Diversity in Kinesiology Lecture: LEGACY MAKERS

This year marked the first diversity lecture sponsored by the Department of Kinesiology. The event, “Legacy Makers: Historical Narratives on Gender and Sport” was held on February 27 in the Anderson University Center. Student members of the Diversity in Sport and Exercise (DSE) Club played a significant role in helping set up and organize the event. The panel discussion was moderated by Dr. Colleen Hacker with a video introduction by Dr. Mann. And, our esteemed panelists, Judy Sweet and Sharon Taylor, both tireless gender equity advocates and former presidents of the National Association of Collegiate Women Athletic Administrators (NACWAA). Judy Sweet is the only woman to have served as NCAA membership president, was named one of the top 100 most influential sport educators in the U.S. and is co-Chair of the NCAA Gender Equity Task Force, as well as an ESPNW Advisory Board member and Title IX consultant. Sharon Taylor served on the

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Kinesiology embrace STUDY AWAY

This past fall, Associate Dean Karen McConnell accompanied the Executive Director of the Wang Center, Tamara Williams, and Norwegian and Scandinavian Area Studies Associate Professor Claudia Bergusson to Oslo, Norway, to explore options for Kinesiology students to engage in semester long study away programs. The trip included visits to three universities and the development of two new programs. Students can elect to study at the University College of Southeast Norway in Outdoor Life, Culture and Eco-philosophy at the Bo campus or Exercise and Health Management at the Vestfold campus.

The outdoor education program explores Norwegian perspectives on outdoor education and eco-philosophy and includes advanced instruction in a wide array of outdoor education and survival activities including kayaking, canoeing, sailing and mountaineering. This program is unique and provides an opportunity for any PLU student (not just Kinesiology majors) to learn fundamental principles of outdoor education from the Norwegian perspective while earning credit toward a KINS major or minor. The second program is catered toward the Kinesiology major who wants to receive a more global perspective in the area of health and fitness promotion. Classes in this program focus on physical activity, health promotion and project development. Students are required to develop a health promotion program and to deliver it during a three-week practicum experience at the end of the term.

While the department has maintained a long-standing tradition of providing a January term study away course in New Zealand, opportunities for in-depth, semester-long study away in the major have been limited or difficult for students to find. In addition to the new Norway programs, the department has identified other opportunities for students in New Zealand, Australia, Scotland and Namibia. Study away opportunities are central to the mission of Pacific Lutheran University and the department strongly encourages students to explore the wide range of programs available through PLU.
Kinesiology Events

Undergraduate Research SYMPOSIUM

On April 8, the university hosted the first annual Undergraduate Research Symposium. The symposium provided an opportunity for students to showcase their research and creative works with faculty in a multi-disciplinary format. Students from across campus participated and Kinesiology students were well represented in both the oral and poster sessions. Below are the students and their faculty mentors who participated in the event. Congratulations to all presenters!

Damion Baker, Kayla Obrero and Savannah Schumacher with Dr. Papadopoulos. The Effects of Acute Alanine Supplementation on Lactic Acid Clearance after Anaerobic Exercise

Doug James with Dr. Papadopoulos. Relationship Between Lactic Acid Concentration and Expiratory CO2 During Exercise

Lisa Hartwell and Micaela Bickel. Effect of Stretching on Lactic Acid Clearance after Acute High Intensity Interval Training

Steven Barber with Dr. Papadopoulos. The Effect of Lower Body Fatigue on Balance in Young Adults

Jessica Stenberg and Sarah Stafford with Dr. Katica. Effectiveness of Cold-water Immersion and Recovery in Swimmers

Kirsten Kenny, Ingrid Ericksen, Lisa Hartwell, Bianca Lindberg, and Sarah Hashman with Dr. Papadopoulos. Mapping of Exercise Programs for Older Adults in Pierce County

Morgan Commander and Jessica Stenberg with Dr. Hacker. Imagery as a Mental Skills Tool for Collegiate Swimmers

Kelsie Green and Jennifer Boldra with Dr. Hacker. Guided Imagery for ACL Injury Rehabilitation

Anna Hurd with Dr. McConnell. The Effects of Dietary Phytoestrogens on Cancer

Diversity in Kinesiology Lecture

continued from page 1

USOC Board of Directors and was president of USA Field Hockey along with more than 41 years in college athletics. Sharon has also received the NAGWS Pathfinder Award. Each panelist shared her own experiences in sport and leadership to highlight the history, significance, challenges and opportunities of Title IX.

