



## Movement Studies and Wellness Education

### From the Associate Dean

The Department of Movement Studies and Wellness Education (MSWE) proudly celebrates our departmental accomplishments for the 2007-2008 academic year, and share them here with the PLU community, as well as with the external individuals, companies and agencies that support and serve our students in their service learning experiences and internship placements. Our students benefit from the generosity and expertise of a wide range of professionals, and our curriculum is richer and more meaningful because of the integrated and applied learning opportunities these partnerships allow us to provide. In *On The Move* we highlight a sampling of the outreach projects completed this year, acknowledge all of our interns and their placement sites, and celebrate our graduating seniors.



The past several years have been a period of unprecedented change for our department. Prior to this year, the department, in conjunction with the Department of Athletics, had been known at PLU as the School of Physical Education. The separation of the academic unit from the athletic department was a necessary and appropriate action, and was followed by the realignment of the academic unit with the former School of Education to form the School of Education and Movement Studies (with the

Athletic Department realigning into the Division of Student Life). Such significant changes required deliberate attention and care over a several year period, and were marked by moments of frustration, challenge, success, sorrow and joy. We extend our deepest gratitude for the support, encouragement and counsel given to us throughout the challenges and achievements of our recent past. We especially appreciate the steady guidance provided by Provost Patricia O'Connell Killen, who inherited decisions and entered into complexities and actions already in full swing. We also extend a special note of appreciation to John Lee (Dean for the School of Education and Movement Studies) and all of our faculty colleagues in the Department of Instructional Development and Leadership for so warmly welcoming us into our new campus affiliation and helping us to move forward with strength.

I also am deeply grateful to, and proud of, the faculty in the Department of Movement Studies and Wellness Education for maintaining their steadfast commitment to our program and our students throughout these years of transition and for continuing to dedicate themselves to carrying out our mission with conviction and excellence.

**Karen E. McConnell, Ph.D., CHES**

### Our Mission

The primary mission of the Department of Movement Studies and Wellness Education is to provide quality academic professional preparation for undergraduate students in areas related to the study of human movement, especially as it supports the pursuit of lifelong physical activity and well being (health & fitness education, recreation, exercise science, pre-physical therapy, pre-athletic training and health & fitness management and promotion). We strive to prepare future leaders who will positively impact the health behaviors of individuals and of society through the education and promotion of life-sustaining and life-enhancing pursuits. The successful completion of our majors demands a strong integration of the liberal arts and sciences with thorough professional preparation in light of respective state and national standards, accrediting bodies and certification programs. Internship experiences are valued as an integral and required element of all majors in the department and demand that students further develop and apply their education and training in real world, professional settings.



## Highlights: Learning Through Service and Practice

In 2007-2008 students engaged in a large and diverse array of outreach, service and internship learning experiences. The department is marked by its on-going and growing engagement in service learning and community outreach. Faculty are committed to the purposeful integration of disciplinary research with proven practical programming, and strive to engage students in bridging the research-practice gap in ways that serve and support the profession, the university and the local community.

For the fourth consecutive year the students in **PHED 490: Curriculum, Instruction and Assessment** have developed and delivered an **Outdoor Adventure Program** for students at **Ford Middle School**. This year 27 middle school students participated in a semester long class developed by the PHED 490 students that focused on environmental responsibility, leadership, life skills, self-esteem, health and fitness and community and personal responsibility. Students in PHED 490 worked together to create the unit and lesson plans and then took turns team teaching the daily lessons at Ford. The experience culminates with an educational camping trip at Millersylvania Park on May 6, 7 and 8.

The seniors in **Health Education 395:**

**Comprehensive School Health** participated in the **PLU Health Fair** by developing and distributing pamphlets on issues pertinent to PLU students such as alcohol use, birth control options, depression, and eating



disorders. The students also worked with the **LuteFit Committee** and **Health Center Director Susana Doll** to develop a health education program focused on positively impacting the health behaviors of PLU students over spring break. The students developed the theme “**The Power of Choice**” and distributed 500 black and yellow wristbands that contained the theme with an attached fact sheet on unhealthy choices such as risky sex, drinking, and sun exposure as well as information on healthy choices

such as exercise, rest and laughter. The campaign took place at the Lute Loop, at the University Center and in a sampling of classes. Selected classes were surveyed to determine how the intervention impacted the health related choices of students over the break.

