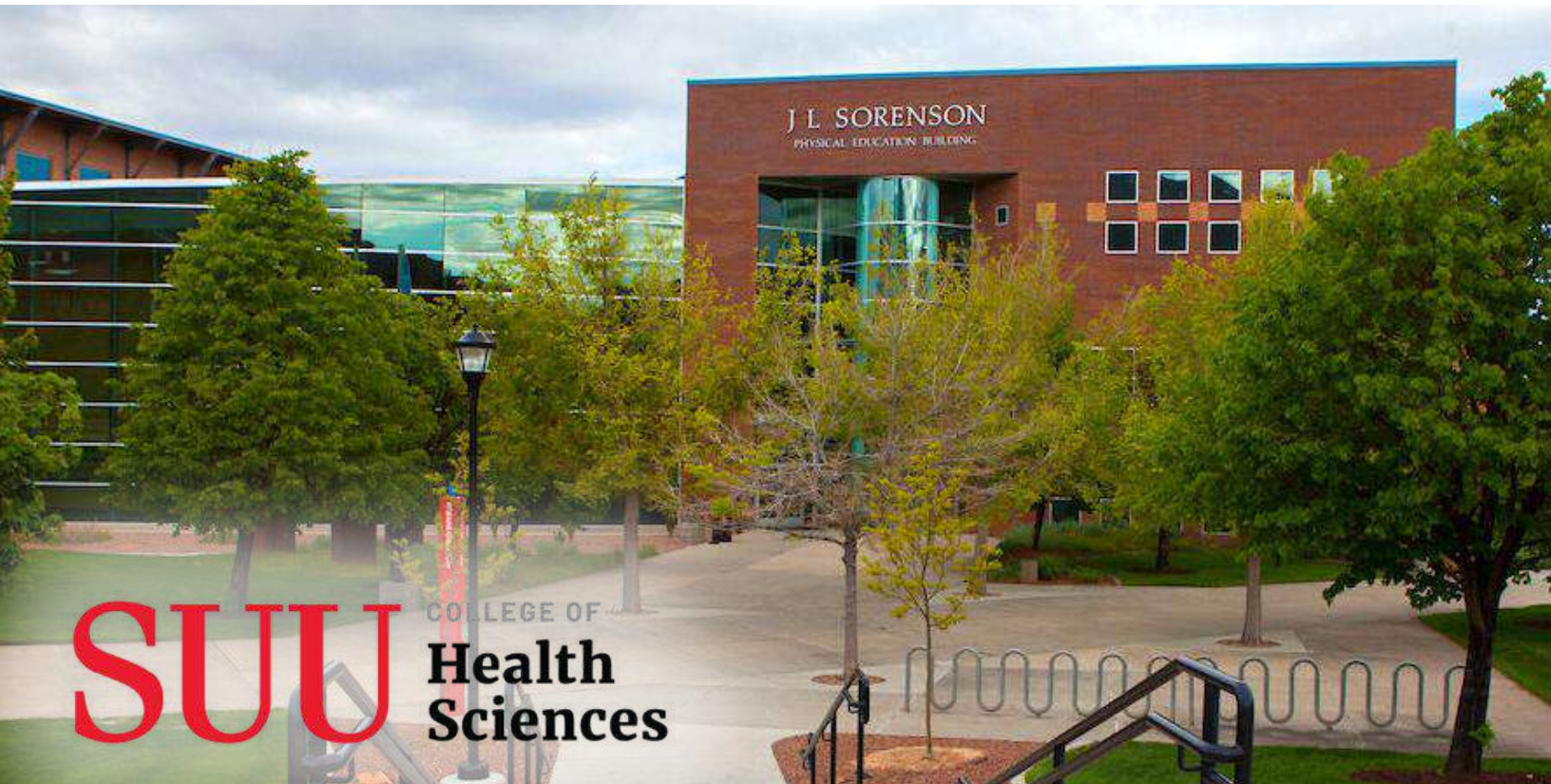


COLLEGE OF HEALTH SCIENCES

* FALL 2023 NEWSLETTER *



SUU COLLEGE OF
**Health
Sciences**



J. TONY OLIVER
- COHS DEAN -

Seasons Greetings from the College of Health Sciences at SUU and THANK YOU for your generous and dedicated support over the years! COHS continues to prosper and expanded its reach during the Fall 2023 semester, launching two new master's degree programs (Nursing-Leadership & Administration, Nutrition-Dietetics) and two academic pathways to the new Nursing master's degree (RN-to-MSN and MSN/MBA). As COHS progresses into 2024, we invite you to consider supporting the COHS Dean's Innovation Fund, with contributions applied directly to three focused initiatives:

