Message from the Chair, Deborah L. Feltz

January is the time of the year we start hearing about all of the political addresses to the public. We have the State of the Union Address, the State of the State Address, the State of the City Address, etc. So, at this time, I would like to give you my State of the Department Address. As in all institutions of higher education, we have been hit by sizeable budget cuts, and we are looking at even more in this next fiscal year. Despite these budget cuts, I am pleased to say that our department has continued to receive grants to help with new research; we are continuing to focus on new and innovative studies and educational outreach in the Youth Sports Institute by hiring a new Director, Daniel Gould, starting August, 2004 (see more in my address below); we have implemented and have been successful with our Virtual University graduate level classes for a certificate program in coaching education (see article on page 6); and we are preparing teachers, leaders, and practitioners in the field of kinesiology. Despite these budget cuts, our faculty and staff have strived to make our department top-notch in research, education and outreach. In addition, our support staff are to be complimented on their dedication and commitment to the department. Even with staff cuts and extra responsibilities they have been able to be of valuable assistance to our faculty. They have completed classes to learn new programming and technology and have helped to make our department one of the most efficient on campus.

At both the undergraduate and graduate levels, we have continued to maintain a strong graduation rate. This past academic year we had 113 students graduate with BS degrees, 18 with MS degrees and 4 with Ph.D. degrees. A list of these students can be found on page 7. Our undergraduate major continues to be popular with 582 students currently enrolled with 352 at the junior-senior level. As can be seen in the graph on page 6, this represents a 35% increase in enrollment from the past 5 years. In our graduate programs, we have 51 M.S. and 35 Ph.D. students. We have enrolled fewer students to our graduate programs than we did 5 years ago in order to maintain a healthy faculty to advisee ratio. Our numbers indicate that the department continues to be a vibrant place to be for the study of kinesiology.

I am very excited about the newest member to join our faculty. Daniel Gould, currently Bank of America Excellence Professor in the Department of Exercise and Sport Science at the University of North Carolina at Greensboro, will be returning to his academic roots to lead the Youth Sports Institute this coming fall. Dan received his Ph.D. from the University of Illinois in 1977 and accepted his first faculty position as assistant professor in the Department of Kinesiology (formerly, Department of Health and Physical Education) and the Youth Sports Institute at MSU. After receiving tenure and promotion to associate professor, Dan went on to accept other academic positions before becoming professor at UNCG. As an internationally recognized specialist in applied sport psychology and coaching education, he has focused equal attention on research, teaching, and service over his career. He has consulted extensively with numerous athletes of all age and skill levels and has served on the U.S. Olympic coaching development committee for 10 years. In his research, he is currently studying factors influencing athletic performance excellence, youth development through sport, and the role that parents play in success and failure in sports. He has over 100 scholarly publications, over 50 research dissemination-service publications, and 7 books on various aspects of youth sports and sport psychology. Dan brings to this position extensive research and consulting experience in the issues surrounding youth sports and the leadership necessary to help guide future youth sport practice.

Although this has been a time of many budget cuts throughout all of our communities, our friends and alumni have continued to show their support by their generous contributions to the department. This support has helped us continue to build our excellence. The Department wishes to thank each of you for your thoughtfulness in helping us reach our goals.
Faculty, Alumni and Graduate Student News

Faculty Publications & News

Gail Dummer was invited to present her work at MSU’s Best Practices in Diversity at MSU: Enhancing a Diverse Campus Community conference (October 2003).

Marty Ewing was elected as the 2004-2005 president of the Association for the Advancement of Applied Sport Psychology.


Jim Pivarnik, professor, co-authored “Athletes and Pregnancy” in Clinical Obstetrics and Gynecology (Pivarnik, J.M. and Perkins, C.D.); “Seasonal variation in adult leisure-time physical activity” in Medicine and Science in Sports and Exercise; “Measuring energy expenditure in habitually active and sedentary pregnant women” in Medicine and Science in Sports and Exercise; “Overview of aerobic exercise testing in children and adolescents-I and II” in Medicine and Science in Sports and Exercise (Pivarnik, J.M. and Coe, D.P.). Dr. Pivarnik has also been appointed the Director of the newly formed Center for Physical Activity and Health (CPAH).


Dissertation Defense

Dawn Coe (Fall 2003). The Importance of Physical Education Classes in Relation to Physical Activity Behaviors, Physical Fitness, and Academic Achievement in Middle School Children. Director: James Pivarnik.


Alumni News

Sian Beilock (Ph.D. ’03) received the Young Investigator Award from the International Society of Sport Psychology.

John Fitzpatrick (Ph.D. ’98) received tenure at Chicago State University.

