Moderate physical activity during pregnancy does not contribute to low birth weight, premature birth or miscarriage and may actually reduce the risk of complications, according to a Kinesiology professor, Jim Pivarnik, who contributed to the U.S. government’s first-ever guidelines on physical activity.

“There has been quite a dramatic change in regards to pregnancy and exercise,” said Pivarnik, who has studied the topic for more than 20 years. “While it used to be thought that avoiding exercise meant avoiding harm to the fetus, research now shows physical activity can not only improve health of the mother but also provide potential long-term benefits for the child.”

Specifically, the guidelines call for women to get at least 150 minutes of moderate-intensity aerobic activity per week during pregnancy and the postpartum period, preferably spread throughout the week. In addition to health benefits, moderate physical activity also may reduce the length of labor, evidence suggests. The guidelines call for women to avoid doing activities that involve lying on their back after the first trimester and activities with high risk of falling or abdominal trauma.

During the postpartum period, regular physical activity continues to benefit a woman’s overall health, according to Pivarnik’s research, by increasing her cardio-respiratory fitness and improving her mood. Physical activity after pregnancy also helps women achieve and maintain a healthy weight, and when combined with appropriate caloric restriction, promotes weight loss.

“In the time I have been performing research on...
exercise during pregnancy, we have shifted from cautious conservatism to the current guidelines, which encourage women to be active throughout gestation,” Pivarnik said. Also as part of the new guidelines, the government recommends 150 minutes of activity for adults per week. The move toward measuring recommended exercise by overall minutes as opposed to specific time and frequency requirements mirrors research recently published by Mudd, Pivarnik, Mathew Reeves from MSU’s Department of Epidemiology, and Ann Rafferty from the Michigan Department of Community Health.

That study, published in the journal *Medicine and Science in Sports and Exercise*, used a broader approach toward calculating compliance with exercise requirements and found when measured by the amount of energy expended, the number of respondents who met guidelines was significantly higher.

“We found that by following the letter of the law many people who may be getting enough physical activity were not being counted,” Mudd said. “But we still have a majority of people who are inactive or are not active enough.

“The new guidelines can help shape people’s behaviors and get them on the right track to being healthy,” she added. “They allow individuals more flexibility in how and when to perform their activities.”


October 7, Secretary Leavitt of DHHS announced the new (and only) US Guidelines for Physical Activity for Americans. All previous guidelines that are circulating have been sponsored by private health related agencies. This is exciting news for those of us in the field, who have worked toward this day with much of our research over the years.

Dr. Jim Pivarnik, President-Elect of the American College of Sports Medicine (ACSM), gave a 5 minute talk to the Secretary, and honored guests at the HHS Building in DC. Although he was there representing ACSM, reference was made to the fact that he is a professor at Michigan State University.
Grady Peninger received the Lifetime Achievement Award for Retired Coaches

This award is presented annually to the male or female MSU coach whose coaching career has brought great honor personally, and by reflection, to Michigan State University and its intercollegiate athletic programs.

Arriving at Michigan State University in 1960, Grady started as the assistant coach under Fendley Collins, and three years later he took the helm as the head wrestling coach. Under Grady’s direction, the MSU wrestling program completely dominated the Big Ten conference with seven consecutive Big Ten titles starting in 1966. In so doing, Grady became the first coach at MSU (and in the Big Ten) to win seven consecutive titles in any sport.

In 1967, Grady was voted the National coach of the Year after winning the NCAA National Championship which included two individual National Champions. Grady was the first Big Ten coach to develop a three-time NCAA champion; a four-time NCAA finalist and a four time conference title. His wrestlers earned 10 NCAA titles, 40 Big Ten titles, and All American honors 54 times. He produced 43 Conference and 11 National Champions, 90 Big Ten medalists, and 46 All-Americans. His Spartans won 213 of 330 dual meets, and enjoyed 23 consecutive winning seasons. Since retiring from coaching, Grady has served as President of the National Wrestling Coaching Association and served on the NCAA rules committee. In 1987, Grady was nominated to the National Wrestling Hall of Fame, and in 2008 was nominated to the Michigan State University Hall of Fame. Grady also taught basic instructional classes in the Department of Kinesiology from 1960-1990.

