



## Growth in Kinesiology



### Reflections from the Dean

by Dr. Frank Kline

The growth in the Department of Kinesiology program over the last three years has been phenomenal. Next year we are adding sections of the capstone and internship courses, as well as Exercise Physiology and Applied Sport Psychology in order to meet the additional demand. Each year the incoming first year students indicate their intended major. While this is not

a solid indication of growth, as students do change their minds, it is at least some indication of projected growth. At the end of April 2011, 31 students who applied to enter PLU in the fall of 2012 intended to major in Kinesiology. At the end of April 2015, 215 students who applied to enter PLU listed Kinesiology as their intended major. This is an increase of nearly 700%! As noted earlier, we are beginning to see that growth manifest in our class sizes. We are clearly advocating for additional resources to assist in serving this increase.

The increase may be due to several different factors. A number of years ago, the department changed its name from Movement Studies and Wellness Education

to Kinesiology. This new title is a clearer and sharper name that is easily identifiable by prospective students seeking degrees in that area.

At the same time, the department went through an intense internal review process streamlining and re-visioning our programs. Now clearly aligned with external standards, the programs are models of efficiency and clarity. It makes it easier for students to see what is required to graduate.

In addition to the internal changes, society is also going through changes in relationship to exercise. As baby-

*(continued on page 3)*

## New Student Majors Club: KFC Starts Out Strong



From the name "KFC" to the motto "Fitness Feels so Good" (from KFC's slogan "Today Tastes so Good"), the Kinesiology club on campus sounds like somewhat of a joke. Spending time with the group's founding officers, one would probably spend majority of the time having fun, but from the work done this year, it is obvious the group is not just about fun and games.



On April 8<sup>th</sup>, 2014, senior Kinesiology student **Evan Ameluxan-Coleman** asked **Jordan Zepernick** what he thought of starting a Kinesiology club. After talking with his fellow classmate and friend Kevin De Jong, they took off with the idea. Jordan and Kevin worked hard that spring to make sure they took appropriate measures toward starting the club. They worked on writing a constitution, recruiting members,



and setting up an interest meeting. For fun, they came up with the name KFC (Kinesiologists of the Future Club) and even brought a bucket of the colonel's chicken to the first meeting. Along the way, the two recruited current club advisor **Dr. Charilaos Papadopoulos** and friends **Katie Nelson** (secretary),

*(continued on page 2)*

## KFC Starts Out Strong

(continued from page 1)

**Kevin Long** (chief officer), and **Samantha North** (treasurer), and a team was then set in place to build something great.

The club was started to link Kinesiology students to professionals who can help them in their future, raise money for students to be able to attend conferences, and to bring students in the major together to help each other reach their goals in classes and beyond. Throughout the year, each goal was met far beyond what anyone expected.

To break the ice, the club started by attending the first college night of the fall for the Seattle Mariners. Since then, the club has hosted 4 “professionals” meetings where students have been able to hear from and talk to different professionals that included the following: a paramedic, an athletic trainer, a strength and conditioning coach, a middle school physical education teacher, a volleyball coach, a physical therapist, a prosthetist/orthotist, a manager of pediatric rehab, a nutritionist, two chiropractors and an acupuncture therapist. These meetings



have been a huge benefit to students as many have walked away in awe at the stories of these people and have greatly appreciated the encouragement that the professionals have given them. However, these meetings have benefitted the professionals as well. Dr. Jim Kurtz of Northwest Sports Rehab who also works for the Seattle Seahawks recently informed the club that speaking with them left he and his wife rejuvenated and excited about their work.

As far as fundraising goes, the club raised over \$400 selling t-shirts and baked goods and hosting a scavenger hunt. The scavenger hunt, cleverly named The KFC Scavenger HAUNT as it took place on Halloween weekend, was the biggest event by far. Students ran around in the rain trying to find KFC members who

were trying to scare them. The physical activity promoted kinesiology, but the best part was the prize. The winners of the Haunt received the chance to attend an exclusive Seattle Seahawks practice and meet Super Bowl winning Coach Pete Carroll.

With the money raised this year, the club was able to reimburse two students for room and board that the Northwest ACSM conference and many other students for commuter needs to attend the SHAPE America national conference in Seattle. After holding a bake sale, the club was also able to donate its left over baked goods to the Seattle Union Gospel Mission.

In addition to the work done this year, the group is still planning a celebration of PLU's 125<sup>th</sup> anniversary that will feature kinesiology students performing 125 activities on the 125<sup>th</sup> day of the year. This group has done a lot for its members, the department, and the PLU community. Its new officers **Sam Geisslinger, Luke Martinson, Jessica Stenberg, Courtney Couch, and Leah Johnson** have a lot to work with thanks to the success they already helped create this past year.

