



Beijing 2008: Engaging with the world at the Olympic Games...and bringing the world into conversation at PLU

Professor Colleen Hacker was a member of her fourth United States delegation to the Olympic Games in Beijing this year (following the games in Atlanta, Georgia; Sydney, Australia and Athens, Greece). Dr. Hacker served as the Mental Skills Coach to the U.S. Women's Field Hockey and U.S. Women's Soccer teams in Beijing. Preparation tournaments for the Games took her to Russia, Argentina, Germany, Holland, Portugal, Greece, Mexico, and throughout the United States. The games themselves had her settle into Beijing at the United States High Performance Training Center and then the Olympic Village for the full the month of August. Upon her return to campus Dr. Hacker was invited to be a keynote speaker for **World Conversations** in February, a two day conference and celebration of study away programs and global engagement sponsored by the Wang Center at PLU. Dr. Hacker's talk "The Beijing Olympics: A Coach's Perspective" was well received by students, faculty and staff. The lecture was particularly valuable for students in the Sport Psychology minor as it provided an extension of their coursework in Social Psychology of Sport and Physical Activity and Applied Sport Psychology this Spring,



Colleen Hacker

and connected them with the larger PLU community around the shared value of global engagement.

The 2009 J Term Program in New Zealand (Aotearora) - Maori for "Land of the Long White Cloud"

Dr. Tony Evans (MSWE) program leader and Maria Muzzo (IDL) program co-leader led 16 PLU students on a month long J Term program learning about the history and culture of New Zealand while also backpacking, and hiking in some of the most dramatic scenery in the world. The group hiked up ancient volcano craters, to glacial mountain lakes and along sandy ocean beaches. The group also experienced educational visits and tours to museums that reflected the history and culture of the other land "Down Under" in Christchurch, the beautiful "garden city". In addition the group experienced an educational tour of the Antarctic Exhibition Center that is the only one of its kind in the world. They also visited a local Marae (Maori meeting hall) and experienced a Hangi (Maori feast). After experiencing a 4 day 4 night hiking experience on the Banks Peninsula Track and a 3 day 3 night hike on the world famous

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In this issue

In this edition of *On The Move*, the department of Movement Studies and Wellness Education again celebrates the individual and collective accomplishments of its graduating seniors, acknowledges the individuals, external agencies and schools that offered their collaboration and support to our program this year, and

celebrates a selection of faculty accomplishments and contributions in the areas of scholarship, teaching and service. We hope you enjoy reading about some of our activities and achievements this year.

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

Partnering Up to Bridge the Gap

Professor Colleen Hacker and Associate Professor Karen McConnell partnered up again this spring to present at the **American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Annual Convention** in Tampa Bay, Florida on April 3rd. The pair gave a two hour workshop presentation titled “Body Image and Body Issues in Female Athletes: Lessons learned from college and elite athletes” to a group of approximately 80 coaches, counselors and other health and fitness professionals from around the country. The presentation marked the third national workshop provided by Dr. Hacker and Dr. McConnell on the issues of body image, disordered eating, eating

disorders, nutrition and other related concerns in active and athletic girls and women. The pair previously presented in Salt Lake City in 2006 and in Fort Worth in 2008. In April of 2008 the team traveled to Athens, Greece to present a co-authored paper entitled “Examining Complexities Among Active Women and Athletes: Body Image, Weight, Nutrition and Performance” to an international audience. A great deal of discrete research exists on each of the topics the pair addresses, however little scholarship is done by way of integration and application, and even less opportunity exists for practitioners in the field to inform scholarship or share best practices. When the issues are taken together, carefully considered in light of existing research,

and allowed to intersect with the wisdom of practitioners entrenched in the field, a powerful need for awareness and improved practice emerges. Dr. Hacker and Dr. McConnell remain committed to bridging the divide and serving at the forefront of these issues. Their next work includes a co-authored article submission to the *Journal of Health, Physical Education and Recreation (JOPER)* this summer and on-going efforts to develop training modules, workshops and effective curriculum on the topics. The pair have found an excellent synergy in their experiences and scholarship. Dr. Hacker brings decades of real life experiences with athletes, coaches, parents, trainers and others at all levels of physical activity and sport performance as one of the nation’s pre-eminent practicing sport psychologists, along with her scholarly expertise and experience in teaching body image related issues; while Dr. McConnell brings scholarly expertise in body composition, body weight and body image along with years of working alongside other professionals in dealing with eating disorders and disordered eating in the college age population. Dr. McConnell has given numerous national presentations on these issues and has conducted research and published in the area, including a chapter titled *Body Composition Testing and the Female Athlete* in the book *Assuring the Health of Active and Athletic Girls and Women*.

