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Student Partner with MO National Guard for Capstone Project

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Four Lindenwood University students participated in a capstone project with the Missouri National Guard last spring.

Assistant Professors of [Exercise Science](#) Drs. Patrick Harty and Harry Cintineo coordinated and supervised the semester-long project, where two health sciences master's students and two graphic design undergraduate students teamed up and created health and fitness social media content, as well as flyers for the Missouri National Guard.

"This was a phenomenal opportunity for our students to engage with partners across campus and help a worthy cause," Harty said. "We are excited to grow this partnership with National Security Innovation Network and the Missouri National Guard into a broader outreach to Soldiers and the greater community as a whole."

Health sciences master's students Kevin Holley, and Leah Allen; and Art and Design undergraduate students Cassidy Krewson and Erin Fasick participated in the capstone course. Together, they gained first-hand experience that they will take into the workforce.

"Partnering with Leah Allen was also very rewarding, as her passion for the military truly shined through her work," Holley said. "Working with the Missouri National Guard was truly an honor, and I hope that the content we provided is beneficial for those who are serving."

The experience was especially meaningful and rewarding for Allen, whose extended family members have served in the military: Her two older brothers served in the Air Force, while her youngest brother currently serves in the Marines.

"The military has been a part of my life and it was an honor to be able to draw upon my knowledge and passion in exercise science and nutrition to aid those currently serving in the National Guard," Allen said.

"It was a great experience being able to collaborate with my peers here at Lindenwood University to make a meaningful impact. Collectively, our diverse skill sets allowed us to effectively contribute to the NSIN Capstone's goals and

create a positive difference for those we aimed to help support in the Missouri National Guard.”

The partnership between LU and the Missouri National Guard has been renewed for the Fall 2023 semester, and it will enable more students – like Holley and Allen – to gain real experience in their respective fields of study.