

COLLEGE OF HEALTH SCIENCES SPRING 2023 NEWSLETTER



SUU COLLEGE OF
**Health
Sciences**



J. TONY OLIVER
- COHS DEAN -

Happy Spring from the College of Health Sciences at Southern Utah University. After a lengthy winter season offering fantastic snow conditions for outdoor enthusiasts, we are hopeful that spring has finally sprung in Cedar City, Utah. As a valued alum and/or friend of COHS, we are pleased to share this summary of 'newsworthy' happenings and developments in the college during the Spring 2023 semester with you. Thank you for your generous and consistent support of COHS departments and programs over the years. We wish you a fulfilling summer season, and we look forward to hosting you on campus in the near future during your next visit to Cedar City.

J. Tony Oliver

CONTENTS

College Highlights

Agriculture and
Nutrition

Kinesiology and
Outdoor Rec

Nursing

For our Alumni

Closing



NATALIE FLORES COHS Student Senator



Hello friends!

I am Natalie Flores, the outgoing College of Health Sciences (COHS) Senator. As this semester comes to an end I like to think back on all that this college has accomplished. I would like to share a story of one of these instances. A goal that Dean Oliver set for the college was to promote unity. An idea of the Student Advisory Committee was to host a 5k "Fun"ding Run for the campus community. This event helped to unify the college and generated funding to support COHS students' academic professional development. This event was open to the entire Cedar City community. The student advisory committee met every other week of the semester to plan the event. On the day of the event, the run had over 120 contributors and raised over \$2,000 for COHS students. We plan on making this an annual college event due to the positive feedback of the participants. It was amazing to see all of our hard work and effort become a reality and it was truly beautiful to see SUU students and the Cedar City community come together to run for charity and to become united together. This will be something that I will never forget.

This year was definitely the first for many achievements within the college and I am so grateful that I was able to play a role into one of those 'firsts' and on creating an impactful change within the college. It saddens me to know that my time is over as a senator for this amazing college but for the time that I got to serve, it was definitely worth while. I am excited to see how this college will continue to grow and flourish.

With warm regards,
Natalie Flores, the 2022-2023 College of Health
Sciences Senator

HEALTHY PEOPLE 2030



The College of Health Sciences has been recognized as a Healthy People 2030 Champion, by the Office of Disease Prevention and Health Promotion (ODPHP), providing the college with more information, tools, and resources. In 1979, the Healthy People initiative was specifically created for public and private organizations, to promote health and well-being nationwide at the local, state, or tribal levels. In

working with the U.S. Department of Health and Human Services ODPHP, the COHS has been able to connect with other health organizations. COHS supports the vision of all that the ODPHP stands for, such as building a healthier future for all, and promoting, evaluating, and strengthening efforts to help all people. COHS is honored to work so closely with the ODPHP and is looking forward to continuing the journey to promote health and wellness for all.



STUDENT ADVISORY COMMITTEE

The goals of the committee are to build a strong, interconnected community founded on academic growth, professional connections and relationships, as well as a love for this college.



N. Flores



M. Bunn



B. Austin



W. Fullmer



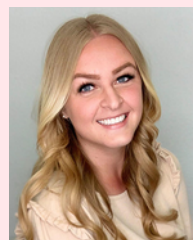
D. Goebel



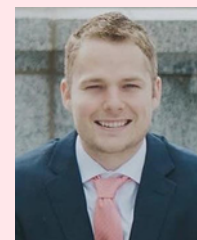
D. Smith



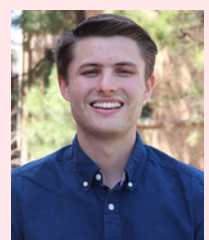
A. Anderson



J. King



C. Cox



S. Mortenson

COHS ADVISORY BOARD

The inaugural COHS Advisory Board was officially launched on April 17th, 2023. We look forward to collaborating with these experienced professionals.



