

November 2021 Vol.1, Issue 2

IUP KINESIOLOGY, HEALTH, & SPORT SCIENCE DEPARTMENT NEWSLETTER



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Student Showcase: Allyson Fontana

Allyson Fontana, a graduate Exercise Science major, took some time to answer questions about the Exercise Program at Indiana University of Pennsylvania:

1. Please explain your reasons for choosing IUP's Exercise Science program.

I chose IUP's Exercise Science program because I heard a lot of good things about it from alumni who worked at the hospital where I completed my internship. They provided me with information about what they did in the program and how it really helped them for their future careers, so it sparked a big interest for me. It was also close to home, so I did some research and I decided that it was the school for me.

2. What are your goals during graduate school?

My goal during graduate school is to enhance all my knowledge from undergrad to truly be able to be the best I can be for the future patients I will be working with. I really want to learn as much as I can for my future career and have tons of confidence in what I am doing. I also would like to get as much experience as I can by working with professors.

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

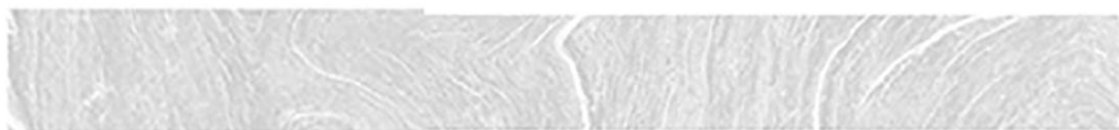
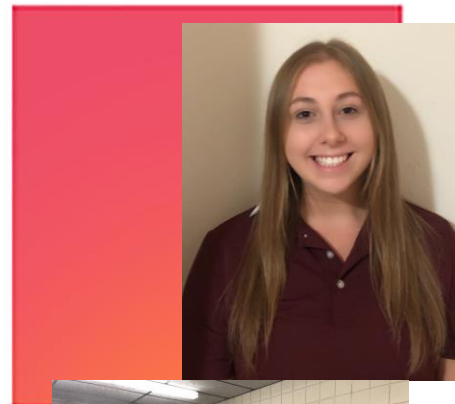
An experience I had during my senior year of undergrad that truly put everything I had learned together, would be when I was able to have my own client and take her through her own exercise program. It was fun to be able to talk with her and listen to her goals, take her through some fitness tests, and then ultimately write an exercise prescription for her program. It allowed me to put all my knowledge together, and it helped me build confidence throughout the experience. It taught me that this is really what I would love to do.

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

I would say that it can be a lot of work, but it is worth it. If you continue to push yourself and work hard, the outcome will be positive. You will learn everything you need to know to be successful in the future, but only if you truly take the time to learn everything you can and practice.

5. What are your goals/plans after graduation?

My goal after graduation is to obtain a position in Cardiopulmonary Rehabilitation as a Clinical Exercise Physiologist. I would love to work in Pittsburgh, but I am open to moving to other places to be able to reach this goal.



Faculty Focus: Dr. Adam Katchmarchi

Summer is over, but one of the most popular activities many people enjoy during those months is water sports -- swimming and boating. Community pools are filled with kids, and beaches are crowded with families. As much fun as all this is, safety is most important, as lifeguards watch over swimmers, making sure they are safe from drowning.

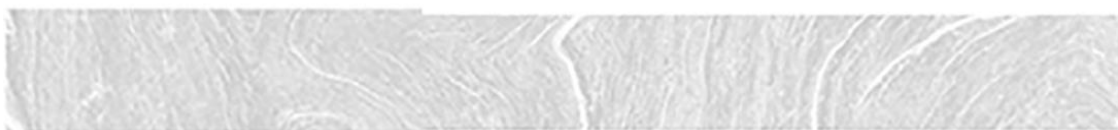
Dr. Adam Katchmarchi, Assistant Professor at Indiana University of Pennsylvania, has recognized the importance of water safety since he was an undergraduate at Slippery Rock University of Pennsylvania, majoring in Physical Education. He also got an Aquatics minor at Slippery Rock, which increased his passion for drowning prevention. After earning his MS in Sport Management from IUP, Dr. Katchmarchi decided to pursue a Ph.D. and headed to West Virginia University to get a doctoral degree in Coaching and Teaching Studies. He also did what was called a doctoral cognate, or a specialization in Sport Management.

