

College of Health Professions and Wellness

SPRING 2022

JSU's Master's in Sport Management Program Receives National Recognition

The sports industry is big business in the United States and around the world. JSU Kinesiology is positioned to provide students with the education to be a part of that growing industry. The Master's of Sport Management degree at JSU is now recognized as being among the best graduate programs for students that want to play a role in the future of sports.

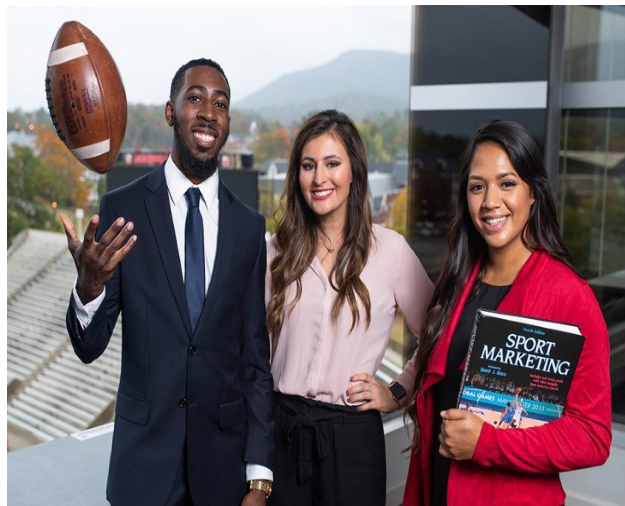
Directed by Dr. Reggie Overton, this program will prepare students in sport finance, marketing, advertising, media, coaching, facility and gameday management.

People in the world of sports are beginning to take note of what JSU has to offer. In the last couple of years, JSU's Master's in Sport Management program was recognized as the #10 Best Online Sport Management

Program by BestColleges.com, #2 Best Master's in Coaching Degree program by Intelligent.com, and #6 Best Online Master's in Sport Management by Intelligent.com.

To learn more about the JSU Graduate Sport Management program,

visit us at [JSU Kinesiology](http://JSUKinesiology.com) - [Master of Science in Sport Management](http://MasterofScienceinSportManagement.com)



“Dinner with the Dean” Events Offer Perspective and Opportunities for Input

Recently, JSU College of Health Professions and Wellness has hosted “Dinner with the Dean” at locations in Birmingham and Gadsden. These meetings brought JSU administration, faculty, alumni, and supporters of the college together to learn about upcoming

plans for the college. More importantly, it gave stakeholders an opportunity to provide input on those plans. From building renovations to new programs, a vast array of topics was covered.

These events were organized by Dr. Tracey

Matthews, Dean of the College of Health Professions and Wellness. We appreciate everyone that attended the events. Your input and support are always important to our future! Thank You!



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Message from the Dean: Tracey D. Matthews

Dear Alumni and Friends:

This issue of the College of Health Professions and Wellness newsletter is full of updates showcasing faculty research, student scholarship recipients and program recognitions, to name a few updates. As you read through the newsletter, I hope you are as excited as I am about the many activities for which our faculty and students are engaged.

The renovation of South Complex which will house our Nursing, Athletic Training and Respiratory Therapy programs is underway. Full



“I hope you are as excited as I am about the many activities for which our faculty and students are engaged”.

completion is targeted for January 2023. We can't wait to get into our new space and stay tuned for an open house that will allow you to tour our new facility. As part of the renovation process, we have launched our “Take a Seat” campaign. You can add your name or honor your friends and family by purchasing a seat in the newly renovated nursing classrooms. The 'seat' can be purchased for \$250 which includes a plaque honoring the donation. Please see information below on how you can “Take a Seat.”

In closing, I hope you enjoy reading the updates from the College of Health Professions and Wellness in our electronic newsletter. Please consider forwarding the newsletter on to anyone who may be interested in our programs.

Be well and Go Gamecocks!
Tracey

“Take A Seat” Campaign

Take a Seat! Many alumni have Add your name, or honor your friends and family, by purchasing a seat in the newly renovated nursing classrooms at Jacksonville State University. A chair can be purchased for \$250 and will include a plaque honoring your donation.

Why "Take a Seat"?

Naming a chair in the new nursing classrooms serves as a unique and personalized gift, for yourself, or to honor someone who loves JSU Nursing.

