

SAM HOUSTON STATE UNIVERSITY

# COLLEGE OF HEALTH SCIENCES



2022 ANNUAL REVIEW

*On the cover: Nursing and Athletic Training students participate in Interprofessional Education (IPE) Disaster Simulation.*

# WELCOME

**H**appy New Year! It is a pleasure to introduce the inaugural issue of the Sam Houston State University College of Health Sciences annual publication. The purpose of this piece is to provide a way to share with you the tremendous work being done by our students, alumni, faculty, and staff at the college, state, and national levels.

In this issue, we feature alumni success, celebrate ten years of nursing at SHSU, highlight faculty research and funding, introduce a new scholarship program, share department name changes, showcase kinesiology facility renovations, provide a deeper look into the nursing shortage, and much more.

I encourage you to share this with friends and colleagues, and please be sure to share with us what you've been up to. From our website and social media platforms, you will find even more college updates including upcoming events and recognitions.

It is an honor to serve as COHS's dean, and I am grateful for the support you give our college, the time you spend mentoring students and young alumni, and the gifts and scholarships that make so many of our programs and initiatives possible.

I look forward to continuing our connection. Please feel free to reach out to me directly should you want to learn more about our programs and initiatives. I welcome your feedback and perspectives.



A handwritten signature in black ink, appearing to read 'ERoper', written in a cursive style.

Dr. Emily Roper  
Dean, College of Health Sciences

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# BUILDING THE FUTURE

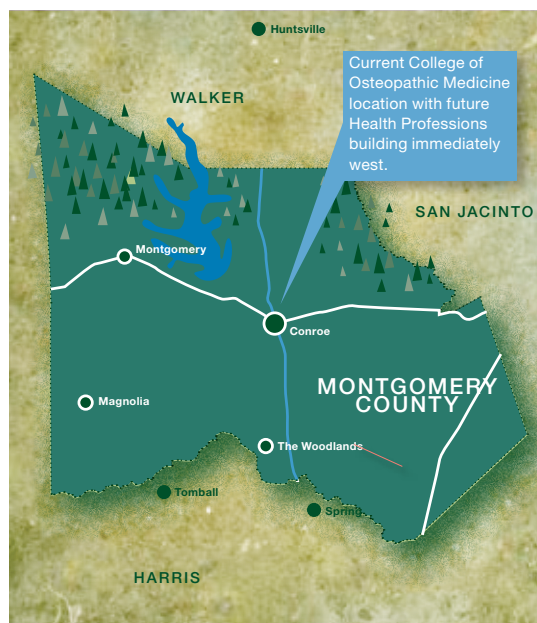
## The Health Professions Building

Exciting developments are not limited to programs, student activities, or faculty research. New facilities for the College of Health Sciences are also on the horizon. In 2021, SHSU received Tuition Revenue Bond funding to build a Health Professions Building. This building will be located adjacent to the College of Osteopathic Medicine (COM) in Conroe, TX. Proposed new programs to be housed in the 80,000 sq. ft. building includes a Doctorate in Physical Therapy and a Master of Science in Physician Assistant. Two existing health professions programs, the Master of Science in Athletic Training (MSAT) and the Master of Science in Dietetics, are also expected to move from main campus to the new building.

The guiding priorities for the selection of programs to be housed in this new building include:

- Strong workforce need and student demand—one of the primary goals is to educate and train students to meet our state's growing and rapidly changing healthcare needs.
- Programs that complement one another, thus providing opportunities for collaboration and interprofessional education (IPE).
- Programs that allow for students in existing programs to matriculate into the new offerings.
- To graduate students that better represent the communities they serve.

Prioritizing student success and student access is one of SHSU's key strategic priorities. The more that can be done as an educational institution to serve and meet the needs of all students, the more likely



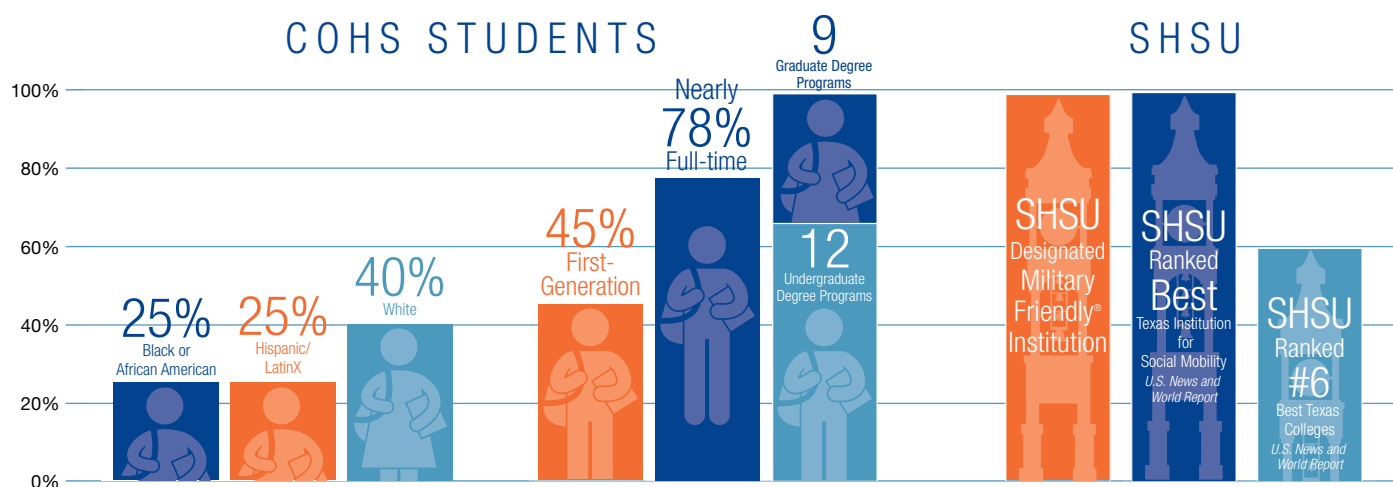
they are to have success in their careers post-graduation. In addition to instructional and skills lab space, the new Health Professions Building has a number of key innovative design features focused on student success:

- Instructional space with a focus on active-learning classrooms.
- Small group or team huddle rooms, as well as small spaces for students to study in an undistracted environment.
- Spaces for student services and amenities to support students' needs are also purposefully designed to meet student needs and include:
  - Disability services and testing
  - Fitness facility
  - Health center
  - Healthy and convenient made to order food
  - Mental health and counseling
  - A technology-rich health sciences and medical library.