The 2009 J Term Program in New Zealand

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Abel Tasman Coastal Track, students traveled down the “Wild West Coast” of the South Island and experienced a half day guided hike on the Franz Josef Glacier. Next, the group traveled to the “Adventure Capital of the World”, the recreational fun town of Queenstown (home of bungee jumping). After Queenstown it was on to the incredibly beautiful Milford Sound area in Fjordland in the SW corner of the South Island and a 3 day, 3 night hike on one of the most famous hiking tracks in the world, the famous Milford Track. Finally the group traveled up through the Southern Alps and on to majestic Mt. Cook for two days of hiking to the Hooker Valley and its Glacial Lake. In the United States we “hike the trails in the forest”, but in New Zealand the rugged individualistic kiwis “tramp the tracks in the bush”. The students expanded their global awareness by learning about the society, culture, history, politics and environmental concerns of New Zealand. In addition students also learned the team work necessary to help each other endure a month of physically challenging experiences. It was truly an unforgettable month of lifelong learning experiences in “the other land down under”. Upon returning to campus a group of student participants, along with Dr. Evans, shared their experiences with the larger PLU community during the Wang Center’s World Conversations event in February. Faculty in the department have lead the “Learning and Tramping on the Tracks of New Zealand” course every January term since PLU began J-term study away courses. The January 2010 course is scheduled to be lead by **Professor Brad Moore**.



Did you know?

Professor **Brad Moore’s PHED 411: Coaching Effectiveness** course is recognized by the American Sport Education Program (ASEP) as a Coaching Principles approved course. Students in the course may elect to sit for their certification at the end of the course. The certification is recognized by the Washington Interscholastic Activities Association for those coaching in the k-12 system and addresses critical issues such as medical aspects, legal aspects, psychological and social foundations, coaching techniques and philosophy, sports management and pedagogy.

Transitions & Achievements

Congratulations Dr. Nicole Wood!



Visiting Assistant Professor **Nicole Wood** successfully defended her dissertation this past fall and earned her **Ph.D in Kinesiology** with an emphasis in

Sport and Exercise Psychology from the College of Health Professions at Temple University. Dr. Wood's dissertation titled "The Social Influences of Coaches and Teammates in Youth Soccer: Is it possible to have *friendly* competition?" looked at independent and combined effects from multiple social agents to examine whether age, gender, and competitive level moderate how status rank, achievement goal orientation, coaching behavior, and friendship quality influence youth soccer participation. Quantitative results revealed participation differences exist based upon the interaction among gender, age, competitive level, achievement goals, coaching behaviors, and friendship quality, with gender and self-esteem enhancement as the strongest predictors for continued participation. Qualitative results showed that perceived friendship quality was indirectly influenced by the motivational climate established by their coach through: 1) the achievement orientation emphasized, and 2) coaching behaviors displayed.

A Successful First Year

Assistant Professor **Catherine Tingstrom** completed her first year as a tenure stream faculty member in the department this year after coming to PLU from the University of New Mexico where she completed her Ph.D in Curriculum and Instruction in Physical Education. This year her responsibilities included teaching Elementary Methods of Physical Education; Introduction to Teaching Physical Activity; Teaching Methods of Recreational Activities; Curriculum, Instruction and Assessment; and Senior Seminar. Dr. Tingstrom is the program director for the Bachelor of Arts in Physical Education degree program and serves as the academic advisor for students in the program. Close relationships with students, seeing students develop and grow personally and professionally, and getting to know department colleagues are all noted highlights for Dr. Tingstrom

this year. When asked what has been the most pleasant surprise during her first year she said 'the level of investment and commitment the students have to their own growth and learning'. She is looking forward to bringing new levels of challenge to her students and to continuing to grow and develop the BAPE program.

