



OFFICE OF UNDERGRADUATE RESEARCH

Annual newsletter | 2022-2023

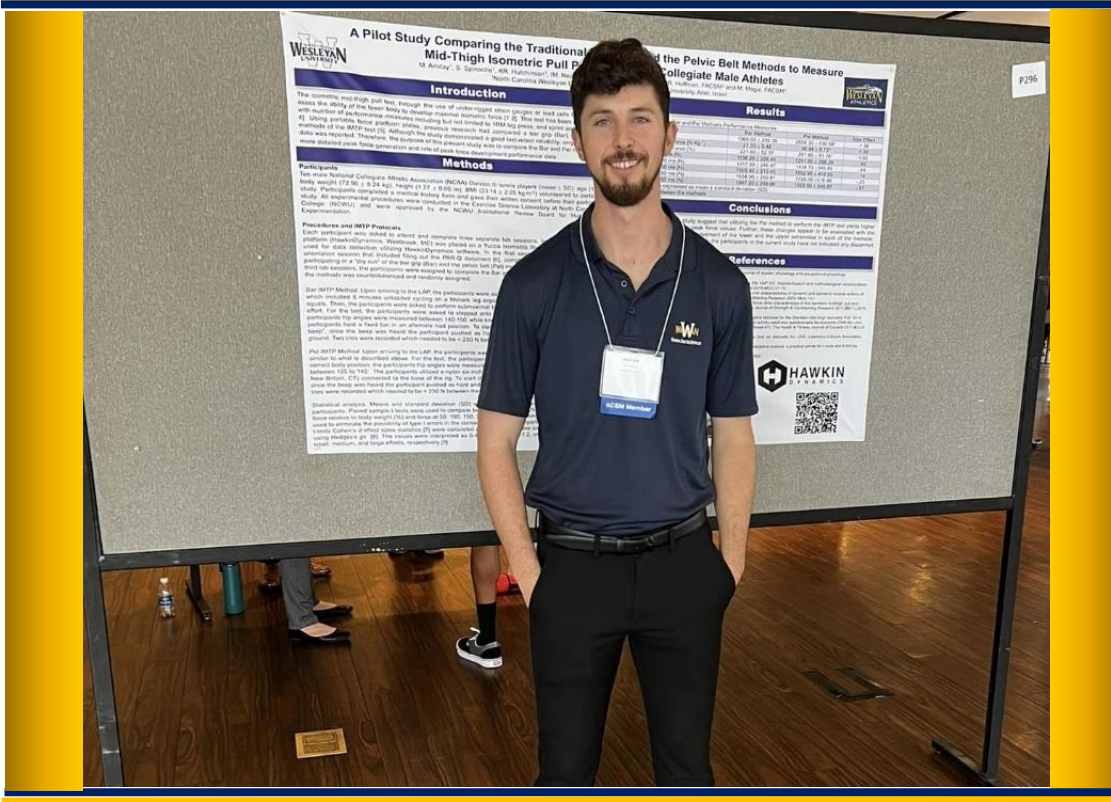
IN THIS ISSUE:

NCWU UNDERGRADUATE RESEARCH SPOTLIGHT (p. 2-3)

HIGHLIGHTS FROM THE 18th ANNUAL NCWU STUDENT RESEARCH SYMPOSIUM (p. 4)

WHERE ARE THEY NOW? SEE WHAT NCWU UNDERGRADUATE RESEARCH ALUMS ARE UP TO NOW (p. 5-6)

APPLY FOR THE ANNUAL OUR FACULTY-STUDENT RESEARCH AWARD (p. 6)

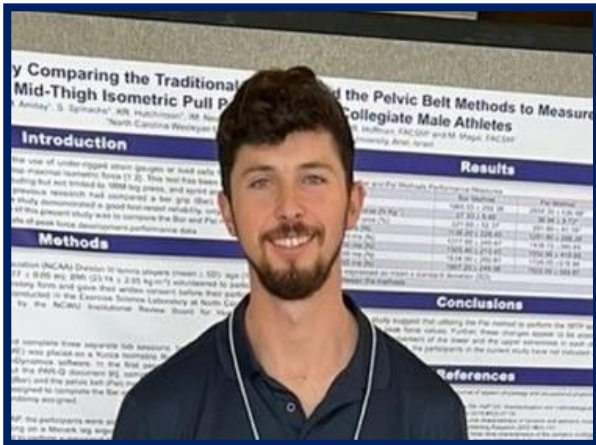


Welcome to the second annual issue of the NCWU office of undergraduate research (OUR) newsletter. The mission of the OUR is to support and promote opportunities for students in all disciplines to engage in advanced inquiry through research, creative, and scholarly experiences.