Douglas C. Jennings (’72) was a 2003 inductee into the Michigan High School Football Coaches Association’s Hall of Fame.

Leapetswe Malete (Ph.D. 2000) has been selected to serve as the team psychologist by the National Olympic Committee in Botswana for the Olympic Games in Athens in 2004.
Student Publications


Other News

Bomjin Lee, Ph.D. student, presented (July, 2003) “Introduction to Adapted Physical Activity” at the workshop for college students, University of Ulsan, Korea; (August, 2003) “Mental Toughness in Yacht Players: Differences in age and skill level” at the Daegu Universiade Conference, Yeungnam University, Korea; (September, 2003) “Parental Values and Concerns about Participation in Physical Activity Programs by Youth with a Disability” at the Adapted Physical Activity Conference, Michigan State University, East Lansing, MI; (October, 2003) “Infusing Diversity into the Curriculum” at the Best Practice Conference at Michigan State University, East Lansing, MI.

Bomjin Lee, Ph.D. student, and Aaron Moffett, Ph.D. student, co-presented (October, 2003) “Disability-related research in the Department of Kinesiology” at the Best Practices in Diversity at MSU Conference: Enhancing a Diverse Campus Community, Lansing, MI.

Melissa Fraser, M.S. student, and Aaron Moffett, Ph.D. student, co-presented (September, 2003) “Ethical concerns regarding informed consent in adapted physical activity” at the Adapted Physical Activity Conference, Michigan State University, East Lansing, MI.

Gabriel Harrington, M.S. student, received the Certified Strength and Conditioning Specialist (CSCS) certification from the National Strength and Conditioning Association (NCSA) and has accepted a position of Assistant Strength and Conditioning Coach with the United States Military Academy at West Point.

Ryan Hedstrom, Ph.D. student, presented (October, 2003) “I can’t stand you!: The process of conflict mediation and implications for applied sport psychology” at the Association for the Advancement of Applied Sport Psychology Conference in Philadelphia, PA.


Peggy McCann, Ph.D. student, presented (October, 2003) “The face of youth sports in urban environments and its impact on youth development” at the Association for the Advancement of Applied Sport Psychology Conference in Philadelphia, PA.

A-Lisa Miles, M.S. student, presented (September, 2003) “Swim coach education for an individual with cerebral palsy: A case study” at the Adapted Physical Activity Conference, Michigan State University, East Lansing, MI.

Aaron Moffett, Ph.D. student, with Dr. Gail Dummer, were the recipients of a $20,000 grant from the Office of Special Education and Rehabilitative Services for their proposal, “Seeing the glass half full: Developing optimism and perceived competence in children with physical disabilities.” Aaron presented (September, 2003) “Seeing the glass half full: Developing optimism and perceived competence in children with physical disabilities” at the Adapted Physical Activity Conference, Michigan State University, East Lansing, MI. Aaron also co-presented (October, 2003) “Interventions and research in disabled sport” at the Association for the Advancement of Applied Sport Psychology Conference in Philadelphia, PA.

Nicholas Myers, Ph.D. student, co-presented (2003, June) “The reciprocal relationship between collective efficacy and offensive performance in American football” at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Savannah, GA.

Mike Roskamp, Ph.D. student, presented (September, 2003) “Making inclusion work: Key factors learned from experience” at the Adapted Physical Activity Conference, Michigan State University, East Lansing, MI.

Tiffanye Tonsing, Ph.D. student, co-presented (October, 2003) “The Motivations and Influences of Female Collegiate Athletes” at the Association for the Advancement of Applied Sport Psychology Conference in Philadelphia, PA.

In Memoriam

Jeralyn Plack, professor emerita of kinesiology, passed away on May 14. Dr. Plack was 68 years old. Dr. Plack was a graduate of Michigan State University with degrees in elementary education (B.S., ’59), physical education (M.A., ’64), and education (Ph.D., ’70). She taught for three years at Michigan State (1959-62). Her areas of expertise included perceptual motor development, preschool and elementary school physical education, and motor learning and development.
HISTORY OF THE HUMAN ENERGY RESEARCH LABORATORY ("HERL")
Part IV: Studies Using Human Subjects

William W. Heusner, Henry J. Montoye, James M. Pivarnik,
Wayne D. Van Huss, and Janet A. Wessel

The Human Energy Research Laboratory, in its various forms and locations, has been the site for most of the investigations related to exercise physiology conducted under the auspices of MSU during the last half century. The history of the laboratory provides a nostalgic review of past and present accomplishments. It is hoped that a series of brief reports featured in upcoming issues of our newsletter will provide readers with a historical perspective of “HERL” and its many contributors. For a more detailed treatment of the history of the entire department, the reader is directed to 100 Years of Kinesiology: History, Research and Reflections. To purchase this text, please contact the Kinesiology Office at 517.355.4730.

