



## APSM Overview

Welcome to the APSM major yearly newsletter written by the three program representatives: Sydney Lavigne, applied physiology and health management, Anna Salzman, sport management and Celine Horner, sports performance leadership. In this newsletter, we are highlighting:

APHM: The Amazing Accomplishments of the APHM students at the Texas Chapter of the American College of Sports Medicine Conference

SM: Newsletter

SPL: A Spotlight on SPL Experiential Learning

## APHM: The Amazing Accomplishments of the APHM students at the Texas Chapter of the American College of Sports Medicine Conference



On February 20, 2020, six of our Applied Physiology and Health Management students competed in Waco, TX in the Texas Chapter of the American College of Sports Medicine Quiz Bowl Trivia Tournament. These students were selected by the faculty based on their academic performance in the APHM curriculum and proudly represented SMU, with both teams placing in the top 15 out of 33 other Universities in Texas. The Quiz Bowl aims to test students' knowledge on different fields of Exercise Physiology. Specifically, Cardiovascular Physiology, Neuromuscular Physiology, Biomechanics, Electrocardiograms, Exercise Prescription, Metabolism, Nutrition, and the history of past and present Physiologists. Over the past couple years, SMU has substantially improved in its performance in the competition and will continue to do so.

Not only did students compete in the Quiz Bowl Tournament, but other APHM students presented in the Poster Contest. Maddie McCredie and Abigail Reichow both work in the Cerebrovascular Research Laboratory under Dr. Sushmita Purkayastha who is a professor and researcher in the Applied Physiology and Health Management Department. Maddie and Abbie presented their research focused on Cerebral Autoregulation and Vasoactivity to a multiple of exercise physiologists. Maddie mentioned, "Being a part of Dr. Purkayastha's research of concussions and autonomic dysfunction has seamlessly combined my two majors, Applied Physiology and Psychology into one. I get to take the knowledge I've learned from two different fields and apply them in real life scenarios, which is something I never imagined during my undergraduate experience. Furthermore, doing human research has prepared me well for my future in nursing, so much of being a health care provider is simply learning how to interact with humans when they are most vulnerable." All of the students involved in research relay similar responses and appreciate the experiences they have gained by getting involved in research.

In addition, Claire Trotter, a PhD student who works with Dr. Scott Davis in the Integrative Physiology Laboratory focuses on research of the autonomic nervous system dysfunction in individuals living with Multiple Sclerosis. Claire received the TACSM Student Research Development Award and was awarded \$2,000 of funding to support her research titled, "Impact of a mindfulness-based training program on the stress response to acute sympathy-excitatory stimuli." We cannot wait to see what Claire discovers through her research study! Also, Sydney Lavigne, an undergraduate student in the program received the TACSM SMU Major of the Year Award and was selected by the faculty members of the APHM department for her academic achievements and involvement in the major.

This year's TACSM's President was our very own Dr. Scott Davis who is a researcher and professor in the Applied Physiology and Health Management Specialization. The conference was a great success, and for the first time had an international speaker present, Dr. Ollie Jay from Sydney, Australia! Stay tuned to see how SMU does next year at the conference, again in Waco, TX.

## SM: Newsletter

According to the Washington Post, only 27% of college graduates are working in careers related to what they majored in. SMU's Applied Physiology & Sport Management program prides itself on its 68% rate of majors graduating into sports-related fields. This is a testament to the effectiveness and focus of the Sport Management program, and why I am proud to represent the major as its student representative.

In researching graduate outcomes for this newsletter, I did a deeper dive into the SMU Master of Science in Sport Management. This is a focused program that is a hybrid with SMU's Cox School of Business, guided by many of the accomplished APSM staff such as Sport Management Director and Professor Peter Carton. As Dallas is a nexus for professional sports teams and is considered a top 5 sports market, undergraduate and graduate students are afforded opportunity and access to many teams and companies in our area. The Sport Management alumni have thus had success landing jobs with all five of the professional sports teams in Dallas as well as teams such as the Phoenix Suns and San Antonio Spurs.

There are other opportunities in areas such as marketing agencies that our graduates have had much success in. As such, the APSM masters program has recently hosted an exciting array of speakers, including the President of the XFL Dallas Renegades Grady Raskin, Larry Lundy of the Lundy Marketing Group, and the Senior Vice President of Lagardere Plus, Josh Wollock. While their individual experiences are varied, they imparted wisdom to the APSM students when discussing the relative marketing challenges of promoting sports teams and figures in a crowded marketplace.