- Need to find a research opportunity? Search the OUR faculty research database: <https://ncwcresearch.wordpress.com/ncwc-faculty-research-activities-and-interests/>
- Need help designing a research poster or writing a research abstract? We've got you covered with presentation tips and undergraduate research workshops: <https://ncwcresearch.wordpress.com/present-your-research/>
- Looking for ways to fund your research? Check out the OUR's research funding page: <https://ncwcresearch.com/fund-your-research/>

NCWU Undergraduate Student Research Spotlight

Many of NCWU's undergraduate students conduct high quality research, outside of the classroom. Check out some of the undergraduate research highlights from across the campus:



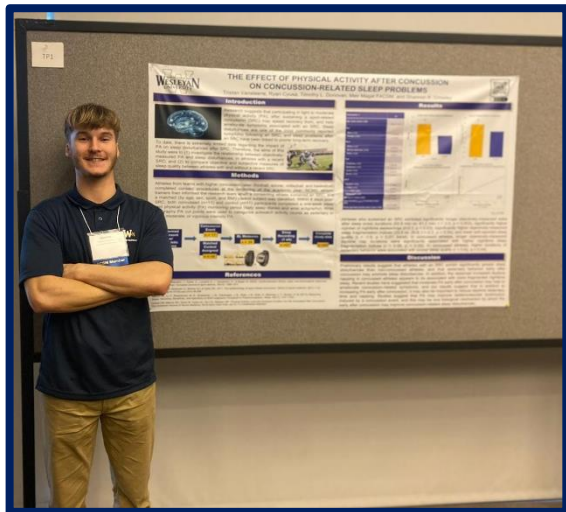
Under the direction of Dr. Meir Magal, Professor of Exercise Science, Mr. Matan Amitay conducted a research project comparing two methods to measure mid-thigh isometric pull (MTIP) utilizing portable force plates while using the Samson Yucca Iso Rig. Upon a period of data collection and with the help of Dr. Magal Matan analyzed the data and presented his work at the regional conference of

American College of Sports Medicine in Greenville, SC. The title of his presentation was: "A Pilot Study Comparing the Traditional Bar Grip and the Pelvic Belt Methods to Measure Mid-Thigh Isometric Pull Performance in Collegiate Male Athletes." Matan also presented this work at the 2023 NCWU Student Research Symposium. In addition, Matan is scheduled to present his work at the Annual Meeting of the American College of Sports Medicine in Denver CO in late May, 2023. The title of this presentation is: "Sex Differences in Mid-Thigh Isometric Pull Performance Comparing Traditional Bar Grip and Pelvic Belt Methods."



Under the direction of Dr. Kaitlin Pericak, Assistant Professor of Sociology, Mr. Fabio Felli (Sociology) helped to conduct focus groups at a National Collegiate Athletic Association (NCAA) Division III (DIII) institution in the Southern part of the United States (U.S.) to examine relations between international and domestic college athletes (n= 18). Findings reveal that mass media and the education system play a role in influencing the opinions of domestic students about international students and vice versa. Uncovering this hegemony will broaden people's perspectives and expose the structural barriers at play, to bring together

different voices to make university campuses a cohesive space for all. Findings from Fabio's research project titled "Understanding the Dynamics and Features Between International and Domestic College Athletes and Non-Athletes," was presented at the 2023 North American Society for the Sociology of Sport (NASSS) Meeting in Las Vegas, NV. Fabio received a \$100 travel award from NASS, and the 2022-2023 NCWU OUR Faculty-Student Research Award (\$500) to support his conference attendance.



Under the direction of Dr. Shannon Crowley, Associate Professor of Exercise Science, Mr. Tristan Vansteene (Exercise Science) investigated the relationship between sedentary behavior and sleep problems in athletes who have sustained a sport-related concussion. Tristan was highly involved in this study, and gained experience in the measurement of sleep-wake behavior via wrist actigraphy, assessment of mood and sleep via standard questionnaires, and learned about concussion diagnosis in athletes. Tristan's scientific poster titled, "The Effect of Physical Activity After

Concussion on Concussion-related Sleep Problems" was presented at the 2023 annual meeting of the Southeast Chapter of the American College of Sports Medicine in Greenville, SC. Tristan also presented his findings at the 2023 NCWU Student Research Symposium, where he won second place in the upper division poster competition.

Highlights from the NCWU Undergraduate Student Research Symposium

The 18th annual NCWU Undergraduate Student Research Symposium was held on April 19th, 2023 at NCWU's Dunn Center. The symposium was organized by Drs. Heather Louch, John Temple, and Daniel Elias.