## Congratulations and Well Wishes:

**Dr. Evans retires after 26 years at PLU**



**A**nthony Evans joined Pacific Lutheran University as Associate Professor of Physical Education and Director of Exercise Science in 1988. He holds a Ph.D. and M.S. degree from the University of Oregon, and a B.S. from St. Luke's College in Exeter, England. Prior to beginning his appointment at PLU he completed two post-doctoral fellowships at the University of South Carolina and at the Stanford Center for Research in Disease

Prevention. As a scholar he has authored or co-authored over 26 manuscripts and has given numerous academic and community service presentations focused on the development and evaluation of physical activity and health promotion programs in public, worksite and school settings.

As an advisor, Dr. Evans is well known to show care far beyond the academic program. He works with his students as a mentor. As a teacher, Dr. Evans is highly regarded by his students for his command of content knowledge, for his passion regarding the importance of active and healthy living for individuals and society, and for his deep sense of commitment to his students and his craft. He has been an innovator and has always played a critical role in helping to shape, grow and deliver the dynamic and successful programs within the department of Kinesiology. He is credited with starting the internship program in what was then the School of Physical Education. The program now encompasses a two semester course sequence required for all Kinesiology majors. Under Professor Evans leadership, the department has developed partnerships with over 158 clinics, hospitals, public and private agencies, and organizations. In addition to his important contributions to courses in the department, Professor Evans has

(continued on page 3)

# SHAPE America Hits Seattle and Lutes Make an Impact

The Society of Health and Physical Educators held its national convention at the Seattle Convention Center in March. The event drew almost 5,000 academics and working professionals to five days of workshops, lectures, panels, posters and exhibits focused on advancing professional practice and promoting research related to health and physical education, physical activity, dance and sport. Four PLU faculty members contributed sessions to the event. Professors Hacker, McConnell and Mann held a session addressing how the multi-disciplinary research about promoting and maintaining a healthy body image can inform the

practice of coaches at all levels. In addition, professors McConnell and Farrar held a session titled “Reinforcing the Common Core Through Health and Fitness” that provided reference information and specific examples on how to integrate instruction and assessment of the common core into the health and physical education classroom. Both sessions were well attended and very well received. In addition, six PLU students served as room monitors during the conference, receiving a registration waiver in exchange for their work. The students were Rebecca Harris, Whitney Hubeek, Amber Stokes, Kimber Maroney, and Earl Tillis. Kevin DeJong was honored as the

PLU Major of the Year at a ceremony held at the conference and professor McConnell and Farrar’s new textbooks (Health for Life and Health Opportunities Through Physical Education) made their national convention debuts.

## Growth in Kinesiology:

### Reflections from the Dean

*(continued from page 1)*

boomers age, they are having more need for physical therapy. An increase in joint replacements and general treatment of injury with physical therapy has created a significant increase in the demand for physical therapists. Drs. of Physical Therapy typically major in kinesiology as undergraduates.

Western medicine is seeing exercise as a treatment more and more frequently. In the same sense that you may be referred to a nutrition specialist, or a physical therapist, you may also be referred to an exercise specialist. This growing class of professionals is being included in medical clinics more and more as we realize that some of our most intransigent chronic diseases yield to exercise as treatment.

In summary, there are many societal/cultural pressures which are creating a larger demand for kinesiology majors. PLU has responded to that by a name change and a program re-visioning. This has resulted in a set of programs that are growing faster than any other on campus. I’m proud of our far-sighted leadership in the department and of the committed and passionate faculty who have done the difficult work to develop one of the largest programs on campus.

## Dr. Evans Retires

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also contributed actively to the First Year Experience Program, the General Education Program and to study away opportunities for students in the popular and long standing course “Tramping the Tracks of New Zealand”.

Professor Evans has an outstanding record of leadership and service to the University. During his twenty six year tenure he has amassed a prolific record of University service including terms on the Educational Policies Committee, the Rank and Tenure Committee, the Faculty Affairs Committee and as Faculty Representative to the Board of Regents. As a colleague, Dr. Evans is well known for his collegial and gracious manner, for his mentoring of younger faculty, and for his willingness to serve in leadership roles during difficult administrative changes, including his service as Interim Dean for the School of Physical Education in 2005-2006.

His thoughtfulness and generosity has been most especially noted and appreciated by the hundreds of students he has served over the years in his capacity as an academic advisor. Helping students not only in the navigation of their academic schedule, but also in finding and pursuing their true vocation, is perhaps Professor Evan’s most important legacy.