The event was wildly successful with more than 100 students, faculty and administrators in attendance and even more participated via live stream or viewed the archived video of the event. Many students in attendance recognized the benefits of the “Legacy Makers” panel and valued the experience. Feedback from students suggested:

“It was such an eye-opening experience to be in the room with two of the most influential women who helped pave the way for women to have equal opportunity in sport,” and “What really stuck in my mind was the fact that Title IX and its effects were so recent; all these accomplishments of great women were in the last 20 years.” Students felt moved to action, stating, “These women gave me motivation…I owe it to future generations to fight for what’s right and “I PROMISE that I will do what I can to continue what you began.” Overall, the Legacy Makers event was a night to remember for students, faculty and administrators across campus.

Undergraduate Research SYMPOSIUM

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In addition to the symposium, several other events brought faculty and students together around research, programming and service.

### ACCOLADES AND ACHIEVEMENTS

This year, Dr. Colleen Hacker was elected to **Distinguished Fellowship in the National Academies of Practice.** The National Academies of Practice is an inter-professional health care organization that requires nomination and selection into membership. Achieving fellowship in the Academy is a highly selective and substantial honor bestowed upon a very small number of professionals from specific health care professions each year.

Dr. Hacker’s Fellowship is in the Academy of Psychology. She is the only person from Pacific Lutheran University ever selected for the academy, and is the first and only sport psychologist in the nation honored. Congratulations Dr. Hacker!

Dr. Papadopoulos received the **ACSM NW Service Award** and was elected as President of ACSM NW. Congratulations, Dr. P.!

Dr. Mann and Dr. Hacker published an article titled, **Talking across the divide: Reflections and recommendations for context driven, cultural sport psychology in the Journal of Sport Psychology in Action.**

Dr. Katica co-authored an article with former Kinesiology major Alex Dassoff in the **International Journal of Exercise Science.** The title of the article is “Differences between grab start and track start in collegiate swimmers”.

Dr. Farrar presented a session titled, “Creating an Inclusive Classroom Environment for Our LGBTQ Students” and co-presented another session, **Physical Education Grading Philosophy: Link it to the State Standards at SHAPE Washington.**

Dr. Mann co-authored a chapter titled, **Fair Treatment in Sport** published in the **Reference Module in Neuroscience and Biobehavioral Psychology.**

Visiting Assistant Professor Dr. Mara Nery-Herwitt published the article titled, **Stakeholder evaluation of an online program to promote physical activity and workplace safety for individuals with disability** in the journal **Evaluation and Program Planning.**

Dr. Hacker was featured on the **Olympic Channel** in a series called **Gold Medal Entourage.** The episode featuring Dr. Hacker’s work with USA Women’s Soccer is titled **The Mastermind Behind an Historic Win** and features commentary from legendary soccer star Mia Hamm.

Dr. Martin and Ayla Schmick have had their article **Assessing Student Knowledge and Incorporation of Smart Technology into Daily Physical Activity** accepted for publication in **The Physical Educator** and also presented the work at the **Applied Sport Psychology Annual Conference** in September.

Dr. Papadopoulos published Differences in Physical Activity and Built Environment Perceptions between Younger and Older

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Faculty

ACCOLADES AND ACHIEVEMENTS

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Adults Living in The Same Rural Environment in the International Journal of Public Health Sciences.

Dr. Hacker and Dr. Mann presented Unleash the tiger in the mirror: Performance enhancement through imagery and confidence training at the National Coaching Conference.

Dr. Papadopoulos received a grant from the West Region Emergency Medical Service for his project “Mapping Exercise Locations in Pierce County”.

Dr. McConnell and Dr. Farrar added a new set of supplemental resources to their high school health book, Health for Life that included brand new student reading guides and lesson planning guides for teachers.

Congratulations Dr. Hacker and TEAM USA.

2017 International Ice Hockey Federation Women’s World Champions

Graduate School

ADMISSIONS

Elizabeth Parkhurst
Emory University, Doctor of Physical Therapy

Kaelyn Voss
University of Western States, Doctor of Chiropractic

Jessica Stenberg
Eastern Washington University, Doctor of Physical Therapy

Anela Barber
Pacific Lutheran University, Master of Science in Nursing

Erika Bakner
Eastern Washington University, Master of Occupational Therapy

Hunter Cosgrove
Life Chiropractic College West, Doctor of Chiropractic

Joey Domek
Eastern Washington University, Doctor of Physical Therapy

Angela Fischer
Eastern Washington University, Doctor of Physical Therapy

Student

AWARD WINNERS

Jessica Stenberg
SHAPE Major of the Year Award, 2016

Erika Wilson
SHAPE Washington Emerging Leader Award, 2016

Sam Geislinger
American Kinesiology Association Undergraduate Scholar of the Year Award, 2016

Faith Heimich
SHAPE Major of the Year Award, 2017

Charene Stovall
SHAPE Washington Emerging Leader Award, 2017

Elizabeth Parkhurst
American Kinesiology Association Undergraduate Scholar of the Year Award, 2017
Internships

PLACEMENTS 2017

Thanks to all of our external partners who have welcomed Kinesiology students this year!