Adapted from the Twelfth Annual Weekend Brochure

Kinesiology reaches out to Park Avenue Elementary School in Menifee, California

Lisa Johnson, a third grade teacher at Park Avenue Elementary in Menifee, California wrote to our department and asked if we could assist her with a project that the whole school was working on. Park Avenue is a Title I school and the district serves multiple ethnicities and a large percentage of low socio-economic families. Despite these statistics, over the past year they have raised their API scores by 22 points. Their school slogan is “Creating daily success for all students in our care”. At Park Avenue, they all work together to ensure that their students are successful.

Lisa stated that they continue to take steps to promote high levels of life long academic achievement for all. In this spirit, they have discussed with all of the students the importance of having the option to attend college.

As a way of encouraging the students’ eagerness for college, Lisa was looking for a benefactor to adopt her class. Our College of Education, with the help of the Department of Kinesiology, sent T-shirts with the Michigan State University logo and these students wear these t-shirts to all of the school assemblies. The students also received a packet with MSU folders, pencils, pens, and lined tablet paper. Their classroom now has a Spartan flag and a Sparty bobble head and a globe with Sparty in the middle and that plays the MSU Spartan fight song. The students’ enthusiasm for education is greatly heightened with the adoption of Michigan State University. They also have become fantastic MSU sport fans. Lisa proudly admits that her classroom is the best dressed and decorated classroom for University support, thanks to the Department of Kinesiology and the College of Education.
Eugene (Gene) W. Brown received his B.S. from the State University College at Cortland, New York; his M.S. from the University of Iowa, and his Ph.D. from the University of Oregon. He joined the MSU Department of Kinesiology in 1979 after serving three-year terms on the faculty at Hope College, where he also coached the men’s soccer team, and at California State University, Los Angeles. During much of his professional career at MSU, he served the Institute for the Study of Youth Sports where he performed biomechanics research; conducted service clinics throughout the state of Michigan and beyond; and wrote service documents on injury mechanisms, biomechanical performance parameters, and skill learning. In addition, he taught graduate and undergraduate courses related to the biomechanical analysis of physical activities.

Dr. Brown is highly respected within the sport biomechanics community. He served in several positions, including President, in the International Society of Biomechanics in Sports. He received the prestigious Crystal Award of the City of East Lansing in recognition of his community service. Recently, his fully online graduate course on the physical bases of coaching received an award as part of the MSU/AT&T Awards Competition in Instructional Technology.

In retirement, Gene and his wife, Jean, look forward to travelling around the country visiting with the families of their three children who are currently located in Pittsburgh, Chicago, and Denver.

In Memoriam—

David Anderson
David died on February 12, 2009.
David was hired as a laboratory technician in 1960 and retired July, 1998. He provided essential assistance to both faculty members and graduate students in the areas of biochemical analyses, energy metabolism determinations, body composition measurements, and numerous other laboratory procedures. David also maintained the department’s reprint files of research articles and provided much of the graphic artwork needed for publications and presentations." (Taken from “100 Years of Kinesiology: History, Research, and Reflection”, Haubenstricker, J. & Feltz, D., eds.)

James H. Humphrey
James died on July 11, 2008.
James started his career as an assistant professor at Michigan State University. During his career Jim taught at all educational levels from elementary school to the college graduate level. As a notable researcher and author, he was the recipient of numerous honors and awards.
Gail Dummer received her B.S. from the University of Minnesota, M.A. from the University of California Berkeley, and Ph.D. from the University of California Berkeley. She joined the MSU Department of Kinesiology in 1984 after earlier appointments at the University of Maryland and Indiana University. Her research interests include curriculum and instruction in adapted physical education and the performance capabilities of athletes with disabilities. She directs the Sports Skills Program, in which undergraduate students provide teaching and coaching in selected sports skills to persons with disabilities from the greater Lansing area.