The location of the new building also benefits from being directly adjacent to the COM. Simulation, standardized patient, and anatomy lab access will be shared amongst programs in both buildings. Thus, this positioning will help create a comprehensive campus focused on healthcare in one of the [fastest growing cities in the entire country](#).

Final programming decisions for the new building are currently being determined. Once finalized, an architecture firm will be selected, with construction anticipated to begin in Fall 2023.

# COHS FACTS



## Undergraduate and Graduate Degree Programs

### Human Sciences

Dietetics, MS  
 Fashion Merchandising, BA, BS  
 Food Science and Nutrition, BS  
 Food Service Management, BS  
 Interior Design, BA, BS

### Kinesiology

Athletic Training, MSAT  
 Double Major in Education and Kinesiology - PETE, BS  
 Human Performance and Wellness Management, BS  
 Kinesiology - Clinical Exercise Science, BS  
 Kinesiology, BS  
 Sport and Human Performance, MS  
 Sport Management, MS

### Public Health

Bilingual Health Care Studies, BS  
 Health Care Administration, BS  
 Health Care Quality and Safety, MS  
 Health Sciences, BS  
 Masters of Public Health, MPH  
 Public Health, BS

### School of Nursing

Nursing, BSN

## COHS Leadership

Emily Roper, PhD, Dean  
[ear007@shsu.edu](mailto:ear007@shsu.edu)

Jennifer Bunn, PhD, Associate Dean  
[jab229@shsu.edu](mailto:jab229@shsu.edu)

Ryan Zapalac, PhD, Associate Dean  
[rkz001@shsu.edu](mailto:rkz001@shsu.edu)

Christine Cardinal, JD, Assistant Dean for Diversity, Equity, & Inclusion  
[cxc107@shsu.edu](mailto:cxc107@shsu.edu)

Devon Berry, PhD, Director, School of Nursing  
[devonmberry@shsu.edu](mailto:devonmberry@shsu.edu)

Jennifer Didier, PhD, Chair, Kinesiology  
[jennifer.didier@shsu.edu](mailto:jennifer.didier@shsu.edu)

Ray Newman, PhD, Chair, Public Health  
[rgn006@shsu.edu](mailto:rgn006@shsu.edu)

Ronald Reed, MS, Chair, Human Sciences  
[rlr054@shsu.edu](mailto:rlr054@shsu.edu)

# BRIDGING THE GAP TO ADVANCED EDUCATION

For the second year in a row, Sam Houston State University was ranked as the best university in the state of Texas for Social Mobility by the “U.S. News & World Report” 2022 Best Colleges rankings. Institutions that earn this distinction do so by placing an emphasis on serving under-represented and economically disadvantaged students. One of the ways the College of Health Sciences (COHS) is working to impact the social mobility of its students is by launching the COHS Bridge scholarship program.

The 2022-2023 academic year serves as the inaugural year for the COHS Bridge scholarship program, created to encourage the transition of junior and senior SHSU undergraduate students from under-represented groups to pursue graduate programs.

“The Bridge program was designed to help COHS students who are seeking a graduate opportunity in any field. We are hopeful that this will help elevate our COHS students to apply to graduate programs,” Jennifer Bunn, COHS associate dean, said.

Students accepted into the Bridge program will be provided with the tools needed to be prepared for successful entry into a graduate program. Resources include faculty mentoring, research experience, meaningful outreach opportunities, social engagement and academic preparation. The program provides flexibility defining the students’ graduate pursuits and the guidance and opportunities to pursue education in health professions or related academic programs.

Led by fellow Bearkat, Amani Dotson ('21), who serves as director of the program, this new initiative will



also include unique programming for students in professionalism, life skills, general knowledge about graduate school and navigating the application process.

Each participating student will be paired with a COHS faculty mentor to offer a meaningful research experience for the student that will culminate in a research presentation. Students will also conduct faculty interviews and build a graduate school plan focused on their goals after graduation.

The Bearkat Bridge scholarship program welcomed six students and faculty members for the inaugural year:

**Jennifer Soriano:** senior, public health, Houston, TX; mentor: Stephen Brown, professor in public health

**Diana Olivares:** senior, health care administration, College Station, TX; mentor: Amanda Scarbrough, associate professor in public health

**Ellie Rogers:** junior, health sciences, Boerne, TX; mentor: Mario Muñoz, assistant professor in kinesiology

**Jacob Russell:** senior, public health,

Monroe, CT; mentor: Christine Cardinal, associate professor in public health

*“The exposure to the commitments and expectations of pursuing a graduate level degree, insights to the career, and ability to make connections in the field through the seminars and conversations with professors and staff, was a unique opportunity that I could not pass up.”*

**Brooke Brown:** senior, public health, Pflugerville, TX; mentor: M. Jade Zimpfer, research scientist from public health