The 35 students in **PHED 326: Adapted Physical Education** completed over 350 hours of service learning. Community based outreach and volunteer work with special needs populations was done at sites and organizations such as the Special Olympics, the Child Study and Treatment Center, the Companionship program of Pierce County Parks and Recreation, Primary Care Associates, Brookdale Elementary, Bethel Junior High and several YMCA sites among others.

Students in **RECR 324: Physical Activity and Health Across the Lifespan** worked with the **LuteFit Committee** to design three projects focused on increasing physical activity and wellness among PLU faculty, students and staff. The class reconfigured the **Stress Free** campaign that runs during dead week to include activities such as frisbee golf, daily walks, beach volleyball and dodgeball as well as hula-hooping and four-square competitions in Red Square. Additional projects have been planned for the 2008-2009 academic year and include a campus-wide “Walk Around the World” challenge, lunch time walking groups, and targeted one-on-one fitness instruction opportunities at Names Fitness Center.

Students **Casey Zink, Tabatha Albertson** and **Shelly Dailey** created a three day stress management educational campaign for SUHRCO Residential Properties of Bellevue as part of their **PHED 384: Foundations of Health & Fitness Management** course. The company wide campaign was designed, implemented and evaluated by the students and was successful at raising awareness about the impacts of stress on health and job performance, as well as about stress management techniques. All students in the PHED 384 course participated in similar outreach projects.

## What's In A Name?

**Kinesiology:** the study of human movement; typically understood in scientific terms to include anatomy, physiology, and biomechanics.

**Movement Studies:** a more inclusive phrasing; embracing both the scientific elements widely understood to be a part of kinesiology, as well as the humanistic and socio-cultural elements of movement that also mark our roots in the humanities and our ties to the social sciences.

**Wellness:** a state of optimal well-being and not merely the absence of disease; achieved through an ideal balance of physical, spiritual, social, emotional and intellectual health.



## Internship Placements 2007-2008

### Advantage Basketball Camp

Lawrence Brooks

### Al Davies Boys & Girls Club

Kyle Eggenberger

### Alaska Native Medical Center

Faye Dotomain

### American Lung Association

Rachel Bartel

### Apple Physical Therapy

Jared Brandeberry, Dean Giampapa,

Amanda Heffler, Tinna Lanham,

Carly West

### Bellingham Parks & Recreation

Jeva Morton

### Calloway Fitness Center

Clare Gahan

### Central Park Tennis Club

Jeff Loranger

### Central Washington Hospital

Jared Vidano

### Charles Wright Academy

#### Athletic Training

John Telyea

### Clark County YMCA

Meredith Holgren

### Competitive Edge Sports/Fitness

#### Training

Megan Kosel

### Evergreen State College

#### Volleyball Program

Gerald Cassel

### Exercise Science Center

Gary Redd, Jared Vidano

### Good Samaritan Hospital Children's

#### Therapy Unit

Dean Giampapa, Amanda Heffler,

Melissa Linn, Tracy Rauk,

Heather Ragan

### KOMO Radio

Sean McClraith

### Madigan Army Physical Therapy

#### Department

Gary Parlett

### Mary Bridge Children's Hospital

#### Physical Therapy Clinic

Jared Brandeberry, Melony Davis

### Mel Korum YMCA

Clare Gahan, Gary Redd, Chase Reed,

Robert Sparks

### Meridian Physical Therapy

Amy Greenwood,

Heather Ragan

### Morgan Family YMCA

Tinna Lanham

### N.W. Women's Physical Therapy

Melony Davis

### Northwest Adventure Center

Brandon Harris

### PLU Basketball

Gerald Cassel

### PLU Outdoor Recreation

Richard Myers

### Simonetti Physical Therapy

Matt Simonetti

### Sports Lab Training Center

Lauren McDonald

### Tacoma General Hospital Center for

#### Healthy Living

Emily Voorhies

### Tacoma Metropolitan Park District

Nicole Portalski

### Tacoma-Pierce County Health

#### Department

Katie Skipworth

### The Milgard Hope Center/Boys

#### and Girls Club

Chris Lytle

### Western State Hospital Physical

#### Therapy Unit

Matt Simonetti, Melissa Linn

### Weyerhaeuser Company

Annamarie Burke

### WSU Extension Ropes Course

#### Challenge

Richard Myers



## Graduating Well....

*Congratulations to all 2007-2008 MSWE graduates!*

### Fall 2007

Christophersen, Karl R. Greenwood, Amy M.

