



DEPARTMENT OF KINESIOLOGY

## Dean Dr. Frank Kline Says Farewell



**F**rank Kline, Dean for the School of Education and Kinesiology, is moving on after five years of service to

PLU. During Dr. Kline's tenure the Kinesiology department experienced unprecedented growth and success. We remain grateful for the respect he showed us as individuals and as a department and for his thoughtfulness, kindness and always steady demeanor. We are better for his service, we have been honored to call him a colleague, and we wish him the very best in his future endeavors. *Thank you, Frank.*

## Retirement of Brad Moore



**B**rad Moore arrived at PLU in 1980 as an assistant professor of physical education and as the head coach of both track and field and cross country. He continued to serve in both roles, achieving tenure in 1987 and being promoted to associate professor in 1989. As a faculty member professor Moore taught a wide variety of students through general education activity offerings, First Year Experience Program offerings, and major and minor courses. Of particular note, he provided rich community-based learning experiences for students in the Adapted Physical Activity course and helped to develop the next

generation of quality coaches through the Coaching Effectiveness course. Alongside colleague Tony Evans, he put in countless hours providing an intense and life-changing experience for students in the January study away course "Learning and Tramping on the Tracks of New Zealand". In addition to his work in the classroom, Brad served on multiple department curriculum and search committees, was an active academic advisor for the department, and served an elected term on the Rank and Tenure Committee. Brad was also activity involved in community service, particularly in his long standing commitment to, and passion for, volunteering with the Special Olympics.

## Welcome Dr. Charlie Katica



**A**fter more than two years of service as a visiting member of the faculty, Dr. Katica begins his first year in a tenure track appointment next year! *Congratulations Dr. Katica!!*

## Welcome Lynn Tucker



**L**ynn Tucker joined our team this year. Lynn has been an energetic, high-quality addition to our physical activity program and we look forward to her many contributions across our programs in the years ahead. *Welcome Lynn!*

## Faculty Activities

**Dr. Colleen Hacker** served as the Mental Skills Coach for the fifth year in 2015-16 and continued the Mental Toughness Training Program with USA Ice Hockey as the team won the 2016 World Championship,



beating Team Canada in a dramatic overtime win. This is the team's sixth World Championship in the last eight years!

**Dr. Karen McConnell and Dr. Terri Farrar** presented two sessions at

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# AMERICAN COLLEGE OF SPORTS MEDICINE 2016 NORTHWEST and ALASKA CHAPTERS ANNUAL MEETING Held at PLU.



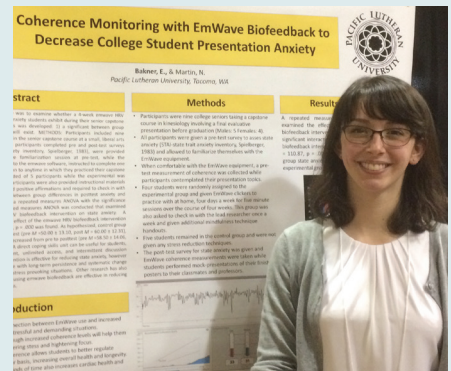
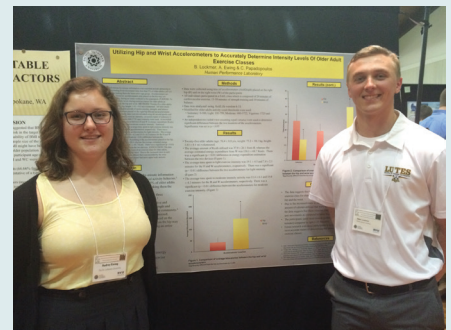
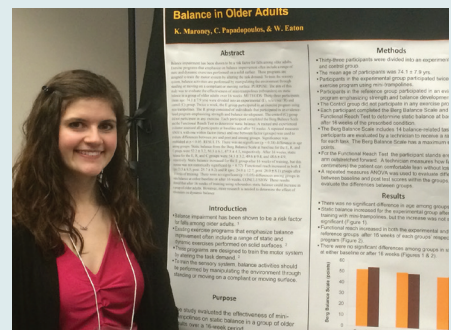
The Department of Kinesiology co-hosted the Northwest American College of Sports Medicine conference this spring. The conference was held on the PLU campus April 15-16. There were a total of 426 registered participants, including the Alaska chapter. Among those were 299 undergraduate, master's and Ph.D. students, and more than 100 working professionals (physiologists, clinical psychologists, physical therapists, medical doctors, researchers, athletic trainers etc.). Participants were impressed with PLU, the PLU community, and with the Conferences and Events staff who helped keep things running smoothly.

In total, the Department of Kinesiology had 45 students participate in the conference, many of whom also volunteered their services in the preparation and execution of the conference. Students helped drive shuttles, work the registration table, set up and clean up, and provide a range of general customer service

activities. Their work was a great example of their commitment to service and to their own professional growth and development. They lived out the PLU mission.

