Dr. Kyle Busing, assistant professor of exercise science at Schreiner, said that in his Colorado high school, “I was never all that interested in sports.”

So how did he end up with a B.A., a master’s and a doctorate focusing on development and changes to the body associated with physical activity?

“I’ve always been amazed by and loved the complexity of the human body,” Busing said. “That’s what keeps me interested in my field.”

Let us just note here that it wasn't exactly a straightforward path from high school to doctorate.

“I started at a junior college in Greeley, Colo.,” said Busing, who is originally from the small, mostly farming community of Akron, Colo., less than 100 miles from Greeley. “After a year, I quit school and worked as a restaurant cook around Colorado for about four years.”

He then trained as a massage therapist and just after he had registered to go to a culinary school, he “decided at the last minute to finish my degree.”

He entered the University of Northern Colorado in Greeley as a history major and ended up with a B.A. in kinesiology. He went on to earn a master’s degree and a doctorate at UNC. For his M.A., he focused on older adults and the effect of Tai Chi on their dynamic balance and self-efficacy. For his Ph.D. dissertation, he concentrated on development in children and adolescents.

“I’ve worked with everyone from three-year-olds to 93-year-olds,” he said.

Busing said that one of the main reasons he chose to stay at UNC for his doctorate was Carrie West, who is now his wife. Like Kyle, West is also from eastern Colorado. When Busing first arrived at Schreiner, West and their two sons were still back in Colorado, where she was finishing up her doctoral coursework. They are now all together in Kerrville, and Carrie is working on her dissertation for a doctorate in communication studies from the University of Denver. She is an adjunct professor in communication this spring at SU.

After receiving his Ph.D., Busing taught physical education majors and physical therapy students at Husson University in Maine.

“I liked Maine,” he said, “but my wife was not so happy with it. Winters in the Northeast are more overcast. Coming from Colorado, we were used to sunny days.”

Shortly after Busing arrived at Schreiner in 2010, he and Dr. Lena Rippstein, Schreiner’s director of nursing, designed an exercise program/study for older adults. They offered the successful program three times, and people still ask when there will be another one.

“The exercise classes were great but really time-intensive for both me and Dr. Rippstein,” Busing said. “I’m working on some revisions to my coursework to fit in an opportunity for practical experience for the students—so they can take on the program.”

Asked what he does for fun, Busing grinned and answered, “Well, there’s exercise, of course.” That would presumably take in the hiking and walking his dogs, “two of my favorite people, right there.” He likes to cook, but said he has no real specialties. He also reads eclectically in his down time: historical fiction and nonfiction, mysteries and true crime, and just recently the first two books in George R.R. Martin’s Song of Fire and Ice series, “A Game of Thrones” and “A Clash of Kings.”

All in all, it seems Busing and his family are happy to be at Schreiner and in the Hill Country.

“I have had so many great experiences since I got here,” Busing said. “The faculty has been very supportive. But I enjoy the students most.”