



Movement Studies and Wellness Education

New Course Focuses on Team Building, Leadership Development and Group Dynamics

Team Building for High Performance Teams (PHED 314) taught by Dr. Colleen Hacker is an exciting new 4 credit course that was offered for the first time in the Fall of 2009. The first class welcomed students from 15 different majors at PLU as well as Sport Psychology Minors and Majors in the MSWE Department. The course focuses on “teams” in the broadest sense and integrates concepts and applications that function well across any discipline where group effectiveness can enhance team morale, group longevity or performance outcomes. Strong theoretical models drawing from Katzenbach and Smith’s *The Wisdom of Teams*, Drexler and Sibbett’s *Team Performance Model*, and Adair’s *Team Leadership Model* are explored. Additionally, tenants of Seligman’s positive psychology movement are intertwined throughout the experience. The course covers design



principles, developmental considerations, safety concerns, sequencing, assessment tools, and implementation strategies that allow students to meet the needs of a variety of groups, and utilizes a mixture of classroom and “field experiences” including participation in a high ropes

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New Physical Activity Course Brings a Global Focus: World Games and Sports

This Spring the new World Games and Sports activity class was launched as a General Education Program offering. The course was taught by Dr. Cathy Tingstrom and is designed to introduce students to the importance of play and movement through learning games, sports and dances from around the world. The class proved to be an enormous success and garnered comments such as: “I experienced physical activity as a common language amongst different cultures and people”, “We learned games no one really knew so that put everyone on similar skill levels and made it more fun to just relax and have fun” and “Playing frees the mind...it connects us globally through sport and games and is an easy way to connect with other people”. The course will be offered again in 2011.

Moving On . . .

A few select highlights from the class of 09-10:

Pre-PT student **Britney Carlson** was accepted to the Doctor of Physical Therapy program at Eastern Washington University.

Exercise Science Major **Heidi Herriott** was recently hired as a Psychiatric Child Care Counselor at the Child

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Where Would You Go If You Could Go Everywhere You Wanted?

Have you ever wondered what it would be like to have your choice of exceptional graduate school options when you graduated from college? **Carly Laper**, a graduating senior in the Pre-Physical Therapy Concentration, has experienced just that. She was accepted to the Doctorate of Physical Therapy degree program at the University of North Carolina and will begin this coming Fall. The program is offered as a joint DPT and PhD program and is ranked 11th in the nation among Physical Therapy programs. But the decision to go to UNC wasn't necessarily an easy one. Carly was also accepted to Duke University (ranked 10th nationally), the University of Wisconsin-Madison (ranked 13th), Eastern Washington University and The University of Puget Sound, where she was offered a Fellowship Grant. She was also waitlisted at the University of Washington (ranked 20th). Carly's interest in the profession emerged as a vocational calling in the 8th grade when she underwent extensive therapy herself as a competitive athlete who had to abandon athletics as a result of on-going hip injuries and pain. Her passion stayed intact and she declared her Pre-PT major during her first year at PLU. She credits her strong academic



Carly Laper

preparation in the major, the reflective and integrated focus of her Core II courses, and her senior internship experiences as keys to her success. Her multi-site internship experience took her from a sport setting at West Campus Sport and Orthopedic PT, to a pediatric focused setting at the Children's Therapy Unit at Good Samaritan Hospital, to an in-patient geriatric setting at Saint Anthony's Hospital. In all she completed over 280 hours in the three settings while gaining invaluable experience across populations and connecting with exceptional practitioners in the field. UNC appealed to Carly because it focuses heavily on evidence based practice and integrates field experiences across the curriculum, rather than positioning them strictly at the end of the educational program. When asked what advice she'd give to students starting the program she encourages a focus on high academic achievement balanced with community service and meaningful internship placements... and being able to communicate the impact of all of those experiences in a well written admission essay. Congratulations Carly!

Moving On . . .

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Study and Treatment Center in Lakewood. She will be studying for her Recreation Therapy Certification and hopes to stay at the Center as a Recreation Therapist in the future.

Fall '09 BAPE graduate **Thomas Hoghaug** is a part time Elementary PE Teacher at Midland Elementary School and also serves as a substitute teacher for the Pierce School District.

Welcome Aboard!



Matthew Madden

Matthew Madden successfully finished his first year as a faculty member in the Department of Movement Studies and Wellness Education this year. Professor Madden's expertise in Physical Education Pedagogy was put to good use as he taught methods courses, supervised student teachers in the field and introduced students to the broader profession in his First Year Experience Courses and the intro course in the major. Professor Madden came to us from his doctoral studies the University of Northern Colorado. Congratulations on a great first year!

2009-2010 Selected Faculty Activity

Evans, A. (Presentation) "The Evolution of the 2008 Federal Physical Activity Guidelines", WAHPERD Conference, Shoreline, WA.

Evans, A. (Presentation) "Exercise is Medicine", WAHPERD Conference, Shoreline, WA.

