Message from the Chair

This has been a difficult year for faculty and staff at Michigan State University, as it has for others across the country. While we have lost faculty and staff to attrition and budget cuts, our class sizes have increased as our undergraduate major in kinesiology continues to be as popular as ever. However, we have been approved to reopen our search for a new tenure-line faculty member in the pediatric kinesiology area.

In the College of Education, the faculty and administrative staff have outlined a plan for program reductions to strategically position the college to better achieve its goals. One program that will be eliminated is our physical education teacher education (PETE) program. The decision to eliminate the PETE program was based on declining applications over the past several years resulting in small enrollments in specialized courses that are required for this teaching major, the lack of a health teaching minor, and the number of other PETE teacher certification programs in Michigan that are producing many physical education teachers. Our students who are currently in PETE will be guided through the program and will be able to finish their degrees.

As part of our strategic planning, we also will carefully review our kinesiology undergraduate program requirements. Currently, we have very little flexibility in the major for students to take elective courses that build on their interests. This fall, we will examine what other benchmark programs require in their programs and what our students need to be marketable in their careers.

Even through these difficult economic times, our faculty continues to be a dedicated group of scholars who have been recognized locally, nationally and internationally. We continue to increase our grantsmanship. Since 2005, we have increased our research expenditures over 800%. Our graduate programs continue to attract highly talented students, and we have continued to increase our research and travel support for them.

As we do each year, our faculty and students are recognized for their achievements over the past academic year at our annual awards banquet. These awards are listed on pages 4-7. We also present a Professional Achievement Award in Kinesiology. This year we were pleased to recognize Dr. James Walton. Please read about his accomplishments on page 3. He has a very distinguished career. Also you will see the other departmental award winners that we are very proud of.

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. For up-to-date information on the department, please check our website at: http://www.education.msu.edu/kin/
The Crim Fitness Foundation, located in Flint, Michigan, was originally founded in 1977, when its founder Bobby Crim (former Speaker of the House) created a road race. His intentions were to raise funds for Special Olympics and create community pride and cooperation. Over the years, the race has been highly successful, has gained significant popularity, and today serves as the largest running event in the state. Virtually everyone in the community knows about the race and supports its existence. As the race evolved, so did the organization. The Crim Fitness Foundation is now an official non-profit organization with a board of directors, and many of the foundation’s programs serve as best practices in Michigan’s fight against the obesity epidemic.

One of these programs is coordinated through the Flint public schools, where the Crim Fit Youth program exists at the elementary level. Until the fall of 2009, the program consisted mainly of a mileage club (i.e., walking/running club). The Crim Fitness Foundation recently added another component to the program, an educational curriculum addressing physical activity and nutrition behaviors (PE-Nut). Individuals from the Crim Fitness Foundation have engaged in discussions with a research team from MSU and are interested in understanding how their program affects the participating students and schools in terms of health outcomes. They seek to form a long-standing partnership with researchers from Michigan State University in order to improve the impact of their programs on the community. Members of the research team from MSU are Karin Pfeiffer (KIN), Joe Eisenmann (KIN), Jim Pivarnik (KIN), Joe Carlson (Radiology, adjunct faculty in KIN), and Kim Maier (CEPSE in College of Education). Members of the research team from the Crim are Gerald Myers (CEO) and Erin Lamb (Youth Program Coordinator). Additionally, medical residents and faculty from Hurley Medical Center participated in data collection and are part of the team.

The team created a long-term goal to submit a grant to the National Institutes of Health (NIH) for the October 2010 deadline. In preparation for that proposal, the team conducted pilot work in three of the Flint Community Schools and a charter school. The study took place in March-April of 2010 with the goal of comparing children who participate in the Crim Fit Youth program versus those who do not in terms of health outcomes (physical activity, screen time, dietary behaviors, cardiorespiratory fitness, blood pressure, weight status, waist circumference, acanthosis nigricans [indicator of insulin resistance], academic performance, and psychosocial characteristics).

Approximately 400 children in Grades 1-5 across the four elementary schools participated in the study. Trained graduate and undergraduate students from MSU assisted in taking the physical measures and administered the surveys and physical activity measures, in addition to conducting the fitness test. The Hurley team assisted with blood pressure and acanthosis nigricans assessments. Funding from the MSU Colleges of Education and Human Medicine was procured in order to make this pilot project happen. Additionally, the project could not have been completed in such a timely and efficient manner without the assistance of the Crim Fitness Foundation. Clearly, there are excellent relationships developed between the Crim and various entities involved in the project (Flint Community Schools, Hurley, MSU, etc.). Overall, the research team has engaged in a highly successful collaboration, and they remain poised to submit the NIH application in October of 2010.
From 1979 to 1985 he was employed as a research scientist in the General Motors Research Laboratories, in Warren, Michigan. In 1985 he joined Motion Analysis Corporation, in Santa Rosa, California and served as Vice President of Applications Engineering and as a member of the corporate management team. In 1988, he formed his own small, high-tech startup, 4DVideo, which he continues to operate and manage.