1) Mini-grants for student participation in research-scholarship activities [ex-travel costs to present at professional conferences], **2)** Mini scholarships for first-generation college students to participate in faculty-led study abroad programs, and **3)** the annual Dr. Rick Lambson Teaching Excellence award to honor outstanding teaching by college faculty. If interested, please visit the [COHS Gift Page](#) to participate. We wish you a memorable 2023 holiday season and look forward to hosting you on campus during your next visit to Cedar City.

Dean J. Tony Oliver

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BROOKLYN HENDERSON

COHS Student Senator



Happy Holidays!

I'm Brooklyn Henderson, your College of Health Sciences student senator for the 2023-2024 academic year. I'm a Nursing major and thrilled to have the opportunity to represent the students from the best college on campus. Currently, I serve as the co-chair of the College of the Health Sciences Student Advisory Committee, alongside Dean Oliver. Our committee is dedicated to enhancing student's experiences in the COHS by increasing involvement to promote unity while creating and preserving fun annual traditions of our college.

One specific goal we set is to have at least one COHS-sponsored event each semester, bringing together students from various COHS departments. For example, on November 29th from 4-6pm was our first ever College of Health Sciences sponsored Holiday Party which included service-based activities to help the community such as making blankets, writing letters to the elderly in nursing homes, donating food and of course, having some holiday fun with Christmas cookie decorating.

As your Health Science Senator, I'm dedicated to upholding the COHS mission of fostering a culture of health and wellness within our university community, especially the SUU Student Association Senate. But most importantly, my highest priority is to listen to the voices of our fellow students. Your input is essential to shaping our college's future and I am here to work tirelessly on your behalf. Let's make the 2023-2024 academic year a memorable one for the College of Health Sciences.

Best,
Brooklyn

STUDENT ADVISORY COMMITTEE



**Human Nutrition
Representative**
D. Goebel



**COHS
Senator**
B. Henderson



**ORPT
Representative**
E. Brown

Our mission is to serve and represent the students of the College of Health Sciences and the broader community, by working collaboratively as representatives of diverse disciplines. We are committed to increasing involvement, fostering a strong sense of community, continuously improving the student experience and instilling a deep feeling of belonging.



**KOR
Representative**
M. Bunn



**Nursing
Representative**
C. Cox



**Pre-Nursing
Representative**
N. Flores



**Human Nutrition Rep. &
COHS Student Ambassador**
B. Austin



**Agriculture
Representative**
B. Humphries

COHS ADVISORY BOARD

The Board met during homecoming week, September 18-23, 2023. A successful discussion about programs updates was the main focus. Thank you to these experienced professionals for taking the time and energy to collaborate with COHS faculty and administrators to insure high quality academic programs.



**Kinesiology +
Pre-Physical
Therapy**
Ashley
Aardsma



**Exercise
Science +
Pre-Physical
Therapy**
Benjamin
Bahr



**Exercise
Science**
Sean
Davis



Nutrition
Artis
Grady



**Athletic
Training**
Ashlee
Humphries



Nursing
Alan
Pearson



**Outdoor
Recreation,
Parks, &
Tourism**
Paul
Roelandt



**PE
Teaching/
Coaching**
Jeff
Rudy



**Athletic
Training**
Hailey
Rushton



Agriculture
Dave
Staheli



**Sports
Conditioning
and
Performance**
Natalie
Suazo

ANNUAL AGRICULTURE CLUB JUDGING CONTEST

The 2023 Annual Agriculture Club Livestock, Horse, Agronomy, and Range Judging Contest was held on September 26, 2023 at the Diamond Z Arena and SUU Valley Farm. This event is an opportunity for the SUU Ag Club to be involved in learning, leadership, and experiencing what it takes to carry out this type of event, as well as raising money for the club. High School FFA students participate to better prepare for the State competition, along with getting hands-on and applied experience and developing skills they can use in the future. With **Chad Gasser** judging livestock, **Mitch Greer** judging range, **Dean Winward** judging agronomy, and **Lee Wood** judging the horse contest. 573 high school Future Farmers of America (FFA) students participated in the Contest.



