



# DEPARTMENT OF KINESIOLOGY MICHIGAN STATE UNIVERSITY

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Spring 2005

## *Message from the Chair, Deborah L. Feltz*



As I began to write this message, I tried to figure out what our alums would remember about their experiences in Kinesiology at Michigan State University. Of course, when you were here, it may not have had that title. Do you remember that overwhelming feeling of “will I ever finish my undergraduate program, and if so, what will I do?” For those of you who had the desire to go on to graduate school, do you remember how you felt when you were accepted into the program? I remember the days and nights of hard study and research and writing until I thought my fingers were going to fall off. We didn’t have all of the technology we have today with computers. I remember the classes I taught; first the activity classes and then on to some of the core courses; how nervous I was getting up in front of all those “college” students, but tried not to show it. I was even more nervous when I proposed my research in front of all those experienced faculty. I remember the excitement of finally getting my master’s degree and even more excited when I finally had my Ph.D. In thinking about my past higher education I had no notion of what my department’s mission statement was and whether the department was adhering to that mission statement. So I thought I would remind our readers what our department’s mission statement is today:

### **Mission Statement**

*“The Department of Kinesiology will engage in disciplinary and interdisciplinary collaborative research that focuses on physical activity and sport across the lifespan, with a special emphasis on youth; prepare individuals for positions of research and leadership in educational, sport, and clinical settings; and educate individuals to lead physically active, healthy lives”.*

As the department chair, I have observed our department faculty diligently researching and teaching across all of these avenues. Today, even research from our outstanding graduate students has been accepted and published and recognized in their fields of study. Our faculty members have worked with these graduate students collaborating with their research and steering them in the right direction. If you look at the titles of our students’ publications and presentations you will see that we have state of the art research going on here at MSU. Our labs have expanded and improved tremendously over the past two decades. Some of your donations have helped to build these labs.

In the field of teaching, all of our teaching interns have been placed in schools throughout Michigan and they are doing an excellent job. Kinesiology is allowed a maximum of 20 intern positions per year by the College of Education to be assigned to Michigan public school districts. Placements generally accommodate students’ requests for assignments near their permanent homes or locally in the Lansing area. Kinesiology teaching interns are unique in the fact that they divide their intern year into a MSU semester at both the secondary and elementary levels. Perspective Mentor Teachers are pre-qualified by administrators in their respective school districts. Also, our graduate students have accepted positions in many of the finest institutions of higher education. We are proud of their accomplishments.

Adding to our faculty expertise is the appointment of Tracey Covassin, PhD ATC as an Assistant Professor and Director of our Undergraduate Athletic Training Education Program. Dr. Covassin received her doctoral degree from Temple University. Since her graduation in 2003, she has been teaching Kinesiology and Athletic Training courses at Shippensburg University in Pennsylvania. Dr. Covassin’s research focus is in the area of neurotrauma and injury epidemiology.

In addition to our strong faculty, we recognize our outstanding alumni. Each year we acknowledge the professional achievements of an outstanding alum from Kinesiology. This past spring at our 10th annual awards banquet we were pleased to recognize Coach Kelvin Sampson as our Professional Achievement Award recipient. Please read about Kelvin on page 3. We also recognized the recipients of the department faculty and student awards. You can read about these achievers on pages 6 and 7. We are proud of their accomplishments as we are of all of our graduates this past academic year.

### Faculty Publications:

Ewing, M. E., & Gilson, T. A. (2005). Psychology of Coaching. Adult learning module for the MHSAA Coaching Advancement Program. East Lansing, MI: MHSAA.

The National Association for Sport and Physical Education (NASPE) honored Dr. Dan Gould at the CTSA (National Coaching Education Conference) Awards dinner on June 4, 2005. NASPE was very pleased to be able to honor Dr. Gould's accomplishments at this event.

Powell, J.W. & Dompier T.P. The role of the helmet in the prevention of traumatic brain injuries, *Sports Medicine Reports* 2004: 3(1), 20 – 24.

Powell, J.W. & Dompier T.P. Analysis of injury rates and treatment patterns for time loss and non-time loss injuries among intercollegiate student athletes, *Journal of Athletic Training*, 2004:39(1), 73-89 This was Awarded First Runner-Up for Outstanding Research Article in the Journal of Athletic Training for 2004.

