

Happy Retirement—Gene Brown, Gail Dummer and Yevonne Smith



DEPARTMENT OF KINESIOLOGY

Performance in Motion

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Pictures taken at the Refugee Development Center

INSTITUTE FOR THE STUDY OF YOUTH SPORTS UPDATE

ISYS Students Start Refugee Development Center Leadership Sports Club

In the Spring of 2009 doctoral candidate Meredith Whitley spear-headed an effort to start a sports leadership club for refugee youth in Lansing. The project was conducted at the Refugee Development Center, an organization that provides educational services for approximately 500 refugees from around the world who have resettled in the Lansing area. The center serves as a second home to many individuals and families new to life in America and provides a wide range of services for adults, from driving instruction to English as a Second Language classes. The Refugee Development Center (RDC) also welcomes young refugees with a comprehensive youth program, whose mission is to improve the “academic and functional achievement of each child, including grades, attendance, graduation, and involvement in extracurricular activities.”

Meredith came to the Institute for the Study of Youth Sports (ISYS) for doctoral study because of her strong interests in promoting positive youth development through sport and international sports programming. She became involved with the RDC this spring when she developed a sport program for refugee youth called the “**Leadership Sports Club.**” Along with Meredith, the Leadership Sports Club (LSC) action team was comprised of ISYS Interns Kelley Amormino and Gem Sabolboro, who proved to be exceptional mentors and facilitators! This three-member Kinesiology student action team worked as a unit to design, implement, and reflect on the LSC programming throughout the semester.

The Leadership Sports Club met on Tuesdays from 5:00pm – 6:00pm for a total of 10 sessions in the RDC gym, alternating between soccer and basketball skills, drills, and games. The participants were 10 males between the ages of 10 and 17, with their home countries ranging from Tanzania to Somalia. Some of these youths had recently arrived in the United States of America within the last year, while others had arrived years before and have been attending the youth program at the RDC for some time. This resulted in a range of English-speaking abilities, causing the leaders of the LSC to grapple with different teaching methods that would reach all of the participants.

Despite these challenges, an overall framework was created that was largely based on the Personal and Social Responsibility (PSR) Model by Don Hellison, noted positive youth development through sport practitioner from the University of Illinois Chicago. The goals of the LSC focused on the potential for physical, psychological, and socio-emotional development, while also contributing to the overall mission of the RDC youth program. In order to achieve these goals, the action team followed the guidelines that Hellison explicated in the PSR Model. Mentors were encouraged to recognize the strengths of each participant as well as the deficiencies, ultimately building on these strengths instead of struggling to “fix” the deficiencies. Along with this strength-based approach, each participant was recognized and treated as an individual, with specific knowledge and experiences that could contribute to the team discussions in ways that mentors could not. Mentors were also taught that each young refugee has the capacity, if not the experience, to make good decisions. With this knowledge, mentors created opportunities for the participants to practice making good decisions, and then helped the participants self-reflect on their choices and learn from these experiences. Overall, these basic guidelines created an environment where the mentors could actively work towards achieving the goals of the LSC each and every week.

At the conclusion of the program, Meredith, Gem, and Kelley firmly believed that the LSC had high impact on the refugee youths who participated. Although there was no hard evidence, the director of the RDC claimed that this was “one of the top two programs the RDC has had for the kids.” On the whole, the LSC created an environment where the refugee youths felt competent, built relationships with adult mentors, learned about American culture, became more socialized into American society, felt like part of a team, and learned basic life skills. Through skits, team discussions, teachable moments during basketball and soccer games, and self-reflection, the participants learned about *respect* and *teamwork*, and also learned about applying these concepts in sports and in other domains of life. At the conclusion of this incredible experience, the participants and the leaders of the LSC all felt the same: they didn’t want it to end! Luckily, Meredith will continue working with refugee youth at the RDC, and she is planning on expanding the program into two Leadership Sports Clubs in the fall of 2009.