Dr. Dummer’s most significant scholarly work includes a K-5 physical education curriculum for use in inclusive educational settings, and a related body of research on curriculum development, teacher education, and inclusion. Gail’s professional service includes the presidency of the North American Federation on Adapted Physical Activity, as well as extensive service on journal editorial boards. Her outreach efforts focus on disability sports. She served as a USA coach for swimmers with disabilities at international swimming championships in Shanghai, Christchurch, and Malta. She contributed leadership to disability sports efforts on behalf of the U.S. Olympic Committee and USA Swimming, and has served as meet director for several national championships. Dr. Dummer received an MSU Distinguished Faculty Award in 1998 and Excellence in Diversity Award in 2001. Her colleagues from the Athletes with Disabilities Hall of Fame recognized Dr. Dummer with the Rick Knas Lifetime Achievement Award in 2005.

KIN senior Maria Feldpausch will receive two awards at the 2009 AAHPERD convention in Tampa, the Student Recognition Award from the Adapted Physical Activity Council, and a Major of the Year Award from the National Association of Sport and Physical Education. It is easy to understand why Maria was selected for this recognition. Although she is an undergraduate student, her accomplishments rival those of many advanced graduate students and junior faculty members. She already has experience as a teaching assistant in university-level adapted physical activity, exercise physiology, and human anatomy courses. Maria has served as a valued member of the research team for four projects, including her own independent research on physical activity and autism. In addition, she has contributed her expertise to the Special Olympics program and various youth sports organizations.
Who is George Harnick—in his own words!

Well, my life consists of an interesting tale of learning experiences interjected by various accounts of success. I hail from Swartz Creek; a small town just southwest of Flint, Michigan. After I graduated from Swartz Creek High School, I attended Mott Community College on a two-year scholarship. I transferred into the Physical Education Teacher Education program within the department of Kinesiology here at Michigan State University. Being guided by extremely creative and supportive instructors, I obtained my bachelor’s degree along with a teaching certificate and moved on to getting a master’s degree from the University of Northern Iowa. There I focused on the implementation of technology such as Polar heart rate monitors and pocket PC’s into physical education. After an amazing experience in Iowa, I returned to the Lansing area and began teaching physical education at Laingsburg Middle School. I loved this job with a passion strong enough to make me feel as if I would never find one that topped it. That is until I became an instructor of Kinesiology at Michigan State University.

Currently I instruct teaching methods courses that prepare future physical educators for their upcoming roles in affecting the lives of America’s youth. My courses include KIN 350, KIN 351, TE 408, TE 802, and TE 804. I truly love and thoroughly enjoy educating people through the medium of physical education. I honestly believe that I am positively influencing physical education as a whole, and the impact of being such an agent of change will therefore affect many lives.

In my spare time, I enjoy all types of exercise ranging from just mowing the lawn to vigorous strength training. I am an avid sportsman actively participating in the conservation of wildlife and their habitat. I just recently got married in the summer of 2008, and could not be happier. My happiness and success are a direct reflection of the support shown to me by my family and my wife. Without their constant encouragement, I would not be where I am today.

Overall, my only hope is that sometime in the future my students will look back at the time they spent with me and forward the many educational messages that I passed on to them.
OUR CHAIRPERSON GOES TO CHINA

Last fall, nine administrators from Kinesiology programs in the Big Ten visited China on a 14-day trip to five cities. We met with the leaders of more than a dozen of China’s major sport universities and colleges, from Beijing to Chengdu to Shanghai, to gain first-hand knowledge about China’s main sport science institutions and educational systems for training undergraduate and graduate students, health professionals, and athletes (to some extent), and for meeting the society’s needs for Kinesiology. We also gave presentations about our respective universities and Kinesiology programs to Chinese audiences including not only university leaders and faculty, but also, more importantly, students at large. In addition, we gave scholarly presentations in the various fields of Kinesiology. For example, I spoke about the field of sport psychology in the United States and the work we do at MSU in particular. Beijing Sport University (BSU) and most participating universities of the Sino-US Kinesiology Higher Education Forum acknowledged that the Big Ten universities represent the highest level of research and education in Kinesiology in the US, and would be the priority institutions for future exchange activity.

