



Movement Studies and Wellness Education

The School of Education and Movement Studies welcomes Dr. Frank Kline as Dean in 2011-2012

An educator who has a comprehensive understanding of national and state trends in education has been named dean and professor of the School of Education and Movement Studies at Pacific Lutheran University. Frank Kline comes to PLU from Seattle Pacific University where he is professor and associate dean for the School of Education. In these roles he has been instrumental in helping develop and lead a strong teacher education program. He received his PhD in special education from the University of Kansas, his Masters from Wichita State University, and a Bachelor of Science from Greenville College.

Kline has taught at SPU since 1996, where he has been associate dean since 2003. He has also taught at Wichita State and the Associated Colleges of Central Kansas. His portfolio includes project coordination and research for the University of Kansas Institute for Research in Learning Disabilities. Kline has taught in elementary and junior high schools. Of note is Kline's work in the Washington Association for Colleges of Teacher Education, where he has served for six years, two of those as president. He is an expert on professional education in the state and has testified on various educational issues to the state legislature. His service also includes board memberships and liaison activities to national organizations.



Kline's appointment recognizes his interests in the growth opportunities in education and also the areas of health, fitness and wellness. According to PLU Provost Steve Starkovich, Kline "brings a strong record of higher education leadership. He comes from a School of Education that has robust graduate programs, and he has played a major role in the development of those programs, as well as directing the undergraduate program. His expertise in accreditation will also be an important asset for PLU." Kline said he looks forward to being a part of the PLU community and acknowledges that "the fine liberal arts and professional education offered by PLU is widely respected. I'm very pleased to join the team in the School of Education and Movement Studies. I look forward to serving the students, staff, faculty and alumni, and build on the already strong offerings as we move forward."

Kline will join the PLU faculty mid-July.

Dr. Colleen Hacker Receives Highest Honors from the National Association for Girls and Women in Sport

Dr. Colleen Hacker received the Honor Award from the National Association for Girls and Women in Sport at a ceremony held



on April 1, 2011 at the AAHPERD National Convention in San Diego, CA. The Honor Award is the most prestigious award presented by the association and is given to a single recipient annually. The recipient is recognized for making, through her leadership, outstanding and noteworthy contributions to the advancement of girls and women in sport and physical activity. Shawn Ladda, NAGWS President, acknowledged Dr. Hacker's years of impact and leadership through her associations with US Women's Soccer and the United States Olympic Committee, among many other contributions. Dr. Hacker's exemplary record of service, scholarship and leadership span four Olympic Games and multiple World Cup Championships for US Soccer. She also served US Field Hockey as their Mental Skills

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MSWE Faculty Show at the AAHPERD National Convention

Faculty members Colleen Hacker, Matt Madden, Karen McConnell, Brad Moore and Cathy Tinsstrom all attended the American Alliance for Health, Physical Education, Recreation and Dance national convention at the San Diego Convention Center March 29-April 2, 2011. The event draws over 8,000 scholars and practitioners together for sessions, meetings and networking. **Matt Madden** presented a poster session titled "Sleep Duration, Physical Activity, and Body Mass Index of Middle School Students", sponsored by the Research Consortium. **Catherine Tingstrom** gave a session based off of her dissertation work entitled "Understanding Anti-Fat Bias in PE: Addressing the Needs of Overweight Students", sponsored by the National Association for Sport and Physical Education, and **Colleen Hacker** and **Karen McConnell** presented their on-going work "Cultivating 'A' Healthy Body Image" at a round table session sponsored by the American Association for Health Education. Students Leah Sandlian (Physical Education), Brady Tsukamaki (Pre-Physical Therapy) and Carol Bautista (Recreation) were also honored as **Majors of the Year** by the National Association for Sport and Physical Education.

The Physical Activity Program Is Going Strong!

The Physical Activity Program is part of the **General Education Program** of the University. Each undergraduate PLU student completes four different physical activity courses, including PHED 100: Personalized Fitness. This year the department **surveyed over 430 students** across 24 sections of differing activities to determine their level of satisfaction with the program. A separate set of survey questions were also given to over 188 students across 10 sections of PHED 100. The **results were overwhelmingly positive** and affirm the department's success at achieving the desired outcomes of the program.



Survey findings

86.5% said their activity course was "helpful" or "very helpful" in providing them with the basic knowledge and skills necessary for successful participation in the activity.

86.6% said that their participation in their activity class was "enjoyable or very enjoyable"

81% said that their participation in the course increase or supported their likelihood of participating in movement and physical activities in the future "quite a bit" or "a considerable amount".