# Northwest American College Sport Medicine Conference



Keeping with tradition, the department of Kinesiology had an excellent representation at the recent Northwest ACSM conference in Bend, OR

(February 27-28, 2015). Four students (Alex Dassoﬀ, Shayla Gumm, Ayla Schmick, and Jordan Zepernick) presented research projects that were completed last year in

collaboration with other undergraduate students and faculty. Furthermore, eleven Kinesiology students (left to right: Alex Dassoﬀ, Kevin Long, Jazmyn Carroll, Courtney Couch, Jordan Zepernick, Elin Skoelt, Naomi Forward, Amber Stokes, Shayla Gumm, Rachel Hudson (not pictured), and Ayla Schmick (not pictured)) and two faculty (Dr. Katica and Dr. Papadopoulos) attended the conference. Two teams represented the school and the department at the Student Quiz Bowl.

Congratulations to all of them and we hope to have more students present and attend next year's conference in Tacoma, hosted at PLU (April 15-16, 2016). Finally, a big thank you to the Dean, Dr. Kline, Associate Dean, Dr. McConnell, and the Kinesiologists of the Future Club for providing funds to cover travel to the conference.

## The following are statements from students that attended the conference.

*"When I decided to come to Pacific Lutheran University, I was very nervous on how my life here would be. Although I am from the area, I was still trying to start new relationships. Coming to this conference was the first experience I have had all year being with people that have the same ambitions and interests that I have."*

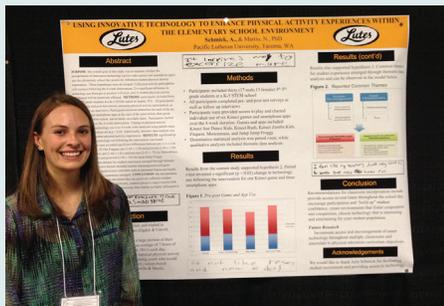
*"The conference itself was informational and gave me a lot of insight about what other people in our field are researching. I would definitely recommend it to anyone interested in going to the conference." (Courtney Couch, Exercise Science)*

*"I thoroughly enjoyed the conference for many reasons including getting to bond with students from our department, learn about current research being done in the field and learn about graduate opportunities. I really enjoyed hearing the graduate students present their research because they were all topics that were interesting and things I had not learned before such as the study of allergies and exercise. Also getting to talk to the undergraduate students with their research was very beneficial because I could connect with students from other schools and see what other people around us were studying. Overall it was a very rewarding experience." (Amber Stokes, Health & Fitness Education with Certification)*

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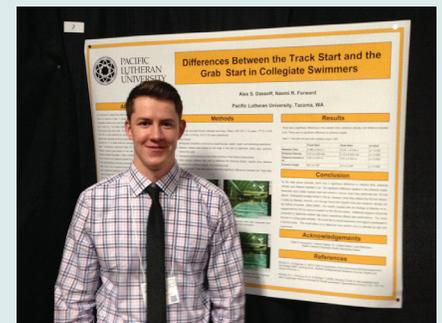
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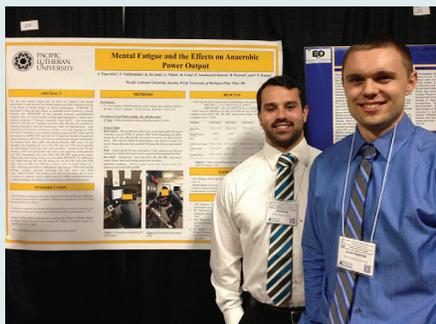
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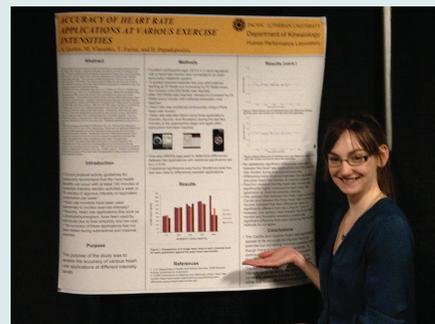


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## Department of Kinesiology 2014-15 Internships Placements

**Thank you to all of our internship hosts!** Your generosity and professional guidance is very much appreciated by our students. Special thanks to **Dr. Martin** and **Dr. Papadopoulos** for all of their hard work in placing and guiding student interns through this experience!

**AnnieOne, Norway**  
Elin Skoelt

**AIM Physical Therapy**  
Stephanie Markle

**Alliant Physical Therapy**  
Jeff Nodtvedt

**Apple Physical Therapy**  
Jordan Zepernick  
Shawn Bowen  
Sydney Silbernagel  
Mikhail Vlasenko

**Bethel High School-Special Services**  
Allison Wood

**Bonney Lake Parks and Recreation**  
Amber Stanley

**Competitive Edge**  
Dillon George  
Collin Nilson  
Bo Pearson  
Mikhail Vlasenko  
Allison Wood

**Comprehensive Soldier Fitness  
JBLM**  
Abbey McConnell

**Davidson Prosthetics**  
Basil Whaley

**Elite Physical Therapy**  
Nick VanDomelen

**Exercise Science Center**  
Jennetta Blake

**Frisklivssentralen Hallingdal, Norway**  
Elin Skoelt

**Franke Tobey Jones**  
Allyson Harris

**Good Samaritan Cardiac Care-  
outpatient**  
Sarah Leitzinger  
Jenny Levya  
Shayla Gumm

**Good Samaritan Children's  
Therapy Unit**  
Naomi Forward  
Hope Kilbourne  
Jonathon May  
Lauren McClung

**Good Samaritan Physical Therapy &  
Hand Therapy Clinic – Puyallup**  
Alec Beal  
Kevin De Jong  
Kevin Long  
Samuel Watkins  
Joe Rogers