Dr. Walton has served as a consultant to a wide variety of military, industrial, legal and educational organizations. He has lectured worldwide on high-speed imaging and motion capture techniques, including two invited lecture tours in the People’s Republic of China. He has chaired and co-chaired various conferences devoted to high-speed imaging and videometrics, and moderates the International High-Speed Imaging listserver. He is a Fellow of the Society of Photo-Optical Instrumentation Engineers (SPIE) and currently serves as the US national delegate to the International Congress on High-Speed Imaging and Photonics. He served three terms as chairman of the SPIE Working Group on High-Speed Photography and Photonics, and in 2001, he was formally recognized by SPIE "for his services to the high-speed photography community."

Prior to his time at MSU, Dr. Walton was a competitive gymnast. He placed 10th in the British National Trampoline Championships in 1968, and also competed in Europe. He served as an assistant gymnastics coach under George Szypula during the 1968/69 season. He is actively involved in his community as a Rotarian, and has been recognized by his local school district for his "contributions to education and the youth of the community."

Congratulations!
Mr. R. J. Elbin is the 2010 recipient of the Outstanding Doctoral Degree Student Award. R. J. has distinguished himself as a representative of the land-grant philosophy of higher education. He has developed and taught an online/hybrid course entitled Psychology of Sports Injury. This course has fulfilled a real need for athletic trainers and others interested in the psychology of injuries. R. J. has included an array of pedagogical strategies in the course, such as YouTube videos (relevant to psychology of sports injury), online blogs and discussion forums. R. J. has also volunteered to be a teaching assistant in both undergraduate courses (e.g., Lab Experiences in Teacher Education) and graduate courses (Graduate Research Methods). He is a very willing tutor to individual students who need help in understanding complex material in these courses. R. J.’s research has focused on sport-related concussions and has resulted in 8 authored or co-authored manuscripts, 2 book chapters, and 4 presentations at national conferences. R. J. received a grant to fund his dissertation from the Michigan Blue Cross Blue Shield. R. J. has found time to also give back to the community through presentations to high schools on sport-related concussions. His advisor described R. J. as “responsible and competent.” For his work ethic and passion for teaching, research, and service, R. J. Elbin is truly worthy of the Outstanding Doctoral Degree Student Award.

Congratulations R.J.!

Mr. Kimbo Yee is the 2010 recipient of the Outstanding Masters Degree Student Award. During his two years in the masters degree program, Mr. Yee has been actively engaged in numerous research projects, taught two courses in our undergraduate program, namely, Exercise Physiology Lab and Human Anatomy Lab, and served as the laboratory technician for the Human Energy Research Lab. Kimbo has been a very active member of the Spartners for Health Project where he was involved in all aspects of the project from recruiting subjects to data management and analysis. From this research Kimbo has made 6 co-authored presentations at national conferences. He was first author on 3 of the presentations. Kimbo has co-authored 3 manuscripts, one of which was published in BMC Public Health. His advisor described Kimbo Yee as “Mr. Dedication” to the exercise physiology concentration. For his efforts in the classroom and in research which has gone far beyond the ordinary, Mr. Kimbo Yee is truly deserving of this award.

Congratulations Kimbo!
Outstanding Senior Award
Lindsey Polinko
Community Service Award
Kelly Montgomery

A Physical Education Teacher Education major and biology minor, Lindsey’s career objective is to create a positive and dynamic environment in education and athletics for her students, by integrating biology, anatomy and exercise physiology into her content areas. She is interested in urban education, and coaching cross-country and track and field. She is a member of the Honors College, and a tri-athlete. She has tutored at Pattengill Middle School in Lansing with a focus on English Language Learners, volunteered as a tutor for foreign English Language Learning TAs, taught swimming to children three years of age and older, coached track and field summer camps for grades six through 12, and volunteers part time at Cole Academy as a physical education teacher. She was Head Lifeguard and Manager for the Village of Lake Zurich Parks and Recreation Department. She presented at the 2009 National Council of Teachers of English Annual Convention, has been an active member of Michigan State’s Triathlon club, and involved with Girls on the Run. She was involved in the Sports Studies in Australia, KIN’s study abroad program, in 2008. During that time, she continued to set high expectations for herself and others, and through her example motivated others to excel in classroom, and training experiences. She will be pursuing a masters’ degree in exercise science. For her dedication to excellence in leadership and scholarship, the Department of Kinesiology is pleased to award the Outstanding Senior Award to Lindsey K. Polinko.