*“I’m most excited about doing my own research project. At first, I didn’t even know that as an undergraduate you could do research. The only time I’ve ever heard about research is with graduate students. The chance to do my own project is exciting and I plan to research the environmental health factors, history, and current trends in the Houston Wards.”*

**Kaylee Fredella,** senior, kinesiology, The Woodlands, TX; mentor: Jennifer Bunn, professor in kinesiology

*For more information about the COHS Bridge program, please visit the College of Health Sciences website or contact Amani Dotson at aed045@shsu.edu.*



# RESEARCH AND GRANT FUNDING

The College of Health Sciences (COHS) possesses one of the most diverse research portfolios of any college on SHSU's campus. In 2020, COHS hired an Associate

Dean of Research, Jennifer Bunn, to promote and support faculty research efforts. Additionally, COHS created the **Faculty Research Award** to recognize scholarly and creative accomplishments. Faculty nominate

their peers to receive this award annually. To date, there have been three recipients: Amanda Scarbrough (2020), Khalid Khan (2021) and Min Kim (2022).

## Public Health



Amanda Scarbrough, associate professor, Department of Public Health

**Research focus:** Communication and geographic barriers that create disparities in public health such as food insecurity, reduced access to transportation that subsequently reduces access to healthcare and improving knowledge regarding the health and safety of vaccines.

### Funding agencies:

- Walmart Foundation
- Department of State Health Services
- Texas Higher Education Coordinating Board

## Public Health



Khalid Khan, associate professor, Department of Public Health

**Research focus:** Public and environmental health with a focus on brain toxicities and educational health intervention.

### Funding agencies:

- National Institute of Environmental Health Sciences
- Fogarty International Center

## Kinesiology



Min Kim, assistant professor, Department of Kinesiology

**Research Focus:** Preparation and well-being of physical educators within both the state of Texas and internationally. His most recent work includes assessing sources of stress and coping strategies of adapted physical education teachers as well as the experiences of physical educators while teaching online during the COVID-19 pandemic.

### Funding agencies:

- College of Health Sciences
- Sam Houston State University Center for Community Engagement
- SHSU PACE Center



# RESEARCH AND GRANT FUNDING

## Grant funding

Faculty within COHS have seen recent success in achieving more external funding for their research and scholarly work. In 2022, COHS faculty have been a part of research projects that have brought in over \$8 million to SHSU from funding agencies such as the Texas Department of State and Health Services (DHHS), the Texas Higher Education Coordinating Board (THECB), and the National Institutes of Health (NIH). SHSU also recently received \$6 million to create and implement an initiative for vaccine outreach. This collaborative project, led by the College of Education, includes Christine Cardinal, Mario Muñoz, Amanda Scarbrough, Devon Berry and Ivys Fernández-Pastrana from COHS.

The School of Nursing also recently received \$232,000 from the Nursing Shortage Reduction Program funded by the State of Texas to provide student support and help reduce the state nursing shortage. Praphul Joshi and Amanda Scarbrough in public health also recently secured a grant for \$41,000 from the THECB to help expand the public health workforce and advance health equity and support for underserved communities. These projects are all currently underway and seek to create significant community impacts.

## SHSU Office of Research and Sponsored Programs internal grants



• José Santiago, professor, kinesiology—“Preservice physical

education teachers content knowledge of health-related fitness in Latin America” \$5000 awarded

- Khalid Khan, public health—“Evaluating the feasibility and effectiveness of hearing” \$15,000 awarded

## COHS internal grant winners

COHS began implementing internal grant funding opportunities in the 2020-2021 academic year with options for both students and faculty to receive support for projects.

### 2020-2021

- Jennifer Didier, professor, kinesiology—“The use of a specialized chair to accelerate independent standing and stepping age in children with Down Syndrome,” \$6000 awarded
- Briana Marin, student, kinesiology—“Injury prevention in baseball pitching with scapular retraction loading,” \$230 awarded, mentored by Jennifer Didier



• Andrea Smith, assistant professor, nursing—“Sleep improvement intervention

for hospitalized antepartum patients,” \$6000 awarded

- Basem Boutros, assistant professor, human sciences—“The effects of social media nutrition information on body weight and diet behavior of college students: A mixed-method approach,” \$3400 awarded
- José Santiago, professor, kinesiology—“Preservice physical education teachers’ content knowledge of

health-related fitness in South Korea,” \$3800 awarded

### 2021-2022

- Christine Cardinal, associate professor, public health—“Risks and regulations: Evaluating college students’ vaping knowledge, behaviors, and impact of policies in a post-pandemic era,” \$6000 awarded
- Yvette Figueroa, assistant professor, kinesiology—“Assessment of training volume and fatigue in collegiate athletes,” \$7200 awarded
- Min Kim, assistant professor, kinesiology—“Adapted physical education teachers’ sources of stress and coping strategies,” \$1650 awarded
- Mario Muñoz, assistant professor, kinesiology—“Physical activity levels of Latinos working at a higher education institution,” \$7500 awarded



• Berna Rahi, assistant professor, human sciences—“Nutritional mineral and micronutrient

biomarkers and neurocognitive function in rural Bangladeshi adolescents,” \$7500 awarded

- Matthew Wagner, associate professor, kinesiology—“A comparison of the Concept2 rowing ergometer maximal oxygen consumption test and skeletal muscle saturation involvement with a maximal treadmill test,” \$4300 awarded

# FAST FACTS ABOUT THE MASTER OF SCIENCE IN ATHLETIC TRAINING (MSAT)

## What's Unique:

The Master of Science in Athletic Training (MSAT) has the first [3 + 2 program option](#) at Sam Houston State University. This means the first three years are spent obtaining the fundamentals in either the BS in Kinesiology – Clinical Exercise Science or the BS in Health Sciences, followed by two years in the MSAT program. Thus, a first-time, first-year student can leave SHSU in five years with a MSAT. There is also a [standalone two-year graduate option](#) for those that have already completed an undergraduate degree.

