

Fall 2021 Kinesiology Capstone Presentations

*Capstone presentations were recorded this semester.

Students in the Health & Fitness Education with certification completed their student-teaching and Education Teacher Performance Assessment (EdTPA).

Student Name	Student-Teaching Location	EdTPA
Adrianna Davis	Rocky Ridge Elementary School, Bethel School District	4 th Grade – Overhand Throwing
Timothy Gonzalez	Columbia Junior High School, Fife School District	9 th grade – Speedball

Students in the Pre-Physical Therapy, Exercise Science and Health & Fitness Promotion concentrations selected two Demonstration of Knowledge and Evidence (DKE) Standards to present their knowledge and application.

Student Name	DKE 1	DKE 2
Adesalewa Adeniji	Knowledge of the effects of diet and exercise as methods for modifying body composition.	Ability to discuss how to coach clients to set achievable goals for behavior change or to enhance performance
Jonathan Arnold	Knowledge of the effect of the aging process on the musculoskeletal and cardiovascular structure and the ability to describe modifications in exercise prescriptions.	Ability to discuss inclusionary strategies and the importance of inclusion for individuals with a disability.
Andrew Barclay	Knowledge of common nutritional ergogenic aids, the purported mechanism of action, physiological benefits, and any risks associated with use (Select 1: creatine).	Knowledge of the myths and consequences associated with inappropriate weight loss methods (e.g., fad diets, dietary supplements, over-exercising, starvation diets).
Christine Bautista	Knowledge of the effect of the aging process on the musculoskeletal and cardiovascular structure and the ability to describe modifications in exercise prescriptions.	Ability to discuss how to coach clients to set achievable goals for behavior change or enhance performance.
Garrett Borah	Knowledge of the chronic anatomical adaptations associated with strength training.	Ability to analyze and discuss how practice methodology impacts the performance and

		retention of motor skills (e.g., blocked, serial, random, constant, variable, etc.)
Samantha Claypool	Knowledge of the kinematics and kinetics of gait and ability to describe the biomechanical principles that underlie gait abnormalities (Select 1: Parkinsonian Gait).	Knowledge of different types amounts and timing of feedback and the ability to use feedback to optimize behavior and/or performance.
Cheyenne De Monnin	Ability to adapt frequency, intensity, duration, mode, and progression of exercise programs for patients with osteoporosis	Knowledge of specific techniques from self-determination theory and achievement motivation to enhance motivation
Ryan Klee	Knowledge of fuel (carbohydrates and fat) utilization during aerobic and anaerobic exercise and the role of the endocrine system in fuel utilization.	Knowledge of the ways in which arousal and anxiety affect performance using appropriate theoretical explanations and ability to discuss strategies for controlling activation and arousal levels.
Gabriel Petersen	Ability to describe the aerobic and anaerobic energy systems in the performance of various physical activities (select 2 physical activities per energy system)	Knowledge of the amount and types of reinforcement and ability to give examples of each in Kinesiology.
Justin Santos	Ability to describe the aerobic and anaerobic energy systems in the performance of various physical activities (select 2 physical activities per energy system).	Knowledge of motor learning theories of skill acquisition (e.g., open loop, closed loop, schema, ecological theory, hierarchy of motor skills) (Select 2)
Torin Savella	Knowledge of the factors that affect musculoskeletal force production.	Knowledge of the ways in which arousal and anxiety affect performance using appropriate theoretical explanations and ability to discuss strategies for controlling activation and arousal levels