Alliant Physical Therapy
Connor Schilling
ATI Physical Therapy
Dawn Brown
Katie Ecklund
Ilianexis Moret Diaz
Tram Nguyen
Buckley Fire Department
Darin Hardgrove
Curtis High School
Somsaron Pheth
Davidson Prosthetics
Wes Wynn
Elite Physical Therapy
Allison Denis
Courtney Kelley
Garth West
Falck Northwest (Fife)
Tim Mason
Griffin Golf LCC
Madison Lavergne
Ground Five
Darin Hardgrove
Somsaron Pheth
Kory VanderStaay
Mary Bridge Hospital
Morgan Commander
Meridian (PT)
Heather Ross
Meridian (RET)
Beau Lockmer
Metro Parks Tacoma/Star Center
Charles Brass
Jordan Lee
Mount Si High School
Sophie Rockow
MultiCare/Allenmore
Samantha Kelleigh
MultiCare/Good Samaritan
Kristin Kenney
Jessica Stenberg
MultiCare/Good Samaritan (Cardiac Rehab)
Jennifer Boldra
Tim Mason
MultiCare/Good Samaritan (CTU)
Jennifer Boldra
Lisa Hartwell
Jessica Stenberg
MultiCare/Good Samaritan (Orthopedics & Sport Medicine)
Elizabeth Parkhurst
MultiCare/Tacoma General
Anela Barber
Ingrid Erickson
MVP Physical Therapy
Erika Bakner
Suzanne Bjornson
Katie Ecklund
Leah Johnson
Madison LaVergne
Olympic Sport and Spine Rehabilitation
Erika Bakner
Leah Johnson
Sarah Magee
Adam Turley, Outpatient
Physical Therapy
Jason Reveira
Pacific Wellness
Hunter Cosgrove
Michelle Michael
Kaelyn Voss
Parkland Pacific Dental
Savannah Schumacher
Pierce College
Steven Barber
Pinnacle Physical Therapy
Courtney Kelley
Tram Nguyen
PLU Athletic Training Room
Jeff Hendrix
Allison Lance
Proactive Sports Medicine
Allison Lance
Providence St. Peter Hospital (Cardiac Rehab)
Anela Barber
Steve Barber
Puyallup Activity Center
Charles Brass
St. Joseph Medical Center
Joey Domek
St. Joseph (Inpatient Rehabilitation)
Elizabeth Parkhurst
Starfire MVP Sports Performance
Thea Cady
Samantha Kelleigh
Steilacoom High School
Steve Barber
Summit Physical Therapy
Connor Schilling
Summit Strength and Conditioning
Brady Daly
Richard Johnson
Tacoma Public Schools
Hannah Johnson
Garth West
Volt Athletics
Zachary Walther
West Pierce Fire & Rescue
Isak Visser
YMCA
David Gunnarson
Tanner Hummelt
Tim Kruse
Sarah Magee
Monique Morey
Anna Murnen
Adam Potts
Sam Song
Frances Steelquist
Isak Visser

Student Clubs

HIGHLIGHTS

Kinesiologists of the Future Club

This year the Kinesiologists of the Future Club has hosted several whole-campus events; the 5K Turkey Trot and St. Patrick’s Day Bake Sale. To promote academics, the club partnered with the Kinesiology tutor to put on open classrooms, brought in a graduate school admission counselor, and held a meeting in which current graduate program destined students gave advice about graduate school applications and interviews. Additionally, KFC members presented research and competed in the knowledge bowl at the NWACSM conference in Bend, Oregon.