**Dr. Colleen Hacker** provided an invited address titled, "Mental Toughness Training in Olympic Games", and Kinesiology students presented five research posters during the conference (**Kimber Maroney, Beau Lockmer, Audrey Ewing, Erika Bakner, Thea Cady; Luke Martinson, Tim Mason**). Kimber Maroney, a BAK senior, was awarded the Outstanding Undergraduate Applied Fitness Thematic Poster Award - beating students from throughout the region including the University of Oregon, Puget Sound and Pacific! Our Quiz Bowl team also placed in the top third of twenty one teams!

Thanks to **Dr. Harry Papadopoulos**, a co-chair of the conference, for organizing and executing an exceptional event and for providing PLU faculty and students with such a wonderful professional development opportunity!



## Alumni and Local Practitioners Visit KINS Classes

This year brought many great visitors to Kinesiology classes. These guest speakers provided students with insights into career choices and addressed current issues and future directions of the field. Some highlights included an Olympic Gold Medalist, a Paralympic Rower, and international head coach and a Performance Expert from Joint Base Lewis-McChord.

- **Lisa Cole** (alumni), head coach for the women's national soccer team of Papua New Guinea
- **Natalie McCarthy** (alumni) Paralympic rower, silver and bronze medal World Champion
- **Stephanie Cox**, former member of the

United States women's soccer team, Olympic gold medalist, professional athlete, two-time World Cup team member

- **Shannon M. Baird, Ph.D.**, performance expert, CSF2-Training Center, deputy to the directorate of curriculum (DOC), comprehensive soldier and family fitness primary instructor, U.S. Army Master Resilience Trainer Certification, Course Lead Performance Expert
- **Marissa Rathbone**, Director of Operations for Teaching and Learning and the Program Supervisor for Health and Physical Education, Office of Superintendent of Public Instruction



## Student Club Activities

### The PLU Special Olympics Club

The PLU Special Olympics Club is in its second year of existence. The Club was created by Kirsten Kenny (junior, BSK-Pre PT major) and Rebecca Hultman (sophomore, BAK w/ Cert major) in the fall of 2014 to help promote awareness and acceptance of people with intellectual disabilities within the PLU community and the Tacoma area. This year the Special Olympics Club has helped to promote awareness and acceptance by offering monthly events, which have included: Easter egg dyeing, Blackout Poetry, movie nights and watching PLU athletic events. Additionally, this year the Special Olympics Club worked to continue the development of the PLU Unified Athletics programs. Currently, PLU offers Unified soccer, flag football and basketball and will be adding volleyball this summer. For the second year in a row, the PLU Special Olympics Club has been nominated for Student Organization of the Year and was acknowledged at the PLU Celebration of Leadership Award Ceremony on Monday, May 16.



Club was headed by Luke Martinson, Sam Geisslinger, Courtney Couch, Leah Johnson, and Jessica Stenberg. This school year marked the second year of the club's existence, and it proved to be a successful one. Next school year, the club will be in the trusting hands of Leah Johnson, Jessica Stenberg, Charels Brass, Elizabeth Parkhurst and Erika Bakner.

With the first year being a successful building year, our goal was to continue to provide events that would attract more members, in the hope that we could provide information that would help students in their career pursuits. As a recap of the year, we held numerous professional speaker events, a Turkey Trot, a St. Patrick's Day bake sale, and a Star Wars-themed capture the flag game, and the opportunity to promote the club at the American College of Sports Medicine (ACSM) Conference. The speaker events consisted of professionals in areas such as chiropractic, physician assistant, athletic

training, personal training, and nursing. The Turkey Trot was a 5K run celebrating Thanksgiving, and was a fundraiser for the club. Another fundraiser was the bake sale with a St. Patrick's Day emphasis, which included green baked goods. The capture the flag game was a celebration of May 4<sup>th</sup>, otherwise known as Star Wars Day. And lastly, a couple of our officers tabled at the ACSM as a way to advertise the club to those who attended the conference. The events held, and efforts from the club club were geared towards providing students with support, pertinent information, networking opportunities, and to engage with peers in fun and diverse environments.

## Faculty Activities

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the national Society for Health and Physical Educators annual meeting in Minneapolis, MN, this spring. The sessions were titled *Integrating Common Core and 21<sup>st</sup> Century Outcomes into K-12 Health and Fitness* and *Exploring Skills Based Approaches to Elementary Health Education*.

Dr. McConnell and Dr. Hacker became the founding members of the new PLU Chapter of Phi Kappa Phi – the nation's oldest, largest and most selective honor

### Kinesiologists of the Future (KFC) Club

During the 2015-16 school year, the Kinesiologists of the Future

## Teacher Prep Students Make an Impact on the Profession



Dr. Treei Farrar and several of her teacher preparation students have made a big impact this year on teacher training in the state of Washington. Along with students **Whitney Hubeek, Josh Hornal, Kimber Maroney, and Amber Stokes**, she put on two workshop sessions for the Franklin Pierce Schools Parkland Education Project sponsored by PLU for fifth grade students. At the SHAPE Washington annual meeting Dr. Farrar, Rebecca Harris, Whitney Hubeek, and Amber Stokes presented a session titled *Assessing the Common Core in K-12 Health and Fitness Using Technology*. At the West's Best P.E. Conference a very well received session titled *Speedball using the Teaching Games for Understanding (TGfU) Curriculum Model* was given by students Rebecca Harris, Whitney Hubeek, Kimber Maroney and Amber Stokes, along with Dr. Farrar.

