



## DEPARTMENT OF KINESIOLOGY

## Faculty-Student Initiatives

by Karen McConnell, Associate Dean

In this issue of *On the Move* we acknowledge several new faculty-student initiatives, celebrate our graduates and thank our internship sponsors. This year students joined forces with Nicole Martin, Ph.D. to conduct original investigative research into biofeedback, and collaborated with Terri Farrar, Ph.D. to design and deliver a physical education course to a group of students from the Washington Virtual Academy. A team of students also traveled to the regional ACSM conference with Harry Papadopoulos, Ph.D. to compete in the College Bowl. In addition, Colleen Hacker, Ph.D. had an epic professional year with two publications and two keynote



addresses (Association for Applied Sport Psychology and the National Soccer Coaches Association of America), along with winning a World Championship title as part of the Women's Ice Hockey National Team staff. We hope you enjoy reading about all of these exiting programs and achievements!

## Dean's Corner

by Frank Kline,  
Dean

School of  
Education and  
Kinesiology



This year has been a wonderful year for Kinesiology. Yes, the name is changed! No longer the Department of Movement Studies and Wellness Education (MSWE), the new name, Kinesiology (KINS) reflects a sharper focus in the department. In addition to the new name, the department has realigned the curriculum as well. The curriculum now reflects the latest standards for the field and will provide expanded opportunities for our students.

The other big story in Kinesiology is its growing recognition as an attractive field of study. The number of declared majors has nearly doubled in the last two years and the number of minors has more than doubled. The majors offered in the Department of Kinesiology are broadly useful in the health professions. As has been the case for years, many of our majors have gone on to physical therapy.

In addition program graduates are employed as physician assistants, teachers, occupational therapists, athletic trainers, fitness and recreation program directors, personal trainers, coaches, and public health workers to name just a few. These degrees open many doors!

## Students Represent at the Regional ACSM Conference!



In March (March 15-16, 2013) the annual Northwest American College of Sports Medicine (NW ACSM) conference took place at the Willamette University in Salem, OR. PLU students attended the conference with Dr. Harry Papadopoulos and three of them represented our school at the Student

Quiz Bowl. We believe that attendance to a conference is an extremely valuable and educational experience. However, the best people to talk about the NW ACSM conference are the students who attended it.

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## Students Represent at the Regional ACSM Conference!

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### Here are some of the students' statements about the conference:

*It was a privilege to attend the annual NW ACSM meeting this year. I found the experience to be very motivating and educationally rewarding. The information I took in reinforced the importance of my studies, and reassured me that there is a future being paved, in terms of careers, for those of us in Exercise Science. I would recommend that future PLU students attend the NW ACSM meeting, because I think it bridges the gap between skills being learned in college and possible life applications of those skills.*

– Serine Phillips, Junior, Exercise Science

*I was given the opportunity to attend the American College of Sports Medicine Northwest Conference. This was a fantastic opportunity filled with many positives. It was a great opportunity to network with potential graduate school advisors, gain exposure to the most current research in our subject, and learn important techniques and strategies dealing with exercise promotion. The research presented ranged from those with Ph.D., to doctoral candidates, to master's students, and even undergraduate students. I believe the conference was a great experience and am looking forward to attending the conference next year, and hopefully get the opportunity to present some kind of research.*

– Henry Tolstedt, Junior, Exercise Science

*I liked the fact that the lectures and events that took place during the two days were constructed with the wide scope of health careers in mind; there were lectures for those that wanted to go into Physical Therapy, Nursing, Health & Fitness Promotion, Nutrition, Exercise Science, and some others as well. I'm sure some members of the group from this year will pull a repeat performance for next year (myself included), but when considering it all, I would absolutely recommend attending the 2014 ACSM NW Conference for those that are future first-timers.*

– Todd Clarke, Junior,

*The freedom of the conference was also satisfying because it allowed for a degree of choice. I would have liked to go to all of the sessions, but time just would not allow it. Going to these conferences gives students the opportunity to see how the real world operates. We can see firsthand how our learning ties into our field, and just how important correct terminology is to our credibility. Going to a conference really puts the last 4 years in perspective for me, and I believe that other students will feel the same.*

