



DEPARTMENT OF KINESIOLOGY

Continued Growth!

by Karen McConnell, Associate Dean

The 2013-2014 academic year has been a busy one for the Department of Kinesiology. We continued to grow at unprecedented rates, reaching a total of 160 majors this year. In addition, we worked to increase the rigor of our capstone experience and to enhance our curricular offerings with student-faculty research opportunities. We also saw Colleen Hacker off as she traveled to Sochi Russia to work with U.S. Women's Ice Hockey at the Winter Olympic Games and bid Tony Evans a temporary farewell as he is spending a year in Namibia with his wife who was awarded a Fulbright for the year.



Professors McConnell and Farrar had a big year as their high school textbooks went to press and we welcomed Charles Katica and Mallory Mann who joined our ranks as visiting faculty. We hope you enjoy reading about some of these achievements in this year's issues of *On the Move*.

Welcome New Faculty!**Charlie Katica**

I was born and raised on Vashon Island, Washington and received both my bachelors and masters degrees from Central Washington University. I recently graduated from the University of Alabama (Roll Tide!), and while I was finishing my Ph.D. I was the head coach of the University of Alabama's Women's Wheelchair Basketball team. My interests include running, cycling, reading, basketball and pretty much anything outdoors. Additionally, I am interested in conducting research assessing the effects of cooling on

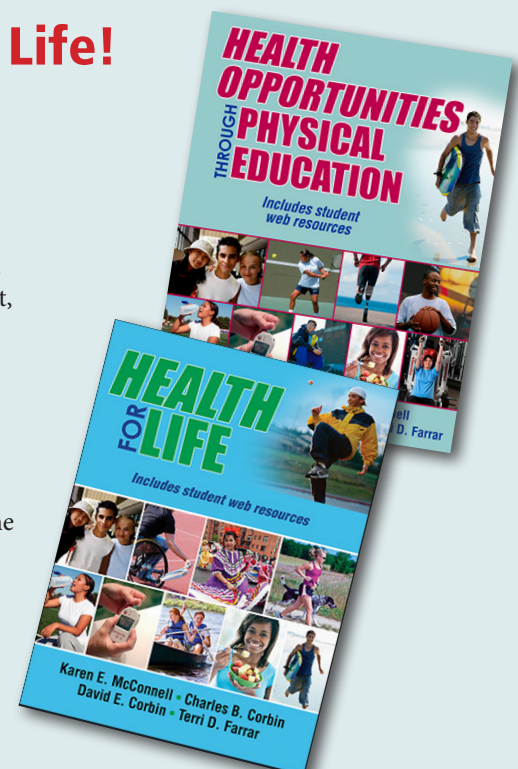
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A Big Year! Textbook Projects Come to Life!

This spring marked the end to a long three year writing process when a new high school health textbook, *Health for Life*, was released. Two PLU Kinesiology professors are on the authorship team for the new project. *Health for Life* is a companion text to the best-selling *Fitness for Life* textbook that has been the most widely used high school fitness text in the country for two decades. **Professor McConnell** served as both a contributing author to *Fitness for Life 6th Edition*, and as lead author of *Health for Life*. **Visiting Assistant Professor Terri Farrar** also served as one of three additional authors of the text. Writing high school textbooks is a long, standards based process that requires extensive rounds of reviews and revisions. It is critical not only to identify, distill and include

critical content, but also to ensure that the content is delivered in a way that meets all relevant national and state standards and enhances learning. In addition to the text, the team authored a full set of ancillary materials including associated lesson plans, worksheets, quizzes, additional web content, projects and Power-point presentations. The books were also adapted to multiple formats including a standard e-book and an interactive I-pad edition. In addition, a custom book, *Health Opportunities Through Physical Education* was created using materials from both books to meet the needs of states like Florida, which require combined health and physical education coursework. More information about the projects is available through the publisher, Human Kinetics.

Congratulations to Drs. McConnell and Farrar!



Fifth Olympic Experience – First Winter Games: Reflections from Sochi

By Colleen M. Hacker, Ph.D.