FFA Students witnessing the livestock judging contest.



FFA students witnessing horse judging.



**AGNS Department
Chair, Professor**
Chad Gasser



**Agriculture
Assistant Professor**
Mitch Greer



**Ag/Program Resource
Cord., Associate Prof.**
Dean Winward



**Agriculture
Associate Professor**
Lee Wood

HERITAGE DAY PARADE

(L-R) Bryson Humphries- Agriculture Club President, and Ellie Johnson



(L-R) Nate Cummings and Julian Vega



Agriculture students riding the float in the Heritage Festival Parade.



The Livestock and Heritage Festival Parade was hosted on Saturday, October 28th, 2023. The Agriculture club is involved every year, and this year had about 30 Ag Club members participating. Lots of preparation goes into these events taking into account the livestock transported, tended to, prepared to walk, etc. "The Heritage Festival is always a success for our program, it helps promote our club and shows our importance at SUU." (**Bryson Humphries**, the President of the Ag Club). About 50 Texas Longhorn horses and 1,000 sheep participate in the parade trailing down Main Street. The sheep are a historic symbol for the area, and the main reason for the parade, therefore they are rewarded with treats at the end.

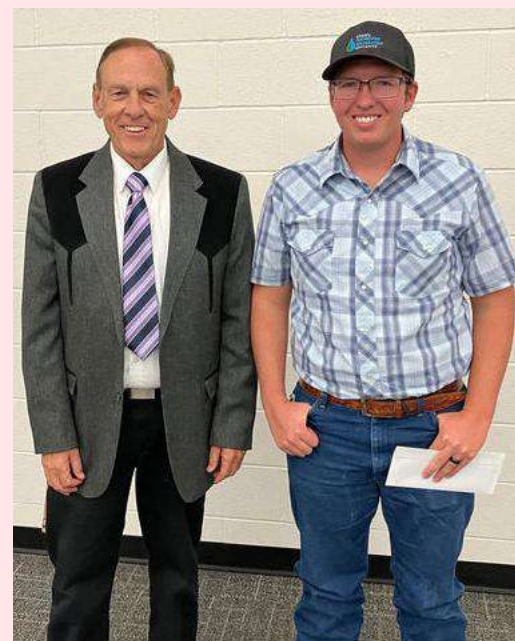


(L-R) Kathrine Dickinson, Sage Carlson, Kami Holt, Sarah Steffan, Clara Anderson



1 OF 3 IN UTAH

Hal Guymon, a senior from Huntington, Utah, is pursuing a degree in Range Management. The State of Utah Society for Range Management established the L.A. Stoddart Scholarship in 1974 in honor of the late Dr. Stoddart, a distinguished researcher, scholar, and former head of the Range Science Department at UTU. This cash scholarship is granted annually to only three exceptional range management students in the entire state of Utah. Notably, this marks the second consecutive year that an SUU range student has received this prestigious award. **Guymon's** passion for range management began at a young age. He knew that he wanted to turn his love for the outdoors into a career that would allow him to make a difference in the world. Now, as a senior at Southern Utah University, he has excelled in his studies and has proven himself to be a dedicated and talented student. Receiving the L.A. Stoddart Scholarship is a huge accomplishment for **Guymon**, and he is honored to have been chosen among the many talented students in Utah. He plans to use the scholarship to further his education and gain valuable experience in the field of range management. **Guymon** is grateful to his professors at SUU for their support and guidance throughout his academic journey.



(L-R) Jeff Barnes, Hal Guymon

MSSSCP AT NSCA

Dr. Marcus Lawrence, accompanied by six Master's of Science in Sports Conditioning and Performance (MSSSCP) students, attended the National Strength and Conditioning Association (NSCA) Annual Meeting in Las Vegas, Nevada from July 12-15, 2023. Four students - **Ogochukwu (Emma) Nwachukwu**, **Noah Staheli**, **Emily Wilson**, and **Augustine Agyei** - presented their Master's theses. Additionally, two current MSSSCP students, Jim Healis and Shaya Piccini, attended the conference to gain further insight into the strength and conditioning discipline and network with industry professionals. Notably, the MSSSCP program was recognized by NSCA as an Education Recognition Program (ERP).