After completing his doctorate, Dr. Katchmarchi decided to spend time focusing on drowning prevention. His research efforts include Aquatic Facility Risk Management and Safe Operations of Aquatic Facilities. He is currently the Executive Director of the National Drowning Prevention Alliance and is closely tied to water safety efforts in the United States, where the drowning rate is actually quite high. Dr. Katchmarchi works with over 100 families who have lost a child to drowning. These parents, who have experienced tremendous loss, inspire him as they work to move forward with their lives.

At IUP, Dr. Katchmarchi teaches courses in Sport Administration. He enjoys working with students who come to IUP with diverse backgrounds and experiences. He finds teaching challenging and interesting as he tries to guide students towards career paths that match their interests and talents.



NDPA
NATIONAL DROWNING
PREVENTION ALLIANCE



IUP

Featured Alumni: Bill Burniston

Alumni from IUP's Department of Kinesiology, Health, and Sport Science can be found across the country working in the field and using the training they acquired as undergraduate and graduate students in programs such as Athletic Training, Sport Science, Sport Management, and Health and Physical Education. One of those program graduates is Bill Burniston, who is the Head Strength and Conditioning Coach for the Carolina Hurricanes in the National Hockey League (NHL). Burniston is a graduate of IUP from 1991 in the Athletic Training Program, and he shared some of his insights.

As a fully certified Head Strength and Conditioning Coach, Burniston is responsible for the development and management of individual and group strength training programs for athletes. This is possible because Burniston creates programs for on and off-season strength and conditioning. He makes players perform at their best, while also reducing the possibilities of injuries to the player. He is able to work well with the athletes because he understands and uses language of the players, which demonstrates his respect for them.

When asked about how the Athletic Training Program at IUP prepared him for his career, Burniston, emphasized that working under Mr. Robert Trenney in his internship made him realize that a strong work ethic is important. He also learned that there needs to be a balance between working and living life. Burniston felt that the most valuable lesson he learned at IUP is to be passionate about what you are doing. There was never a day that he did not get up and realize how much he liked what he was doing. Mr. Burniston stated, "I think that a love for your field is the key to being prepared for a future career." He encourages all undergraduate and graduate students to get hands - on experience, either through volunteering or through an internship; he feels there is a merge between academic learning and real - life experience in Athletic Training. The KHSS Department is proud that Bill Burniston is a graduate of IUP!



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The IUP logo, featuring the letters 'IUP' in a bold, stylized, red font with a white outline, set against a grey background with a wood-grain pattern.

Event: Violet Baumgardner Scholarship Award

Indiana University of Pennsylvania (IUP) is proud of Rachel Horrell, a senior in the Health and Physical Education / Teacher Education Program, who received the 2021 Violet Baumgardner Scholarship Award.

SHAPE PA, an organization for health and physical education professionals, gives out this award in the recognition of a student's academic excellence and contributions to the department, college, or university, as well as to the community.

Horrell was selected from a wide range of students from other universities across the state, and she has kept IUP's tradition of winning state - level professional awards going, as the Violet Baumgardner Scholarship Award has been given to an IUP student the last three out of four years.

Rachel Horrell will personally accept this award at the SHAPE PA Convention this November.



SHAPE PA
Society of Health & Physical Educators

Interested in giving to the IUP KHSS Department?

The Kinesiology, Health, and Sport Science Department is happy to announce the establishment of a KHSS Freshman Scholarship. We are looking forward to providing financial support to incoming freshmen as a way to show commitment to the students who have chosen IUP to meet their educational needs to start their careers in their selected fields.

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!)

