculum. This gives me the professional experience of working as a physical therapist while supervised and is a great way to network for my future. Often times, students will apply to work at one of their clinical sites, and I am able to make these connections with people now which will hopefully set me up for a potential job in the future.

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

A defining moment for me was in my junior year of classes when I just began to realize how good of a fit Exercise Science was for me. This gradually happened, because in my first couple of years the classes weren't as interesting to me. But once I got to take all exercise science classes, it made me realize how much I enjoyed learning the material from great professors. It was such a great feeling to be in classes that directly contributed to my personal hobbies and what I enjoy learning.

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

My initial draw was the St. Ambrose University Physical Therapy Department. I knew that my best route for entering the DPT program was through the Kinesiology Department, and so that is why I chose to be an exercise science major. This has been my motivation throughout my entire time at Ambrose, and I knew that to achieve that goal succeeding in the Kinesiology Department was what I needed to do.

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

I would advise them to have an idea of what they want to do for a career. There are many times where people start off as a Biology major thinking they want to be pre-med and then switch, or vice versa. Having a good understanding of what you want to do following graduation can maximize your success and opportunities while in the Kinesiology Department.

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

There are a few simple things that can help a lot. One is going to class. Being present in class everyday will help you learn the material better. Another tip with this is to build rapport with your professors. Being able to develop relationships with professors helps a lot with your success. Going to office hours for questions or taking time to review your test with a professor are effective ways to help your learning and to build relationships throughout your time at Ambrose.

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

When I began at St. Ambrose, I was in the Track I Physical Therapy program which helped me get accepted into the Physical Therapy Program here. This has been a huge benefit, because I am in my first year of physical therapy school which also counts as my fourth year of my bachelor's degree. This is a huge advantage that I am fortunate enough to receive because of being at St. Ambrose.



Student Profile — Liliana Olsen

Liliana Olsen graduated cum laude with her Bachelors of Arts in Sport Management on May 20, 2023. She is from Peoria, 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?

The professional opportunities I have had presented to me during my time at SAU have been wonderful. I have had the opportunity to be an Intern for both the SAU Sports Information Department under Brian Thiessen and the SAU Wellness and Recreation Department under Kristina Kistler. Working closely with such great people who love their jobs showed me that work doesn't have to feel like work if you love what you're doing. Both experiences gave me a chance for my voice to be heard in a professional workplace setting and will help me to voice my opinion in the future. Nothing prepares you more than having a memorable experience!

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

One defining moment I've had in the Department of Kinesiology came from working my internship with the SID. I am constantly in and out of the Athletic Office in the WRC and I have formed great professional relationships with almost everyone in SAU Athletics. This led me to be selected as the student representative when hiring the new Head Track and Field Coach. This was such an honor for me as track and field athlete, and it showed me that my superiors have so much respect for me.

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

Like most college students, I switched my major a couple times before finding what I loved. I was between Education and Human Performance and Fitness, but then I started working for Brian Thiessen's work study program as the Sports Information Director (SID). I knew after my first week that Sport Management was the major I needed, and that I could not stand to be away from sports upon graduation of college. I was so relieved knowing that I found the right field of study for me, and the school work got easier because I actually enjoyed the topics of study! This was a huge motivational factor for me and my grades started to reflect it. My GPA is better than ever before, and I am rewarded with compliments from all my professors!

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

This department is the gift that keeps on giving. The Wellness and Recreation Center will be your second home during the week. There are so many smart and helpful people that work in this department who all want to see the best outcome for you! There will be times that you feel stuck, and that's ok. The goal of you starting your college career in this department is to help you end your college career in the same place. You'll fall in love with your field of study here.

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

One piece of advice I would give to someone who is just starting the bulk of their core major requirement coursework: don't be afraid to ask for help. Ask your professors, your study partner, and anyone you think would be able to help you. When you see it all laid out on paper, it looks very scary and overwhelming, but it's not. If your professors can see that you are putting in the effort and that you want to succeed, they will do everything to help you. Remember to take time to yourself as well. Take study breaks. Workout with friends. Take a walk through VanderVeer Park. Stop and smell the roses, with a clear mind you will be able to accomplish so much more.

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

Being affiliated with the people at St. Ambrose has helped me a lot. While it is important to be knowledgeable of all things Sports Management, sometimes it helps to know people too. I am grateful for the relationships I have formed with faculty, staff, coaches, and many more people for this reason. Everyone has a connection somewhere, whether that be a grad school you want to go to or even a major sports organization that you never think you'd land a job with. Forming positive relationships is the best thing I have done in my time at St. Ambrose!