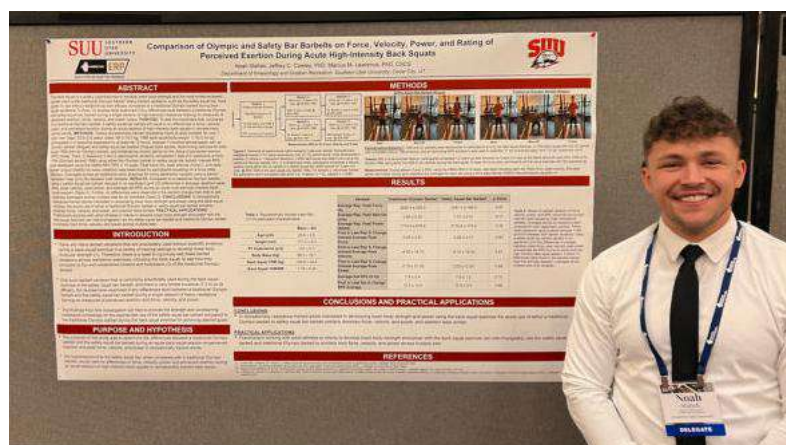
Ogochukwu (Emma) Nwachukwu
Poster Presentation



Shayla Piccini
Presentation



Augustine Agyei
Oral Presentation



Noah Staheli
Poster Presentation

NUTRITION AT FNCE

eat right. Academy of Nutrition and Dietetics

FNCE 2023

Food & Nutrition Conference & Expo

Denver, CO | October 7-10



Celesta Lyman
Assistant Professor
Nutrition Science

Celesta Lyman and **Temi Ibiyemi** attended the Food and Nutrition Conference & Expo (FNCE) in Denver, Colorado October 7th-10th. With up to 13,000 attendees, this conference is focused on the newest nutrition research and practices. **Lyman** and **Ibiyemi** were able to participate in a wide variety of sessions, with topics such as leadership, eliminating biased language, the disease of obesity, food as medicine, binge eating disorder, pediatric trauma, and eating disorders in male athletes. **Lyman** has since been able to implement the information learned in the sessions to her Nutrition Counseling, Nutrition Assessment, Dietetic Professionalism, and Nutrition Foundation courses.


Ibiyemi is a member of the Academy of Nutrition and Dietetics and hence was invited to attend the conference. He presented a poster that focused on the objective and subjective measurements of fruits and vegetables using new technology - the veggie meter device.



Attendees at the FNCE

Dr. Temitope Ibiyemi

- Assistant Professor of Human Nutrition
 - Ph.D. in Nutritional Science (2023) – Texas Tech University
 - M.Sc. in Nutritional Science (2023)– Texas Tech University
 - MS Human Services and Consumer Sci (2018) – Texas Southern University
 - *B5 Food Technology (2013) – Yaba College of Tech, Lagos, Nigeria
 - *Associate Food Technology (2010) – Yaba College of Tech, Lagos, Nigeria
- Research interests:**
 - Addressing food insecurity and malnutrition among underserved communities
 - Improving healthy eating behaviors among college students
 - Conducting evidence-based Nutrition Education
 - Food product development



SUU



Dr. Temi Ibiyemi,
Assistant
Professor
Human Nutrition

EXERCISE SCIENCE AT SWACSM

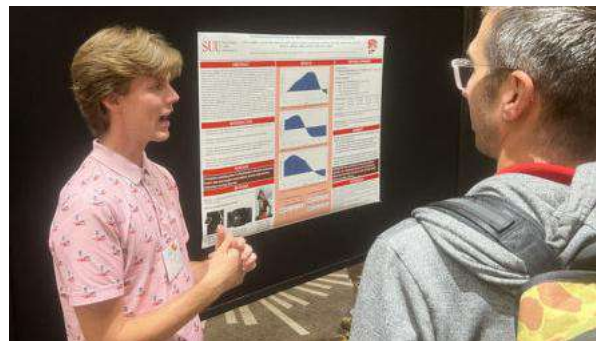
Seven undergraduate Exercise Science students, two MSSCP graduate students, **Dr. Julie Taylor, Dr. Jeff Cowley, and Dr. Marcus Lawrence** attended the Southwest Chapter of the American College of Sports Medicine Conference (SWACSM) in Costa Mesa, California October 27-28. They attended lectures about exercise and physical activity guidelines, and how to apply them at SUU and in the region.