## Where:

The MSAT is currently housed on SHSU's main campus in the newly renovated Athletic Training Lab in the Department of Kinesiology, which is on the first floor of the Lee Drain Building. The program is expected to move to the new Health Professions Building scheduled to begin construction in Fall 2023.

## Who:

There are currently four full-time athletic training faculty and staff: Christopher Greenleaf, clinical assistant professor/clinical education coordinator; Mayrena Hernandez, assistant professor; Robin Hudson, athletic training lab coordinator; and Mary Williams, associate professor/athletic training program director.



*Christopher Greenleaf*



*Mayrena Hernandez*



*Robin Hudson*



*Mary Williams*

## When:

The MSAT welcomed its first cohort in Summer 2021. Each cohort begins in the summer semester, which is the only program entry point each year.

## Key Statistics:

Employment of athletic trainers is projected to grow 17 percent from 2021 to 2031—much faster than the average for all occupations (U.S. Bureau of Labor Statistics, 2022).

Texas is cited as the state with the highest employment rate for athletic trainers with a state annual mean wage of \$59,120. The Dallas-Fort Worth-Arlington and Houston-The Woodlands-Sugar Land metropolitan areas are ranked No. 5 and No. 6 respectively for the metropolitan areas with the highest level of employment for ATs. The annual mean wage in the DFW area is \$63,450 and greater Houston area is \$60,250.

The largest employers of athletic trainers are educational institutions (high schools, middle schools, and colleges/universities); however there are several emerging settings, including health care administration/rehabilitation, military, occupational health, the performing arts, and more. Resources | <https://www.nata.org/professional-interests/emerging-settings/resources>



# INTERPROFESSIONAL EDUCATION (IPE)

Interprofessional education (IPE) is the intentional effort to bring together students from two or more diverse disciplines to learn with, about, and from each other. Health science is a team sport, with the goal of teaching students that through interdisciplinary collaboration, they can more fully improve the health and wellness of their future patients and clients.

A study conducted by the National Academy of Sciences (NAS) indicated that IPE accounted for improvement in practice processes, specific patient care quality outcomes, morbidity and mortality decreasing rates, patient safety, and core efficiencies and costs.

“Students in our program engage in interprofessional education activities,” said Mary Williams,

athletic training program director. “This training allows students to develop the skills necessary to work in interdisciplinary teams and learn how to practice collaboratively while also maintaining a mutual respect for the varied scopes of practice across healthcare professions.”

In recent years, national and international events have prompted the world to change its methods toward disaster preparedness. Instructors within the SHSU College of Health Sciences have worked to build education to meet these challenges. To address these needs, graduate and undergraduate students, faculty and staff from the Departments of Human Sciences, Kinesiology, Public Health, the School of Nursing, and the College of

Osteopathic Medicine come together several times each semester to join in IPE activities. These simulation exercises focus on areas such as poverty, mass casualty/active shooter, and disaster and emergency care. IPE events also involve community partners such as local police departments and emergency and clinical care professionals.

IPE learning activities are often holistic in nature and incorporate innovative concepts such as cultural competence and wellness. Cross-cultural simulation engages students in a unique way by exposing them to other cultures, helping them better understand the impact culture has on organizations and human behavior.



# MENTORING TEAMS FOR EXCELLENCE

Each Fall semester brings new excitement, new challenges, and a lot of learning for new faculty members. Between completing the paperwork with human resources, moving into a new office, and preparing classes, there are many things faculty learn as they try to teach and make a difference in their classroom. Combine all these challenges with a global pandemic, remote teaching shuffles, and limited peer contact and it is easy to see how being a new faculty member can be difficult.

Leadership in the College of Health Sciences (COHS) recognized the need for enhanced new faculty support and took action with helpful programming. The Mentoring Teams for Excellence (MTE) program was created to build collaborative partnerships between

new and established faculty, while also promoting faculty retention.

The MTE program provides formal and informal mentoring to both tenure-track and non-tenure track faculty in the areas of teaching, research and scholarship, and service, with mentoring provided by senior faculty members throughout the college. Mentoring teams are formed across COHS, allowing mentees to have multiple senior faculty mentors available for guidance. This ensures that faculty receive information from an array of colleagues that differ in their approaches to teaching, service, and scholarly work. It also fosters diversity and inclusive perspectives, respect for others' areas of expertise, and a collegial working environment.

Program topics focus on workplace communication, collegiality, institutional policies and resources,

navigating student evaluation, creating a research plan, mentoring students, work-life balance, leadership development, and navigating the tenure and promotion process.

Feedback from program participants has been positive.

"... a nice initiative that helps faculty adjust and get acquainted with SHSU. One takeaway is about learning and how we should approach students and how to do the IDEA evaluation."

"My work-life balance needs work, and I can take charge of that. It's time to apply for promotion, and I now know more about that process and what I need to do. I did not know this before. It's a great program."

"As a college, we operate well as a team who wants all members to be successful, even if they are not in our department."





# PUBLIC HEALTH NOW AT THE FOREFRONT

Since the onset of COVID-19, no topic has been more on the minds of society than public health. As the Centers for Disease Control and Prevention began making recommendations for limiting the impact of the virus, public health officials were thrust into the spotlight.

The College of Health Sciences (COHS) is fortunate to have several programs focused specifically on public health, many of which resided in the previously named Department of Population Health. However, as departmental faculty, staff and students began to evaluate the identity of the department, it became clear that a shift to a new name—Department of



*Adannaa O. Alexander*

Public Health—was both timely and warranted.