Finally, ISYS Director, Dan Gould, indicated that he is especially proud of this project. Not only did it provide a great service to the local community but it was a totally student generated effort. It is a great example of how Kinesiology students are making a difference in the community. At the same time, the students themselves were moved by the experience of working with youth from around the world. The project certainly fits nicely with MSU’s focus on globalizing our efforts to bring Michigan to the world and the world to Michigan.



Message from the Chair Deborah Feltz

In this issue, we celebrate three of our retiring faculty members—Eugene Brown, Gail Dummer, and Yevonne Smith -- with pictures, our professional achievement awardee, Dr. Michael Maksud, and our student awards winners. We also update you on the activities of the Institute for the Study of Youth Sports, our new lab in the Center for Physical Activity and Health, and our new faculty hires, Dr. Florian Kagerer and Mr. George Harnick. Lastly, we wish to congratulate our graduates who graduated this year.

We conducted three faculty searches over the past year, and I am very pleased to announce that we have appointed Dr. Florian Kagerer as an assistant professor, starting this fall, in the area of developmental motor control. Dr. Kagerer received his PhD in Neuropsychology and Sensorimotor Performance from the Institute of Medical Psychology at the Ludwig-Maximilians University of Munich, Germany, and received 3 years of postdoctoral training in Human Motor Control and Motor Learning from the Department of Kinesiology, Human Motor Control Laboratory at Arizona State University. Dr. Kagerer 's work focuses on human motor control and the mechanisms underlying multisensory-motor integration and sensorimotor adaptation in adults, typically developing children, and children with developmental motor dysfunctions. He uses a combination of behavioral and neuro-physiological techniques to study these mechanisms. We are pleased to have him as a part of our kinesiology team.

I also am pleased to announce that we hired Mr. George Harnick in the physical education teacher education (PETE) position that was vacant when Bob Benham left. He had an article in our last newsletter. As we mentioned, Mr. Harnick is one of our alums, having received his B.S. from MSU in 2005. He completed a Masters of Physical Education with Technology from the University of Northern Iowa in 2007, and has taught and coached in the public schools. We are very pleased to have him return to MSU.

We will continue our search for an assistant/associate cognitive-behavioral scientist in physical activity. This position will help in attracting federal funding for research and in attracting more doctoral students who want to bridge the psychological and physiological aspects of physical activity.

Our new (3500 sq. ft.) lab space as part of the Center for Physical Activity and Health consists of five offices with prime views of the W.J. Beal Botanical Garden, a conference room, assessment room, data storage and four testing labs. The \$820,000 renovation project represents one of the most dramatic changes to the building since a major addition was constructed in the 1950s. We were able to secure additional space from the women's locker room in I.M. Sports-Circle to house the new facility. This new space will allow us to conduct more research, especially in the pediatric exercise science area and more collaborative research across disciplines.

Thank you, again, for your generous gifts of financial support. We will continue to use this support to advance the necessary changes we see as rewarding to our communities

Brandon Irwin demonstrating the Exergame fitness bike in one of the rooms in the new lab.

Low levels of physical activity paired with alarmingly increasing levels of overweight and obesity has created a huge concern for health professionals and others around the country. While video games have been targeted as one of the problems related to these concerns, others have found video games to be quite the opposite. Exercise video games, or "exergames" such as Wii Fit or Playstation 2's Eye Toy: Kinetic have the potential to be effective tools in increasing physical activity and fitness among a number of populations. While these games show some promise, however, they are not necessarily designed with proven scientific theory in mind. Here at MSU, one of the goals of our research is to test theories of motivation in exergame settings to improve the quality of the exergaming experience in achieving higher levels of physical activity and fitness.



Professional Achievement Award—Michael Maksud

Dr. Michael Maksud is Dean Emeritus at Oregon State University where he served as Dean of the College of Health and Human Performance from 1980 to 1995. Dr. Maksud received his Ph.D. at Michigan State University under the guidance of Dr. Wayne Van Huss in 1965 after completing his Master's degree at Syracuse University and an undergraduate degree at the University of Illinois. Prior to his tenure as Dean at Oregon State University, his professional experience included Chairperson of the Department of Physical Education at the University of Wisconsin-Milwaukee, Professor and Director of the Exercise Physiology Laboratory, and Associate Dean of Academic Programs of the Graduate School of the University of Wisconsin-Milwaukee.