Our SUU graduate student **LeighAnne T. Paulson** competed in the Graduate Student Research Competition for the SWACSM, and was one of only seven graduate students who made the final cut to present. **Paulson** submitted a 5-page expanded abstract about her thesis project on “Physical Function in Young and Older Adult Active Pickleball Players”. She was able to proceed with giving an oral presentation at the conference (pictured below).



Two undergraduate Exercise Science teams, Team 1 (**Talon Thornton, Korina Ziegler, and Wesley Ziegler**) and Team 2 (**Eric Lambert, Spencer Maxwell, Kjerstin Woodrum**) competed in Student Jeopardy at the SWACSM. Over 20 universities from the integrated Southwest region competed at the conference. Team 1 placed 2nd, only missing a single question, while Team 2 placed 4th. SUU was the highest ranking Utah university by far, finishing higher than both BYU and UVU.



The seven undergraduate Exercise Science students completed posters of research projects and gained the opportunity to present at the SWACSM Annual Meeting. The students: **Eric Lambert** (pictured above), **Nicole Argueta, Spencer Maxwell, Talon Thornton, Kjerstin Woodrum, Korina Ziegler, and Wesley Ziegler.**

ZOMBIE RUN

Professor Jason Burton, along with his ORPT 4740 class, hosted a Zombie Run on October 30th. Students and community members participated in the race. Human winners received trophies, while the class voted their favorite zombie. The event was a great way for students to get involved in permits, waivers, marketing, and evaluation. They strive to continue this event every year.



**Lecturer for
Outdoor Recreation
in Parks and
Tourism**
Jason Burton



MSSCP EARNS NSCA RECOGNITION

The National Strength and Conditioning Association (NSCA) Education Recognition Program (ERP) is considered the world's premier organization committed to advancing the strength and conditioning discipline. SUU is honored to be a recognized and distinguished regional academic institution with strength and conditioning curricula in undergraduate and graduate programs that meet the educational guidelines endorsed by the NSCA. As the only institution in the state of Utah to be recognized in this manner we strive in the College of Health Sciences to continue to uphold and exceed the expectations and standards of the NSCA ERP for the Masters of Sports Conditioning & Performance academic program (MSSCP).



HONORS CAPSTONE PROJECT



James Woodrum

James Woodrum is a senior student in the Exercise Science program. With the plan to become a chiropractor as a future career he recently completed the Honors Capstone Project with the main focus of inquiry on people's perception of chiropractic care. The purpose of **Woodrum's** study was to assess current perceptions towards chiropractic medicine. He also wanted to determine where and how these various perceptions come from with the intention to see if further education is one way to decrease the prevalence of negative perceptions. This may further eliminate the barriers that exist that prevent patients from seeking out chiropractic care. **Woodrum** surveyed a total of 59 participants using a non-probability sampling survey by posting fliers around Southern Utah University campus. Results indicated that about 40% of participants have been discouraged from seeking a chiropractic treatment via family member, friend, or an online source. Due to a small infographic reading sample there was a significant increase ($p < 0.05$) in the participants' likelihood for visiting a chiropractor, significant increase ($p < 0.01$) in chiropractic knowledge, and significant decrease ($p < 0.01$) in the opinion that chiropractic care is dangerous. Learning about the common negative perceptions as well as sharing positive information made the study a success with **Woodrum** pleased with results. A Honors Capstone Project is approved to fall under any one of the following categories: Honors Thesis, Creative or Experiential Projects, or Honors Capstone within Major. "I have had the amazing opportunity to further my education about chiropractic care before graduate school. Thank you to anyone who participated in my study and made this possible!" **Woodrum** expressed during a recent interview.