“The name change is important because it directly connects bachelor’s and master’s programs. Students earning a bachelor’s degree from the Department of Public Health will see how that is a direct bridge to obtaining a master’s degree in public health,” said Adannaa O. Alexander, clinical assistant professor. “As a direct result from the COVID-19 pandemic, the general population is more aware of what public health is and its importance. Thus, the name change makes our department more visible.”

As population health is a subset of public health, faculty determined that the name change would be more reflective of industry trends and make it easier for the public to recognize disciplines associated with the department. Additionally, two of the primary programs are specifically tied to public health—the Bachelor

of Science in Public Health and the recently approved Master of Public Health.



*Stephen Brown*

“The term differentiates the work we do from the work of clinical and research medicine,” Stephen Brown, professor of public health said. “Unlike

these disciplines, public health primarily focuses on prevention (and lifestyle), not treatment, and on populations, not individuals. It’s the art and science of health promotion in communities and organizations. Most of the increase in life expectancy that we have enjoyed across the last century has been due to public health policies and interventions.”



# FEED 'EM UP, KATS!

After a 2014 survey of SHSU students revealed that over 50 percent of participants had experienced food insecurity in recent months, SHSU student Amber Spell knew it was time to live the university motto and work to create a resource that made a difference in the lives of her fellow Bearkats.

With the help of faculty advisement, a student organization dedicated to relieving food insecurity was formed and the Food Pantry at SHSU was launched.

“While the pantry is classified as a student organization, it has now evolved into a primary service provider for the university and the community that feeds on average 250 students and community members a month,” said Kathleen Gilbert, Food Pantry director.

As student needs have increased, so have the capabilities of this critical resource. The Food Pantry came under the direction of the College of Health Sciences in 2018. For almost two years, it operated from a small office space, but as demand increased, a larger location with better food storage and service capabilities was needed. In February 2020, the Food Pantry held its grand opening in its current location, a standalone building directly across from the Margaret Lea Houston building.

With the new building came a new opportunity to encourage an educational understanding of food insecurity as well. The Food Pantry works closely with nutrition faculty and students in the newly renamed Department of Human Sciences to provide ways for students to learn about the importance of proper nutrition.

## Programs:

**Houston Food Bank Partner Advisory Committee:** The Food Pantry at SHSU represents the Walker



## Impact by the numbers

Total lbs. of food distributed annually	Total student visits
75,000 lbs.	10,000 student visits since February 2020

## Partners

Wesley Foundation  
Powell Foundation  
Houston Food Bank  
Sustain Huntsville  
H-E-B

County region on the Houston Food Bank Partner Advisory Committee. The Houston Food Bank is the largest in the country, providing over 150 million meals annually. The purpose of the committee is to bring up opportunities and gaps in service, and transition those findings into solutions. This partnership and appointment to the board ensure that food is available to those in need to create better lives for our students and community. As recognition for their participation, the SHSU Food Pantry

received a \$10,000 stipend.

**Swipe Out Hunger:** This program is for students who need assistance with meals. Eligible students are provided with free meals on campus at Old Main Market or General's Market. Swipe Out Hunger is sponsored by ARAMARK, SHSU's primary food services provider.

**Buzzy's Backpacks:** The Food Pantry was awarded \$25,000 in grant funding from the Powell Foundation to purchase 1,000 backpacks for Huntsville ISD for their upcoming year's after-school backpack program for students in need. These backpacks serve as a vehicle to send food home to high need students who may not have a meal otherwise on the weekends. Huntsville ISD serves nearly 300 students per weekend.

**Community Garden:** Funding from the Powell Foundation allowed for the re-establishment and expansion of the community garden shared with the Wesley Foundation to provide produce during distributions. The Food Pantry also partners with a local nonprofit,





Sustain Huntsville, that helps supply fresh produce.

**Tool Kits:** After it was discovered that students would take only canned items with pop tops because they did not have the tools at home to access the food, the Food Pantry began providing can openers along with cooler bags to bring items home in.

**Mobile Food Pantry:** The Food Pantry was awarded \$50,000 in grant funding from the Powell Foundation in Spring 2022 to establish a mobile unit. The mobile unit allows for offsite distributions for students who may not have the ability to go to the campus location. The addition of the mobile unit also enhances awareness of services, allowing further outreach and engagement opportunities.

### Emergency Response Unit

The Food Pantry also has functioned as an emergency response unit for the university during critical events. Throughout COVID-19, it has been instrumental in ensuring student basic needs were met amidst the downturn and the shutdowns. Under the direction of the College of Health Sciences, the Food Pantry established SHSU as a Houston Food Bank Super Site to assist in the distribution of

food for the Bearkat, Huntsville, and surrounding communities throughout Summer 2020. Then, in February 2021, Winter Storm Uri struck, and again the Food Pantry opened its doors for all in their time of need, despite the dangerous conditions.

### Distribution

The Food Pantry operates by hosting food distributions twice a month, serving students fresh produce along with non-perishable items. Doors remain open during the week for donations and emergency situations.

#### Students are provided:

3 grains
4 proteins
4 soups
3 fruits
4 vegetables
1 beverage
1 condiment/sauce

### Tripod's Thrift and the Reba Bock Career Closet

In July 2022, COHS assumed oversight of Tripod's Thrift and the Reba Bock Career Closet. Both are donation-based programs

where students can pick out school supplies, hygiene items and interview appropriate attire at no cost. There is more to come from these initiatives as we continue to work with internal and external partners to expand both programs, as well as collaborate with faculty and students in the programs of fashion merchandising, interior design, food science and nutrition, and dietetics.