The Sino-Big Ten institutional leaders of Kinesiology agreed in general that the following areas would be the initial steps of exchanges in the near future:

a. Continued high-level exchange between Big Ten and major Chinese institutions in Kinesiology. The Big Ten Kinesiology leaders will invite a Chinese delegation to visit the US in 2009.

b. Faculty exchange for the purpose of research and scholarly activities.

c. Student exchanges. BSU is interested in sending Ph.D. students in the dissertation phase to Big Ten universities for research and scholarly training in Kinesiology.

d. Potential viable exchange items were discussed including non-credit Chinese student groups to visit to Big Ten campuses.

We feel strongly that our recent China visit was historical and that the impact of this trip should not be underestimated. Jointly, we can make things happen in a way that both the US and Chinese would benefit for a long time to come.

New 2008 Textbook from Kinesiology


Deborah L. Feltz collaborated with former students Sandra Short and Philip Sullivan to write Self-Efficacy in Sport. With this new book, students, researchers, and practitioners now have a go-to reference on efficacy research packed with psychological strategies for helping athletes, teams, and coaches overcome specific weaknesses. Self-Efficacy in Sport—the first book devoted entirely to this important topic—compiles over 30 years of burgeoning self-efficacy research into a comprehensive and up-to-date analysis.
Phi Epsilon Kappa began the Fall 2008 semester with a successful membership drive increasing its membership to 47 active members. The students started the year by participating in the annual homecoming parade. PEK and the Graduate Student Organization came together this year to make a float to promote Phi Epsilon Kappa and Kinesiology department. The theme this year was Go for the Green! in honor of the 2008 Beijing Olympics. Of the 15 floats entered in the contest the Kinesiology group was awarded best float.

In October a group of members traveled to Bowling Green University in Ohio to attend the Midwest American College of Sport and Medicine annual meeting. This gave the members an opportunity to learn about present research in exercise science and sports medicine and a chance to interact with many professionals in the field. Many of the sessions were directed toward students to enhance career development, and they proved very beneficial.

On more of a social level, PEK sponsored an intramural co-ed volleyball team, held a tailgate before the homecoming game, and went on a haunted hayride to get members together for some fun. The members also made a trip to Sparrow Hospital around Halloween to pass out goody bags in the pediatric wing.

Other outreach activities in which PEK participated included Special Olympics and adopt-a-family. Special Olympics held a bowling tournament in November in which many members volunteered. It was a great experience for the volunteers and bowlers, and PEK looks forward to staying involved with Special Olympics. Before finals, a bake and apparel sale was held in the entrance of IM Sport Circle to raise money for the club. PEK made new shirts for the Kinesiology department to try to boost sales and offer a bigger selection of apparel.

PEK partnered with the Lansing YMCA this year for a holiday concert in December. The concert supported the YMCA’s Open Arms Campaign which provides outreach and scholarships to those who need a helping hand. Students volunteered at two shows at the Wharton Center, a morning show for local schools and an evening show for adults to benefit the open arms campaign. The concert was a great end to a successful semester for PEK.

PEK started the 2009 spring semester by holding their annual initiation ceremony. The ceremony was a great success, as 30 new members were initiated. PEK looks to keep up a great year by participating in events such as Polar Plunge to benefit the Special Olympics, Relay For Life and attending ACSM's National Conference in Seattle Washington! Congratulations to 2008-2009 PEK member class!

Phi-Epsilon Kappa
Phi Epsilon Kappa is a national professional fraternity serving men and women in the fields of physical education, health, recreation, dance, human performance, exercise science, sports medicine, and sports management.

Phi Epsilon Kappa objectives include fostering scientific research, facilitating cross-cultural exchanges of information, service to the profession, publication of periodicals for the membership and general public, recognition of outstanding work, and fostering a spirit of loyalty and fraternity and bonds of fellowship and mutual assistance.

Chapters traditionally engage in activities to promote the objectives of the fraternity and have included sponsorship of seminars, clinics, workshops, and other educational activities. Collegiate chapters often devote many hours of service to their respective departments, schools, and communities.

Advantages of membership include opportunities for working with peers, socio-cultural opportunities, lasting friendships and fraternal spirit, opportunities for professional growth and leadership development, feeling of mutual interest and responsibility, and healthy professional spirit among the members and the other students in the department.