Between 1957 and 1982, numerous research projects in exercise physiology were conducted directly or indirectly through the HERL in the Women’s Gymnasium. For example, the study of the morbidity and longevity of college athletes was continued. In addition, multiple investigations with human subjects were conducted in each of the following broad areas: the relationships between various fitness variables and physical performance; the effects of different pre-exercise activities, including warm-up procedures, on physical performance; methods of measuring habitual physical activity in adult men and women; the immediate and long-term effects of selected physical activities in children and youth with disabilities; changes in the ballistocardiographic records of athletes during training; the effects of habitual physical activity and age upon selected physiological and anthropometric variables, body composition, and adaptations to submaximal exercise in adult men and women; the relationship between dietary vitamin C and physical performance; the effects of moderate altitude (simulated) on endurance performance; techniques of measuring energy expenditure and body composition in children and adults; the relationships between physical activity and aging; comparisons of the effects of various acute and long-term exercise regimens on growth, bone structure, muscle vascularity and function, cardiovascular function, respiratory function, body composition, and physical performance; the acute effects of various inspiratory and expiratory resistances; the effects of physical training on menarche; the relationships between the ingestion of sodium bicarbonate and quality of performance, energy metabolism during and after exercise, and postexercise acid-base balance; the energy metabolism, lactate profiles, and other characteristics of elite competitive swimmers; and the effects of weightlessness on selected blood and bone parameters (a federally funded review of literature). These and other areas of investigation were supported by the National Institutes of Health, the American Heart Association, the National Aeronautical and Space Administration, the U.S. Army Chemical Warfare Service, the U.S. Olympic Committee, the Florida Citrus Commission, and the MSU All-University Research Grant Program.

The William W. Heusner Endowed Graduate Fellowship in Kinesiology

The William W. Heusner Endowed Graduate Fellowship in Kinesiology was established with gifts from colleagues, friends, and family. This fellowship will be awarded spring 2004 to a graduate level student pursuing a master’s or doctoral degree in the Department of Kinesiology with an emphasis in Exercise Physiology.

The fellowship honors the late Dr. William W. Heusner, an outstanding professor in exercise physiology at Michigan State University from 1962 to 1989. Dr. Heusner passed away August 9, 2002 at the age of 75. Additional contributions may be made to the endowment in memory of Bill by specifying “William W. Heusner Endowed Graduate Fellowship” on the donation and sending it to: Department of Kinesiology, Michigan State University, 134 IM Sports Circle, East Lansing, MI 48824.
Brian Bratta, a second year Masters student, is learning first hand what it is like to be in charge of 500+ athletes. Brian is currently working as the head athletic trainer at Lansing Everett High School. This is his second year in charge of the program. A native of Northern Illinois, Brian experienced many facets of life before he decided his passion was athletic training. As the son of two teachers, Brian grew up in a town of 800 people. Growing up, Brian recognized his love of sports early as he wrestled and played baseball and football. After graduation, he studied landscape design at a junior college for two years. Deciding that landscape design was not his passion, Brian tried road construction for a few years. He knew that was not it either, and he went back to school to receive his B.A. from Augustana College in biology with a specialization in sports medicine. He had found his passion, and applied, and entered graduate studies at Michigan State University in athletic training. In pursuing this interest, Brian has received his certification in athletic training and in strength and conditioning.

Brian has been in charge of the athletic training program at Everett High School for the past two years. As head athletic trainer, he is in charge of all practice and game preparation for athletes, game coverage, and some minor rehabilitation. He must also be prepared to, and know when to refer athletes to a specialist. In addition, Brian is in charge of ordering his own supplies. His days are often long, as he also works at MSU’s Duffy Dougherty Athletic Training Center, but he loves it. He said he is learning more than he ever could from a book. He hopes to remain in an applied collegiate setting when he graduates, not only due to the flexible schedule, but also because he enjoys putting his skills to use. Brian admits that he has been fortunate at Michigan State University not only with the wonderful athletic training facilities, but also with the experiences he has encountered with the MSU athletic training staff.

In what little spare time Brian has, he enjoys outdoor activities such as mountain biking and camping. He uses these physical activities as a stress reliever from his long days. He also enjoys cooking and cheering on the Chicago Bears and Cubs. He credits much of his success to the influence of his parents and to his former wrestling coach, who pushed and encouraged Brian to figure out what he wanted to do with his life. For that, Brian will always be grateful.