81% of PHED 100 students surveyed said the course was "helpful", "very helpful" or "extremely helpful" in providing them with the basic knowledge and skills necessary for planning and participating in personal fitness activities in the future.



The physical activity program consists of over 100 sections a year and provides instruction in over 25 different activities. Activity courses fill to capacity every semester with popular trends being noted in yoga, racquet sports, aerobics and ballroom dance. Courses are taught by 30+ instructors who serve the university as coaches, adjuncts and faculty. Their dedication, passion and expertise are regularly noted on student evaluations and their commitment to the program is commendable.

2010-2011 Activity Course Staff

Coaches: Lynnette Buffington, Steve Dickerson, Jud Keim, Heather Kreier, Alice Loeb sack, Geoff Loomis, Craig McCord, Gary Nicholson, Kelly Robinson, Matt Sellman, Erin Van Nostrand, Scott Westering, Chris Wood. **Adjuncts:** Mike Adams, Amber Bishop, Frances Briseño-Wendel, Byron Cregeur, Julie Duggan, Terri Farrar, Pamela Highley, Craig Kennedy, April Morrow, Mike Rice, Don Ryan, Susan Westering. **Faculty:** Tony Evans, Matt Madden, Maureen McGill, Brad Moore, Cathy Tingstrom, Nicole Wood.

Student Teaching Placements 2010-2011

Candidates for a teaching credential in Health and Fitness must complete two distinct student teaching experiences – one at the elementary level and one at the secondary level. During their semester long student teaching experience students attend regular seminars on campus to actively reflect on their practice. They also complete daily lesson plans, a comprehensive portfolio, professional growth plans and other assignments and assessments geared at preparing them to become leaders in their field. The student teaching experience relies on the dedication of teachers and administrators from a variety of schools and districts that maintain strong and vital programs, and that share a commitment to developing future educators.

Thank you to all of our partner institutions in 2010-2011!

Spanaway Elementary, Bethel SD

Tyson Bendzak

Oakbrook Elementary, Clover Park SD

Janelle Meisenheimer

Woodbrook Middle School, Clover Park SD

Amara Boursaw & Tyson Bendzak

Brookdale Elementary, Franklin Pierce SD

Nick Edwards

Bonney Lake Elementary, Sumner SD

Dena Harkovitch

Emerald Hills Elementary, Sumner SD

Amara Boursaw

Mt. View Middle School, Sumner SD

Dena Harkovitch & Nick Edwards

Tahoma High School, Tahoma SD

Karin Hatch & Nick Longmire

Tahoma Junior High, Tahoma SD

Janelle Meisenheimer

Rock Creek Elementary, Tahoma SD

Karin Hatch & Nick Longmire

Black Hills High School, Tumwater SD

Christina Core

Peter Schmidt Elementary, Tumwater SD

Christina Core

International Activities:

Dr. McConnell Prepares for Fall Trip to China and Dr. Madden Heads to Ireland



Dr. Matt Madden will present at the **AISEP International Congress** to be held at the **University of Limerick**, Ireland on June 22-25, 2011. The theme for this year's Congress is *Moving People, Moving Forward: Goals & Roles of Physical Education, Sport and Physical Activity*. The congress draws participants from around the globe together for four days of scholarship, networking and cultural experiences. His poster

presentation is titled "Factors effecting curriculum implementation: One teacher's perception."

Dr. Karen McConnell will join a contingent of 40 U.S. scholars in physical education and exercise science who will head to China in the Fall of 2011. The group consists of authors who have contributed to three different university textbooks commissioned by the Beijing Higher Education Press, to be published in Chinese. The contingent will engage in three days of conference sessions and discussions with Chinese Scholars at **Suzhou University** outside of Shanghai, and will then travel to **Beijing Sport University** and **Beijing Normal University** for similar programs. The conferences coincide with the release of the three texts. Dr. McConnell was hand selected among

all of the US participants to be one of a handful who will also teach an 'exemplary' lesson to Chinese high school students at two schools in Shanghai and Beijing. She contributed the chapter "Fitness", along with Hangwei Guan of Ithaca College, in the text *"Learning for a Lifetime: Effective Secondary Physical Education Programs"*.



