



The Advisor Advocate

Supporting Health & Wellness: Highlighting Two Unique IUP Services

Speech, Language and Hearing Clinic

To meet the required hours for a [graduate](#) or [undergraduate](#) degree in Speech-Language Pathology, students have the opportunity to gain practical experience! The clinic provides various services for the IUP community and the surrounding area, helping evaluate and providing treatments for the following:

Did You Hear?

The clinic offers hearing screenings, which those majoring in education must complete before entering teacher certification. Walk-in times are offered during the semester.



- Language disorders in Children
- Speech sound disorders
- Acquired neurological disorders
- Voice disorders
- Stuttering/Fluency disorders
- Hearing & auditory problems
- Autism spectrum disorders

Check the [website](#) for more detailed information.

Resources for Multilingual Students: English is *really* difficult. (Try reading "[The Chaos](#)" to remember why!) The Speech, Language, and Hearing clinic includes resources to help non-native speakers grasp the hard parts:

Pronunciation: Typically called "accent reduction," students can learn speech sounds that don't occur in their native language.

Sentence Structure: Help with English grammar, including word endings (like plurals) and tense forms.

Conversation Skills: Besides academic discourse, students can practice and perfect skills needed for day-to-day life.

Listening: Develop the skills needed for class lectures, phone conversations, and media consumption.

Center for Sports Science and Research

The Center for Sports Science and Research aims to help the IUP community (faculty, students, staff), as well as our family members, surrounding counties, and more. Available services include:

- *Educational programs*, such as: weight and stress management, stopping smoking
- *Personal screenings*, like cholesterol, diabetes, and blood pressure
- *Educational and research opportunities* with schools, healthcare organizations, and local businesses!



In different ways, both measure body density and calculates body fat %

In addition, "the center features state-of-the-art equipment" including:

- BodPod
- Hydrostatic Weighing
- Cholestech (full lipid panel testing with fasting glucose)
- Metabolic Analysis for peak exercise and resting basal metabolic rate
- Blood Lactate Testing

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