If you would like to make an impact with the [Food Pantry](#), [Tripod's Thrift](#), or the [Reba Bock Career Closet](#), please consider donating at [Donate Now](#).

### How to Get Involved

**Donate Food:** Donations are accepted between 9:00 a.m. – 3:00 p.m., Monday – Thursday.

**Donate Funds:** Set up one-time or recurring tax-deductible payments through the SHSU Office of University Advancement online giving page: [Donate Now](#).

Choose "Other" for the Gift Designation" and enter "Friends of the Food Pantry" in the "Other" text box. Donate funds by money order or cashier's check. Checks should be written out to "SHSU Food Pantry" and can be delivered to 1108 17th Street, Huntsville, TX 77341-2335

**Volunteer:** Volunteering with the SHSU Food Pantry is an excellent way to serve your SHSU community while getting the volunteer hours your organization needs. Our greatest need is food donations, so we invite you to "Adopt the Pantry." Simply pick one of our distribution days for the semester and commit to organizing a food drive that will feed the students who will be served at the pantry on that distribution day.

# FAMILY & CONSUMER SCIENCES EVOLVES TO HUMAN SCIENCES

**F**ood, shelter, and clothing are required for survival. By encouraging positive physical, mental, and behavioral health, academic fields within the newly renamed Department of Human Sciences contribute to a healthy human experience.

Evolution and change are innate to human experience and the story of the Department of Human Sciences is one of continued progression. Over the last 86 years, the department and its programs have changed with the times and the industries. The name change from Family and Consumer Sciences to Human Sciences represents a wide-ranging framework of research on human health, positioning our graduates to have an impact on the health of our communities while also supporting the strategic missions of the department, the College of Health Sciences, and the University.

“Family and Consumer Sciences and Human Sciences are intertwined,” explained department chair, Ron Reed. “Our name change to Human Sciences has a broader appeal and message that focuses not only on the relationship and interaction of the individual and family but how our disciplines and professions have evolved to positively impact the health and wellbeing of our local and global communities and businesses.”



*Ron Reed*



Interior design, fashion merchandising, food service management, food science and nutrition, and dietetics are all occupations that have advanced in recent years. With changing economic and workforce requirements, as well as a greater emphasis on professional licensure and credentialing, our graduates' academic preparation and job preparedness has evolved. The human sciences are intertwined with a variety of fields, providing interdisciplinary opportunities not only within the department but also across the college and institution. The Department of Human Sciences remains committed to preparing future professionals with the knowledge and abilities to make a meaningful influence on individuals, families, and communities.



*Basem Boutros*

“I am excited about the new department's name! The new name better reflects the academic majors and programs offered. The new name

is also consistent with the names of other departments across Texas and the country offering similar programs. Even with the new name, as faculty, we will continue to celebrate and commit to SHSU's rich history and values to provide high-quality education, scholarship, and service,” stated Dr. Basem A. Boutros, Assistant Professor and Graduate Coordinator.



# SCHOOL OF NURSING CELEBRATES TEN YEARS

The School of Nursing hosted its tenth anniversary gala on September 9th at The Woodlands Country Club. What started off as a small, “first time we’ve ever done this” kind of event quickly blossomed into a tremendous evening of giving, acknowledging, and celebrating, with over 200 guests in attendance.

## Giving

Corporate and individual sponsors generously funded the evening including our sponsor, St. Luke’s Health - The Woodlands Hospital. Four families, four healthcare systems represented by five separate hospitals, a bank, and three SHSU academic units combined resources to raise \$47,000. We were overwhelmed by the outpouring of community support.

## Acknowledging

The evening was designed to draw attention to the people and partnerships that have made the education of 1,000 SHSU nurses possible. Dr. Alisa White, SHSU President, and Dr. Michael Stephenson, SHSU Provost and Senior



Vice President of Academic Affairs, provided warm welcomes. Founding SON faculty delivered a series of toasts recognizing our students and alumni, faculty, staff, and community partners. Col. Rob Harmon, clinical assistant professor and the SON’s poet laureate, recited a spoken word

created just for the gala, recounting the history of the SON. A Bearkat librarian shared a moving recollection of how a Bearkat nurse cared for her father in his last days. Area hospitals, alongside the SON, awarded alumni nurses the Bearkat Star Award, which recognizes excellence in nursing practice.

## Celebrating

The top priority of the gala was to celebrate the contributions that SHSU and its partners have made to the community through the profession of nursing. If you attended, it’s likely you would have considered the mission accomplished. We listened, we laughed, we clapped, we talked, we recollected, we honored ... we celebrated! Above all, it was an evening that suggested the best is yet to come.



# KINESIOLOGY RELOCATION & RENOVATION

After 36 years in the Health and Kinesiology Center (HKC), the Department of Kinesiology relocated to the newly renovated first floor of the Lee Drain Building (LDB) on the SHSU main campus. This new home includes expanded lab spaces, research facilities, and faculty resources that will allow growth of existing and new programs.

Kinesiology recently added the Master of Science in Athletic Training (MSAT) program, the university's first 3 + 2 academic program. The department is seeking approval for a coaching minor and adding undergraduate courses in sport management. The new curricular additions would complement existing programs in physical education/teacher education, clinical exercise science, and human performance and wellness management at the undergraduate level, and the sport management and sport and human performance degrees at the graduate level.

The new space in LDB includes



faculty and staff offices, areas for teaching and research, large research labs, a student computer lab, and study spaces. The development of dedicated laboratory and activity spaces provides the department faculty, students, staff, and community partners opportunities to participate in research, teaching and

learning, fitness and wellness, and service activities.

*Athletic Training Lab* serves as didactic and clinical education space for the MSAT students.