Agriculture
Dave
Staheli



**Athletic
Training**
Ashlee
Humphries



**Exercise
Science**
Sean
Davis



Nursing
Alan
Pearson



Nutrition
Artis
Grady



**Outdoor
Recreation
& Tourism**
Paul
Roelandt



**PE
Teaching/
Coaching**
Jeff
Rudy



**Sports
Conditioning
and
Performance**
Natalie
Suazo

COHS VALEDICTORIAN



Sydney Bond

Sydney Bond is the College of Health Sciences 2023 graduating class Valedictorian! She is the definition of a student going above and beyond. Coming from Santa Clarita, California she has attended SUU since she was a freshman and is graduating with a Bachelor of Science in Nursing and a minor in Human Nutrition. Her passion for health and wellness, and serving others made a Nursing major the perfect fit. She raves, "I have loved my time at SUU. Everyone on

campus has always been so supportive. I love all of the opportunities they offer. I feel like I've had a voice and wasn't just lost in the crowd." Bond is someone to look up to as she expressed how she struggles with social anxiety but through finding things that are enjoyable to her, and finding a good support system she has persevered and achieved and continues to achieve great things. In her free time she loves to explore the outdoors and enjoy the fun adventures of skiing, hiking, four wheeling, rappelling, and more.



NEXT ERA OF AG



Dillon Smith, a senior, is graduating with a degree in Agribusiness and a minor in Spanish. He is the President of the Agriculture Club and played on the SUU football team.

A company, Of The West, created a program called "Next Era of Ag" where 10-12 students around the country are selected to participate in a class that helps build connections and relationships throughout the industry, along with developing and learning a deeper set of career, personal, and leadership skills. Smith had the opportunity to apply, which if selected, provides opportunities for job seekers, attracting the highest quality of job candidates for employers, and providing various business and personal development resources for all areas of the agriculture and western industries. Through a competitive interview process, Smith was selected to be in the semester-long online program. He states, "I have already learned so much and made some amazing connections that I know will continue to help me throughout the rest of my life."

AG EXPO

Kathrine Dickenson, and 19 other ag students, along with professors Dean Winward and Lee Wood all attended the Ag Expo in Tulare, California for the Annual Ag Trip. The Expo showcased the latest advancements, technology, and research. The most influential part of the trip described by Dickenson was, "going and listening to all... people who have careers in Ag in California." There were displays that shared the most beneficial ways to find different jobs, opportunities, and possibilities for future professionals in agriculture.



HUMAN NUTRITION REPRESENTATIVE

Robert Dean Goebel

Dean, a sophomore majoring in Human Nutrition, is a nutrition representative on the Student Advisory Committee (SAC). He became involved with the program by being friends with Natalie, the Senator of Health Sciences. When asked what his goal for the SAC is, he explains, "I want to create opportunities for our students to be able to promote their higher education opportunities ...for students to share research and make important connections."



STUDENT-LED SOCIAL MEDIA GROUP

Nica Clark, a professor in the Nutrition department, developed a project for her class that consists of students creating a social media account to spread awareness to students and

communities about the benefits of nutrition and health in general. Clark was inspired to do this after meeting a young man who is an influencer. With this she saw a new opportunity to get connected with students and educate. Students were motivated to continue the accounts to promote the best healthy eating tactics and tips for students and community members to make a difference. A group was developed during the Spring 2023 Semester to run the Instagram account @suu_nutrition with the goal of spreading the knowledge of healthy yet affordable meals, and helpful information for nutrition students.

Professor Alyssa Davis, a lecturer for Nutrition Science created the @suusportsnutrition Instagram account for athletes to be able to get essential eating tips, and resources to increase performance. The page highlights SUU sports teams at the Nutrition Station fueling their bodies and trying new recipes. The overall goal for both accounts is to increase the outreach to students, and improve health, wellness, and performance.

BEST ONLINE SPORTS MEDICINE PROGRAM



SUU's Master of Science in Sport Conditioning and Performance (MSSCP) program is recognized as #2 by the Northwest Commission on Colleges and Universities of the Best Online Sports Medicine Programs. The MSSCP degree is focused on meeting the needs of athletic trainers, coaches, personal trainers, physical educators, physical therapists, and other fitness professionals. This degree offers extensive online course work in sports conditioning. Professionals have opportunities to design safe and effective exercise and conditioning programs. In addition, the program received an intelligent scoring of 92.4 and with an award in coaching emphasis. SUU strives to offer the highest quality programs for students to learn and grow, as well as the best professors and staff to help diverse students reach their full potential and goals.