For information on becoming a member of the KIN chapter of Phi Epsilon Kappa, check with the secretary in the Department of Kinesiology Office or Dr. Dianne Ulibarri, the faculty mentor to the organization. Acceptance of membership and initiation occurs early during fall semester only.
ISYS Launches New Initiatives

The overarching goal of the Institute for the Study of Youth Sports (ISYS) is to study the beneficial and detrimental aspects of sport for children and youth and then work to help those in the field to maximize the benefits. With this mind ISYS has launched several new initiatives linking research and practice during this academic year. These include: (a) the South African Positive Youth Development Project; (b) the National Wrestling Coaches Association (NWCA) Coach Leadership Program; (c) Student Athlete Leadership Development Research; and (d) TDPAL Program Evaluation.

South African Positive Youth Development Project

In August of 2008 ISYS staff members Dan Gould and Meredith Whitely spent two weeks in South Africa and Namibia. The trip was part of an emerging venture between ISYS and the Department of Sport Science at Stellenbosch University. Consistent with the MSU focus on globalization and the ISYS mission, the overriding objective of this program is to foster positive personal development through sport with a special emphasis on building the capacity of Southern African sport leaders and coaching educators to accomplish these goals. Particular emphasis will be placed on youth in sport and expanding opportunities and benefits for historically marginalized populations like girls, individuals with disability, and non-white Africans.

Partnering with colleagues from the Stellenbosch University and using their extensive network of Southern African sport and university contacts, the specific goals of the program are to: (1) identify the most critical needs of underserved Southern Africans that sport participation could potentially meet; (2) develop programs that either directly affect personal development through sport or build the capacity to do so; (3) build the capacity of Southern African sport leaders for developing personal development through sport programs; and (4) conduct research that will contribute to the scientific body of knowledge and best practices relative to fostering personal development through sport.

During the August trip, Dan gave a series of lectures to sports science students at Stellenbosch. Meredith and Dan also conducted focus groups and individual interviews with youth sports leaders, visited the Kayamandi Township, and discussed future sport programming needs with Ikhaya Trust Center staff - a nonprofit agency designed to enhance youth development. We also had a series of excellent meetings with Professor Liz Bressan, our Stellenbosch contact, about how our two departments could collaborate.

We returned to East Lansing with a much better understanding of the potential of sport to enhance youth development in Southern Africa. We are also happy to report that Meredith will be returning to Stellenbosch for three months this summer with the goals of: (1) assessing existing girls’ sport programs in black South African townships; (2) investigating the keys to success, the potential barriers, and the receptivity of a sport program for girls in the Kayamandi Township; and (3) learning about the cultural, political, and societal landscape of the Kayamandi township through observation, interviews, and focus groups.
ISYS recently began a three year grant project for the National Wrestling Coaches Association (NWCA). This project is designed to develop a state-of-the-art leader development program for America’s wrestling coaches. Building from business leadership research and best practices and what is known about effective coaching leadership, the program will address a number of important issues. These include: (1) an understanding of educational athletics and the role wrestling plays in the larger educational community; (2) program vision and mission; (3) the coach as a leader and principles of leadership; (4) public relations, marketing and fund raising skills; (5) effective community relations; and (6) strategies for developing wrestlers as people and the promotion of life skills through wrestling involvement.

The program will be delivered through a series of online modules that engage coaches by presenting materials, completing exercises, participating in discussions, and watching extensive video interviews from the top coaches and administrators in the country. Participants will not only complete the online modules but also attend a two-day coaching retreat where they will interact with and learn from some of the nation’s best wrestling coaches and administrators.

This NWCA coaching leadership project is a major effort, but is one that is teaching the project team of doctoral student Eric Bean, master’s student Michael Crawford, and ISYS Director of Coaching Dr. Larry Lauer, a great deal about how online coaching courses can best be structured to help coaches learn. For example, we are including a significant number of video interviews with top wrestling coaches and administrators since research shows that coaches best learn from each other.