Brian will be graduating this year, and will undoubtedly be successful as he pursues athletic training. We wish Brian the best of luck in all of his endeavors.

**What is a BIP?**

It is not a spot on your windshield, nor a jump in your cursor. What BIP represents is approximately 230 sections of various classes per year that allow over 6,500 students a chance to learn a life long skill, such as basketball, swimming, sailing or Taekwondo. The Basic Instructional Program (which I would call Mind and Body Play, but that is another issue) is devoted to bringing the most popular and beneficial activity skills to the student body in order to encourage life long healthy lifestyles. These classes are not required any longer, as they were in my day, but with the news full of stories about how obese Americans are, the need for a healthier approach to living is obvious. And one way that colleges today can help is to focus on those young adults who define fun and games as sit and play and encourage them to get up and play.

Spring will bring a few new projects that will involve gathering information from the student body as well as Kinesiology Faculty. A BIP Strategic Plan will be written that will include specific goals for this program, while keeping the newly revised department goals in the mix. There will be a need for feedback, so stay tuned for a chance to share your thoughts. The Graduate Assistant Orientation Program will be reviewed and reworked to focus on empowering these skilled new Spartans as they begin their teaching careers. Our graduate assistants come to MSU as adults who already have embraced the healthy lifestyle our program is built around. With that background in place, the goal is to help them feel they are prepared and comfortable in their teaching skills, as well.

Susan Halsey Creagh, BIP Coordinator
PhEpsilon Kappa Update  
This year the start of fun with PEK began during tailgate for the homecoming game. Our tailgate was complete with the Kinesiology banner bound from truck to truck and quite a few members present. The day following was initiation for Phi Epsilon Kappa, MSU’s professional fraternity for Kinesiology majors, held on October 5th in the Union Building. This year thirteen returning members welcomed about 40 new members to the Alpha Mu Chapter with the number still rising. Currently there are 68 students involved for the 2003-2004 school year. After the initiation members were invited to Harper’s to watch sports and eat some wings.

Members had the opportunity to attend the Midwest ACSM conference in Bowling Green, Ohio. Also, this fall was the annual MAHPERD convention in Traverse City for future teachers and coaches; many students from the education group were present. These conferences are a great way to get to know fellow KIN majors outside of the classroom. Other activities this fall included touch football through IM Sports and currently 3-on-3 men and women’s basketball.

On the community level, volunteers completed letters to family and friends with hopes to earn money for St. Jude Children’s Research Hospital, a nonprofit organization for families that need help paying for treatments. In addition to earning money for the hospital, they received donations for the annual Adopt-A-Family Project directed by Jan Davenport. This year our department not only fulfilled the requests for the adopted family of 5, but we were able to assist with help for two more families. We also volunteered our services to the Ronald McDonald House in Lansing during the holiday season. Keep your eyes open for the next Kinesiology clothing and apparel sale just around the corner. If you would like more information about PEK or would like to become involved contact us at kinpek@msu.edu.

ONLINE GRADUATE CERTIFICATE PROGRAM REACHES OUT TO ATHLETIC COACHES AND ADMINISTRATORS

During fall semester 2003, the Institute for the Study of Youth Sports in the Department of Kinesiology initiated its new Online Graduate Certificate Program in Coaching Education. The Program consists of three 3-credit graduate courses that are taught by MSU faculty and taken entirely online. The current sequence of courses is Sport Law for Administrators and Coaches, fall semester; Psychosocial Bases of Coaching Athletes, spring semester; and Physical Bases of Coaching Athletes, summer semester. These courses may be taken in any order, and when all are successfully completed by an individual, the Department of Kinesiology will recognize this accomplishment by conferring a Graduate Certificate in Coaching Education. Go to the following web sites for additional information:


The goals of this program are to provide up-to-date information to:

a) meet the educational and practical needs of coaches,
b) provide content to facilitate administrative oversight of athletic programs, and
c) make available educational courses that may be used by teachers to obtain and/or maintain professional teaching certification.

Additional benefits from the completion of the courses in the Online Graduate Certificate Program in Coaching Education is that they may be transferable into our Master’s Degree Program for students admitted with a concentration in Coaching, Sport Administration, or Student-Athlete Development. See http://edweb6.educ.msu.edu/kin/Academics/MS/MSmenu.htm for additional information. They may also be transferable into master’s programs at other universities.