### Student Publications:

Lee, J. D., Phil-Soo Han (2005). A Pilot Study on Sport as a Social Integration of Gender, Race / Ethnicity and Class and the Prospect of Korean Reunification. Publisher: *Korea Sport Research*, 16 (2)

Myers, N.D., Tonsing, T.M., & Feltz, D.L. (2005). Coaching efficacy in collegiate coaches: Sources and team variables. *Psychology of Sport and Exercise*, 6, 129-143.

### Refereed Presentations:

Payment, C.A., Myers, N.D., & Feltz, D.L. (2005, June). Regressing team performance on collective efficacy: Effect of temporal proximity and concordance. Poster session presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Petersburg Beach, FL.

Perkins, C.D., J.M. Pivarnik, M.J. Reeves, D.L. Feltz, and C.J. Womack. Maternal physical activity and birth weight: a meta-analysis. June 2005. American College of Sports Medicine Conference. Nashville, TN.

### Student Presentations:

Coe, D.P., J.M. Pivarnik, C.J. Womack, M.J. Reeves, and R.M. Malina. Role of physical education on cardiorespiratory fitness in middle school children. June 2005. American College of Sports Medicine Conference. Nashville, TN.

A.M. Coughlin, P.R. Nagelkirk, B.A. Franklin, A.T. deJong, L.A. Van Eik, H.I. Hassouna, J.M. Pivarnik, and C.J. Womack. The chronic and acute effects of enhanced external counterpulsation on fibrinolytic proteins in CVD patients. June 2005. American College of Sports Medicine Conference. Nashville, TN.

Dompier T., Powell, J.W., Barron, M., Moore, M., & Malina, R. *Analysis of Time-Loss and Non-Time-Loss Injuries in Youth Football*, National Athletic Trainers Association National Convention and Symposium, Indianapolis IN, June 2005. This was a finalist for Outstanding Doctoral Research Presentation for 2005 by the National Athletic Trainers Association

R.M. Francis, C.M. Layman, P.M. Johnson, P.R. Nagelkirk, A.M. Coughlin, C.J. Womack, and J.T. Lemmer. Effect of age and aerobic training status on plasma and skeletal muscle tPA and PAI-1. June 2005. American College of Sports Medicine Conference. Nashville, TN.

T. A. Gilson, & M.E. Ewing. (2005, February). Gettin' Swole: Achievement Motivation of Collegiate Athletes During Strength Training. Presented at the Midwest Sport and Exercise Psychology Symposium, East Lansing, MI.

Green, M.R., J.M. Pivarnik, D.P. Carrier, and C.J. Womack. Relationship between physiological profiles and on ice performance of a Division 1 NCAA hockey team. June 2005. American College of Sports Medicine Conference. Nashville, TN.

R.A. Hedstrom., T.A. Gilson, & M.E. Ewing. (2004, September). Put Me in Coach!: The Effect of Athlete/Coach Interaction Time and Feedback on Youth Sport Experience. Presented at the Association for the Advancement of Applied Sport Psychology (AAASP), Minneapolis, MN

J. Knous, J.M. Pivarnik, C.J. Womack, and D.P. Carrier. Comparison between on and off ice physiological testing of collegiate hockey players. June 2005. American College of Sports Medicine Conference. Nashville, TN.

Lanay M. Mudd, Patricia A. Nixon, FACSM, Lisa Washburn, Heather B. Hamilton, T. Michael O'Shea. Neonatal Correlates of Ventilatory Responses to Exercise in 8-10 Year Old Children Born With Very Low Birth Weight. Presented at the National ACSM conference in Nashville, Wake Forest University, Winston-Salem, NC.

**J.D. Lee.** (2005, February). Masculinity in a martial art, Taekwondo. Presented at the Midwest Sport and Exercise Psychology Symposium, East Lansing, MI.

**A.L.Paule.** (2005, February). Community Perceptions of Title IX. Presented at Women and Sport: Before, During, and After Title IX, Bowling Green, OH.

**A.L. Paule.** (2004, November). Community Perceptions of Title IX. Presented at the North American Society for the Sociology of Sport, Tucson, AZ.

**Perrine, J.A., A.T. deJong, P.C. Anderson, C.J. Womack, B.A. Franklin, H.J. Engels, D.S. O'Leary, and W.W. O'Neill.** Hemostatic responses to arm versus leg exercise in patients with coronary artery disease. June 2005. American College of Sports Medicine Conference. Nashville, TN.

**J. Sturm, E. Daniels, D. Feltz, and J. Pignataro.** What is student-athlete development? April 2005. American Alliance for Health, Physical Education, Recreation, and Dance National Convention.