Student Athlete Leadership Development Research

For several years ISYS students and staff have partnered with the Michigan High School Athletic Association (MHSAA) to develop the Captain’s Leadership Training Program. Clinics are held throughout the State where 80-150 captains attend and receive training on how to be a more effective leader.

To ensure that the training program is addressing the unique needs of high school sport leaders today, ISYS has launched a concurrent line of research on captains with doctoral student Dana Voelker and master’s student Michael Crawford. In Study 1, 13 former high school captains were interviewed about their leadership experience, including the benefits and drawbacks of being a captain, how they were prepared by coaches for their leadership duties, and what they would recommend to future student-athletes assuming a similar role. Results showed that the majority of captains receive little formal training on how to lead and often do not have their roles specified. Some also believed that captain’s are born versus made—a belief that needs to be overcome if the training program is to be successful.

Study 2 is well underway and examines high school sport leadership development from the perspective of coaches. Ten high school coaches with a reputation of developing effective captains are being interviewed for the purpose of identifying the best leadership training practices implemented in youth sport today. Initial results show that these coaches are highly purposeful and proactive in developing their captains’ leadership potential and defining their roles. However, they vary greatly in the methods they employ to achieve these goals.

Once these findings are incorporated into the Captains Leadership Training Program, a series of final studies will evaluate the program’s effectiveness. An in-depth examination of what and how much information student-athletes actually retain from their captain’s clinic experience is one of several planned objectives.
Results from the first set of studies conducted as part of Think Detroit Police Athletic League’s (TDPAL) program evaluation efforts have been completed. One study conducted by doctoral student Kristen Murray focused on gaining a better understanding of who is serving as volunteer coaches in TDPAL. Results from over 400 coach and administrative volunteers provided a wealth of information about a variety of issues. For example, what is their motivation to coach in general and in Detroit in particular? What barriers do they face when coaching in Detroit?

Most coaches perceive the environment in which their athletes live as somewhat risky/dangerous (M = 5.05 on a 7 point scale). Coaches were asked to list the top three risks their youth face each day. Several common areas of concern emerged from this question including concerns about: education (lack of education, lack of support, educational success, too tired from too much work, not getting homework done, not enough reading); drugs (pressure to use); gangs; teen pregnancy; and peer influences (negative influences, fitting in, friends, hanging out with the wrong crowd, pressure, getting in trouble, how to get along and not be afraid of other kids).

Most encouraging was the finding from coaches who had a minimum of Level 1 IMPACT coaching training. (IMPACT is the name used for TD Pal’s coach education program. The IMPACT program has 3 levels and its goal is to educate coaches on how to instill/teach character to young people.) Most (67%; n=251) felt the IMPACT program was “very useful,” while 99% (n=253) believed it could help them become a better mentor for their athletes. This speaks well of the TDPAL efforts to educate their volunteers.

In the second study conducted by doctoral students Ryan Flett and Katie Griffes, 12 coaches were interviewed and observed. Six coaches, judged by program administrators to be very effective at achieving the organization’s overall mission of developing character and positive youth development in young people and 6 coaches who were not, were compared on their interview and observational results. A number of very interesting results emerged. Effective coaches, for example, were found to be better at building relationships with their athletes and reported greater use of a diverse array of life skill teaching strategies. The less effective coaches were more negative and demeaning in their coaching, which is consistent with previous youth sports literature.

What was most interesting was that while both effective and ineffective coaches were totally devoted to the youth they coached, less effective coaches possessed a different belief system. Specifically, they saw the world as being tough and believe the best way to prepare youth for the challenges of life is to bring the harshness and difficulty of adult life into childhood. Thus, they constantly ride their athletes and often yell at them. Yet, pediatric sport science research shows that such an approach is not developmentally appropriate. Strategies that may work for adults in the military are not going to be effective for youth. However, these are not just the strategies that less effective coaches use, it is what less effective coaches believe in! So TDPAL is going to focus on ways to change the belief patterns of these coaches. Fortunately, these coaches are thought to be the minority in the organization.
Alumni News: Where are they now and what are they doing?

Melissa Alexander (Ph.D. ‘08) is an assistant professor at Montclair State University in New Jersey.