Student Profile — Katherine Greening

Katherine Greening graduated summa cum laude with her Bachelors of Science in Exercise Science on May 20, 2023. She is currently in the St. Ambrose University Doctorate of Physical Therapy Program. She is from Clive, 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 given many opportunities to grow as a professional and as a leader at St. Ambrose. I was able to be a tutor for my peers in various classes such as Chemistry, Anatomy, and Physics. I was also given leadership opportunities, such as being the Vice President for Ambrosians for Peace and Justice and a small group leader on religious retreats like Antioch. I have also been able to attend career fairs and talk to potential employers about opportunities after school. I can use all of these experiences I had to grow and provide better care for my future patients!

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

My favorite memory as a student in the Kinesiology Department was when my friend Lauren and I ran a VO2 max test on our instructor Nick Voth! It was very exciting to be able to use the equipment and apply the principles I had learned in class. All of the faculty and professors want to see you grow and provide those opportunities to really get involved.

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 St. Ambrose specifically because of the Track 1 DPT Program they have that would allow me to transition into the Doctorate of Physical Therapy program very easily. I was excited to learn about kinesiology, and I knew that St. Ambrose had just built the Wellness and Recreation Center a few years before I started, so I was really excited to have the technology and new labs to learn in. Lastly, I really loved how small the classes were, because I knew I would be able to build relationships with my professors and feel supported in my learning!

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

My advice to prospective Kinesiology students would be to get involved during class! Kinesiology classes are so much fun because of how interactive it can be. Whether it is answering questions during class or volunteering to be in charge of an exercise test during lab, when you involve yourself in your learning you will understand it better. I would also say to get to know your professors and ask questions. They are there to help you learn and grow so take advantage of that!

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

My advice would be to stay on top of the classwork! There can be a lot of projects and information that you are learning, and it can become overwhelming quickly. Use a planner and make sure you know deadlines and when your exams are, so you still have time to relax and enjoy your last years at St. Ambrose. Also, try to make connections between your classes because a lot of information overlaps!

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

Starting out at St. Ambrose I knew I wanted to go into Physical Therapy. Because of the 3 + 2.5-year program, I will be able to finish my education quickly and be able to do what I am passionate about by helping people! My classes in the Kinesiology department gave me a solid foundation for my education and I was well prepared when I transitioned over and started my graduate studies.



Student Profile — Ryan Warrick

Ryan graduated on May 20, 2023 with his BS in Human Performance and Fitness and his BA in Sport Management! He has accepted a position as an Aquatics Director at a YMCA in Des Moines. He is from Johnston, IA.

Tell us about some of the professional opportunities you have had while you've attended SAU. How will you use those in the future?

I was able to complete my Human Performance and Fitness Internship at The Outing Club over the summer after my junior year. I was in charge of their fitness facility and the classes that were held there. I also helped coach the swim team that summer, which is something that I enjoy doing. They offered me a job as a Pool Manager the following summer.

My experiences in both of these positions helped me realize that I liked managing fitness facilities, especially pools. I will be working as an Aquatics Director at a YMCA in Des Moines, so those opportunities will definitely help in this career path.

I was also able to be a part of the first few years of the Exercise is Medicine Health Coaching Program. I worked closely with Dr. Thomas and Dr. Schwartz and the other student health coaches throughout the past two years, meeting weekly with my clients each semester to create healthy goals and habits, and reinforce a healthy lifestyle. Working as a health coach made me realize that there are tons of possibilities in kinesiology, and that I am able to share what I have learned here at Ambrose to help others better themselves.

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

I had so many memorable experiences and interactions with faculty and students throughout my time at Ambrose. One defining moment (class) for me was taking KIN 307 "Planning and Management of Sports Facilities" with Dr. Spencer. There are two main things that happened during the class that had a positive impact on my experience here. The first was me coming to the realization that I really liked Sport Management as a potential career path. At the time I was a Human Performance and Fitness major, but because of that class, I added a Sport Management major the following year. The second thing that happened during this class was the interview process for a Sport Management professor. We had presentations from three very high-quality candidates, but in my opinion, Dr. Hu definitely rose to the top! These two things confirmed a lot of what I had already thought about St. Ambrose and the Kinesiology Department. It also helped guide me to many school and career choices I have made.