– Jordan Steves, Senior, Health & Fitness Promotion

## Another Amazing Year for Dr. Hacker!

**I**t's been a noteworthy year for Dr. Hacker on a number of professional fronts including invited scholarly lectures, publications, national



and professional team consulting and honors. In October, Dr. Hacker was selected to deliver the Performance Psychology Lecture at the Association for Applied Sport Psychology (AASP) titled, "Gold Medal Partnership: Collaboration and Integration for Sustained Excellence". The AASP Conference is considered the premier international sport psychology conference in the world. In January, Dr. Hacker was also selected as the Invited Featured Clinician at the NSCAA Conference to present two sessions including an applied and a research oriented lecture on Team Building for High Performing teams. She published two articles on her Mental Skills Consulting and on the NSCAA. Dr. Hacker was honored by ESPNW as one of only 30 women nationally in their article "Women Who Will Change the Way Sports Are Played" and later by the Seattle Times, "40 years, 40 memories: Great moments, great athletes in the post-Title IX era in Washington". Dr. Hacker was selected as an expert reviewer for the Saudi Arabia Price Faisal Bin Fahad International Prize for Sport Development Research. As a Sport Psychology Consultant, Dr. Hacker continues to work on the coaching staff of USA Hockey in preparation for the 2014 Winter Olympic Games in Sochi, Russia including trips to the Four Nations Cup in Finland and numerous domestic training camps. Hacker was also on staff as TEAM USA won the World Championship in Ottawa, Canada.

**Congratulations Dr. Hacker!!!**

## Welcome Dr. Papadopoulos!!

**T**his year we were pleased to welcome our newest tenure track faculty member **Dr. Harry Papadopoulos**. Dr. Papadopoulos specializes in Exercise Science and comes to us from Central Washington University. He has a strong record of excellence in teaching, scholarly achievement, and university and professional service.

Dr. Papadopoulos is an active member of the American College of Sports Medicine and has particular interests in geriatric exercise science and environmental determinants of physical activity (the built environment).

**Welcome Dr. Papadopoulos!**

## Alumni Profile:

### Tyson Bendzak

Bachelor of Arts in Physical Education, 2010

Nike World Headquarters, Oregon

Tyson Bendzak currently works at the Nike World Headquarters in Beaverton Oregon. At Nike Tyson serves as a Floating Associate Teacher at the Nike Child Development Program where he provides flexible assistance to the entire child development program. His responsibilities include engaging in curriculum implementation and supervision, communicating specific observations, and fostering meaningful relationships with children and their families.

“Working for Nike has always been a personal dream of mine. During college, I finally wrote down the words, ‘Somehow, someday, someday, I am going to work for Nike—Just do it’ and pinned them above my desk. I now feel like “a kid living in Disneyland” and am so grateful and honored to be living my dream. Shortly after beginning with Nike, I was honored to be selected as one of three employees from Nike to represent the company as an “employee reporter” at the London 2012 Summer Olympics. All Nike employees worldwide were eligible for this opportunity and I was chosen based on my application, which included written essays and a video. Working alongside the internal communications team, my task was to share Nike’s presence at the games with employees around the world via a daily blog comprised of stories, videos, and pictures. Through this unique opportunity, I was able to travel internationally for the first time, witness Nike on an international scale, collaborate with other employees, interview athletes, and experience the authentic Olympic spirit. Beyond teaching, I serve on a committee that promotes staff fitness. The program was lacking energy and consistent commitment so I created a summer challenge titled: 2012 Olympic Challenge: ‘Nike to London’. Every 10 minutes of physical activity recorded

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## Community Partnership Offers Authentic Teaching Experiences



The PLU PHED 322 – PE in the Elementary School class instructed by pedagogy specialist **Terri Farrar, Ph.D.**, partnered with the K-8 Washington Virtual Academy (WAVA) spring semester to provide K-8 students the opportunity to participate in a physical education class on the PLU campus. WAVA is a public K-8 school and is part of the Omak School District. WAVA students attend their regular classes virtually with certificated teachers in an online forum. Since the students are learning from home they may or may not have access to organized physical activity which was the impetus behind the partnership. Providing local area K-8 WAVA students with a physical education class taught by our Health and Fitness majors and Elementary Education majors provides an outstanding experience for the WAVA students and for our PLU students.

The inaugural four week WAVA-PLU PE Class had 26 K-8 student participants. The WAVA students were divided into three age groups (6-8 years old, 9-11 years old, and 12-14 years old) and our PLU students worked in teams of three or four to teach all 8 lessons. This was an excellent authentic experience for our PLU students as they were able to design their lessons from beginning to end as well as establish classroom expectations, work with parents, assess and teach to the various skill levels of

their students, and work daily on classroom management strategies. Each team of PLU students were responsible for the daily lesson, the setup and organization of the equipment and their facility, assessment of their students, re-teaching when necessary, providing individualized teaching when appropriate, and adjusting their lesson plans during the lesson to meet the needs of their class at the moment. The opportunity to experience teaching students who may or may not have had a structured PE class before was exciting, challenging, and rewarding for our PLU students as they were able to take their knowledge and experience learned in their various methodology classes into their own classroom and teach their students the skills and activities appropriate for their age group.