Mary Barron (Ph.D. ‘06) is the Athletic Training Program Director at Marywood University in Scranton, PA.

Dawn (Podulka) Coe (Ph.D. ’03) is an Assistant Professor at the University of Tennessee.

Lynette Craft (Ph.D. ’02) has received a Cancer Prevention, Control, Behavioral and Population Sciences Career Development Award (K07) from National Institutes of Health to support her research career development in the area of cancer prevention, control, and behavior.

M. Kathleen Ellis (Ph.D. 2001) is moving from the University of Rhode Island to West Chester University of Pennsylvania where she will be an associate professor in adapted physical activity.

Ted Eaves (MS '01) an adjunct professor at North Carolina A&T State University authored a textbook- 'The Practical Guide to Athletic Training' and an article on Spit Tobacco use in Baseball Coaches. He is currently completing his doctorate of education at the University of North Carolina at Greensboro.

David Kinnunen (Ph.D. ’03) accepted a position as assistant professor at California State University Fresno.

J.D. Lee, (Ph.D. ’08) accepted a visiting assistant professor position at Miami University.

Aaron Moffett (Ph.D. ’05) was selected to be a coach/leader of the US Paralympic Academy at the Paralympic Games in Beijing in September 2008.

Josh Ode (Ph.D ‘07) is an Assistant Professor at Saginaw Valley State University.

Jennifer (Stiller) Ostrowski, (Ph.D. ‘08) is the Clinical Coordinator of Athletic Training at LaSalle University.

Michael Roskamp (Ph.D. ‘08) is on the faculty at Grand Valley State University.

Mark Sarzynski (Ph.D. ’08) is now a post-doctoral fellow at the Pennington Biomedical Research Center - Human Genomics Core, Baton Rouge, LA.

Drew Scales (Ph.D. ’95), accepted a position as Assistant Athletic Director/Director of Student Athletic Academic Services at the University of Toledo.

Sandra (Moritz) Short (Ph.D. ’98), professor at the University of North Dakota, received a North Dakota Spirit Faculty Achievement Award.

Chris Stewart (M.S. ’07) is coaching at Olivet College. He is the defensive back coach, asst. track coach, asst. strength and conditioning coach, and he will also be teaching a class (Administration and Methods in Health Education).
2008 Dissertation Defense

Alexander, Melissa G. F. (Ph.D.). Social Skills and Sports (S3) Program: Developing the Social Skills of Young Adult Special Olympics Athletes (Dummer)

Bruenger, Adam J. (Ph.D.). Biomechanical Comparison of Three Methods of Back Squatting (Brown)

Carswell, Mercedes (Ph.D.). Predictors of Retirement Distress Among Male Former Intercollegiate Athletes (Feltz)


Hepler, Teri (Ph.D.). Decision-Making in Sport: An Examination of the Take the First Heuristic and Self-Efficacy Theory (Feltz)

Lee, J.D. (Ph.D.). Socio-cultural Constructions of Traditional Masculinity and Its Relationships to Sport/Physical Activity Values and Behaviors (Smith)

Paule, Amanda (Ph.D.). The Good, The Bad, and The Ugly: Examining Intercollegiate Athletic Recruiting (Smith)

Roskamp, Michael (Ph.D.). The Situation of Field Supervision in Physical Education: A Personal and Empirical Investigation (Dummer and Bird)

Sarzynski, Mark (Ph.D.). Association of the PAI-1 4G/5G Polymorphism with Blood Pressure in the Quebec Family Study: Interaction with Adiposity, Physical Activity, and the ACE I/D Polymorphism (Eisenmann)

Stiller Ostrowski, Jennifer (Ph.D.) An Evaluation of an Educational Intervention in Psychology of Injury for Athletic Training Students (Gould)


The faculty in the Department of Kinesiology are committed to the concept that physical activity is inextricably linked to the biological, psychological, and social well being of children and youth. Programs are available in biomechanics of sport and physical activity motor behavior, physiology of exercise, sports administration and coaching, psychosocial aspects of sport and physical activity, and athletic training.


## Call for News

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

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

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**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

Published two times a year by the Department of Kinesiology, College of Education, Michigan State University. 
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