Representing your country in the Olympic Games is an unbelievable honor. I have been privileged to serve on five Olympic Coaching Staffs over the years but this was my first experience

in the Winter Games. Sochi, Russia hosted the 2014 Games amidst security concerns and social outrage. But, once the competition began, everyone's focus shifted to the athletes, teams and performances. Every four years, athletes from around the globe gather to test and challenge themselves on the biggest stage in sport. The incredible grace, composure, dedication and skill on display is truly beyond words. Americans won nine gold medals, 7 silver and 12 bronze. It was the highest Winter Games medal count for the US outside of North America. But it's not all about the medals. There were so many outstanding performances in both the Olympic and Paralympic Games in snowboard slopestyle, halfpipe, ice hockey, alpine skiing, figure skating, bobsled, biathlon and luge, to name a few. Being part of TEAM USA is an indescribable feeling. I joined the ice hockey staff in 2010 serving as the Mental Skills Coach gearing up for this most recent Quad in Sochi. Along the way, we earned two World Titles and two second place finishes along with a Four-Nations Championship. I've traveled

with the team throughout the United States, Canada, Finland and Russia. There's a saying in the Olympic Family that, "the Olympic Games aren't every four years, they're every day!" While fans and observers pay rapt attention primarily during the televised portion of the Games, these athletes and coaches work tireless and relentless, day after day, week after week and year after year. Life for an Olympic athlete (and coach) is indeed year round, demanding, stressful and intense. It's also exciting, gratifying and inspirational. Our athletes, like all Olympians, trained across all four pillars of sport: technical, tactical, physical and psychological. We worked Mike Boyle in strength and conditioning (Boston Red Sox, Boston Bruins, etc.) along with an outstanding group of coaches from Head Coach Stone (Harvard) to three assistants which included a former gold medalist and two NHL players. We had a sport dietician, massage therapist, media relations expert, videographer and General Manager. We assembled a stellar group of athletes and staff who were each committed to the TEAM FIRST philosophy.

USA Hockey was a gold-medal favorite leading up to the Games and everyone accurately predicted a battle between the top two teams in the world, USA and Canada for the Final. That's exactly what happened. After finishing in the top two of pool play, both teams met again yet another gold medal showdown. We lost 3-2 to Canada in overtime to win silver. It was heartbreaking on many levels being up two goals late in the third period and feeling like we were the stronger team. But, we didn't finish the game as we could have and should have. As 4-time Olympian Julie Chu (the USA Flag Bearer) said, "We wanted to win the gold...we've been working for that for four years...Hopefully when people see us disappointed in the moment, they don't see that as we don't appreciate being Olympians; that we don't appreciate our silver medals around our necks, because we absolutely do. But as competitors, you want to be the best in the world".



Welcome New Faculty!

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cycling, running and firefighter performance in the heat. Currently I am teaching Biomechanics and will be teaching Exercise Physiology and Foundations of Kinesiology during the Fall semester.



Mallory Mann

I am excited to be back at PLU and, even more so, to be returning as a faculty member in the Department of

Kinesiology. This place and the people here are special to me. As a PLU student, I learned what it meant to be an engaged, passionate, lifelong learner - lessons that continue to inform who I am as a teacher. After graduating, I coached and consulted with athletes at four different universities. For the last two years, I also worked with the Alliance of Women Coaches, an organization devoted to supporting and educating female leaders in sport. Those experiences have been meaningful in that they helped me realize that teaching was at the center of my professional interests. I am passionate about making a difference and teaching provides an opportunity to create change. This decision led me to Bowling Green State University (OH) where I started in the doctoral program. Stemming from time spent in coaching, my research centers on leadership effectiveness and gender issues in sport. Currently, I am conducting two studies: my dissertation, which explores female college athlete body image and a second project focused on how female athletes want to be portrayed in the media. These research and applied experiences drive my teaching. I am devoted to helping students bridge the gap between theory and practice. I try to challenge students to claim their education by actively questioning the material. To that end, I am thrilled to be at PLU working with students who are passionate about their careers and engaged learners. I am also grateful to be able to collaborate with faculty who are leaders in their fields.

Connections: Pacific Lutheran University and Tacoma Lutheran Retirement Community Partnership

In the fall of 2012, a partnership between the department of Kinesiology (KINS) and the Tacoma Lutheran Retirement Community (TLRC) was initiated. The aims of this partnership include a) perform objective assessments to determine the effectiveness of the rehabilitative services provided by physical and occupational therapists b) allow Kinesiology students to acquire practical experience and c) evaluate the use of existing technology at TLRC. As a result of this partnership, 10 Kinesiology students (Marikka Benson, Naomi Forward, Stephen Henry, Brionna Johnsen, Sarah Leitzinger, Katie Nelson, Serine Phillips, Nathan Schibig, Henry Tolstedt, and John Westhafer) have performed weekly functional assessments on residents of the facility (30-sec chair stand, 30-sec arm curl, chair sit and reach, 8-foot up and go, one leg balance, functional reach test, and gait assessment).