A Noteworthy Recognition

Dr. Colleen Hacker received her Certified Consultant (CC) status from the Association for Applied Sport Psychology this Spring. AASP is the largest sport psychology organization in the world, with over 1,200 members from 28 different nations. Obtaining Certified Consultant status requires the appropriate graduate training in sport and exercise psychology, demonstrated competence in critical domains of practice, and extensive hours of documented experience in the field. Professionals seeking this recognition must submit detailed application materials documenting their education, competency and practical expertise which undergo rigorous review and scrutiny. Dr. Hacker's successful certification is a major achievement and serves as a formal recognition of her contributions to the discipline and the profession of applied sport psychology.

A Note of Thanks

Special thanks to **Frances Briseno-Wendel** who leaves the Movement Studies and Wellness Education department this year after serving two years as a Visiting Instructor. Frances has been instrumental in maintaining the BAPE program, supervising student teachers and contributing to the overall function of the unit during a time of significant transitions.

Thanks also to **Jennifer Olive, Ph.D.**, who served as the Internship Coordinator for the 08-09 academic year. Jennifer took over after Margarete Freitag retired, and helped the department successfully place and oversee this year's interns. She leaves us to continue growing and raising her family. The internship program will continue under the supervision of Professor Tony Evans with assistance from Visiting Assistant Professor Nicole Wood.

Student Teaching Placements 08-09

Bachelor of Arts in Physical Education with Certification students complete one semester of full time student teaching in physical education and health as part of their undergraduate degree program. Student teachers work in both an elementary setting and in a secondary setting under the direction of their supervising teachers and university supervisor while also undergoing extensive pedagogy assessments and participating in their Senior Seminar course. We are especially grateful to those who supervised our students this year.

Evan Bratz

Ballou Jr. High School
Waller Road Elementary

Kael Fisher

Benson Elementary
Lindbergh High School (Renton)

Emily Corley

Sequoyah Middle School
Bonney Lake Elementary

Erin Rice

Graham Kapowsin
Thompson Elementary

Rachel Shillinger

Bethel Jr. High School
Spanaway Elementary

Matt Sinnes

Cougar Mountain
Centennial Elementary

Jared Vidano

Brookdale Elementary
Washington High School

Heather Walling

Bonney Lake Elementary
Mountain View Middle School

Angela Westmark

Aylen Jr. High School
Edgerton Elementary

Greg Van Dyke

Emerald Ridge High School
Spanaway Elementary

Majors of the Year

Congratulations to student majors of the year!

Amara Boursaw

Roger Wiley Scholarship Nominee;
BAPE NASPE Major of the Year

Kasey Zink

BSPE NASPE Major of the Year

Tyson Bendzak

BAPE WAHPERD Major of the Year

Carlee Hawkins

BSPE WAHPERD Major of the Year

Internship Placements 2008-2009

Once again the department successfully placed interns in a variety of sport, recreation, health and rehabilitation settings. In addition to attending regular internship seminars on campus, students complete a variety of assignments and assessments while committing at least 20 hours of contact time on site for each credit hour enrolled. The commitment of external agencies and internship site supervisors are instrumental to the overall student experience and the success of the internship program. Thank you to all of this year's hosts.