Evans, A. (Presentation) "The New Federal Guidelines on Physical Activity and Exercise is Medicine Initiative", NWAHPERD Conference, Ellensburg, WA.

Moen, F., Skaalvik, E., & **Hacker, C. M.** (2009). Performance Psychology Among Business Executives in an Achievement Oriented Environment. *Journal of Excellence*, 13, 78-96.

Hacker, C.M (Invited Presentations), "Psychological Skills Training for the Elite International Performer", "Mental Skills Training to Improve Coaching Effectiveness, and "Team Building for Success", NSCAA International Coaching Symposium, Albufertia, Portugal.

DeLeon, P., **Hacker, C. M., & McConnell, K.E.** (Selected for Presentation), "Ready? Go! Why Active Girls and Women Move Us All", Annual Meeting of the American Psychological Association, San Diego, CA.

Hacker, C.M & McConnell, K.E. (Invited Presentation) Body Image, Weight and Performance: Implications for Coaching Female Athletes. NSCAA International Coaching Symposium, Albufertia, Portugal.

McConnell, K.E. (Invited Presentation), "Fueling for Performance", NSCAA International Coaching Symposium, Albufertia, Portugal.

McConnell, K.E. (2010), Fitness Education (book chapter), *Standards Based Physical Education Curriculum Development (2nd Ed)*. Lund, J & Tannehill, D. (Eds). Jones and Bartlett, MA.

McConnell, K.E. (contracted, 2010), Fitness (book chapter), *Learning for a Lifetime: Effective Secondary Physical Education Programs*. Donetta Cochran (Ed), People's Education Press (PEP), Beijing, China.

Tingstrom, C. (Panelist) "Things they did not tell you in grad school": A roundtable discussion for graduate students regarding strategies for navigating the job search process, finding a good "fit" and managing campus politics, PETE National Conference, Myrtle Beach, SC.

Tingstrom, C. (Presentation) Addressing issues of safety in physical education: Implications for PETE Programs, PETE National Conference, Myrtle Beach, SC.

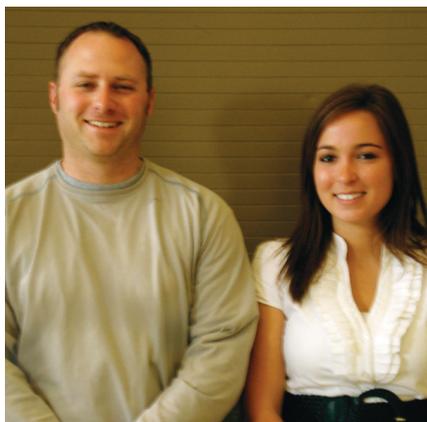
Biofeedback Equipment Fosters Faculty-Student Collaboration: The NeuroTek Peak Performance Trainer



The MSWE department recently acquired one of the few NeuroTek trainers in the Pacific Northwest. The NeuroTek Peak Performance Trainer is a biofeedback system that includes sensory equipment (headphones), and computer software (BioExplorer) that can be used to train individuals to improve alertness, concentration and relaxation skills. Users learn how to image through focused attention training on the mind-body connection during visualization, or through performance of motor skills while receiving concurrent biofeedback data. A few practical applications of the Peak Achievement Trainer include: 1) training differing degrees of alertness under a variety of real and simulated motor task performances, and 2) customizing concentration and relaxation skills to varying sport/exercise/physical activity settings while tracking individual improvement and recording performances

for future learning through video feedback.

Alisha Fisher and **Nick Longmire**, each earning a Sport Psychology Minor, are currently working on an intensive student-faculty collaborative project headed by **Dr. Colleen Hacker** and assisted by **Dr. Nicky Wood**, as part of the Applied Exercise and Sport Psychology course (PHED 390). Together the team is mastering the primary applications of the software and developing future protocols to apply the system in classroom, service and research projects. The collaboration represents the inaugural launch of the Peak Performance Trainer as part of future student-faculty collaborative projects for students earning a major or minor in Movement Studies and Wellness Education. PLU's minor in Sport Psychology is one of fewer than a dozen such undergraduate courses of study currently found in the nation.



Nick Longmire and Alisha Fisher

Student Teaching Placements 09-10

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.

Thomas Hoghaug

Keithley Middle School
Brookdale Elementary

Marianne Waldron

Aylen Middle School
Edgerton Elementary

Eryn Beal

Mountain View Middle School
Emerald Hills Elementary

Majors of the Year

Congratulations to student majors of the year!

Britney Carlson

WAHPERD Emerging Leader Award

Carly Laper

BSPE NASPE Major of the Year

Tyson Bendzak

BAPE NASPE Major of the Year

Alumni Ryan Dirks Brings the ACSM "Exercise as Medicine" Initiative to Life: In His Own Words

I came to PLU in 1996 hoping to become a physical therapist and to throw the discus on the Track and Field Team. Shortly after arriving my coach (Ben Keith) introduced me to the hammer throw. At the end of 5 years both Ben, and later Jerry Russell, coached me to 5 NCAA All-American titles and 2 NCAA National Championships.