NURSING PLEDGING CEREMONY

On Monday October 30th, forty new Nursing students participated in the Pledging Ceremony in the R. Haze Hunter Great Hall. Each student has a significant role in preparing for the event, including creating and designing invitations as well as developing a video to introduce themselves. Most important is they create their pledge. Two student leaders along with **Prof. Shane Yardley** shared motivating advice during the ceremony. A musical number was also performed. **Prof. Donna Lister** expresses that, "The reason the Department of Nursing has pledge ceremonies is because involvement in the process of creating the ceremony and the pledge, and especially participating in recitation of the pledge, students frequently experience an increased commitment to their role in the profession they have chosen." Nursing students are able to take the pledge in front of their family members, school leadership, and peers to acknowledge and recognize their primary (and future professional) obligation of caring for the patient.

Nursing students reciting their pledge.



Kai Shull
speaking at
the Pledge
Ceremony.

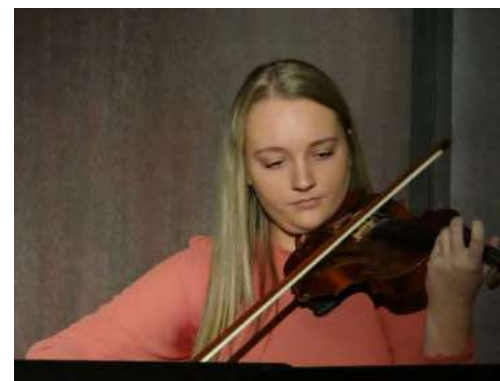


**Kallie
Graves**
speaking at
the Pledge
Ceremony.

Tessa Smith
playing the
piano at the
Pledge
Ceremony.



Abby Cox
playing the
violin at the
Pledge
Ceremony.



TOP 4.7%!



SUU Nursing has been recognized as one of the nation's best schools for online degrees and certificates in the healthcare field going into 2024 by **EduMed**. Only six percent of regionally accredited colleges and universities earned a ranked position. SUU Nursing was ranked **#35** out of 747 for the Top 50 Most Affordable Online RN to BSN Programs available nationwide in 2024, which ranks us in the top 4.7%. On another high note, we were ranked **#41** in the Most Affordable Online Nursing

Programs. The Nursing Department is honored to be recognized.

"COLLEGE OF DISTINCTION"

The College of Health Sciences Nursing Department at SUU is honored to accept and be recognized as a "College of Distinction" for the 5th year in a row. Overall SUU was the only school in Utah that was recognized as the "College of Utah", "College of 2023-2024", "Affordable", "Career Development". Other SUU departments that were also recognized included Business, Engineering, and Education.





Teresa Higbee
Nursing Program
Manager



Selwyn Layton
Associate Professor,
Department Chair



Vikki Robertson
Administrative
Assistant II

COLLEGE OF DISTINCTION



The NCLEX NCSBN report has been received from the Utah Department of Public Licensure (DOPL). SUU Nursing's 2023 third quarter results had 15 of 15 first time NCLEX test takers (students) pass the exam, making this quarter a **100% pass rate** for the program. These 15 students were mainly from the SUU Health Professions BSN (HP-to-BSN)

Nursing program. This is SUU's third group of HP to BSN nursing students to graduate and is a unique, one of a kind nursing program across the country. This program includes students from many different health professions and is three semesters long. It represents a "fast track" for those with already possess a healthcare license wanting to become a BSN nurse while receiving credit for their previous healthcare experience. SUU's RN to BSN online nursing program has been ranked as one of the best nursing programs by RNCareers.org, a well known national company for ranking nursing programs. RNCareers.org ranked SUU's RN-to-BSN online nursing program as #2 in the state of Utah naming personalized learning, experienced faculty, state-of-the-art resources, flexibility, affordability, and preparation for career advancement as the top key factors for this ranking.

AGRICULTURE & NUTRITION SCIENCE



Dr. Temitope Ibiyemi is an Assistant Professor in the Department of Agriculture and Nutrition Science. He completed his Doctoral and Master's degrees in Nutrition Sciences at Texas Tech University, where he has also worked as an Instructor for over two years. **Dr. Ibiyemi** is originally from Lagos, Nigeria and states his favorite thing about his job is, "mentoring and guiding students in their pursuit of knowledge and professional growth."