Apple Physical Therapy/Parkland

Jessica Gardner
Christina McDuffie

Al Davies Boys & Girls Clubs

Brett Brunner
Haden Glenger

Casa Hogar & CRIT/ Oaxaca Mexico

Michele Hegg

Competitive Edge Sports/

Fitness Training
Amy LeBrun

Everett Parks & Recreation

Vanessa DeRemer

Good Samaritan Hospital/ Children's Therapy Unit

Jessica Gardner
Christina McDuffie
Austin Nichols
Katie Bray

Lakewood YMCA

Doug Rickabaugh

Life Christian Athletic Department

Timothy Young

Mary Bridge Children's Hospital/ Therapy Unit

Anthony Hwang
Emily Voorhies

Mel Korum YMCA

Robert Sparks
Callie Gunderson

Meridian Physical Therapy

Austin Nichols
Michele Hegg

Morgan Family YMCA

Yukari Kuranuki
Heidi Herriot

Northwest Women's Physical Therapy

Melony Davis
Christina McDuffie

Pierce County Parks & Recreation

Jeff Rockenbrandt

South Ridge High School

Timothy Young

St. Clare Hospital/ Emergency Room

Meredith Hartleben

St. Joseph's Rehabilitation/ Physical Therapy

Katie Bray
Emily Voorhies

St. Joseph's Emergency Unit

Meredith Hartleben

St. Peter's Hospital Cardiac Rehabilitation

Meredith Hartleben
Stephanie Knapp

Tacoma Metropolitan Parks District

Nicole Patjens
Corbin Young

Tacoma County Sports Commission

Trinity Gibbons

Moving On . . .

A few select highlights from the class of 08-09:

Senior BSPE student **Christina McDuffie** has been accepted into the **Doctoral program for Physical Therapy at Eastern Washington University** and will begin this fall.

Callie Gunderson, a senior major in Exercise Science, will be a **Graduate Residential Scholar at Boise State University** beginning this fall. Callie will be working on her **Masters in Exercise Science and Sport Studies** through the Department of Kinesiology.

December '08 BAPE graduate **Jared Vidano** begins his **Masters in Education in Health and Fitness** from the **University of Virginia** this coming Fall. Currently Jared works as a substitute teacher for four school districts and serves as the Assistant Tennis Coach at Entiat High School.

Carlee Hawkins will spend her summer assisting Mitch Blakney of Harbor Physical Therapy with an applied research study on back pain in firefighters with the intent of providing improved testing, evaluation and exercise prescription programs in order to better prevent and treat back pain in firefighters. Carlee will also be working full time as a **Clinical Assistant at Apple Physical Therapy** and intends to apply to physical therapy school in the near future.

Senior Pre-Athletic Training major, **Meredith Hartleben** will be volunteering at St. Clare hospital this summer and intends to enter an entry level Master's of Nursing degree program in the fall of 2010, following her husband's return from his deployment in Iraq.

Fall '08 graduate **Brett Brunner** is currently enrolled in the **Master of Arts in Teaching** program in **Physical Education at Western Oregon University** and is student teaching at Dallas High School, where he also assists in coaching varsity baseball.

Angela Westmark, a fall '08 BAPE graduate, is currently the **Program Director at the Gonyea Branch of the Boys and Girls Clubs**. Angela began working for the Boys and Girls Clubs during the summers as a PLU student and has worked as the Site Coordinator at Thompson Elementary and then the Recreation Coordinator for East Side Boys and Girls before being asked to take on the job at the Gonyea Branch.

Congratulations 2008-2009 MSWE Graduates!

Fall 2008

Blau, Chad A.
Brandeberry, Jared M.
Bratz, Evan D.
Brunner, Brett E.
Fisher, Kael H
Parlett, Gary A.
Rice, Erin N.
Richmond, Christopher
Schillinger, Rachel A.
Sinnes, Matthew J.
Walling, Heather D.
Westmark, Angela S.

J-Term 2009

Ragan, Heather C.
Sparks, Robert S.
Vidano, Jared C.

Spring 2009

Baker, Daniel A.
Bray, Katherine T.
Corley, Emily A.
DeRemer, Vanessa A.
Gabler, Geoffrey M.
Gardner, Jessica O.
Gienger, Haden A.
Grandrud, Vanessa K.
Gunderson, Callie E.
Hartleben, Meredith K.

Hawkins, Carlee A.
Heffler, Amanda L.
Hegg, Michele J.
Knapp, Stephanie A.
LeBrun, Amy A.
Lim, Kristin K.
McCall, Mark.
McDuffie, Christina M.
Nichols, Austin J.
Patjens, Nicole D.
(Portalski)
Rickabaugh, Doug W.
Rockenbrant, Jeff L.
Van Dyke, Gregory M.
Zink, Kasey H.