#### Other Student News:

**Anothy Kontos** was awarded tenure and promotion to Associate professor at UNO.

**Aaron Moffett** has accepted an Assistant Professor position at Cal State San Bernardino.

**Nick Myers** has accepted position as an Assistant Professor at the University of Miami

**Craig Paiement** has accepted an Assistant Professor position at Castleton State College in Vermont, and Director of the Sports Administration program.

**Jamie Robbins** has accepted an adjunct faculty position at North Carolina A & T in the Department of Sport Science.

**Missy Wright** will be starting up a sport psychology program at Genesys Athletic Club called Mental Toughness Training for Sports and she will also be a tennis professional there too.

#### Dissertation Defense:

**Peggy McCann** (Summer 2005). Parent-Coach and Child-Athlete Retrospective Perceptions of the Dual Role in Youth Sport. Director: Martha Ewing

#### Professional Achievement Award

**Mr. Kelvin Sampson** received his master's degree from Michigan State University in the coaching and administration concentration in 1980. While at Michigan State, he served as a graduate assistant coach under Jud Heathcote. He is currently head coach of the men's basketball team at the University of Oklahoma, where he has built a successful 10-year record of 234 victories, taken his team to nine NCAA tournaments, three Sweet 16 appearances, two Elite Eight appearances, and a Final Four appearance in 2002.

Coach Sampson holds a 410-240 career record. He was named national coach of the year after his first year at Oklahoma, in 1995, by the Associated Press, United States Basketball Writers Association, and Basketball Weekly. He also earned national coach of the year honors following the 2001-02 season from the National Association of Basketball Coaches (NABC) and CBS/Chevrolet. He has been a board member of the NABC for 9 years and served as the association's president in 2003-04.

Prior to becoming head coach at Oklahoma, Coach Sampson served as head coach of the Cougars basketball squad at Washington State University for 7 years, and head coach at Montana Tech for 5 years before Washington State. He was inducted into the Montana Tech Hall of Fame in 1996. Additional achievements include assistant coach of the 2002 U.S. World Basketball Championship Team, head coach of the U.S. Junior National Team in 1995, assistant coach at the Goodwill Games in St. Petersburg, Russia in 1994, and head coach of the West Team at the U.S. Olympic Festival in 1993. Today, we honor him with a Professional Achievement Award from the Dept. of Kinesiology.

#### In Memory of Beryl Williamson



**Beryl taught skating for the Kinesiology Department at MSU for nearly 40 years. She was very passionate about her sport and the students truly learned a skill from her. She did not hand out any 4.0 if you didn't deserve it. You had to work for your credit and the students appreciated that. Beryl came to MSU in 1957 and taught until 1996. Beryl passed away June 15th, 2005.**





# Spartan Profile

## Bob Benham

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Last year, with the all of the change in the Youth Sport Institute, Bob Benham was welcomed back into the fold. Bob received his PhD in Kinesiology at MSU in 2002 and currently he is an assistant professor of Kinesiology at MSU, splitting time between the PETE (Physical Education/Teacher Education) program and the YSI.

Bob is a native of Honolulu, HI, where he attended the University of Hawaii to earn a B.Ed. in Health, Physical Education & Recreation. Bob then spent 14 years teaching in K-12 schools, primarily as a PE teacher and basketball coach for girls and boys. He first came to Michigan State in 1984 to study for his Masters' degree. Bob worked as a graduate assistant in the Youth Sports Institute under the direction of Vern Seefeldt. He also spent two years coaching basketball and track and field at Okemos HS. Bob received a M.A. In HCP (Health, Counseling & Human Performance) in 1986.

Bob returned to MSU in 1992, with his wife Maenette, to pursue further graduate study. Bob spent four years (1996-2000) as an academic outreach specialist in the College of Education. In that position he was heavily involved with various ed-tech programs. He also coordinated teacher support services for the Michigan Fitness Foundation during this time. Between 2000-2004, Bob held faculty positions in Kinesiology/Physical Education at Wayne State University and Sonoma State University in California.

Bob is excited to be back at MSU, as he enjoys working with a community of scholars and with dedicated students who are excited about learning. He feels fortunate that MSU has given him the opportunity to pursue his interests in both PETE and coaching education. Currently, his work in the YSI with Dan Gould and Larry Lauer has led to heavy involvement in the development of Coaches Education materials for the MHSAA. Bob has had a very large role in the redevelopment of the PACE program into the new CAP program servicing and educating high school coaches in Michigan.