All students completed the Collaborative Institutional Training Initiative program for Human Subjects Research. Preliminary results have shown that for the majority of the assessments, the patients showed improvements indicating that the rehabilitation program improves the functional ability of patients admitted at TLRC. Furthermore, data collected from this partnership resulted in three presentations by students at the Northwest American College of Sports Medicine conference.

We hope to continue this partnership next year, expand the aims of this collaboration and have more Kinesiology students practice working with this population.

Northwest American College Sport Medicine Conference

Ten Kinesiology students (Evan Ameluxen-Coleman, Naomi Forward, Stephen Henry, Erik Hummer, Michelle Kalista, Monicza Oppelt, Nathan Schibig, Ayla Schmick, Henry Tolstedt, and John Westhafer) and two faculty (Dr. Katika and Dr. Papadopoulos) attended the Northwest American College of Sports Medicine conference in Wenatchee, WA. This year 3 teams represented the school and the department at the Student Quiz Bowl. Furthermore, six students (Stephen Henry, Michelle Kalista, Serine Phillips, Nathan Schibig, Henry Tolstedt, and John Westhafer) presented in the poster session, research that they performed last year. Serine Phillips' poster was one of five posters selected to be judged for the undergraduate poster award. Congratulations to all of them and we hope to have more students present and attend next year's conference in Bend, OR (February 27-28, 2015).

The following are statements from some of the students that attended the conference.

"I learned an incredible amount from the presenters and it was good to see what other students in our field are researching." (Evan Ameluxen-Coleman)

"The conference was an unforgettable experience that was both educational and motivating; being surrounded by peers and professors of kinesiology from around the

region provided immense insight into our field of study." (Stephen Henry)

"Attending the NW ACSM conference was a fantastic opportunity to observe research from other institutions and health professionals, gain ideas for class projects or future research, and network with individuals from various fields of health science and higher education." (Nathan Schibig)

"I am very thankful that I was able to attend the ACSM NW Conference because I got to learn about what other college students are doing research on, and it made me excited for all of the opportunities that I can do for my own research!" (Ayla Schmick)

"I enjoyed the variety of topics presented at the conference; everything from older adults' functionality, digestion during endurance events, biomechanics of golfing, and breast cancer. Having such a wide range of topics provided me with a broad range of what type of research is being done right now." (Henry Tolstedt)

"The ACSM conference was a great opportunity to learn about the research that is being done in the field of exercise science and to talk with both researchers and fellow students about their personal research projects as well as their personal stories regarding how they decided to join this field of study." (Naomi Forward)



Students at the ACSM regional conference with professors Papadopolous and Katika.

New Expectations And New Opportunities!

Requirements for the Department of Kinesiology Capstone have been formally revised (January 2013) and now include two tracks for students to choose from. The first track is a professional standards defense titled *Documentation of Knowledge and Evidence*, and the second track is an *APA Literature Review and Poster*.

Students pursuing the *Documentation of Knowledge and Evidence* capstone select 10 specific standards from the ACSM knowledge, skills, and abilities to write defense statements highlighting their understanding and application of the standard within our discipline and their future profession. This capstone concludes with a 30-minute presentation where students discuss in detail, their understanding and application of knowledge.

Students pursuing the *APA Literature Review and Poster* capstone develop a novel research question, review current literature, and write a comprehensive 15-17 page literature review concluding with the identification of future research recommendations in the advancement of knowledge for the identified topic.

These two new capstone tracks have provided professional opportunities and have inspired student creativity. Students have exceeded departmental expectations with several scheduling exams and earning certification from the American College of Sports Medicine (Henry Tolstedt, ACSM CPT, scheduled to take the ACSM HFS in June, Derikk Heinrichs, scheduled to take the ASCM CPT in April), or pursuing research projects and submitting abstracts for regional conference presentations (Andy Westhafer, abstract accepted for presentation at 2014 NW ACSM).

Photos below: Capstone students from the Spring of 2014.



New Metabolic Cart!

The Department of Kinesiology received funding for a new metabolic cart this year. The cart has been put to good use for both classroom instruction and research studies.



Nathan Schibig performing the first maximal exercise test with our new ParvoMedics metabolic analysis computerized system.



Naomi Forward performing a maximal exercise test for Physiology of Exercise class using our new ParvoMedics metabolic analysis computerized system.

Department of Kinesiology 2013-2014 Capstones/Internships

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!