This past year, some of our graduate students along with Professor Carton attended the National Sports Forum and won the prestigious 2020 Case Cup, in which the students compete in a masters case-style competition. Other memorable opportunities for the Sports Management graduate students this year included a visit to the College Football Playoff offices, as well as the Sports Management Worldwide Football Career Conference at the 2020 NFL Combine. These experiences allow the students not only to learn about the business behind the sports industry but also get the opportunity to network with professionals across the country.

While the Sport Management major was only developed in the last 10 years, the program now boasts over 600 alumni. One of the exciting possibilities in the future would be to build on the success of the APSM network to connect the alumni with current undergraduate and graduate students in both formal events and informal advice and networking forums. Creating these connections would benefit both students starting out their careers as well as those already in the work force, and further establish SMU as a premier institution in the world of sports management.



## SPL: A Spotlight on SPL Experiential Learning

The experiential learning course that is required for Sport Performance Leadership majors allows students to gain valuable, hands on experience in a field that he or she is interested in so they will be prepared for a viable and successful career. This “experiential learning lab” provides students the ability to apply concepts they have learned within the classroom curriculum to “real world” settings. Students work at their internship through an entire semester, learning and implementing coaching skills and duties in their work. The outcome and purpose of these internships is to have the student be able to demonstrate an ability to work responsibly and synergistically in a professional environment and to obtain a greater understanding of the structure and management of the environment being experienced.



Fall 2019, Guest Lecturer for Psychology of Sport, Calvin Hill, Former NFL Cowboy

Students have the option of completing 45 hours of work for 1 hour of credit, 90 hours for 2 hours of credit, or 135 hours for 3 hours of credit. Majority of students usually complete 135+ hours for credits because they are able to obtain an internship for either the summer or a complete semester, allowing them to gain more experience and a potential job offer once their term has ended. For the course, each student must complete a work log every day he or she attends work. The log involves stating how long the student worked that day and the different tasks that he or she performed for the day. The main part of the log is the reflection section, where students should take the time to reflect on what they have learned and how it would be helpful in his or her future career. The student’s employers must also turn in a midterm review of the student and attend a meeting with the internship supervisor to discuss the student’s overall performance.

Students have worked with many different businesses and companies and in various fields all around the Dallas and Fort Worth area. Some of the places that students have interned at are the After School All Stars Program, which is a free, comprehensive after-school program that provides students with different health and fitness activities, provides academic readiness, STEM, career exploration, and visual and performing arts. Other students have participated in internships that are more strength and conditioning based at different facilities, like Jesuit Strength and Conditioning and working directly with teams. Students have also worked with different SMU athletic teams, Dallas Parks and Recreation, the Olympic club, and even a company in China. Which type of company or business a student chooses to work with really depends on his or her interest and the faculty really takes that into account and helps students find exactly what they are looking for.

## SPL: A Spotlight on SPL Experiential Learning

Two students that have great opportunities and are currently completing their internships are Daniel Connolly and Sam Incardona. Daniel Connolly is working at the Olympic club in San Francisco, California. He is responsible for getting equipment and setting up the technology each day and helped plan and coach the junior golf camps. Daniel states that he is "able to get insight into both of his mentors teaching expertise and tap into their lifetime of knowledge for the game of golf." He was able to offer his ideas for drills and games when planning the camps and was then able to apply what he had learned through his time with the program to be a coach and part as the development of the campers. He got to experience the administrative side of the company as well as being an independent coach and working with a team of people to put on something to share with the public. He also states that "from his experience, he noticed how important it was to be able to instill confidence in his students." He was also able to learn about how important the relationship between the student and coach is.



Sam expressed his interest of becoming a manager for a team to Dr. Bertrand and Professor Robinson-Doyle earlier in his sophomore year and they were able to get him in contact with the Director of the women's basketball operations. He started off by shadowing the current manager and was officially made a manager when he started his Fall semester, this year as a junior. He states that "throughout his time working as a manager, he has learned so much about the day-to-day actions and responsibilities of high-level Division I basketball coaches, including how they approach and prepare for practice and games, how they effectively communicate and interact with their players and fellow coaches, how they overcome adversity, and how hard they work to help their players succeed on and off the court." He says that the most valuable thing he has learned from the job so far is time management because he travels with the team, which means at times he might have to miss class. Because of this he has to manage his time wisely and constantly communicate with his professors.

Sport Performance Leadership students and the program as a whole, is doing some amazing things out in the community and helping to make Dallas a better place for athletes of all ages. It is important that the students are getting out of the classroom because it is essential to develop skills as a coach and more importantly, as a leader. This variety of internships is evidence of how the SPL faculty is offering and making sure that students receive this critical portion of their education. If you are an alumnus, let us know if you had an internship anywhere during your time at SMU and where you are today!