OX66 STUDY



Dr. Tyler LeBaron, an adjunct professor, learned of a supplement which is commonly referred to as Ox66. He proposed the original study and was able to make connections with the manufacturer while working with SUU-SPARC and Hemotek to get funding to conduct the study.

The primary investigators were LeBaron, and KOR Professor Julie Taylor, along with five undergraduate research assistants: N. Argueta, J. Graffius, D. Pearce, A. Rowley, and K. Woodrum. It had already been established that Ox66 can improve oxygen delivery in clinical situations, therefore this study was to figure out if there are aerobic performance improvements associated with taking the supplement. Male and female participants were given the supplement and advised to indulge in maximal exercise tests over a two month period. The participants' maximal aerobic capacity in addition to lactate threshold, heart rate, perceived exertion and several other variables related to aerobic performance were evaluated.

Taylor states, "This project has provided a priceless opportunity for students to assist

with research - either as participants or as research assistants... I have truly enjoyed working with so many enthusiastic students during this process."

Overall, in using ANOVA- comparing baseline, placebo, and Ox66- there were no statistical differences. Max Rating of Perceived Exertion was higher regardless of the intervention compared to baseline. "There were no consistent differences between the placebo and the supplement conditions. When men and woman were considered separately, it appeared that men reached their VT at a higher work rate and at a higher HR. Woman reported a lower perceived exertion at their VT with the Ox66 condition, although it appears there are minimal benefits for men and woman during submaximal endurance activities", Taylor states.

SILVER CAMPUS

The SUU Exercise is Medicine On Campus program has been recognized by the American College of Sports Medicine. Based on physical activity promotion, education, and EIM integration into campus health services, SUU received Silver Level recognition for the second year in a row. All campus representatives will be attending the 2023 ACSM Annual Meeting in Denver, Colorado on May 31st.

Exercise
is Medicine[®]
Silver Campus

CLASS OF SPRING 2023

S U U N U R S I N G P R O G R A M



Graduates (alphabetically):
K. Anderson, S. Anderson,
T. Barrett, S. Bond, I. Chapman,
K. Darnell, S. Davis, S. Deming,
C. Divinagracia, C. Edwards,
B. Eyre, G. Eyre, M. Ford, C. Glad,
J. Heaton, H. Hinck, S. Hopkins,
K. Hutchings, I. Jorgenson,
D. Kauwelo, K. Kedrowski,
J. King, B. Losee, J. McConnell,
L. Morris, S. Peterson, C. Quiring,
J. Smith, K. Tobler, M. Walia

PINNING CEREMONY

THURSDAY | APRIL 27, 2023 | 6:00 PM

HERITAGE CENTER THEATER | 105 N 100 E, CEDAR CITY, UT



FRIDAY | APRIL 28, 2023

COMMENCEMENT | SUU AMERICA FIRST EVENT CENTER | 8:30 AM

COHS CONVOCATION | SUU AMERICA FIRST CENTER | 3:30 pm

4 YEARS IN A ROW

SUU has been awarded the 2022-2023 Nursing College of Distinction Award, for the 4th year in a row and continue to put forth the effort and dedication into our outstanding programs. The College of Distinction gives recognition to the exemplary commitment to Engaged Students, Great Teaching, Vibrant Community, and Successful Outcomes. This year SUU Nursing strives to maintain this recognition for nursing academic programs.

HEALTH FAIR

On February 23, 2023 nursing students hosted a Student Health Fair for students, faculty, and staff. Nursing students were able to provide basic health assessments and offer the the most current health related information regarding wellness and a healthy lifestyle.



FASTEST BSN PROGRAM

Best Value Schools has given recognition to the BSN program as one of the fastest length of program to completion as well as ideal pricing per credit hour. Communication, critical thinking, and ethical decision-making are skills learned in the program and greatly valued in the profession.