Apple Physical Therapy – Federal Way
Samuel Watkins

Apple Physical Therapy – Fife
Amy Killough

Apple Physical Therapy – Parkland
Brian Lefavour Jake Look

Apple Physical Therapy – South Hill
Sierra Atkinson Ryan Tevis

Competitive Edge
Derikk Heinrichs Stephen Henry
Erik Hummer Arvid Isaksen
Lindsey Matsunaga Nathan Schibig
Katelyn Smith

Elite Physical Therapy
Darrien Dorr Karlee Iverson
Chris Kelley Katie Lowery
Catyann Parker John (Andy) Westhafer

Emerald Ridge High School Athletics Department
Arvid Isaksen

Exercise Science Center
Monicza Oppelt Serine Phillips

Good Samaritan Cardiac Care
Dee-Dee Tillman

Good Samaritan Cardiac Rehabilitation
Jennifer Levya

Good Samaritan Children's Therapy Unit
Darrien Dorr Catyann Parker
Ryan Tevis John (Andy) Westhafer

Good Samaritan Physical Therapy & Hand Therapy Clinic – Puyallup
Katie Bologna Chris Kelley
Jake Look

Joint Base Lewis/McChord (JBLM)
Chris Wolf

Kids at Play Sensory Therapy
Erin Buzzard

Lighthouse Senior Center
Angela Marino

Mary Bridge Children's Hospital
Sierra Atkinson

Mel Korum Youth Sports Department
Amber Stanley

Mel Korum YMCA
Leah Newell

Meridian Physical Therapy
Emily Albrecht
Trevor Romo

Midland Community Center
Melissa Harrelson

Mililani High School – Summer Easy Program
Lindsey Matsunaga Glenelle Nitta

Multicare
Jill Griess

Multicare Center for Healthy Living
Melissa Harrelson

MVP Physical Therapy
Katie Bologna Leah Newell

Northwest Sports Physical Therapy
David Weston

Olympic Orthopedic Associates
Alec Beal
Marikka Benson

Olympic Sport and Spine – Puyallup
Erin Buzzard Emily Cook
Brian Lefavour Jarylin Reese

PLU Athletic Training Room
Melanie Schoepp David Weston

Providence St. Peter Cardiac Rehabilitation
Angela Marino

St. Joseph Medical Center
Evan Ameluxen-Coleman Kristi D'Alessandro

Steilacoom in-home Physical Therapy Care
Jill Griess

Summit Strength and Conditioning
Robert Ellington Katelyn Smith

Sumner MVP Physical Therapy
Jonathon May

Tacoma General Cardiac Rehabilitation
Dee-Dee Tillman

Tacoma Lutheran Retirement Community Physical Therapy Department
Emily Albrecht Fidias Franco-Vasquez

University of Washington Athletic Department
Markelle Lance

Weyerhaeuser Corporate Fitness
Devon Hughes Henry Tolstedt

YMCA – Lakewood
Melissa Castor Todd Clarke
Matt Van Eaton Chris Wolf

The following graduating seniors have been accepted into graduate programs at the time of this publication –

CONGRATULATIONS!

1. Arvid Isaksen, University of Washington, Intercollegiate Athletic Leadership, Coaching Emphasis
2. Markelle Lance, University of Washington, Intercollegiate Athletic Leadership, Administration Emphasis
3. Brian LeFavour, University of North Dakota, Occupational Therapy
4. Jake Look, University of Puget Sound, Physical Therapy
5. Leah Newell, Eastern University, Physical Education, Exercise Science Emphasis (assistantship awarded)
6. Catyann Parker, University of Washington, Physical Therapy
7. Katelyn Smith, Eastern University, Physical Education, Exercise Science Emphasis

Congratulations KINESIOLOGY GRADUATES 2013-2014!!

Emily Albrecht
Evan Ameluxen-Coleman
Sierra Atkinson
Katherine Bologna
Erin Buzzard
Melissa Castor
Todd Clarke
Emily Cook
Darrien Dorr
Jason Finley
Fidias Franco-Vasquez
Amanda Goings
Jordan Gonzales
Jill Griess
Melissa Harrelson
Derikk Heinrichs
Stephen Henry

Devon Hughes
Erik Hummer
Arvid Isaksen
Brandon James
Chris Kelley
Amy Killough
Markelle Lance
Brian Lefavour
Jake Look
Kaitlyn Lowery
Angela Marino
Lindsey Matsunaga
Leah Newell
Glenelle Nitta
Monicza Oppelt
Catyann Parker
Jarylin Reese

Kimberlee Reese-White
Trevor Romo
Nathan Schibig
Melanie Schoepp
Katelyn Smith
Ryan Tevis
Dee-Dee Tillman
Henry Tolstedt
Matt Van Eaton
Cameron Veres
Samuel Watkins
John Westhafer
David Weston
Chris Wolf
Allison Wood