The WAVA students were engaged in a variety of developmentally appropriate experiences and activities including icebreaker activities, ultimate Frisbee, soccer, badminton, Pickleball, striking games, tag games, a variety of loco-motor skills, team handball, parachute activities, as well as learning to have good sportspersonship, working with others, and having fun participating in physical activities. The response from the WAVA students and parents has been outstanding and many express interest in future partnerships with the PLU Department of Kinesiology.

## Student-Faculty Research Project: **Controlling Stress With Biofeedback**



This Spring seven students worked as student researchers in a faculty-student collaborative project with **Dr. Nicole Martin**. The purpose of the project was multifaceted: first, students were trained in the application of the emWave Heart Rate Variability (HRV) biofeedback software, and second, they conducted an intervention study to assess the viability of biofeedback application in reducing anxiety and specific stress symptoms. When individuals are under stress, they tend to display either stronger cognitive or stronger physical symptoms. Matching the type of biofeedback intervention to the anxiety symptoms may create more effective biofeedback interventions. The group hypothesized that HRV biofeedback would be more effective for participants who display stronger somatic anxiety and physical stress symptoms.

Student researchers reviewed current research assessing the relationship between anxiety and HRV biofeedback, then

trained in participant recruitment and data collection procedures. The participants included 25 undergraduate students who completed the College Readjustment Scale (which is a revised version of the Social Readjustment Rating Scale developed by Holmes & Rahe, 1967) prior to intervention, as well as pre and post-test assessments of the CSAI-2 (Martens, Vealey & Burton, 1990). Participants completed a 4-week HRV Biofeedback intervention (one 5-minute session/week) using the HeartMath Quick Coherence emWave software package, and were provided feedback on performance and tips for deep breathing exercises during each session. Results from our study showed that following 4 weeks of heart rate variability biofeedback intervention, all participants, regardless of whether they experience higher cognitive or somatic anxiety in response to stress, significantly decreased somatic anxiety ( $p = .008$ ). Student researchers are currently preparing an abstract and presentation for a professional presentation next fall.

### **Alumni Profile: Tyson Bendzak** *(continued from previous page)*

by a staff member earned ½ mile toward our collective goal of traveling the 4,919 miles from Nike (Oregon) to London. Monthly prize drawings were held and weekly progress was documented on a huge map in the staff lounge. Olympic history, facts, trivia, and event schedules were posted to help create an energetic and united atmosphere. The results were overwhelming as we trekked 10,015 miles, doubling our goal. Of the nearly 200 person staff we had a 72% participation rate and at least 1 new staff member joined the challenge

throughout its 12 week duration. Overall, it turned out to be a great motivational and educational tool for everyone.

My PLU experience in the MSWE department empowered me to be a successful student and person during and beyond college. I was holistically engaged in the learning process from start to finish. The diverse curriculum and innovative coursework presented by faculty thoroughly prepared me for the continual pursuit of my dreams.

### **Alumni Profile:**

**Annamarie Burke**  
Bachelor of Science, Exercise  
Science, 2008  
Tacoma Center YMCA, WA



Annamarie Burke currently serves as the Marketing Director for the Tacoma Center YMCA in downtown

Tacoma, WA. Her responsibilities include leading internal and external marketing and communications plans, and maintaining standards by creating and editing all electronic and print marketing materials, including flyers, brochures, monthly newsletters (paper and electronic), posters, billboards, website, phone app, push notifications, TV slides, newspaper ads (press releases), bus ads, direct mail (postcards), social media and message boards. Annamarie also works directly with the Executive Director and local community businesses to lead special events including affiliated marketing and awareness tours, and she teaches group fitness classes including water aerobics.

“If it wasn’t for the degree I earned at PLU, I never would have been hired at the YMCA. Even though I am now in a different field of work than my major, many doors have opened for me because of my degree and background. I began my YMCA career as a Program Director and I have received 2 promotions since being at the YMCA (2.5 years). During this time I have earned certification as a personal trainer through the Aerobic and Fitness Association of America, a National Alliance for Youth Sport certified youth sports administrator and as American Council on Exercise Group Fitness Specialist.

In addition, I helped the Tacoma Center branch go from last in several categories (member satisfaction surveys, raising money and audit scores) to first overall in our association (out of 7 branches).”