IPE MOBILE WELLNESS VAN

In January of 2022, Camille Thomas and Mark Siemon were able to propose the idea of a wellness van. They successfully established the project of the Southern Utah University College of Health Sciences and Utah Health Scholars Interprofessional Education Mobile Wellness Program (IPE-MWP) after securing \$400,000 from the state of Utah to make this happen. The van gives students the opportunity to go to rural communities and vulnerable populations to educate and be able to do health assessments at schools and local businesses. Not only will the students be able to put their developing skills to work, learn from each other and different departments' strengths, but also have the opportunity to talk to the students in communities about the variety of healthcare professions. Students can connect with these communities to inform them about healthier lifestyles and habits, but also learn about key mental health principles.



AGRICULTURE/NUTRITION



**Kennedy
Springer**

Kennedy Springer graduated from SUU in 2017 with a Bachelor of Science degree in Human Nutrition, while also receiving the Walter Maxwell Gibson College of Science & Engineering Outstanding Student in Human Nutrition award. Springer says that one of the things she did at SUU that prepared her for the workforce was connecting with her professors and receiving their constructive criticism and support. She explains, "When you take that next step in your career path, a strong

letter of reference from your professors can go a long way." She proceeded to earn her Master's Degree in Nutrition from the University of Utah in 2020 then spent some time at the University of Washington where she was a 2020-21 Gatorade Sports Nutrition Immersion Program Fellow. Springer is now the director of Performance Nutrition for the Athletic Department at UNLV. One of the many things she loves about her job is being able to play a role in young athletes growth and development. She explains, "Sports have always been a huge part of my life and I love the athletic environment. One of the greatest feelings is sitting at a sporting event watching athletes compete and realizing that this is what I do for "work."" A piece of advice she gives is, "People. People. People. Sports Nutrition is a relatively new field so finding people and organizations to help you get your foot in the door is Nutrition. I would not be where I am today without seeking out mentors and opportunities in the world of Sports Nutrition. I have never met a Sports Dietitian that didn't want to help the next generation- reach out!"

KINESIOLOGY & OUTDOOR REC

Emma Brooks graduated from SUU in May 2020 with a bachelor's of Exercise Science and a minor in Psychology. Many opportunities helped prepare her but one of them was key; her membership in the Rural Health Scholars program. Learning to connect and build relationships with professors and mentors was another building block provided by SUU. Brooks resides in Indianapolis, Indiana where she attends graduate school at IndianaUniversity-Purdue University Indianapolis (IUPUI). She is graduating this May with a doctoral degree in occupational therapy. She says, "I have published research articles focusing on trauma-informed care and burnout among occupational therapy practitioners. Upon graduation I will be returning to Utah to prepare for the National Board for Certificate of Occupational Therapy (NBCOT) exam and find my first job as a licensed occupational therapy practitioner." Brooks is excited to have a career in occupational therapy because it focuses on enabling meaningful participation in occupations. She says, "I love that my profession is holistic and client-centered, often bridging the gap between medical model based healthcare services." Continuing, she adds, "I also love that my professional framework and scope of practice can be applied not only in a hospital or home setting but also to governmental, community and corporate settings providing me with endless opportunities for growth and advocacy efforts made towards cultures of health and wellness." A piece of advice Brooks would give someone going through a similar degree plan would be "you get what you put in ... You must be willing to go the extra mile, step into leadership positions, advocate for what you are passionate about, build relationships, and take advantage of the many opportunities around you."



Emma Brooks

APRIL 2023

INAUGURAL 5K FUNDING RUN

A "FUN"Ding Run was established by the COHS student advisory committee to build community, promote physical activity, and raise money for future student travel to professional conferences. It was a great success as there was 120+ participants that supported the students of COHS. Pure Hydration and Aesthetics was a sponsor and we thank them for their contributions. Thunder 91.1 KSUU provided music which runners enjoyed. There were lots of refreshments and snacks served after the event. COHS was able to achieve event goals of 100 runners and \$2,000 raised.



SUPPORT COHS

You can be the difference for COHS students to achieve their academic goals and professional aspirations. The College of Health Sciences has been preparing unique national and international study opportunities. The COHS Dean's Innovation Fund has been created to support these programs, trips, and conferences. These experiences help provide increased cultural awareness, experiential learning, and career preparation.



[Donate Now](#)

COHS SINCERELY
APPRECIATES YOUR
SUPPORT OF OUR
STUDENTS, FACULTY,
STAFF, AND ACADEMIC
PROGRAMS
-THANK YOU!