Individuals, who are interested in registering for courses in our Online Program, can enroll through the MSU Lifelong Education Program at the following address:
http://www.reg.msu.edu/ROInfo/EnrReg/LifelongEducation.asp. If you have additional questions, you are encouraged to contact Dr. Eugene W. Brown, Coordinator at: 204 IM Sports Circle Building, Michigan State University, East Lansing, MI 48824 or Email: ysicoach@msu.edu - Phone: 517-353-6491, Fax: 517-353-5363

Kinesiology Student Enrollment (cont. from page 1)
Congratulations to the following individuals who succeeded in completing their Bachelor’s, Master’s, or Doctorate degrees in Kinesiology in Fall 2002 Spring 2003 and Summer 2003

**Fall 2002**
- Matthew Hardesty
- Ashby Baldock
- Jason Chen
- Kimberly Cosbey
- Kevin Crews
- Kristen Deane
- Jonathan Decker
- Michael Haynes
- Laurie Jacob*
- Nathan Kovalchik
- Aaron Lightner
- Sadie Lovall
- Aaron Mahaney
- Elizabeth Mieras*
- Meredith Reavill
- Linley Reichelt
- Heather Richards
- Sarah Steele

**Master’s**
- Kristy Anderson
- Adam Coughlin
- James Harmon
- Christopher Hemon
- Miguel Narvaez
- Craig Payment
- Elizabeth Stover
- Anna Thrum

**Doctorate’s**
- Michelle Magyar

**Spring 2003**
- Jennifer Agents
- Tiffancy Barnes
- Johnny Basaldu
- Sarah Bedford
- Sontino Bedogne*
- Nicole Blanken
- Katie Bonner
- Drew Bordner
- Leslie Bruno*
- Dusty Chappus
- Daniel Clapper
- Angela Doherty
- Shauny Fiori*
- Marko Grbesa
- Lindsey Hack*
- Nicole Hazel*
- Erika Heffner
- Tamittra Hurt
- Gerald Jones
- Jessica Keck*
- Deborah Kennedy*
- Heather Klomparens**
- Scott Kneller*
- John Koskinen*
- Laura Koss
- Heath Lemons
- Emily Lott
- Karl Nadolsky
- Brent Nielubowicz
- Theresa Piirala
- Rebecca Pritikin
- Kathleen Riegert
- Francine Sage*
- Krysten Salla*
- Jennifer Saltzman
- Stephen Sanders
- Amy Selle
- Daniel Severance*
- Christy Smalla
- Ann Somerville*
- Shane Tallmadge
- Andrea Vinco
- Donald Watchowski
- John Wechter*
- Cassandra Weddel

**Master’s**
- Jonathan Borovich
- Jason D’Amelio
- Darrick Conley
- Michael Slobodnik

**Doctorate’s**
- Sian Beilock
- Ji Tae Kim

**Summer 2003**
- Stephanie Anisko**
- James Belprez
- Karinne Boyd
- Christee Chargon
- Christopher Christoff
- Matthew Cohen
- Stacey Coleman
- Krista Dewys*
- Melissa Drake
- Erin Fitzgerald
- Carlin Forbes
- Dena Goodman
- Marcella Gravalese
- Michael Hoisington
- Lindsay Homrich
- Robert Hughes
- Mary Hunter
- Nicholas Jarosch
- Corrine Karsten
- Jennifer Kelly
- Brooke Kosanic
- Brian Kosloski
- Ashley Larimer
- Nicole Leplea
- Andrea Marr
- Brian Mason
- Mary Mathieu
- Renaldo Mccray
- Breanne Mecree
- Larissa Michell
- Benjamin Mutnick
- Gary Newton
- Rebecca Nussbaum
- Erika Ordway
- Derrick Powell
- Timothy Puralewski
- Maria Recker
- Sarah Schiebel
- Samantha Schmoyer
- Amy Sickles
- Brent Singleton
- Therese Strunk
- Emily Teneyck
- Tiffany Vennie*
- Iyesha Weaver
- Kristen Wiher
- Sherita Williams
- Michelle Worthington*
- Julia Wright
- Jason Yuen
- Kirk Ziemke

**Master’s**
- Robert Byrd
- Angela Dipasquale
- Elisabeth Forshter
- Matthew Greene
- Scott Harris
- Michael Peters

**Doctorate’s**
- Jennifer Waldron

Honor Student*  High Honor Student**
Call for News

Please send updates, information, and comments to the address listed below.

Name ______________________________ Maiden Name ________________________

Graduation Date/Major ________________ Spouse’s Name _________________________

Employer ___________________________ Home Address _______________________

Position/title _________________________ ____________________________________

Work Address _________________________ City ___________ State _____ Zip ______

____________________________________ Home Phone (        ) _______________

City ___________ State _____ Zip _______ E-mail Address _______________________

Work Phone (        ) __________________

News about you or other alums: (memberships, publications, promotions, honors, awards etc,)

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