Hannah Nickerson, former WIC Director in the Outer Banks of North Carolina, has transitioned into a position as a lecturer of Human Nutrition at SUU. A native of Cedar City, **Nickerson** relishes the opportunity to be back here at SUU. She enjoys teaching her students how the knowledge gained in class can be useful and applicable in their lives. **Nickerson** is proud to be a part of the Agriculture and Nutrition Science Department. During her leisure time, she enjoys baking, running, and reading.

KINESIOLOGY & OUTDOOR RECREATION



Suzanne Young is a visiting Assistant Professor of Kinesiology who previously was a professor at New England College, in Henniker, NH. She enjoys teaching and collaborating with both students and colleagues the most here at SUU. Currently, **Young** is researching "Hydration During Exercise" and has been assessing endurance in athletes, particularly marathon runners. She loves all seasons because there is a beauty in each. When she is not researching, you can find her reading, cross country skiing, or watching some of her favorite professional sports teams.

NURSING



Hayley Davis-Bartlett worked as a Registered Nurse in the ICU at Cedar City Hospital, and as a Nurse Practitioner at Cedar City WorkMed but has now transferred to an Assistant Professor position in the Department of Nursing. One aspect of her job that she delights in is "watching a student make a connection between theory and practice, and really come into their own as a nurse over the course of the program." Originally from Lehi, UT, **Davis-Bartlett** currently resides in Beaver, Utah. In her leisure time, she enjoys reading, crocheting, and tending to her goats.

KINESIOLOGY & OUTDOOR RECREATION



Suzanne Affleck is the Administrative Assistant II who came from the Iron County School District as an Elementary Intervention Aide. She expresses how much she loves the atmosphere of SUU, including the students, staff, and faculty. Originally from Las Vegas, Nevada **Affleck** has lived in Cedar City since 2015. As a mother of five, she says, "most of my hobbies and free time revolve around doing things with them." She names different activities such as, gardening, reading, and taking care of her family and lots of animals.

NURSING



Erin Bryan, originally from Yucaipa, CA has been here in Cedar City for the past two years. As Nursing Lab coordinator, she loves the opportunity to interact with all nursing students and help them in any way she can. **Bryan** admires the culture of SUU because of how welcoming and friendly it is here on campus. She also appreciates the activities SUU sponsors to connect with the community. Her favorite season is Fall and in her free time she enjoys spending time with friends and family, reading, and cooking.

SUCCESS ADVISOR



Rachel Woodward is a Lead Student Success Advisor and has worked at SUU for 6 years, transferring from the College of Humanities in 2023. **Woodward** expresses, "I absolutely love working with students every day! Our students in COHS are amazing - they are inspiring and I love learning about their goals and dreams." Fall is her favorite season because of the change in the weather and how colorful this time of year can be. You can catch her hiking and being outside with her two kids in her free time.

We extend a warm welcome to all new Faculty and Staff members joining the esteemed team in the College of Health Science here at SUU!

THE RURAL HEALTH ASSOCIATION

The College of Health Sciences is honored to be recognized and awarded the prestigious “Rural Education Partner of the Year Award” from the Rural Health Association of Utah (RHAU) on November 8th, 2023. SUU participates as the host institution for the Utah Center for Rural Health (UCRH). Through SUU’s support provided to the Utah Health Scholars program the Education for Community Health Workers initiative has been created by the RHAU to help create an innovative new Behavioral Health Technician Certificate program. SUU also takes the lead of the Utah Psychiatric Internship Consortium, which creates eight behavioral health interns in sites across rural Utah. Here at Southern Utah University we do our best to ensure that the RHAU succeeds in rural Utah!



Dean Oliver accepting the RHAU Award.

COHS STUDENT HOLIDAY PARTY

The Student Advisory Committee’s goal is to host at least one event each semester, bringing together students from various departments to build relationships and connections. The committee hosted a Holiday Party for students on November 29th in the Great Hall with activities such as making blankets, writing Holiday cards to senior residents, decorating cookies, and took part in an interdepartmental food drive, which the Nutrition & Agriculture Department won for the second year in a row.