As I approached the end of my academic time at PLU I completed a practicum experience at Dr. Graham Reedy's office in Auburn. Dr. Reedy was a well known

Sports Medicine Physician who allowed me to follow him for a total of 9 months my senior year. He sparked my interest in becoming a Sports Medicine Physician; however my passion for the hammer throw and pursuit of the 2004 Olympic Games brought me to Corvallis Oregon where I started a Masters/PhD program in Sports Medicine and Biomechanics. In 2005 I applied to PA school and decided to attend Arizona School of Health Sciences. While in PA School I found both my time at PLU, and graduate studies at OSU, to be extremely valuable in preparing

me for 24 months of very intense training. Upon graduation I accepted an offer to join the practice with Dr. Reedy where I had spent my PLU practicum nearly 5 years prior. We share a common focus and love for not only Sports Medicine, but preventative medicine that focuses on a proactive approach to healthy living. Our goal is to keep people doing the things they enjoy most with those they love. We feel strongly that conditions like diabetes, heart attacks and strokes ARE preventable and diet and exercise are two strong pillars in our practice."

Internship Placements 2009-2010

Once again the department successfully placed interns in a variety of sport, recreation, health and rehabilitation settings. The internship program is organized and supervised by faculty members **Dr. Tony Evans** and **Dr. Nicky Wood**. 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. In the department's annual exit survey students routinely identify the internship program as the most important and significant element of their educational experience. Thank you to all of this year's hosts.

Al Davies Boys & Girls Club

Josh Dressler
Tim Cumming

Child Study & Treatment Center

Heidi Herriott

Clinic of Orthopedic & Sports Medicine

Katelyn Miller

Emerald Ridge High School/ Athletic Dept

Taylor Hacker

Gig Harbor Track and Field

Taylor Hacker

Good Samaritan Hospital/ Children's Therapy Unit

Katelyn Miller
Carly Laper

Harbor Physical Therapy

Lauren Poole

Lakewood YMCA

Michelle Blauman
Ramses Medina-Connor

Madigan Army Medical Center

Amy Smith

Mel Korum YMCA

Heidi Herriott
Nicholas Holmes
Karen Henjum
Corbin Young

Meridian Physical Therapy

Erik Torgerson
Jennifer Ellis
Caleb Crocco
Lauren Poole

Metro Parks/ Tacoma

Corbin Young

Morgan Family YMCA

Yukari Kuranuki

Northwest Sports Physical Therapy

Britney Carlson

Olympia Downtown YMCA

Krystal Masten

PLU Training Room

Megan O'Rourke

St. Anthony Hospital

Carly Laper

St. Joseph Hospital

Erik Torgerson
Caleb Crocco

Providence Saint Peter Hospital/ Cardiac Rehab

Britney Carlson

Starfire Sports Complex & Rainer Crossfit

Andrew Hyres

Tacoma General Hospital/ Cardiac Rehab

Jose Carrillo Jr.

Tacoma/Pierce County Health Department

Kendra Baker

Unlimited Athlete

Giustin Jenkins

Valley Medical Pediatrics

Rachel Wheeler

Team Building Course

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course off-campus. Content-specific aspects of the team building process are addressed and attention is given to how differences in programming, philosophy, mission and organizational climate impact the approaches used. As a culminating activity students were required to implement a team building session with a group or organization. Sessions were provided for the Washington Karate Association, Coos Bay Bible Study, Coos Bay Adult Softball, high school athletic teams in soccer, basketball, wrestling and fast-pitch and a variety of PLU teams and groups including LaCrosse, Track and Field, Soccer, the Training Room staff, dorms, and a Bible study group. The class has already gained a positive reputation and filled quickly for the coming Fall. As Junior **Erin Bush** stated, "this class was amazing and such a valuable opportunity – one of the best classes in my whole degree program".



Congratulations MSWE 2009-2010 Graduates!

Fall 2008

Beal, Eryn M.
Guzman, Rogelio T.
Hoghaug, Thomas A.
Waldron, Marianna C.
Hwang, Anthony J.
Kuranuki, Yukari
Young, Timothy W.

J-Term 2009

Carrillo, Jose
Hyres, Andrew R.

Spring 2010

Baker, Kendra M.
Carlson, Britney L.
Crocco, Caleb M.
Cumming, Tim R.
Dressler, Joshua R.
Ellis, Jennifer G.
Hacker, Taylor
Henjum, Karen K.
Herriott, Heidi L.
Holmes, Nicholas D.
Jenkins, Giustin

Laper, Carly C.
Medina-Connor,
Ramses A.
Miller, Katelyn R.
Poole, Lauren E.
Reiersgard, Nicholas E.
Torgerson, Erik A.
Wheeler, Rachel L.
Young, Corbin Scot M.