- 2000 sq. ft.
- Examination/standardized patient rooms
- State-of-the-art patient simulator
- Wet and dry rehabilitation areas
- Specialized equipment for field training
- Audio and video for recording skills and testing students

*Strength Training Lab* is used to teach beginning and advanced courses specific to resistance training and provide strength training and testing equipment for research.

- Six strength training racks
- Elliptical trainer
- Recumbent bicycle
- Leg press
- Hack squat
- Kettlebells







*Exercise Physiology Teaching Lab and Wellness Center* is used for teaching and learning lab-based skills for human performance and fitness assessments.

- Active learning stations with mobile equipment
- Seven Monark cycle ergometers
- Elliptical trainer
- Schwinn air-dyne bike
- Recumbent bike

*Human Performance Lab* contains several pieces of equipment for clinical exercise and fitness assessments.

- 1500 sq. ft.
- Cardiovascular health assessment via EKG
- Cosmed metabolic analyzers
- Isokinetic muscular strength testing
- Two treadmills
- Two rowing ergometers
- Bicycle simulation
- Dual energy X-ray (DEXA) absorptiometry to measure bone density and body composition

*Biomechanics Motor Behavior Lab* is used for research and houses equipment related to assessments in movement, physics, and motor learning.

- 1500 sq. ft.

- 12-camera optical motion capture system to measure human movement with force plates for testing jumping, landing, and gait, pressure mats, and EMG.
- Virtual and augmented reality systems to measure skill learning, distracted driving and more.
- Equipment that measures reaction time, decision making, balance and other human abilities and neuromuscular variables
- Small group teaching and research meeting space

*Muscle Physiology Lab* is a wet lab space that allows for assessment of biochemical components in saliva, sweat, and blood as it relates to exercise and training

- 800 sq. ft.
- Refrigerated centrifuge
- Microplate reader
- Gel electrophoresis equipment and imager



# ALUMNI SPOTLIGHT

## Kinesiology

Jamie Kay Woodall

- B.S. in Athletic Training SHSU, 2015; MPH University of North Texas, 2017
- Executive Director of School Safety, Waller ISD



"SHSU prepared me for my career by providing a robust and supportive educational experience.

My experience as an Athletic Training Student exposed me to a variety of class offerings, an engaging faculty, and a welcoming environment on campus. My internship with Bearkat athletics in the athletic training program helped me to develop a strong work ethic and provided valuable experience in helping others. My experience at SHSU has helped cultivate my current work as the Executive Director of School Safety at Waller ISD, which allows me to prevent and mitigate emergencies while equipping others to feel safe and prepared should emergencies occur."

## Devin Justice-Francois Anderson

- B.S. in Kinesiology (concentration in applied exercise science, minor in general business), 2017; M.S. in Sport Management, 2019
- Third year PhD student and Graduate Teaching Assistant at The University of Georgia



"Throughout my time at SHSU, I learned to engage in a diverse

range of interactions with my peers, faculty, and staff. Through those unique interactions with individuals of differing backgrounds, life experiences, and cultures, my mind was then able to broaden which eventually lead me to accept the reality that there are many ways to achieve my personal and professional goals. No matter how outlandish my goals may have seemed, I realized that they are achievable. Building off that, the connections and relationships I developed during my time at SHSU were critical. Connecting to my time at SHSU, I had the opportunity to teach weight training classes during my masters and I can wholeheartedly say that my experiences at SHSU prepared me for teaching at UGA."

## Public Health

Arielle Bennett

- Degree: Master of Public Health in Health Promotion and Education, 2021
- Practice Coordinator at UTMB Galveston School of Public and Population Health



"My degree has opened many opportunities for me that I never thought that I would have. It has

put me in positions to be able to talk to community members about the importance of public health and being taken seriously. Another important impact is the relationships I have built by earning my degree at SHSU. Without the relationships I built with my professors, my mentors, and my cohort I would not have gotten as far as I have by my degree alone. SHSU gave me more than just an

education. It gave me a family."

## Kismot Kamal

- Healthcare Administration, 2021
- Associate Consultant at Oracle (remote)



"My degree from SHSU has impacted my life enormously. It is not just the degree, but the various

opportunities that were offered within campus have fostered my growth as an individual. I worked with several department on campus where I met individuals from different walks of life who have influenced the way I think and approach life. The skills and knowledge I gained from classes, extracurriculars, and internships have been impactful in the work that I do now."

## Human Sciences

Mariana De La Garza

- Bachelor of Arts in Interior Design, 2021
- Interior Designer at Colton House Realty, Design and Remodel



"My degree from SHSU allowed me to gain knowledge of design fundamentals crucial for

a career in interior design and that enabled me to create functional and beautiful homes. I would not have gotten to where I have thus far without the support of all the ID professors in the program and the mentors I've met through professional



organizations. It is so important to get involved. Showing up is 90% of life. My professors encouraged us to get involved with the various professional organizations that have student chapters.

I enjoy creating spaces and designs that reflect the client's personality. I always strive to design space that will positively affect people's lives. I work with a fabulous talented group of colleagues who want to succeed and use creativity to challenge design standards. The best part of my job is seeing the client's reactions when they see our designs come to life."

### Diana Groux, RD

- Masters of Dietetics, 2021
- Registered Dietitian working at Houston Methodist Hospital



"I am now a Registered Dietitian working at Houston Methodist Hospital in Baytown

and absolutely love it. The patient interaction and the satisfaction of helping people is better than I imagined. Seeing people from all walks of life and hearing their stories and being able to help them through their illness and teach them about nutrition, eating habits, etc., and how it directly impacts their overall health is very satisfying. And, one of things that is so exciting about Dietetics is how diverse it is—there are so many different directions you can take in this career—such as: clinical, private practice, corporate, retail, gyms, research, sports, school districts, private care facilities, long term care, boutique health clinics, etc. I have completely changed my career while

in my mid 50's—do not discount life experience!! It's never too late!"