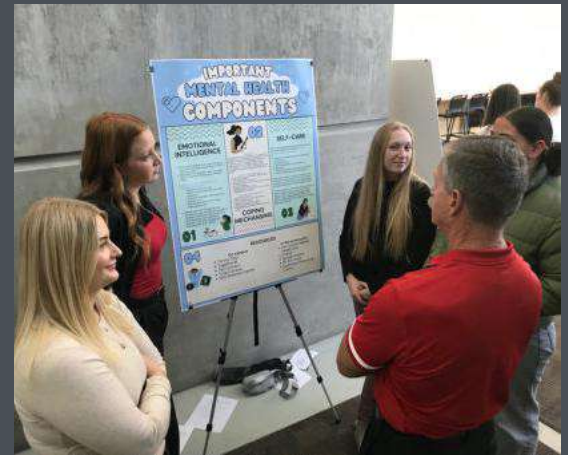
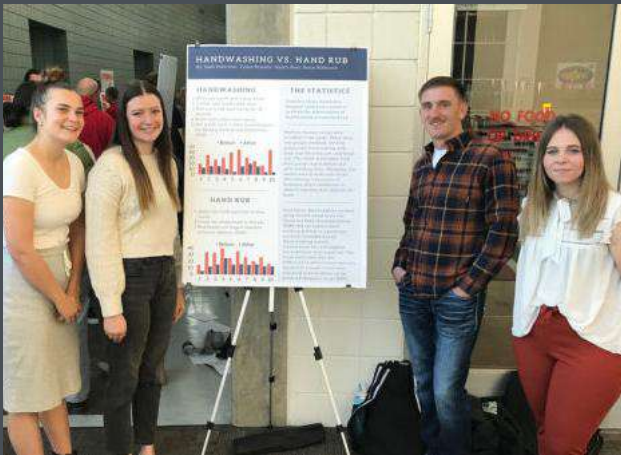
Students participating in activities



Ag & Nutrition Dept won the food drive competition for the second year in a row.

COHS SCHOLARSHIP SYMPOSIUM

On December 8th, COHS & SPARC sponsored the inaugural COHS Scholarship Symposium which included students from all three departments. As the College of Health Sciences' largest event of the semester there were 48 posters with over 100 student presenters.



ALUMNI SPOTLIGHT



* Angela Calicchio *

Angela Calicchio (2010, 2016) lives in Arizona and serves as the Head Athletic Trainer at South Mountain Community College, which is a Division II member of the National Junior College Athletic Association. She supervises Men's & Women's Soccer, Volleyball, Men's and Women's Basketball, Softball, and Baseball, along with Men's and Women's Golf. Angela values the rewarding connections she is able to make.

Calicchio is heavily involved in the administration side of athletics as well as serving as a head Athletic Trainer for South Mountain. After receiving her Athletic Training degree from SUU in 2010, Angela had the opportunity to work for SUU Athletics the first seven years of her career, then transitioned to Seattle for two years working as a high school Athletic Trainer. **Calicchio** graduated with a Masters Degree in Strength Conditioning & Sports Performance (MSSCP) in 2016. Being an athlete her whole life, a career in athletics was no question. Growing up in Kamas, Utah **Calicchio** interned with the high school athletic trainer while in high school, learning about physical therapy while shadowing in a local PT clinic. Being able to provide support to student-athletes with injuries to ensure their successful return to sports competition is her top motivation... Being the first person an athlete looks to when they are playing their first game after their ACL surgery is the best feeling in the world." **Calicchio** suggests that "finding your niche is the most important part of your career", and she has certainly found hers.



*Calicchio tending to her student-athletes.

PREVIEW OF SPRING 2024

- **January 8, 2024: (Monday)**
Spring Semester begins
- **February 15, 2024: (Thursday)**
Undergraduate Conference
on Undergraduate Research ([@UVU](#))
- **February 23, 2024: (Friday)**
Spring Health Fair for SUU community
- **March 26, 2024: (Tuesday)**
SUU Festival of Excellence
- **April 15, 2024: (Monday)**
COHS Annual Awards Banquet
- **April 20, 2024: (Saturday)**
COHS 5K Fun Run
- **April 26, 2024: (Friday)**
Spring Commencement



SUPPORT COHS

By supporting the **College of Health Sciences**, you can contribute significantly towards aiding students in achieving their goals and aspirations. The COHS has been committed to providing distinctive national and international learning opportunities. The COHS Dean's Innovation Fund was created to facilitate these programs, trips, and conferences, which offer students the chance to enhance their cultural awareness, experiential learning, and career preparation.

[Donate Now *](#)*



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