Bob has vast experience with sport in his professional life, as he has coached boys and girls high school basketball at all levels in Honolulu and Michigan. He has taught PE, coordinated intramural and summer sports programs and spent three years as a basketball official in MI.

On his time off, Bob is an avid golfer and enjoys physical activity of all kinds. Bob had been involved in triathlon competitions, while living in Honolulu. Now he enjoys tennis, swimming and biking for fitness (when Michigan's weather permits!), and 'quality walks' with his dog while listening to his IPOD. Bob recently began to share a greater appreciation for fine wines due mostly to Maenette's keen interest in them.

We wish to recognize the outstanding accomplishments of all of our students, faculty and staff. The following are honors and awards for the 2004-2005 academic year.

*Undergraduate Awards*

Kelly Didomenico	-Janet Wessel Award in Adapted Physical Activity
Angela Glossop	-Janet Wessel Award in Adapted Physical Activity
Kathryn Lundberg	-Janet Wessel Award in Adapted Physical Activity
Callie Phillips	-Janet Wessel Award in Adapted Physical Activity
Lee Przygocki	-Janet Wessel Award in Adapted Physical Activity
LaToya Taylor	-Janet Wessel Award in Adapted Physical Activity
Robin Tocco	-Janet Wessel Award in Adapted Physical Activity, -Michael A. Clark Endowed Scholarship, -MAHPERD Outstanding Senior Award
Emily Abe	-Lawrence Sierra Endowed Scholarship
Carrie Beall	-Michael Straus Student Ath. Trainer Academic Excellence Award
Kelly Didomenico	-Roy K. Niemeyer Scholarship -Henry J. & Betty Montoye Endowed Scholarship
George Harnick	-MAHPERD Outstanding Senior Award
David Ludwig	-Michael Straus Student Ath. Trainer Acad. Achievement Award
Rebekah Maddox	-Sarah Palmer/Teri Tarbell Scholarship,
Martha Munsell	-Ronnie Barnes Student Ath. Trainer Service & Leadership Award
Joanna Schneider	-Ray J. Saltzman Outstanding Student Athletic Trainer Award
Jenna Street	-David O. Hough Memorial Scholarship
Julie Woolston	-NASPE Outstanding Major of the Year

**Academic Excellence Gala Awards to Graduating Senior Athletes:** Alicia Copestick, Swimming; Mitchell Herrema, Football; Chris Hohn, Track; Andrew Marsh, Cross Country & Track; Abigail Shepherd, Soccer

**President's Award for Top Scholar Athletes:** Shane Martin, Wrestling; Cole Malatinsky, Football.

*Graduate Awards*

Sarah Carson	-Wohlgamuth Memorial Fellowship
Adam Coughlin	-MWACSM Student Research Project Award
Melissa Fraser	-Janet Wessel Award in Adapted Physical Activity & Outstanding MS student
Charles Kao	-William W. Heusner Endowed Graduate Fellowship Award
Ryan Hedstrom	-Presentation Award
Teri Hepler	-Kinesiology Fellowship
Julie Homuth	-Richard E. Vandervoort Memorial Scholarship Fund from NATA
Christine Layman	-Presentation Award
Bomjin Lee	-Janet Wessel Award in Adapted Physical Activity
Aaron Moffett	-Janet Wessel Award in Adapted Physical Activity Clifford E. Erickson Memorial Scholarship
Laney Mudd	-Deans Scholar Award
Miguel Narvaez-Silva	-Janet Wessel Award in Adapted Physical Activity
Paul Nagelkirk	-Excellence in Teaching Citation, ACSM Graduate Research Fellowship Award and Outstanding Ph.D. student
Craig Paiement	-COE Kinesiology Fellowship, Presentation Award

*Faculty - Staff Awards*

John Powell	-Most Distinguished Athletic Trainer Award in 2005 from NATA
David Carrier	-Most Distinguished Athletic Trainer Award in 2005 from NATA
Tom Mackowiak	-Dissertation Completion Award from Great Lakes Athletic Trainers Association
Eric Mulvaney	-Kinesiology Appreciation Award
Carol Brody	-Special Recognition Award

*Outstanding Doctoral  
Student Award  
Paul Nagelkirk*

**Paul Nagelkirk**, a doctoral student in Exercise Physiology, has a proven track record of instruction in both the classroom and laboratory. Due to his considerable professional talents, Paul was the recent recipient of an “Excellence in Teaching” citation from MSU. Paul’s lectures in Physiology of Physical Activity feature dynamic interaction and demonstrations. As one student relates, “his teaching style was amazing-you could tell that he was extremely intelligent yet he found a way to communicate to his students”. Paul is consistently available and approachable to his students. Another student related how Paul “met with me after each class ...and put the material in a different perspective to help me learn. He was really patient and understanding and was overall a huge help to me.”