Text JSUHEALTH to 91999 or visit [Jacksonville State University \(mobilecause.com\)](https://www.jacksonvillestate.edu/mobilecause.com)



Take a Seat

A FUNDRAISER FOR THE
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JACKSONVILLE STATE UNIVERSITY

JSU Nursing's Allison Pearce Receives 2022 Alabama League of Nursing's Lamplighter Award

Mrs. Allison Pearce has been with JSU Nursing since 2014. Her work with Community Health, the partnerships she has created and the outreach for the community are just a few of the accomplishments that make her an excellent choice for this award. Allison has coordinated many Covid vaccination clinics as well as the campus Flu Vaccine campaign. Allison continues to have strong connections to our students well into their

graduation semester and beyond. JSU Nursing would like to thank Mrs. Allison Pearce for her work and commitment to the nursing profession. Congratulations on this most deserved honor!



Distinguished Lecturer Marilyn Bougere and Assistant Professor Sherron DeWeese Announce Retirement Plans

Long-time faculty of JSU Nursing have recently announced their retirement in the coming months.

Distinguished Lecturer, Mrs. Marilyn Bougere, has served JSU Nursing for over 28 years. Marilyn is a member of Sigma Theta Tau, International Nursing Honor Society, the author of several published articles in peer-reviewed journals, and a reviewer of several books and journals in her discipline. She is the recipient of many research awards and was voted "Who's Who" among teachers two years consecutively. Mrs. Bougere was awarded the Birmingham Metro Nursing in Excellence Award in 2014 for outstanding leadership, dedication,



and caring in the nursing profession. In December 2015, she was certified as an online-instructor at Jacksonville State University. Additionally, She is active in her community and in her church. Marilyn is a founding Board of Trustees member of *The 6:52 Project for HIV Awareness and Scholarship Administration* in Gadsden, Alabama. She serves on the Executive Committee of the *Seven Four Charitable Organization* in Gadsden, Alabama, and a past member of the Board of Directors for the East Alabama Boys and Girls Clubs of America, of Calhoun County, Anniston, Alabama.

Dr. Sherron B. DeWeese received her BSN in 1985 and completed her master's degree in Nursing with a focus as a women's health nurse practitioner in 1998 at the University of Alabama in Birmingham. She earned her DNP from Jacksonville State University in 2019. She has 36 years' experience in women's health nursing. Dr. DeWeese worked for many years as a labor and delivery nurse and childbirth educator. She joined the JSU family in 1995 as an adjunct faculty and later became full-time nursing faculty in 1998. In 2019, Dr. DeWeese was promoted to assistant professor.

Sherron is currently teaching Childbearing Families and Perspectives in Women's Health in Nursing at Jacksonville State University

She has presented at many ASNA meetings, Oxford England Roundtable and several nursing and community groups on topics such as the Zika virus, human trafficking, eating disorders, adolescent growth and development, self-esteem, women's health issues, and adolescent pregnancy.

Dr. DeWeese also has a strong interest in international service-learning and advancing global health through international medical mission trips. She has served on medical mission teams in the remote areas of Shinyanga, Africa and the Copan Mountains of Honduras.

Congratulations to you both! Thank you for your dedication to the nursing profession. You will be missed!



JSU Nurse Practitioner, MSN, BSN Community Health Students Join with Healthcare Professionals at St. Michael's Clinic

Nursing clinics are not only an important part of the student's education, but they are also an important part of serving the community. Recently, JSU graduate and undergraduate nursing students joined together in a new learning model that teams nursing students from baccalaureate, master's, and nurse practitioner programs. This collaborative educational experience provides an opportunity for the student

to see nursing care from a variety of perspectives, at various levels. More importantly, it provides an opportunity to serve the local community in a more comprehensive manner. Recently, JSU Nursing students were able to provide such care at St. Michael's clinic in Anniston, Alabama. Joining together in service learning can enhance JSU Nursing's ability to contribute to the community and provide our stu-

dents with the best nursing education.



JSU Alumnus, Taylor Burt, Named National Softball Coach of the Year

Coach Taylor Burt ('20), graduate of JSU Kinesiology's Master's in Health and Physical Education program, was recently honored as the "*National Softball Coach of the Year*" by the National High School Coaches Association (NHSCA). Coach Burt currently serves as head coach in softball and flag football at Hewitt Trussville high school. Her most recent softball and flag football teams won 7A state titles.

Upon receiving the national award, Taylor was honored by Mayor Buddy Choat and the Trussville City Council with the city proclaiming February 24, 2022, as Coach Taylor Burt Day. She is one of six women to garner this accolade as part of the 2020-2021 class being honored by the NHSCA.

JSU Kinesiology would like to congratulate Coach Taylor Burt for receiving this most prestigious award.