CURRENT OFFICERS
(2016-17)

Jessica Stenberg - President
Elizabeth Parkhurst - Vice President
Erika Bakner - Secretary
Charles Brass - Treasurer
Leah Johnson - Chief Officer

ELECTED OFFICERS
(2017-18)

Kristen Kell - President
Blakely Sanders - Vice President
Faith Heimlich - Secretary
Sarah Stafford - Treasurer
Jackson Conn - Chief Officer

Diversity in Sport and Exercise Club

The 2016-17 academic year served as the first year of the Diversity in Sport and Exercise (DSE) club. Founding student members included Danelle and Micaela Bickel. The club worked together to help organize the Kinesiology department’s first diversity lecture, “Legacy Makers.” The group is also collaborating with Dr. Katica and the Special Olympics club to volunteer at the Washington State Special Olympics Spring Games.
Student GRADUATES 2017

Congratulations to all of our Graduates!

Jessica C. Babbit
Erika R. Bakner
Anela L. Barber
Steve B. Barber
Jennifer A. Boldra
Dawn E. Brown
Thea P. Cady
Morgan R. Commander
Hunter S. Cosgrove
Brady C. Daly
Joseph C. Domek
Katie E. Ecklund
Ingrid E. Ericksen
Angela M. Fischer
Cassandra J. Glass
David J. Gunnarson
Darin T. Hardgrove
Allyson R. Harris
Lisa A. Hartwell
Michael S. Hatlen
Jeffrey M. Hendrix
Joshua H. Hornal
Tanner O. Hummelt
Hannah T. Johnson
Leah R. Johnson
Courtney R. Kelley
Kirsten R. Kenny
Tim R. Kruse
Allison J. Lance
Madison N. LaVergne
Beau S. Lockmer
Sarah E. Magee
Timothy G. Mason
Monique S. Morey
Anna R. Murnen
Alexandra N. Nausid-Nichols
Tram T. Nguyen
Elizabeth C. Parkhurst
Somsaron S. Pheth
Adam D. Potts
Jason I. Reveira
Sophie E. Rockow
Maurice F. Rodriguez
Heather L. Ross
Connor M. Schilling

Sam C. Song
Jessica A. Stenberg
Kayla M. Turcott
Kory A. VanderStaay
Isak W. Visser
Mikhail G. Vlasenko
Kaelyn E. Voss
Matt J. Wehr
Garth A. West
Erika R. Wilson
Wesley J. Wynn
Graduation CAPSTONES 2017

Literature REVIEW
Jessica Babbit
Erika Bakner
Steve Barber
Jennifer Boldra
Thea Cady
Morgan Commander
Hunter Cosgrove
Brady Daly
Joey Domek
Ingrid Erickson
Angela Fischer
Lisa Hartwell
Jeff Hendrix
Hannah Johnson
Leah Johnson
Courtney Kelley
Kirsten Kenny
Allison Lance
Madison LaVergne
Beau Lockmer
Sarah Magee
Monique Morey
Anna Murnen
Tram Nguyen
Elizabeth Parkhurst
Som Pheth
Jason Reveira
Sophie Rockow
Heather Ross
Sam Song
Jessica Stenberg

Kory VanderStaay
Kaelyn Voss
Matt Wehr
Garth West
Wesley Wynn

Demonstration of KNOWLEDGE AND EVIDENCE
Anela Barber
Dawn Brown
Katie Ecklund
David Gunnarson
Darin Hardgrove
Tanner Hummelt
Tim Kruse
Tim Mason
Adam Potts
Connor Schilling
Isak Visser

Education Teacher PERFORMANCE ASSESSMENT
Casey Glass
Michael Hatlen
Josh Hornal
Ali Nausid-Nichols
Maurice Rodriguez
Kayla Turcott
Erika Wilson

Some Capstone MOMENTS

PLU Kinesiology 2017 7
Join us in congratulating Dr. Colleen Hacker. She has been elected to Distinguished Fellowship in the National Academies of Practice.

*2,172 people reached; 67 likes
Posted: Jan. 25

We’re baaaaack! With 48 new first-year students and 16 transfers joining PLU Kinesiology
Dr. Hacker, Dr. McConnell, Dr. Mann, Dr. Nery, and Dr. Katica at Convocation this morning. (not pictured: Dr. Farrar and Dr. Papadopoulos) — at Pacific Lutheran University.

1,126 people reached; 41 likes
Posted: Sept. 6, 2016

Lisa Cole ’97 became the First PLU Kinesiology alum to coach in a World Cup event.
Coach Cole was the head coach of the Papua New Guinea (PNG) U-20 women’s team that competed in the FIFA U-20 World Cup in November!

*804 people reached; 27 likes
Posted: Jan. 30

Congratulations to the 2017 Phi Kappa Phi Inductees: Morgan Commander, Elizabeth Parkhurst, Erika Bakner, Allison Denison, Doug James and Charene Stovall.
(not pictured: Faith Heimlich)