During his career, Dr. Maksud published over 85 articles in referred journals. However, he considers his most important publication to be his 1st, which was co-authored with his professors Drs. Wayne Van Huss and William Heusner: Maksud, M.G., Van Huss, W., Heusner, W., Smith, E., Kertzer, R. and Coutts, K., The Effects of Physical Activity and Electrical Stress on Selected Physiological, Anatomical and Biochemical Parameters in Adult Male Rats. In Antonelli, F (ed): *Psicologia Bello Sport. Federazione Medico Sportiva Italiane*, pp713-717, 1965.

Dr. Maksud has received numerous honors and awards for his scholarly work. Some of these honors have included being named a Fellow to both the American College of Sports Medicine and the American Academy of Kinesiology and Physical Education; being inducted into the University of Illinois-Chicago Athletic Hall of Fame; receiving the Distinguished Administrator Award from the National Association for Physical Education in Higher Education; receiving the Carl L. Anderson Outstanding Faculty Award from the College of Health and Human Performance at Oregon State University and receiving the George Huff Award for Proficiency in Scholarship and Athletics from the University of Illinois-Champaign.

In recognition of all of his career achievements, the Department of Kinesiology is proud to honor Dr. Michael Maksud with its own Alumni Professional Achievement Award.

Congratulations Michael!

International Sports Leadership Program

A collaboration between the
Korea Coaching Development Center at Hoseo University
and Kinesiology at Michigan State University

International Sports Leadership Program (ISLP) is a unique, non-degree certificate program for international sport leaders to meet the growing worldwide demand for educational training and to facilitate the exchange of ideas among real-world professionals. ISLP is designed for coaches, sports instructors, and sports-related persons in order to enhance their (a) professional knowledge, especially regarding competence in practical coaching knowledge and skills, focusing on sports education, (b) English and cross-cultural communication skills, and (c) understanding of U.S. and global affairs, including in the developments in the sports education field.

During the spring 2008 semester, two students, Ms. Sook Rye Ha, a national level basketball coach, and Sangchul Lee, a sport education student from Hanyang University, went through our ISLP program. In addition, we hosted three visiting scholars from Korea as a part of the program: Dr. Kyoung-Shil Park, Dr. Bongseok Oh, and Dr. Man Sik Choi.

We wish to recognize the outstanding accomplishments of all of our students, faculty and staff. The following are honors and awards for the 2008-2009 academic year.

Undergraduate Awards

Maria Feldpausch-Outstanding KIN Senior Award, MAHPERD Outstanding Senior Award, NASPE Major of the Year Award, Adapted Physical Activity Council (AAPHERD) Undergraduate Outstanding Student Award
 Daniel Miller -MAHPERD Outstanding Senior Award
 Kelly Mattran -Outstanding KIN Senior Award
 Jillian Kwiecien -KIN Community Service Award

Megan Fortelka -Thomas W. Smith Endowed Scholarship in Kinesiology
 Kevin Leonoff -Henry J. & Betty Montoye Endowed Scholarship
 Anthony Troshak -Michael Clark Scholarship
 Lindsey Polinko -Walter C. & Patricia J. Mack Endowed Scholarship in Education
 Laura Vielbig -Jack and Ingrid Wallach Endowed Scholarship in Education
 Rachel Jacobson -Sterling G. Murray Memorial Grant

Alysse DeWitt -Janet Wessel Award in Adapted Physical Activity
 Maria Feldpausch-Janet Wessel Award in Adapted Physical Activity
 Heidi Griffin -Janet Wessel Award in Adapted Physical Activity
 Allison Leece -Janet Wessel Award in Adapted Physical Activity
 Alycia Mokedanz-Janet Wessel Award in Adapted Physical Activity
 Casey Odenigbo -Janet Wessel Award in Adapted Physical Activity
 Allison Seidelman-Janet Wessel Award in Adapted Physical Activity
 Steve Stackhouse-Janet Wessel Award in Adapted Physical Activity