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

If you are considering choosing any major in the Department of Kinesiology, I think you have to be motivated to work with people and have the drive to help others. That could be through physical, mental, or emotional improvement, or by creating a positive experience for them. There are so many rewarding career possibilities through the majors offered in Kinesiology, and don't feel like you need to know exactly what you want to do in the future. I bounced around from personal training to chiropractic to medical device sales to now an aquatics director. Something will work out, when a door opens for you, walk through it.

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

I have two main pieces of advice. The first is that it won't be easy. There will be classes and concepts that you may struggle with, but if you focus and look toward the future and what you want to accomplish it will be worth it. Find outlets in things you enjoy whether that's a club, sport, or any other extracurricular. Get involved on campus!

The second is that the (Kinesiology) Professors are your friends. They are there to help you and help you become the best version of yourself.

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

I think that being from a smaller private university gave me an advantage in a few different ways. I had a well-rounded education that allowed me to learn a diverse spread of skills, which I was able to show in the interview process. I think employers knew that I had been able to work closely with professors and improve my knowledge and skills and a much more personal setting when compared to candidates from larger universities. I think that people (employers) recognize St. Ambrose as a university that graduates high-quality and well-rounded students.



Student Profile — Daniel Koos

Daniel Koos graduated magna cum laude on May 20, 2023, with a Bachelor of Science in Exercise Science. He is currently in the SAU Doctor of Physical Therapy Program. Danny is from Bellevue, 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?

Since I have been at SAU, there have been many opportunities to prepare myself for a successful future. St. Ambrose offers tools such as mock interviews through the career center, which I have taken advantage of to make myself a better candidate for future employment and graduate school applications. They also offer a Health Sciences Career fair and networking event, which allowed me to make connections for possible employment in the future.

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

Being a part of the Kinesiology Department, I got to do different exercise prescription testing such as the VO₂ max test in Exercise Physiology, which was very cool to be a part of and understand how it can be applied in future practice.

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

One thing that really stood out from the beginning was the faculty of the Kinesiology Department at SAU. Everyone is super friendly and is always willing to help students in any way that they can. Having faculty that support the students in this manner and go out of their way to make connections with students makes a huge difference.

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

Get involved in clubs such as the kinesiology club and get to know your professors! Getting involved on campus can help you form friendships within your field early in college and form a support system for each other for years to come!

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

Get to know the professors and study in groups together! Professors are happy to set up times to meet with students and talk over concepts, as they want to see everyone succeed as students! It may seem overwhelming at points, but it will all be worth it in the end.

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

Being a Track I Physical Therapy student, I had help from my advisor making sure I completed all undergraduate requirements I needed prior to starting the PT program my senior year. This helped me stay on track throughout undergraduate and made the transition to graduate school much easier.



Student Profile — Vincent Thomas

Vincent Thomas graduated summa cum laude on May 20, 2023, with a Bachelor of Science in Exercise Science. He will be starting the St. Ambrose University Doctor of Physical Therapy Program in the fall. Vince is from Davenport, graduating from Assumption High School, pictured at the right with his sister Rachel who also graduated from St. Ambrose on May 20.

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 know having a mock interview helped me prepare for grad school interviews. I feel the coursework and the understanding we must hold is high, but it prepares us for future careers. I know that the KIN Club offers sessions in which students can talk to grad student or professionals to ask questions. These make a difference.

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

I would say that having access to the exercise science lab we have for the classes I took was very important for strengthening my command of the material. It was the first time in my life I felt that I had truly put what I was testing and learning about truly into action. I also feel that my trip to the Midwest American College of Sport Medicine Conference had a huge impact.

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

I was initially drawn to the department to prepare myself for a future in physical therapy. This has not changed, but my already pretty strong passion for learning about exercise, diet, and healthy habits has greatly improved.

What advice might you give to a prospective student considering the Department of Kinesiology at St. Ambrose?

If they are interested in learning about exercise or healthy living and how to achieve those things, absolutely choose the SAU Department of Kinesiology. The faculty in the department are super helpful. The information you learn can practically be put into use to benefit your everyday life. You can really engage in what you are learning in your everyday life.

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

I would suggest studying with your friends and going to office hours. Also take advantage to the open labs in which the masters students help. Most of all, find a way to study that endgames you in what you are learning.

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

My academic advisor helped me set a plan for the future at my first meeting to help me be set for the future. Several faculty have expressed concern in my path and offered assistance in taking steps to fulfill the requirements. I was well received at my observation hours because I attended St. Ambrose and the people who I was observing could see the Ambrosian in me. The mock interview I did through the career center helped me to be ready for my PT school interview at St. Ambrose—which I'm happy to say I was accepted and will begin this fall.