DeArmond, Kara M. Moore, Kaelen D.

Gahan, Clare R. Starr, Joel A.

### Spring 2008

Alwert, Ryan J. McDonald, Lauren G.

Blau, Chad A. Morton, Jeva M.

Brandeberry, Jared M. Myers, Richard J.

Burke, Annamarie E. Parlett, Gary A.

Cassel, Gerald A. Prevot, Samantha J.

Davis, Melony A. Rauk, Tracy L.

Dotomain, Faye E. Redd, Gary L.

Eggenberger, Kyle W. Reed, Chase T.

Giampapa, Dean P. Richard, Julie M.

Harris, Brandon D. Simonetti, Matthew R.

Keating, Teresa A. Skipworth, Katherine A.

Lanham, Tinna R. Telyea, John B.

Linn, Melissa M. Toney, Matthew L.

Loranger, Jeffrey D. Voorhies, Emily B.

Lytle, Christopher R. West, Caroline J.

Martin, Haley B.

## MSWE Faculty, Administrative Staff and Student Workers

Frances Briseno-Wendel, M.S., Visiting Instructor

Tony Evans, Ph.D. ACSM H/FI, Professor

Colleen Hacker, Ph.D., Professor

Stephanie Kerr, M.S. (ABD), CSCS, Visiting Instructor

Karen McConnell, Ph.D., CHES, Associate Professor, Associate Dean

Brad Moore, M.S., Professor

Allison Stringer, Ph.D., Assistant Professor

Nicole Wood, Ed.M. (ABD), Visiting Instructor

Adjunct Lecturer: David Kuiper, M.S.

Administrative Assistant: JoAnne Davis

Student Workers: Annamarie Burke, Toby Swanson

Intern Placement Coordinator: Margarete Freitag

Website: [www.plu.edu/~mswe](http://www.plu.edu/~mswe)



## With Appreciation

We bid farewell to Internship Coordinator **Margarete Freitag** who retires this year after **20 years** of service to the department. Margarete has successfully formed dozens of new partnerships and placed hundreds of students over the years. We are grateful for her persistent dedication to the department and PLU, and wish her the best in her retirement.

## Promoting Healthy Living and Activity for All Students

### *The Physical Activity Program*

In addition to professional degree programs, the Department of Movement Studies & Wellness Education provides a diverse array of physical activity instruction for students as part of the General University Requirements (GUR) of the university. All students are encouraged to try new activities and to begin or continue a lifetime commitment to active living. Activity instruction is provided in over 25 different activities spanning from traditional fitness activities such as aerobics, weight training, and yoga to an array of sports such as basketball, tennis, bowling and badminton, to a variety of activities uniquely suited to the Pacific Northwest such as mountaineering, sailing and scuba diving, as well as a variety of dance courses. The goals of these classes are to 1) develop in each student a fundamental respect for the role of physical activity in living, including the assessment of physical condition and the development of personally designed, safe, effective and functional fitness programs with attention to lifetime activities and 2)

to expose students to a diversity of physical activities and experiences in a manner which enhances understanding of their educational, social, spiritual, ethical and moral relevance. The program provides kinesthetic learning opportunities for all students and develops and applies a knowledge base in psychomotor and behavioral skills, which encourages the development of lifelong health and wellness.

In 2007-2008 the faculty completed a year-long review of **PHED 100: Personalized Fitness Program**. The effort resulted in updates to the course objectives, structure, assignments and assessments. Faculty met on six occasions to compare practices and enhance the course design and delivery. A student survey conducted in the Spring was a part of this effort. The renewed guidelines will be incorporated into the department's well-established Physical Activity Program Manual that is used by all instructors to guide the curriculum, instruction and assessment of the activity program.

