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Sports medicine student receives research grant

September 14, 2022

Joseph Vondrasek, CSCS, graduate student in the Master of Science in Sports Medicine program at Georgia Southern University, has been named the recipient of the National Strength and Conditioning Association's (NSCA) Graduate Research Grant for 2022. Vondrasek was selected by the NSCA Foundation Grant Committee after a thorough evaluation process.

Vondrasek's research will examine arterial stiffness and how it is associated with long-term increases in cardiovascular mortality.

"We are going to be investigating the arterial stiffness response to resistance training in resistance trainers who have more than two years of experience when a short bout of approximately 10 minutes of full-body cycling is added," explained Vondrasek. "Next day recovery markers will be compared with and without the added cycling to determine whether there is a decrease in recovery. We are hoping this will help us demonstrate to lifters that adding the short bout of aerobic exercise will not decrease their recovery but instead improve long-term cardiovascular disease risk."

The \$7,500 grant will assist Vondrasek in buying research supplies and equipment for blood specimen analysis, as well as in paying a monetary incentive to those who participate in the research.

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Wilson presents research in England

September 14, 2022

Hal Wilson, Ph.D., professor of kinesiology in the Waters College of Health Professions, recently presented his peer-reviewed work at the third Global Congress on Sport and Christianity at the University of Cambridge in England.

The overarching theme of the Congress was servant leadership and, more specifically, the exploration of ways in which practitioners and academics can best serve the requirements of the fields of sports ministry and chaplaincy theologically, conceptually, practically and spiritually.

Wilson's presentation, "A Legacy of Servant Leadership in an American Basketball Coach: A Qualitative Content Analysis," focused on Hubert Davis, who led the University of North

Carolina men's basketball team on an unexpected run to the national championship in his first season.

“I saw the call for proposals for the Congress and realized that its theme of servant leadership was a great fit for my work in our coaching education master's program and minor,” Wilson said. “It was inspiring to both learn from and also present to some of the most renowned academics and practitioners in this area from around the world. I hope to have added to the conversation surrounding the potential of servant leadership in high pressure contexts such as intercollegiate coaching.”

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