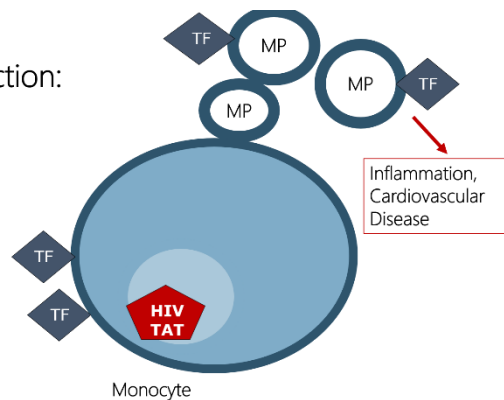
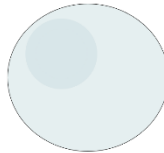


Dr. Emily Weber, Assistant Professor of Biology, provided the keynote address: "Monocyte-Derived Microparticles during HIV Infection."

Summary:

During HIV Infection:

HIV Infected Cell



Undergraduate student presentations included research conducted as part of class projects, Taylor-Crocker Honor's Theses, and research conducted for presentation at external conferences. Below are this year's winners from the research poster competition:

1st place in Upper-level: Rhea Wilder

"Effects of Salinity and Acetaminophen on *Physa acuta*"

2nd place in Upper-level: Tristan Vansteene

"The Effect of Physical Activity After Concussion on Concussion-Related Sleep Problems"

1st place in Lower-level: Victor Azubuike

"Does Prey Placement on Trees Affect Bird's Predation?"

2nd place in Lower-level: Cameron Baker

"David Marney & Juana Baudrix - Size Preference of Earthworms by Predators"

Where are They Now? NCWU Undergraduate Research Alumni Spotlight:



Christina Huber, DPT

Christina Huber, DPT (class of 2017) conducted a research project at NCWU as part of her Senior Honor's Program thesis. The title of her project was "Physical Fitness, Hemodynamic and Affective Responses to Psychosocial Stress in Women." This project investigated the effects of cardiorespiratory fitness on blood pressure, heart rate, and emotional responses to a laboratory-based psychosocial stressor. After graduation from NCWU, Christina completed a Doctorate of Physical Therapy at Old Dominion University (ODU). She is now working as a licensed Physical Therapist at an outpatient mixed facility. Christina regularly treats patients with Parkinson's Disease, cerebrovascular accidents, Multiple Sclerosis, traumatic brain injuries, spinal cord injuries, and orthopedic injuries. She has treated patients anywhere from 14 years old to 97 years old!

What role did your research experience at NCWU play in your current position or graduate program?

I believe my research experience was a great resume builder and made me stand out from other applicants when applying to physical therapy school. In addition, I had to do numerous journal reviews in PT school and I felt really comfortable reading and interpreting a research article. I now use what I learned from that research and apply it to my patients every day, to ensure they are getting treatment that is supported by evidence.

What was the most valuable skill you learned from conducting research with a faculty mentor at NCWU?

Be patient for the best results. Writing a thesis and undergoing research is no easy task. It takes a lot of time and a lot of rough drafts, but it is worth it to see everything fit together in the end. Also, do not just do the bare minimum to get by. Indulge yourself in the research and really try to understand what is happening and why. It makes it that much more interesting!

Would you encourage undergraduate students to participate in a research experience?

Absolutely! It was a lot of hard work, but it was an invaluable experience and should really be taken advantage of if someone has the chance. I am really proud of the work I accomplished at NCWU, and I feel honored to be a part of such a great experience. Research can really help a lot of people and become a gateway for new techniques and treatments!

Apply for the Annual Office of Undergraduate Research Faculty-Student Research Award (FSRA)

Did you know that the Office of Undergraduate Research (OUR) provides an annual faculty-student research award (FSRA)? This \$500.00 award may be used to purchase supplies, software, or equipment to support the conduction of student research, and/or provide funding to help cover travel expenses for the student to present their research at a conference. This award also covers a one-semester course release for the faculty mentor.

For more information and to apply, follow this link:

<https://ncwcresearch.com/our-faculty-student-research-award-fsra/>

Applications for the OUR Faculty-Student Research Award must be completed by both the student and faculty mentor, and are due by 9/15/2023.

Check out this year's FSRA Recipients!



Mr. Fabio Felli (Sociology), and faculty mentor, Dr. Kaitlin Pericak (Assistant Professor of Sociology) received the 2022-2023 NCWU Office of Undergraduate Research FSRA Award to support their work investigating experiences of belonging among National Collegiate Athletic Association (NCAA) Division III (DIII) international student-athletes at a small NCAA DIII institution in the Southern U.S.