Lisa VanHoose -David O. Hough Memorial Scholarship in Athletic Training
 Katie Forsyth -Ronnie Barnes Student Ath. Trainer Service & Leadership Award and Michael Straus Student Ath. Trainer Academic Excellence Award
 Kayle Hisey -Michael Straus Student Ath. Trainer Academic Excellence Award
 Mike Hodde -Michael Straus Student Ath. Trainer Academic Achievement Award
 Jordan Clark -Michael Straus Student Ath. Trainer Academic Achievement Award
 Justin Rogers -Ray J. Saltzman Outstanding Student Athletic Trainer Award and Michael Straus Student Ath. Trainer Academic Excellence Award

Graduate Awards

Aubrey Aubrey -William W. Heusner Endowed Graduate Fellowship Award
 Lori Dithurbide -KIN Endowed Fellowship
 Mary M. Douglas -Janet Wessel Award in Adapted Physical Activity
 Clemens Drenowatz-KIN Research Fellowship
 Robert Elbin -College of Education Alumni Fellowship
 Anna Leyland -Ken & Kristen Zisholz Outstanding Athletic Training Graduate Student Award
 Dana Voelker -William Wohlgamuth Memorial Fellowship

Ryan Flett -KIN Outstanding Doctoral Student Award and KIN Endowed Fellowship

Marissa Siebel -KIN Outstanding Master Student Award and Janet Wessel Award in Adapted Physical Activity



*Outstanding Doctoral
Student Award
Ryan Flett*

Ryan Flett has made the most of the three years he has been at Michigan State. Upon his arrival, Ryan immersed himself in several research projects including focus group interviews with coaches from Think Detroit/PAL programs, comparisons of effective and ineffective youth coaches, and interviews with highly trained university coaches about recruiting and developing life skills. Securing interviews with these various groups of coaches proved to be challenging and time consuming, but as described by his mentor, “Getting things done right is more important than merely getting them done.” In addition to his own research, Ryan has willingly shared his understanding of research methods and statistical analyses with other graduate students and through lectures in classes. Ryan has also taught a variety of courses in the undergraduate program, including KIN 170, Introduction to Kinesiology and KIN 340, Psychological Bases of Physical Activity, which have been described as fun even with his “quirky” sense of humor! Ryan has been a model citizen within the department. He has served on numerous graduate student committees as well as the departmental Faculty Advisory Committee. In addition, he has been actively engaged in the outreach activities of the Institute for the Study of Youth Sports, including coaches’ education workshops and captain leadership seminars with high school students. Ryan is one of four doctoral students to be asked to take part in a pilot program in the Association for Applied Sport Psychology to review program submissions. Ryan truly understands what it takes to be a professional. *Congratulations, Ryan!*



*Outstanding Master
Student Award
Marissa Siebel*

Marissa Siebel has taken full advantage of her educational experience at Michigan State University. She has effectively blended two of her passions, namely, athletic training and working with students with disabilities. Marissa has demonstrated a strong understanding of effective teaching skills in the classroom, such as hands-on assignments and small group work. While it is rare that a masters degree student teaches courses in the major program, Marissa was asked to teach KIN 126, Introduction to Athletic Training and to be a head teaching assistant in KIN 465, Adapted Physical Activity. Marissa’s research record would be impressive for a doctoral student! Marissa has served as a research assistant with Dr. John Powell in his study of the relationship between shoes and surfaces and injury rates across Division I football teams. In addition, Marissa worked as a research assistant at the Lakeshore Foundation, a USA Paralympics training center. While excelling in the teaching and research arenas, Marissa was the consummate volunteer. She served as Co-President of the Kinesiology Graduate Student Organization and helped found the Adapted Sports Club at Michigan State University. Marissa has worked on numerous fund raising activities for Special Olympics and volunteered as the athletic trainer at Michigan Victory Games. *Congratulations, Marissa!*