All of these events caught the attention of the OSPI office who have recruited the teacher education students (BAK w/cert) to assist in presenting the new Health and Physical Education standards during the 2016-17 school year. The students will be "teaching" current teachers through various physical education and health lessons while incorporating the new standards into the lessons. This will be a hands-on opportunity for current teachers to see how the new standards can be incorporated into lessons they are already doing. This is an exciting, one of a kind opportunity for us to be a part of and is a clear recognition of the reputation the program has gained throughout the state of Washington under the leadership of Dr. Farrar.

## Internship and Student Teacher Placements 2016

Thank you to ALL of our community partners who help our students gain real world experience and find their calling. We are grateful for your generosity and expertise!

### Student Teaching Placements

**Puyallup High School**  
Rebecca Harris

**Tahoma High School**  
Connor Anderson

**Spanaway Lake High School**  
Earl Tillis

**Columbia Junior High School**  
Whitney Hubeek

**Thompson Elementary School**  
Kimber Maroney

**Chief Kanim Middle School**  
Amber Stokes

### Internship Placements

**Alliant Physical Therapy**  
Jeffrey Kjeldgaard

**Auburn Riverside High School**  
Tiffany Pol

**Bonney Lake High School**  
Drew Sadowsky

**Birney Elementary**  
Richard Quinonez

**Centennial Sports & Physical Therapy**  
Kellie Watson

**Children's Therapy Clinic**  
Alison Behrends  
Brionna Johnsen

**Competitive Edge**  
Nicoya Benham-Marin  
BrandonLee Cierley  
Traeger Jarrad

**CSF2 (JBLM)**  
Michelle Lloyd  
Julia Sanders

**Curtis High School**  
Sophie Rockow

**Davidson Prosthetics**  
Audrey Ewing

**Edge Fitness**  
Kyler Blades

**Edge Sport Science**  
BrandonLee Cierley

**Elite Physical Therapy**  
Jason Reveira (Spanaway)  
Kellie Watson (Tacoma)

**Foss High School**  
Richard Quinonez

**Frank Tobey Jones**  
Allyson Harris

**GET Physical Therapy**  
Jeff Hendrix

**Good Samaritan Hospital**  
Courtney Couch  
(Cardiac Care)  
Sam Geisslinger  
Lisa Hartwell  
(Physical Therapy)  
Erin McCoy  
(CTU)  
Kaitlyn O'Connell  
(Physical Therapy)  
Kyle Vanderwaal  
(Physical Therapy)  
Richard Quinonez  
(Physical Therapy)

**Hardcore Fitness**  
Traeger Jarrad

**Howells Chiropractic**  
Kadyn Colton

**Lakewood YMCA**  
Corban Elliott  
David Gunnarson  
Dillon Porras  
Sam Song

**Mary Bridge Children's Hospital**  
Alison Behrends

**Meridian Physical Therapy**  
Sam Geisslinger  
Tatiana Hughes  
Luke Martinson  
Kaitlin Soost

**Metro Parks Aquatic Swim Team**  
Corban Elliott

**Mother and Child Education Center**  
Nicole Schalk

**Multicare**  
Hanna Armstrong  
(South Hill Cardiac Rehab)  
Jessica Babbit  
(Puyallup Cardiac Rehab)  
Tatiana Hughes  
(CTU)  
Chelsea Miller  
(CTU)  
Jeffrey Kjeldgaard  
(Puyallup Physical & Hand Therapy)

**MVP Physical Therapy**  
Brionna Johnsen  
Caitlin Smith  
Jordan Harder (Fircrest)

**NW Sports Rehab**  
Drew Sadowsky

**Olympia YMCA**  
Julia Sanders

**Olympic Sport & Spine Rehab**  
Erin McCoy  
Nicole Schalk

**Physical Therapy and Wellness Center of Maui**  
Shane Jacob

**Pierce County L & I**  
Matthew Copeland

**PLU Athletic Training Room**  
Shane Jacob

**ProActive Spine Center**  
Kaitlyn O'Connell

**Rainbow Physical Therapy**  
Luke Martinson

**Seattle University Sports Lab**  
Caitlin Smith

**St. Joseph Cardiac Rehab**  
Courtney Couch

**St. Joseph Inpatient Rehab**  
Kaitlin Soost

**St. Joseph Medical Center**  
Jimmy Denis  
Stephanie Markle

**St. Peter's Cardiac Rehab**  
Hanna Armstrong

**STAR Center**  
Jessica Hunter  
Tim Kruse  
Travis Robe

**Summit Strength & Conditioning**  
Jessica Hunter  
Travis Robe

**Sunrise Physical Therapy**  
Kyle Vanderwaal

**Tacoma General Cardiac Rehab**  
Audrey Ewing

**Tacoma Rainiers**  
Alex Dassoff

**Volt Athletics**  
Nicoya Benham-Marin

**Yelm Physical Therapy**  
Julia Sanders