Internship Placements 2010-2011

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 and Girls Club

Dan Karp

Apple Physical Therapy-South Hill

Hope Mahnken

Corliss Optometrists

DJ Hart

Good Samaritan Hospital

Megan O'Rourke

Holmes Chiropractic

Brittany Cooper

Joint Base Lewis-McChord Fitness Center and Annex

Erin Bush

Lakewood YMCA

Michelle Blauman

Madigan Army Medical Center

Amy Smith

Mel Korum YMCA

Sarah Beaver & Jennifer Hulings

Meridian Physical Therapy

Megan O'Rourke

Morgan Family YMCA

Jennifer Fontanilla

MVP Physical Therapy

Brittany Cooper, Stephanie Hetrick & Andrew Mamerto

Northwest Sports Physical Therapy

Sarah Beaver

Northwest Sports Rehabilitation

Crystal Reno

Olympic Physical Therapy

Shelley Pahlow

Olympic Sport & Spine

Amy Smith

Osteo-Physio Clinic: Athens, Greece

Crystal Reno

Pinnacle Physical Therapy

Alyssa Zakrzewski

PLU Athletic Training Room

Stephanie Hetrick & Megan O'Rourke

Portland Providence Hospital Cardiac Rehabilitation

Hillary Parsons

Providence St Peter Hospital

Hillary Parsons

Seattle Fire Department

Kristen May

St. Anthony ER

Krystal Masten

St. Anthony Hospital

Alyssa Zakrzewski

St. Joseph ER

Kristen May

Tacoma General Cardiac Rehabilitation

Emily Schoenheit

Westgate Orthopedic Physical Therapy & Exercise

Brady Tsukamaki

Dr. Colleen Hacker *continued*



Coach during the Beijing Olympics in 2008. Her contributions to women's sport extend over many decades and include an amazing five year run at the NAIA National Championship with PLU's Women's Soccer Team in the late 1980s and early 1990s (with three titles won). She was also noted for her substantial record of scholarly achievement in the field. Dr. Hacker is a previous recipient of the prestigious Presidential Citation from the American Psychological Association as well as the Presidential Medal from PLU. She is an AASP Certified Sport Psychology Consultant and a member of the USOC Sport Psychology and Mental Training Registry. Her leadership expertise has also brought her success as a highly regarded consultant to business and industry. She has worked with corporations such as Morgan Stanley, NIKE, Martha Stewart Living, S.C. Johnson Company, MTV Networks, Infinity Broadcasting, Thrivent Insurance Company, *The New Yorker Magazine*, *Citadel Broadcasting*, Conde Nast, Million Dollar Round Table, GLAMOUR, Parent's Magazine, House and Garden, Franciscan Health Care Systems, Better Homes and Gardens, Westwood One, Women's Sports and Fitness as well as civic groups such as the Lantern Club of Boston, the Girl Scouts of America and the YMCA among many others. We are proud and fortunate to have such an outstanding and highly regarded leader, scholar and individual on our faculty. Congratulations Dr. Hacker on this significant recognition!

First Annual MSWE Convention!

On Saturday, May 14 students in Foundations of Physical Education (PHED 277) put on a convention as a class project.

Participants were provided the opportunity to participate in activity sessions, question a panel of experts in their respective field, and attend a research poster presentation conducted by the PHED 277 students. A morning activity session, hosted by Professor McConnell and



her students from PHED 293: Teaching Methods of Fitness Activities, provided a high intensity fitness circuit while the afternoon session, offered by Professor Hacker introduced team building activities and debriefing techniques. The 277 students organized the event and contributed by preparing and presenting professional quality posters that addressed summary research articles on a host of current fitness and physical activity topics. Professors Antony Evans and Nicole Wood rounded out the event as participants in the professional panel presentations. By all accounts the convention was a big success!



Congratulations 2010-2011 MSWE Graduates!!

Fall 2010

Tyson Bendzak
Amara Boursaw
Christina Core
Dena Harkovitch
Daniel Hart
Karin Hatch
Nicholas Holmes
Daniel Karp
Krystal Masten
Kristin May
Amy Smith

Spring 2011

Sarah Beaver
Michelle Blauman
Ryan Boddy
Erin Bush
Brittany Cooper
Nicholas Edwards
Jennifer Fontanilla
Stephanie Hetrick
Jennifer Hulings
Nick Longmire
Hope Mahnken
Janelle Meisenheimer
Megan O'Rourke
Michelle Pahlow
Hillary Parsons
Crystal Reno
Emily Schoenheit
Brady Tsukamaki
Alyssa Zakrzewski

Thanks and GOOD LUCK!

Thanks are due to **Dr. Cathy Tingstrom** who will be leaving



PLU after three years of service to the department. Dr. Tingstrom served as the Director of the BAPE Program and brought needed stability to the program. She leaves us for a position at the University of New Mexico, where she received her Ph.D. We wish Dr. Tingstrom the best in her future endeavors.