**Hallmark Skilled Nursing Center**  
Sunny Kil

**Health and Social Services Wellness  
Program**  
Angie Franco

**Kids at Play Sensory Therapy**  
Emily Cook  
Jazmyn Carroll

**Lighthouse Senior Activity Center-  
SAIL Program**  
Jenny Levya

**Madigan Army Medical Center-  
Orthotics**  
Hannah Fry  
Joe Rogers

**Mary Bridge Children's Hospital**  
Jordan Zepernick

**Meridian Physical Therapy**  
Chelsea Miller  
Jeff Nodtvedt  
Sydney Silbernagel

**Multicare Center for Healthy Living**  
Ashley Bent

**MVP Physical Therapy**  
Kristi D'Alessandro  
Shawn Bowen  
Jimmy Denis  
Shayla Gumm  
Hope Kilbourne  
Lauren McClung  
Ashley Mohoric  
Katie Nelson

(continued on page 6)

# Thank you for your service!!!

The Department of Kinesiology wants to thank Al Ablong and Sarah Meyer for their service to the Physical Activity Program and to the department. Their work has been exceptional and we have been grateful to have both as colleagues. We wish Al peace and happiness in his retirement and Sarah great success in her new job at the Department of Health and Human Services!



Sarah Meyer



Al Ablong



## Congratulations KINESIOLOGY GRADUATES 2014-15!!

Sierra R. Atkinson	Kevin S. De Jong	Tori A. Hamura	Lauren C. McClung	Sydney A. Sibernagel
Alec A. Beal	Darrien K. Dorr	Rachel E. Hudson	Abbey L. McConnell	Elin Skoelt
Matthew C. Beal	Robert D. Ellington	Karlee A. Iverson	Sean H. McFadden	Amber D. Stanley
Marikka A. Benson	Naomi R. Forward	Sunmin Kil	Ashley M. Mohoric	Nicolas L.
Ashley C. Bent	Angie L. Franco	Hope M. Kilbourne	Katie C. Nelson	VanDomelen
Jennetta S. Blake	Fidias Franco-Vasques	Jennifer J. Layva	Collin J. Nilson	Cameron J. Veres
Shawn M. Bowen	Hillary E. Frett	Sarah E. Leitzinger	Samantha M. North	Mikhail G. Vlasenko
Parker W. Browning	Hannah N. Fry	Kevin R. Long	Bronson R. Pearson	Samuel C. Watkins
Jazmyn P. Carroll	Sarah D. Gamache	David A. Loughlin	Joseph H. Rogers	James B. Whaley
Emily E. Cook	Dillon S. George	Jonathon A. May	Ayla M. Schmick	
Kristi D'Alessandro	Shayla R. Gumm	Travis E. McCarthy	Kristine L. Sheets	

## Department of Kinesiology 2014-15 Internships Placements

(continued from page 5)

**Olympic Orthopedic Associates**  
Marikka Benson

**Outdoor Pursuits**  
Michelle Lloyd

**PLU Athletic Training Room**  
Sarah Gamache  
Katie Nelson

**Preferred Orthotic and Prosthetic Services**  
Hannah Fry

**ProActive SportsMed Clinic**  
Jennetta Blake

**Providence St. Peter Cardiac Rehabilitation**  
Marikka Benson  
Jazmyn Carroll  
Sarah Leitzinger

**South Sound Physical Therapy and Hand Therapy**  
Rachel Hudson  
Ashley Mohoric

**STAR Physical Therapy**  
Sarah Gamache  
Nick VanDomelen

**Student Teaching Placements:**  
**Columbia Junior High**  
Amber Stanley

**Summit Strength and Conditioning**  
Kyler Blades  
Robert Ellington  
Samantha North

**Tacoma General Cardiac Rehabilitation**  
Alex Dassoff  
Angie Franco

**Thompson Elementary School**  
David Loughlin

**Volt Athletics**  
Collin Nilson  
Bo Pearson  
Allison Wood

**YMCA**  
Parker Browning  
Hillary Frett  
Tori Hamura  
Karlee Iverson  
Kristin Keller  
Travis McCarthy  
Sean McFadden  
Ayla Schmick