In addition to Paul’s considerable teaching skills, Paul was the recipient of the Erickson Research Fellowship, from the College of Education and has been awarded two extramural and one intramural grant for his research on the genetic influence of hemostatic responses to exercise. For his impressive body of scholarship, Paul was awarded the “Outstanding Graduate Student” award from the Midwest Chapter of the American College of Sports Medicine.

*Outstanding Master  
Student Award  
Melissa Fraser*

**Lissa Fraser** is a student who has made a difference in the life of the Department of Kinesiology since she arrived. Lissa is full of energy and has sought many ways to provide service to the Department as well as collaborate with other students in the conduct of their research. Lissa partnered very early in her career here with Aaron Moffet who was doing a field experiment. Lissa was both a collaborator in developing the intervention script as well as collect data, record field notes, and administer surveys to the participants. This was a very labor intensive involvement that Lissa completed with no complaints about the work load.

Lissa Fraser has been an excellent student in the classroom where she earned a 3.94 overall gpa. Lissa stepped out of her comfort zone with qualitative research methods and analyses to take a quantitative statistics course offered in the Psychology Department. While she was challenged with this course, she sought help, persevered, and completed the course with a 4.0. Lissa was truly dedicated to learning other tools to help her as a scholar. She has made 3 presentations at regional and national conferences.

Lissa has been a very good citizen of the department. She has assisted in hosting the Midwest Sport and Exercise Psychology Symposium, served as the KIN representative to COGS, and served as secretary of the KIN Cogs. She has also assisted Dr. Feltz with the PEK club, and Dr. Dummer in the Sports Skills program.

Melissa Fraser has demonstrated a clear understanding of the need to be a scholar, do research, and provide service as a young professional. I highly recommend Lissa for this award.

*Outstanding Senior  
Student Award  
Rebecca McNabb*

Displaying outstanding insight and a deep dedication to put theory into practice, **Rebecca McNabb** uses her multifaceted interests and talents to improve the quality of life of individuals with disabilities. Rebecca is proactive in seeking information and is highly motivated in all aspects of her life. She speaks freely about how her classes and academic experiences have enhanced her knowledge and drive to meet and exceed her professional goals. Rebecca has been on the Dean’s List during her tenure at MSU and carries an overall GPA of 3.779. While setting and maintaining high academic, professional and personal standards, Rebecca is active in the community. She has been a classroom assistant at the Beekman Center, a soccer coach for a Class I athlete with cerebral palsy, an intern at Springer Prosthetics and Orthotics, worked on a federal research grant, tutored student athletes and was a project engineer as a packaging intern, where she was instrumental in resolving an impasse between Marketing and Packaging. Currently she is an instructor at the MAC for children ages 5-13 where she facilitates physical activities through active engagement and guidance and encourages personal best performances and positive attitudes about sport and physical activity. For her outstanding dedication to academics and service, the Department of Kinesiology is pleased to present Rebecca with the Outstanding Senior Award.

*Community Service  
Student Award  
Renee P. O’Connell*

Community service has been a part of **Renee O’Connell’s** life for a number of years. A senior with a double major in Kinesiology and Parks and Recreation, Renee has been actively involved within the MSU community as well as the Lansing community. Renee co-founded and is co-president of a brain injury support group whose mission is to provide awareness, personal support, outreach and educational programs to individuals at MSU and in surrounding communities. Renee organized a conference on brain injury attended by over 300 individuals, booked expert speakers and gave the opening address. Moreover, she is the director of an educational theater troupe devoted to using dramatic presentations to explore behaviors, emotions, and convictions common to college students challenged with high risk decisions concerning sexual behavior and their own sexual identity. This program has expanded via new members and an abundance of requests for performances. Renee was a volunteer in the College of Education’s Read-to-Succeed program and has worked two different residential summer camps for children with special needs. For her unselfish service and dedication to MSU and the Lansing communities, the Department of Kinesiology is pleased to present Renee with the Community Service Award.

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**Performance in Motion**

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

***Performance In Motion***

*A newsletter distributed to members of the Mentor Society, the generous contributors who are enriching and enhancing our success as a unit at Michigan State University, alumni and friends of Kinesiology*

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