### Activity offerings:

Personalized Fitness Program	Advanced Weight Training	Co-ed Basketball
Bowling	Low Impact Aerobics	Co-ed Volleyball
Golf	Power Aerobics	ST: Interval Training/ Strength Bands
Tennis	Step Aerobics	ST: Indoor Soccer
Advanced Tennis	Skin and Scuba Diving	Skiing
Badminton	Basic Sailing	Snowboarding
Pickleball	Yoga	ST: Wallyball
Racquetball/Squash	Current Dance	ST: World Games and Sports
Mountaineering	Ballroom Dance	ST: Frisbee Sports
Weight Training	Relaxation Techniques	

### Activity Course Instructors:

Mike Adams	Steve Dickerson	Brian Kovacevich	Rick Noren	Susan Westering
John Amidon	Julie Hubbard	David Kuiper	Mike Rice	Scott Westering
Mark Anderson	Jim Johnson	Geoff Loomis	Don Ryan	Lois Zoltani
Lynette Buffington	Jud Keim	Craig McCord	Melissa Staley	
Byron Cregeur	Craig Kennedy	Maureen McGill	Jen Thomas	
Gary Cinatto	Heather Krier	Gary Nicholson	Kelly Warnke	

## Alumni in Action

### *Staying connected through Success Soccer.*

For the 15<sup>th</sup> consecutive year faculty member Colleen Hacker will head up **Colleen Hacker Success Soccer Camp** this June. The camp serves 165 young people ages 6-18 for a week of learning about skill building and self-improvement in soccer while fostering teamwork, cooperation and self-esteem in a positive and enjoyable atmosphere. The camp is the quickest filling youth sport camp in the Pierce County Parks and Recreation system, with registrations filling up in only 13 days this year (with campers from 6 different states, from as far away as Hawaii). This summer 15 of the 18 camp staff members are former or current majors and minors from the MSWE department. Alumni and department camp staff include: **Corie Roberts (Krueger), Jenni Sipe (Krueger), Carli Rasmussen, Dani Phillips, Teri Shimoda, Alyssa (Hurt) Burluson, Dan Cozine, Stacey Stewart, Phil Jerde, Jon Roberts, Matt Kennedy, Shannon Wilson, Nicole Wood (Sharp), John Telyea, Haley Martin and Darin Mott.**

## Moving On and Moving Up . . .

### *A few select highlights from the class of 07-08:*

December graduate **Amy Greenwood** (BSPE in Exercise Science) has been hired by the corporate fitness company Vivecorp and is working as a **Fitness Specialist and Wellness Coach** at the Starbucks Headquarters in Seattle.

**Lauren Coate** graduates with a BSPE degree in Exercise Science this Spring. After being accepted for graduate studies with graduate assistantships at Boise State, Western Washington and the University of Montana, Lauren has selected **Boise State** to continue her education in **Biophysical Studies: Exercise Science** where she has received an **assistantship** and a **Graduate Residential Scholars Award**.

The **Doctorate of Physical Therapy Program** at the **University of Washington** welcomes yet another MSWE graduate this year in **Melissa Linn**. Melissa was accepted into all three doctoral programs she applied for and will join '07 department graduate Anna Sticklin at the UW next year.

**Ryan Alwert**, a May graduate in the teacher preparation program (BAPE w/Certification) is moving to Manila in the **Philippines** to begin his service as a **high school health and physical education teacher** at **Brent International School Manila**.

**Haley Martin**, a Roger Wiley Award Recipient and May BAPE graduate looks forward to an exciting job as a **Health & Fitness Instructor and Masters Teacher in Pilates** at **Rancho La Puerta Health & Fitness Spa** in **Tecate, Mexico**.

Pre-Physical Therapy (BSPE) graduate **Tracy Rauk** will be joining the **Walk Free Program** in **Guatemala** for 3 months before heading to a full time position with the **Gait Center** in **Richmond, Virginia** and will then pursue graduate studies in Physical Therapy.