## Alumni Celebration Project Is Underway!

Over the coming year we will be celebrating the achievements of our graduates through a number of projects and opportunities. The Alumni Profile Project highlights the professional achievements of outstanding alumni. An initial set of profiles are already posted on the department homepage, and more profiles will be added over the coming months. In addition, next Fall the School of Education and Kinesiology

will host the Meant to Live Conference that coincides with homecoming celebrations. **Dr. Colleen Hacker** will be the keynote speaker for the event and will also be receiving the Special Recognition Award from the PLU Alumni Association during homecoming weekend. Special opportunities for department alumni to gather, network and celebrate will be planned.

## Internship and Student Teaching Placements 2012-2013

Once again the department successfully placed interns in a variety of sport, recreation, health and rehabilitation settings. The BSPE internship program is organized and supervised by faculty members **Dr. Tony Evans** and **Dr. Nicky Wood**, while the BAPE student teaching supervision falls under the direction of **Dr. Terri Farrar**. The commitment of teacher

supervisors and internship site supervisors are instrumental to the overall student experience and the success of the internship and student teaching programs. 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!

#### Athletes Performance Institute

Nick Lewis

#### Browns Point Firefighting Academy

Kyle Eads

#### Brown Bears Hockey Organization

Shelby Daly

Alicia Stephens

#### Competitive Edge

Shelby Daly

David Fisher

Brandon James

Kyle McKee

#### Elite Physical Therapy

Thomas Denis

Hector Montances

Brittini Wiseman

#### Exercise Science Center

Shelby Daly

#### Good Samaritan

Taylor Kerschner

#### Good Samaritan Cardiac Care

Ashley Haave

Ashley Hull

#### Good Samaritan Children's

#### Therapy Unit

Thomas Denis

Catyann Parker

#### Good Samaritan Orthopedics – Bonney

#### Lake

Jordan Gonzales

#### Good Samaritan Physical Therapy – Puyallup

Jarylin Reese

#### Mel Korum YMCA

Blake Gillespie

#### Meridian Physical Therapy

Matt Beal

#### Metro Parks Adaptive Recreation Department

Melissa Castor

#### Momentum Nutrition and Fitness

Kelsey Pacolt

#### Morgan Family YMCA- Tacoma

Mike Vavricka

#### MVP Physical Therapy – Lakewood

Matt Beal

#### Olympic Sport and Spine – Lakewood

Tyler Ranada

#### Olympic Sport and Spine – South Hill

Adrienne Ross

#### Outdoors for All

Carly Davis

Adrienne Ross

#### PLU Athletic Training Room

Alicia Stephens

#### PLU Names Fitness Center

Erik Hoium

Melanie Schoepp

Jacob Wilkins

#### PLU summer Strength and Conditioning

#### Program

Jacob Wilkins

#### Pulse Fitness – Mindon, NV

David Fisher

#### Sierra Strength and Speed

David Fisher

#### St. Joseph Cardiac Care

April Gonzales

#### St. Joseph Physical Therapy

Hector Montances

Marie Rempola

#### Tacoma General Cardiac Rehabilitation

Rose Mattson

#### Tacoma Rainiers Baseball Organization

Kyle McKee

#### Tacoma Strength and Conditioning

Alicia Stephens

#### Tacoma-Pierce County Health Department

Kelsey Pacolt

#### Verizon Corporate Health and Wellness Program

Mackenzie Bieker

#### Walter Reed Army Medical Center

Carly Davis

#### Weyerhaeuser Corporate Fitness

Jordan Steves

#### WIAA

Markelle Lance

#### YMCA – Auburn

Samantha Mulroy

#### YMCA – Lakewood

Michelle Kalista

## Congratulations MSWE 2012-2013 Graduates!!

Mackenzie L. Bieker

Shelby C. Daly

Kenneth J. Davies

Colby S. Davies

Carly P. Davis

Thomas S. Denis

Kyle J. Eads

David S. Fisher

Blake B. Gillespie

April R. Gonzales

Ashley P. Haave

Erik D. Hoium

Ashley E. Hull

Michelle A. Kalista

Taylor L. Kerschner

Jennifer A. Land

Nicholas A. Lewis

Rose E. Mattson

Kyle R. McKee

Hector Adrian B. Montances

Samantha A. Mulroy

Glenelle C. Nitta

Kelsey M. Pacolt

Tyler J. Ranada

Marie E. Rempola

Adrienne M. Ross

Leah C. Sandlian

Diana M. Sellers

Abigail I. Smith

Alicia M. Stephens

Jordan F. Steves

Michael J. Vavricka

Jacob L. Wilkins

Brittini N. Wiseman