*Community Service Award
Jillian Kwiecien*

Jillian Kwiecien — Upon arrival at MSU Jillian felt as if the only way she could become an active student of the university would be to get involved in service to the community. She participated in an Alternative Spring Break in New Orleans and aided in the disaster relief following Hurricane Katrina. This experience involved both razing and rebuilding houses. She was the Vice President of Phi Epsilon Kappa, the professional fraternity for Kinesiology majors, where she organized volunteer, fundraising and group activities, as well as recruited members. Jillian worked as a group exercise leader through MSU’s Alumni Foundation and Evening College, taking participants through a cardiac rehabilitation exercise program to promote heart health and exercise benefits. She also was involved in the Cardiac Rehabilitation Field Study through Lansing Community College. Jillian will do her internship in cardiac rehabilitation and plans to continue with community service throughout her professional career. *Congratulations, Jillian!*



DEPARTMENT OF KINESIOLOGY

Outstanding KIN Senior
Student Awards
Maria Feldpausch and
Kelly Mattran

Maria Feldpausch's accomplishments rival those of many advanced graduate students and junior faculty members. She was a teaching assistant in university-level adapted physical activity, exercise physiology, and human anatomy courses. Her excellent ability to critique the teaching, and behavior management skills of undergraduate KIN 465 students, helped them become more effective teachers and coaches. Maria has served as a valued member of a research team for four projects, including her own independent research on physical activity and autism. Maria presented her findings to professional audiences at the North American Federation on Adapted Physical Activity and at the Undergraduate Research and Arts Forum. She is working on a manuscript for publication in a professional journal. Maria completed the cognate in adapted physical activity at MSU and will begin graduate study in occupational therapy in the fall. *Congratulations Maria!*

Kelly Mattran first made her appearance in HERL in Fall 2005 as a freshman. She was involved with all aspects of varsity athlete testing and was a key assistant in two research projects: Spartners for Health and Physical Activity during Pregnancy and Offspring Size (PAPOS). Kelly proposed a research question using a subset of the PAPOS data, carried through on the research, and presented those findings at the American College of Sports Medicine (ACSM) conference and at the Undergraduate Research and Arts Forum. She also represented MSU as a member of the Exercise Science Jeopardy Team at ACSM. Currently she is working on a manuscript as the first author, scheduled to be submitted for publication this summer. She was selected to give the spring commencement speech representing kinesiology graduates. Kelly completed the cognate in exercise physiology and psychosocial aspects of sport and will begin the exercise science master's program at James Madison University in the fall. *Congratulations Kelly!*

Joshua Lenard Parks
(December 6, 1988 - March 18, 2009)



Joshua Lenard Parks, 20, of Marshall died on Wednesday, March 18, 2009, in Lansing as a result from injuries sustained in an automobile accident.

Joshua was born on December 6, 1988, in Grand Rapids to David Lenard and Jody Ann (Barr) Parks. He graduated with high honors from Marshall High School in 2007.

Joshua was a sophomore at Michigan State University studying Physical Education and Kinesiology. He was a member of the college bowling team and the campus crusaders. He worked at the college dorm cafeteria.

Joshua was very active in high school. He was a member of the soccer and track teams, and a four year varsity member of the bowling team. He was a member of the M club, and played the trumpet in the marching band. Josh worked at Marshall Lanes during high school and he refereed and coached AYSO soccer. He was very adventurous and enjoyed rock climbing, and took a sky dive last year. Joshua even traveled with the Alaska Great Lakes Project in eighth grade.

Joshua is survived by his parents Jody Parks and David Parks, two sisters Emily and Sara Parks all of Marshall. He is also survived by maternal grandmother Joyce Barr of Marshall, paternal grandparents Theda and Charles Langstaff of Lansing, numerous aunts, uncles, cousins, and friends. He was preceded in death by his maternal grandfather Harold Barr and paternal grandfather Lenard Parks.

Josh touched many lives and was eager to lend a helping hand when needed. He was compassionate and loving and was always one to put others needs before his own. He will be missed by many. (Lansing State Journal)

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Performance in Motion

**A newsletter distributed to members of the
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