JSU Respiratory Students Awarded Scholarships from Alabama Society for Respiratory Therapy

Senior JSU Respiratory Therapy students Macy Freeman and Lindsey Couch were awarded scholarships from the Alabama Society for Respiratory Care®. These scholarships are awarded based on academic excellence in respiratory therapy. Only three of the scholarships were conferred for the 2021-22 academic year. The scholarships were presented by ASRC president-elect, Ed Goodwin and ASRC board member, Jerry King.

JSU respiratory therapy program director, Ed Goodwin, recognized that Macy and Lindsey have represented Jacksonville State's program well and that their hard work demonstrates their commitment to excellence. Having two of the three scholarships awarded to JSU students serves as reminder of the quality of our program and the quality of the students.

JSU Respiratory Therapy is currently the only baccalaureate degree program within the State of Alabama. The program serves a vital need as the demand for qualified therapists remains high. Congratulations to Macy and Lindsey for receiving this award and thank you for all your hard work and commitment to the profession!

Respiratory Therapists are specialized healthcare providers trained to help treat breathing disorders. Respiratory Therapists provide care for people of all ages. From newborns to the elderly, and every age in between.



Jacksonville State University

College of Health Professions and Wellness
700 Pelham Road North
Jacksonville, Alabama 36265

Phone: 256-782-5425
Email: shpw_info@jsu.edu



We're on the Web!
www.jsu.edu/health

Join us on the JSU Health Professions and Wellness Alumni LinkedIn page!
Open to all alumni, friends, and supporters!

RESEARCH CORNER

Dr. Majid S. Koozehchian: Creatine and Sodium Bicarbonate Improves Anaerobic Performance

Creatine (CR) is a chemical found naturally in the body. It is also in red meat and seafood. CR is often used to improve exercise performance and muscle mass and helps the muscles recover more quickly during exercise. This muscular improvement may help athletes achieve bursts of speed and energy, especially during short bouts of high-intensity activities like weight lifting or sprinting.

Baking soda, otherwise known as sodium bicarbonate (SB), is a familiar chemical compound. The alkaline pH of SB is 8.4 and has a role in buffering excess hydrogen during high-intensity exercise. Interestingly, kidneys produce SB to help the body maintain proper pH levels. It is one of the primary buffering substrates in the body because it accepts a hydrogen ion, which increases its pH to make it less acidic. During exercise, bicarbonate and other buffering agents pull the hydrogen out of the working muscle and into the bloodstream, allowing the muscle to return to a less acidic state. Thus, supplementing with SB may aid in this process, allowing the muscle to maintain more prolonged bouts of

exercise.

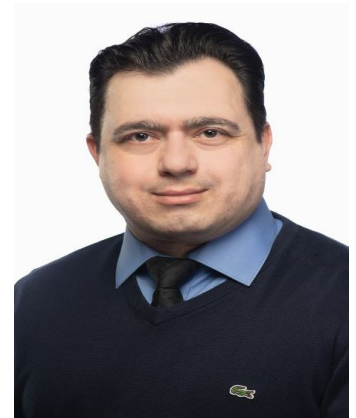
We conducted this study to see whether the coingestion of CR and SB can provide additional ergogenic effects on a high-intensity anaerobic sport or not. The result of this study can be generalized to other anaerobic sports such as martial arts, weight lifting, circuit training, and pilates.

We recruited 40 trained Taekwondo athletes and randomized them to the following groups:

- *CR and SB
- *CR
- *SB
- *Placebo

Participants took each supplement for five days. Before and after supplementation, participants completed three bouts of a Taekwondo Anaerobic Intermittent Kick Test (TAIKT) to determine changes in peak power (PP), mean power (MP), and fatigue index (FI). Blood lactate (BL) was measured before, immediately following, and 3 min post-TAIKT.

This study found improvements in PP and MP compared to a PLA or CON when CR and SB were ingested alone



using a taekwondo-specific test. Co-ingestion of CR with SB further augmented MP compared to CR and SB alone. As such, coaches and athletes could consider using these supplements to provide a possible performance advantage; however, individual responsiveness may need to be considered. Thus, short-term CR (20 g/day) and SB (500 mg/kg/day) alone enhance exercise performance compared to PLA and CON in trained taekwondo athletes. CR co-ingested with SB increases MP during an anaerobic sport-specific test compared to CR and SB alone.

Published:

Short-Term Co-Ingestion of Creatine and Sodium Bicarbonate Improves Anaerobic Performance in Trained Taekwondo Athletes. *JISSN*, 2021. 18 (10): p. 9.