An exceptional student and leader in and outside the classroom, Kelly demonstrates excellence in her career path and academics. Professors describe Kelly as being professional, enthusiastic, and committed to excellence. Kelly sets the bar high for herself, encourages those with whom she works to excel, and in doing so, elevates the performance level of the group. Her commitment to excellence, perseverance, and participation in classes spill over into life. Kelly has volunteered at local, state and national levels. As President, Vice President and Activities Chair of Phi Epsilon Kappa (PEK), our professional Kinesiology fraternity, her leadership skills were put to the test. She helped build its membership and place in the MSU community, into what it is today, a vibrant organization. Kelly is a member of the Human Energy Research Lab, and is Survivorship chair for both the Colleges Against Cancer (The “Colleges Against Cancer” is a group formed by different colleges on campus) and Relay for Life. Kelly is an intern with The (S)Partners for Heart Health Project where she handles research management tasks, including data management and evaluations, and presented research findings at the University Undergraduate Research and Arts Forum in April. Kelly has volunteered at Sparrow Pediatric Rehabilitation Clinic and at Ingham Regional Medical Center, and has been a personal caregiver for a severely handicapped child. She will be a masters’ student in exercise physiology under Dr. Joey Eisenmann in the fall. For her dedication to excellence in leadership and outstanding community service, the Department of Kinesiology is pleased to award the Community Service Award to Kelly A. Montgomery.
We wish to recognize the outstanding accomplishments of all of our students, faculty and staff. The following are honors and awards for the 2009-2010 academic year.

**Undergraduate Awards**

- Lindsey Polinko - Outstanding Kinesiology Senior Award, MAHPERD Outstanding Senior Award, and Henry J. & Betty Montoye Endowed Scholarship
- Kelly Montgomery - Kinesiology Community Service Award
- Laura Vielbig - MAHPERD Outstanding Senior
- Laura Gibson - Lawrence Sierra Award
- Laura Vielbig - American Kinesiological Award
- Jillian Stewart - Thomas W. Smith Endowed Scholarship in Kinesiology
- Amanda McCristal - Walter C. & Patricia J. Mack Endowed Scholarship in Education
- Emily Fahrer - Janet Wessel Award in Adapted Physical Activity
- Elyse Hahn - Janet Wessel Award in Adapted Physical Activity
- Gem Sabolboro - Janet Wessel Award in Adapted Physical Activity
- Alison Seidelman - Janet Wessel Award in Adapted Physical Activity
- David Whisenant - David O. Hough Memorial Scholarship in Athletic Training
- John Mucovich - Ronnie Barnes Student Athletic Trainer Service & Leadership Award
- Jillian Rubin - Ronnie Barnes Student Athletic Trainer Service & Leadership Award
- Ashley Rudolph - Michael Straus Student Athletic Trainer Academic Achievement Award
- Lisa VanHoose - Ray J. Saltzman Outstanding Student Athletic Trainer Award

**Graduate Awards**

- Clemens Drenowatz - William W. Heusner Endowed Graduate Fellowship Award
- Alex Nichols - Janet Wessel Award in Adapted Physical Activity
- Dana Voelker - Kinesiology Endowed Fellowship
- Meredith Whitley - Kinesiology Endowed Fellowship
- Ryan Flett - Kinesiology Research Fellowship
- Yusuke Nakayama - College of Education Research Development Fellowship
- Missy Wright - College of Education Research Development Fellowship
- Moe Machida - Summer Research Fellowship
- Darijan Suton - Summer Research Fellowship
- Katie Rapking - Ken & Kirsten Zisholz Outstanding Graduate Athletic Trainer Award
- Meredith Whitley - William Wohlgamuth Memorial Fellowship and David S. Evans Memorial Scholarship
- R.J. Elbin - Kinesiology Outstanding Doctoral Student Award
- Kimbo Yee - Kinesiology Outstanding Master Student Award

**Scholar-Athlete Awards**

- Jordan Jackson - Women's Swimming & Diving
- Christine Milliken - Women's Tennis
The ISYS intern experience has become sought after by not only MSU undergrads but also from students at neighboring colleges and universities. Why has this internship become so popular? First, ISYS members treat undergrads as part of the team. They encourage students to have fun. Why work so hard if the experience is not enjoyable? We are excited every semester for new interns who contribute their work is contributing to something important, and hopefully get them thinking about how to do it better. Second, faculty and graduate students understand that when you ask an intern to do a task, you explain how it fits in the grander scheme of the study or project. The goal is to inform, show the students and assist them in learning from their experience. Third, we like the relationships we develop with students. The relationships developed and the education acquired in the process serve as an enriching experience for all involved. In recent semesters, ISYS has had up to three interns at a time and interest continues to grow.

When Drs. Gould and Lauer arrived at MSU six years ago there were no undergraduate interns working at the Institute. With some trepidation of not being able to give undergraduate students the time needed for a quality experience, Larry Lauer began by taking one student per semester. Our students have not disappointed! ISYS faculty, staff and graduate students enjoy having undergraduates work with them. The relationships developed and the education acquired in the process serve as an enriching experience for all involved.

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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.)

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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