### School of Nursing Charday Williams

- BS in Health Sciences 2017. BS in Nursing 2019
- I currently work at Memorial Hermann Sugarland as a RN II where I am both a floor nurse as well as a relief charge nurse.



"Prior to coming to SHSU, I was living in New Orleans working two jobs to begin financing my

education. This, along with assisting family, was quite the challenge, but per usual, I was up for it. Later, moving to a new state with no friends or family grew to be quite emotionally straining, but I was lucky enough to find a new support system with my College of Health Sciences family. Life gets tough. Sometimes, you feel like you're never going to stop drowning, you feel alone, and that no matter how much good you do, you never see any progress or positives in your life. This is all temporary. You have to keep fighting for your own benefit. Remember, the toughest soldiers are always given the hardest battles.

I enjoy the autonomy I get as a nurse to properly take care of others' family members as if they were my own. Working with people when they are at their lowest and seeing them progress throughout treatment is a feeling that I never thought would feel as pleasurable as it is. To have the opportunity to grow with them with every step of the way is very rewarding.

I chose nursing because I always felt the need to help others. I've

always been told that I had a calming aura about me and I thought that with knowing I have the ability to understand and critically think about situations on my own comfortably drew me to nursing.

I plan on working towards getting into CRNA school. Although I enjoy working bedside, I've also had a passion to be in an operating room working side by side with a surgeon."

### Karri Conway

- Bachelor's of Science in Nursing, 2015
- Neonatal Intensive Care Nurse and ECMO Nurse at Children's Medical Center Dallas



"My degree from SHSU gave me access to incredible mentors who helped shape and mold

me into the nurse that I am today. I felt fully prepared for life after graduation because of the preparation that was provided not only to pass the NCLEX, but more importantly, to serve the most vulnerable populations in my city with precision, empathy, and knowledge. Being at a SHSU also allowed me to study nursing while continuing in the "normal" college experience, which helped me to get the most out of the four years I spent at the university. I came to SHSU because I wanted a great education while still having smaller classroom sizes. It was the best of both worlds, providing a big college experience while also providing learning environments in which I felt like I knew my professors well and had access to help from them whenever I needed. "

# ADDRESSING A CRITICAL SHORTAGE

**M**any of us have stayed in the hospital and know that when you push the nurse call button, help is on the way. Imagine if there wasn't help. In fact, currently, the lack of healthcare professionals, especially nurses, is more severe than at any other time in living memory.

Nursing shortages in the U.S. are severe. The [Bureau of Labor Statistics \(BLS\)](#) projects that 275,000 more nurses will be needed between 2020 and 2030. Unfortunately, Texas is more heavily impacted by this shortage compared to almost any other state, only surpassed by California. The [Texas Department of State Health Services \(TDSHS\)](#) projects a state shortage of over 57,000 nurses by 2032 with over 21,000 of those being in the Gulf Coast region.

While most of these projections were formed prior to the pandemic,

SHSU School of Nursing's six largest clinical partners include:

[Baylor Scott & White HCA](#)

[Houston Methodist Memorial Hermann](#)

[St. Luke's Health](#)

[Texas Children's Hospital](#)

COVID-19 further complicated the situation. Surveys indicate that somewhere between 22 percent and 52 percent of the nursing workforce is considering leaving healthcare. If these projections are accurate, the current shortages will be exponentially exacerbated.

Shortage causes are numerous: changing demographics of the nation, an aging nursing workforce,



## Approaches to addressing clinical shortages

- partnering with local healthcare agencies to place students in night and weekend shifts
- developing innovative internships that allow students to grow long-term and promote financially beneficial relationships with local healthcare providers
- establishing cutting-edge simulation practices with standardized patients, wearable tech and advanced scenarios that allow us to reduce our reliance on clinical sites

healthcare environment challenges and an inadequate educational pipeline. This last cause, the inadequate educational pipeline, is due to a lack of seats in nursing programs

across the nation. According to the Texas Center for Nursing Workforce Studies, in 2021, almost [15,000 applicants to nursing programs were turned away](#) from SON's in Texas due to a lack of available seats.

These causes, except one, have no short or mid-term solutions. However, the educational pipeline challenge is one the SHSU School of Nursing is actively addressing. [Many believe](#) that one of the fastest solutions to the nursing shortage is to rapidly increase the number of nurses being educated.





As a state school of nursing with an established reputation for educating local students to join the local workforce, it is the mission of SHSU School of Nursing to address the shortage as aggressively as possible and rapidly expand enrollment. Likewise, the School of Nursing facility, located at The Woodlands

The School of Nursing works with 70+ additional clinical partners

Center campus, is currently being evaluated for expansion of space to support enrollment growth in the BSN program.

"Signaling the strength of our program, 4-5 students apply for every seat available. Thus, there is very high demand for the educational product we provide. The second requirement is tougher, but not insurmountable. Clinical placements with our valued partners is a critical component of a quality nursing training experience. As our program continues to grow, so must our clinical placements for our students. To build on this need for our students, the school is undertaking multiple efforts." Devon Berry, director, School of Nursing.



 SHSUcollegeofhealthsciences  
 SHSU\_COHS  
 shsu\_cohs/  
 125561617@N05/sets/

College of Health Sciences  
Lee Drain Bldg., Suite 201  
1900 Ave. I  
P.O. Box 2301  
Sam Houston State University  
Huntsville, TX 77341

936.294.2301  
cohs@shsu.edu



College of Health Sciences  
SAM HOUSTON STATE UNIVERSITY

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM