

Kinesiology

Committed to nurturing the development of the whole person – in body, mind and spirit.

Kinesiology embraces OLYMPIC GOLD



Dr. Colleen Hacker was named to her sixth Olympic Games Coaching staff serving as Mental Skills Coach for USA Ice Hockey in the 2018 PyeongChang Games. She has been on staff with USA hockey for the past eight years, including an appointment to the Sochi Games in 2014. The thrilling overtime shootout victory in PyeongChang resulted in Olympic gold for the team. Dr. Hacker previously served with USA Soccer (Atlanta '96 – Gold medal, Sydney '00 – Silver medal, Athens '04 – Gold medal) and USA Field Hockey (Beijing '08 – best USA finish since '84). Her 22-year Olympic run, including both summer and winter games across three sports, is unprecedented for the United States in the history of the Olympic Games.



Dr. Ketra Armstrong and PLU Kinesiology Staff.

All in:

DIVERSITY AND INCLUSION IN KINESIOLOGY

The second annual Department of Kinesiology diversity lecture took place on April 16th this year. **Dr. Ketra Armstrong**, Associate Dean, Professor and Director of Diversity, Equity and Inclusion in the Department of Kinesiology at the University of Michigan, was our featured speaker. In her presentation Dr. Armstrong discussed the importance of recognizing the multiple identities that each client, patient, student, performer and athlete holds. She encouraged the audience to consider how race might impact the experience of those with whom we work and provided examples from her own career to highlight the ways in which recognizing our differences and being inclusive practitioners can improve our effectiveness. She ended the night with a call to action: for each of us to use the power and unique features of our discipline to “move the world” toward a more just and equitable place.

In reflecting on the event, students made personal and professional connections. One student shared,

“It was very eye-opening and empowering to me as a person of color. . . She put that fire back in me . . . she reminded me that I am a strong force that can help change things.” Others in attendance found connections to their future careers. As one student remarked, “Dr. Armstrong showed what she was doing, (she) really opened my mind to different ideas of inclusion” and another student added, “I enjoyed how Dr. Armstrong described Kinesiology as a field of service. I hadn’t thought about my future career as a P.E. teacher in that way before.” Students were inspired and realized, “There is always something you can do to help people feel included. It may take a little more time or creative thinking but it is worth it in the end to make people feel like they belong.” These remarks indicate part of the impact that Dr. Armstrong had on the 83 faculty, staff and students in attendance as she called on us to critically examine our thoughts and behaviors and try to leave our professions, our discipline and our department at PLU better than when we arrived.

FACULTY RECOGNITIONS



Congratulations to **Dr. Mallory Mann** as she completed her first academic year as a tenure track faculty member in Kinesiology!



Congratulations to **Dr. Harry Papadopoulos** who was tenured and promoted to the rank of full professor!



Congratulations to **Dr. Karen McConnell** who will assume the role of Dean for the School of Education and Kinesiology beginning June 1, 2018.

KINS WINS THE QUIGG AWARD!

The department of Kinesiology received the **2017 Carol Sheffels Quigg Award for Excellence and Innovation** for the creation of the university's first "reverse" transfer agreement. Students matriculating to PLU from the Kinesiology AAS-T degree program at Pierce are given significant credits within the major for the courses taken during their time at Pierce and they complete all general education classes and the remainder of their major courses while at PLU.



Ms. Carol Sheffels Quigg, Dr. McConnell and Dr. Papadopoulos.

At PLU

EXERCISE IS MEDICINE

PLU is a member of the **Exercise Is Medicine on Campus (EIM-OC)** Initiative by the **American College of Sports Medicine**. The mission of the EIM-OC is to foster collaborative relationships and leadership on campus between exercise, health and other disciplines that support the EIM-OC vision and goals. The vision of the EIM-OC is to see all campus and community members across multiple disciplines discover, share and adopt principles of EIM-OC that help change the culture of chronic disease prevention and management campus-wide.

This year as part of the Action Steps – EIM on Campus Activities, students and faculty from the Department of Kinesiology and School of Nursing provided free assessments of blood pressure and balance during the Benefits Fair for staff and faculty. Students conducted blood pressure checks and shared information about the new Blood Pressure Guidelines by the American College of Cardiology & the American Heart Association. In addition, students



assessed balance, determined risk of falling, and provided exercises that can be performed at home to maintain and improve balance and strength. Finally, staff and faculty that completed the assessments were given a stress ball that provided a link to exercise locations in Pierce County (<https://goo.gl/okPlvJ>). Thanks to all students that have volunteered for this event and the faculty sponsors **Christina Pepin** (Nursing) and **Dr. Harry Papadopoulos** (Kinesiology).

The PLU's EIM-OC leadership team includes by **Dr. Harry Papadopoulos** (Department of Kinesiology), **Dr. Dana Zaichkin** (School of Nursing), **Ms. Lynn Tucker** (Department of Kinesiology), and KINS students **Sarah Stafford** and **Damion Baker**.

Kinesiology

CLUB UPDATES

Diversity in Sport & Exercise Club (DSE)



Diversity in Sport and Exercise Club officers President Danelle Docken (far right) and Vice President Crescenda Iriarte with faculty mentor Dr. Mallory Mann (far left) and featured speaker Dr. Ketra Armstrong.

The 2017-18 academic year marked the second year of the Diversity in Sport and Exercise Club and the first as a university-sanctioned student club or organization. Our first club officers, **Danelle Docken** (President) and **Crescenda Iriarte** (Vice President), established their goals and responsibilities for the year. Their mission this year was to increase the visibility of the group and both student-leaders attended Fall and Spring involvement fairs at PLU. Their presence and prepared materials led to more than 30 students indicating an interest in joining the club. Students met once a month during chapel breaks to discuss articles and events related to diversity and inclusion in sport and exercise settings. Danelle and Crescenda were responsible for sending out the source material ahead of the meeting and leading the discussion. In addition, the group helped the Department of Kinesiology host the 2nd Annual Diversity Lecture featuring respected scholar and speaker, **Dr. Ketra Armstrong** (University of Michigan). The role of the club in helping create a bulletin board to advertise the lecture, creating materials for the lecture itself, and ensuring the event was staffed and that the Q&A session ran smoothly was invaluable.

PLU Adapted Sports Club

We have a new student club. Five students have combined to form the PLU Adapted Sports Club. The club is designed to help bring disability awareness to the campus and to help different adapted recreation programs in the Puget Sound region. Officers include: **Veronica Winter**, President; **Julie Kjorsvik**, Vice President; **Hannah McCullough** and **Maryam Shafa**, Marketing and Communication Officers; and **Jordan Fahey**, Treasurer.

Kinesiologists of the Future Club (KFC)

Kinesiologists of the Future Club (KFC) offers opportunities for Kinesiology majors or students interested in the field to gain new perspectives through guest speakers, open classroom study sessions, and fellowship with future Kinesiologists. In the 2017-2018 academic year, in the Fall semester KFC

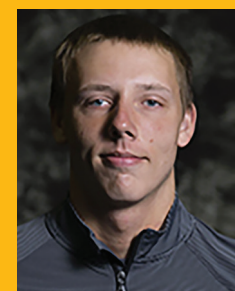
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STUDENT
AWARD WINNERS

Sarah Stafford
AKA Undergraduate
Scholar of the Year



Bailey Plumb
SHAPE Washington
Emerging Leader Award



Doug James
SHAPE America Major of
the Year Award

Phi Kappa Phi
Inductees

Congratulations to Kinesiology students inducted into the PLU chapter of **Phi Kappa Phi** – the nation's only all discipline honor society! Inductees must be in the top 10 percent of their class.
Sarah Stafford
Savannah Schumacher
Katie Thorsen
Kathryn Knackstedt

Faculty

SCHOLARSHIPS AND ACTIVITIES

Dr. Colleen Hacker has been active in both print, television and podcast media throughout the year, including an article entitled “How to raise a mentally tough daughter” at *Healthline.com* concerning what everyday exercisers can learn from Olympian’s mindsets, and the feature “Here’s what it’s like to ban an Olympic Mental Skills Coach” in *SELF Magazine*. Dr. Hacker also contributed to *Excel Sport’s* article, “Sleep and Athletic Performance” and she was featured in the podcast “Sustained Excellence on Fire” from *High Performance Mindset* which reaches professionals in 100 countries with over 20,000 downloads per month. Her article published by the *Positive Coaching Alliance* entitled “Adopt an Olympian’s Mindset” reached over 90,000 coaches nationwide. Dr. Hacker’s previous article, a tribute to Olympic Gold Medal and World Cup Coach “Our Coach, our Leader, our Champion, our Friend: The eternal light of Tony DiCicco” was also published by the *PCA*. She also gave addresses to the *Washington Attorney’s General Office* and *Servant Leadership in Action for South Sound Partners for Philanthropy*.

Dr. Hacker completed three certifications through the *United States Center for Safe Sports* and continued her service on the *National Advisory Board of the Positive Coaching Alliance*, the premier coaching education program in the United States. Dr. Hacker has also been certified by the *United States Olympic Committee* for another four years as part of the Sport Psychology and Mental Skills Registry.

Dr. Harry Papadopoulos published an article in the *Journal of Physical Activity Research* (with Darling III, C.W., Mathias, K. E., DePaepe, J. L.) titled Energy “Expenditure and Intensity Levels of Horizontal Climbing in Prepubescent Children.” He also presented “Keep Moving, Debunking the Myths about Staying Active Later in Life” at the *2018 Aging Expo* and “Knowledge and practices of primary health-care providers to counsel about physical activity and fall prevention” (with L.

Guerrero, and M. Nery-Hurwit) at the *National Meeting of the American College of Sports Medicine*. Dr. Papadopoulos also presented “The Acute Effect of an Exercise Class on Sensory Deprived Static Balance in Older Adults” with students (**Sanders, B., & Barber, S.B**) at the *NW ACSM* meeting.



Dr. Terri D. Farrar gave three academic conference presentations this year. She presented “A Comprehensive Approach to Wellness” at the *SHAPE (Society of Health and Physical Educators) America National Convention* in Nashville, TN. In addition, Dr. Farrar presented “Teaching Speedball through a Social Justice Lens” with students at the *West’s Best Physical Education Conference* in Seattle, WA. (with **Heimlich, F., Hultman, R., James, D., Jones, J., Osaki, K., Stovall, C.**) and “Creating an Inclusive Classroom Environment for

Our LGBTQ Students” (with **Stovall, C**) at the *SHAPE (Society of Health and Physical Educators) Washington State Conference* in Puyallup, WA. Dr. Farrar also wrote two articles for SHAPE Washington titled “Creating an inclusive classroom environment for our LGBTQ students” and “PE and health education formative assessment techniques”.



Dr. Charlie Katica received a Wang Center Curriculum Development Grant to develop a new KINS study away course in England and published two articles. The first “Thermoregulatory Adaptations following Sprint Interval Training” (with Wingo, JE, Nepocatych, S, Del Pozzi, AT, Ryan, GA.) was published in the *Journal of Human Performance in Extreme Environment* and the

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KINESIOLOGY CLUB UPDATES *continued from page 3*

was involved with the campus-wide involvement fair to spark interest of club attendance for new and returning Lutes, hosted a 3v3 sand volleyball tournament at PLU on the outdoor sand volleyball pit through IMLeagues and sponsored KFC’s Annual Turkey Trot 5K. The “trot” was around campus using the Lute Loop map. All the proceeds went to a local church to support families in need. Starting in J-term, the club reserved Olson 104 as a study hall for all Kinesiology students and KFC Club Members on Sundays from 6-8pm to study together. In the Spring, it hosted guest speaker Nina Thach, a 2014 PLU Alumni, from PhysAssist. She is a Scribe Ambassador and shared with club members what her job entails, how to apply to become a medical scribe in the ER, and the requirements of the applicants. The year’s activities concluded with the annual St. Patrick’s Day Bake Sale, a May the Fourth be With You Capture the Flag Event on Foss, and a table at LollaPLUza.

FACULTY SCHOLARSHIPS AND ACTIVITIES

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second "Impact of precooling the upper body during warm-up on subsequent time trial paced cycling in the Heat" was published in the *Journal of Science and Medicine in Sport* (with Wingo, JE, Herron, RL, Ryan, GA, Bishop, SH, and Richardson). Dr. Katica also presented "Impact of Static versus Dynamic Stretching on Power Output in Recreational Wheelchair Basketball Players" with student **Sarah Stafford** at the NW ACSM meeting and "Resistance Training Consideration for the Adapted Athlete" with student **Rebecca Hultman** at *SHAPE WA*. In addition, he continues to coach the Tacoma Titans wheelchair basketball team who competed in the British Columbia Wheelchair Basketball League Championship.

Dr. Mallory Mann co-authored an article titled, "Visual negotiation: How female athletes present intersectional identities in photographic self-representations," which has been accepted and is in-press with *Quest*, which is the leading journal for interdisciplinary scholarship for professionals in kinesiology in higher education. In addition, she also was the lead author on two projects that centered on understanding the experiences of female athletes with minoritized identities. The first project resulted in an article that is now in-press with the *Women in Sport and Physical Activity Journal (WSPAJ)* and the second project culminated in a book chapter on the history of female athletes with minoritized identities, which is part of Dr. Vikki Krane's (editor) *Sex, Gender and*



Sexuality in Sport text. The book is being published by Routledge and is expected to be in print by the end of 2018. Dr. Mann was also interviewed for an article titled, "Why do we have such mixed feelings about muscle tone," by Cory Stieg, which appeared on the *Refinery29* website in August 2017. And, at the *2nd Annual Eating Disorder Hope Conference* held on May 17, 2018, Dr. Mann presented, "Coaching Female Athletes: Body Image, Femininity and Anorexia".

Clinical Instructor Lynn Tucker was interviewed by Raven Lirio for a Mast article titled "Psyched Out: Why we make and break our goals", April 13, 2018, attended the ACSM Conference in Bend, Oregon, provided a guest lecture (Nutrition 101 Seminar) to ROTC and promoted "Tie Dye Friday" during Mental Health Week.

Undergraduate RESEARCH SYMPOSIUM

This year five Kinesiology students were selected by a university faculty committee to present at the 2nd Annual Dr. Rae Linda Brown Undergraduate Research Symposium.

Congratulations to all of the presenters!

Effect of Age on Balance After Fatigue

Emily Stoen and Melody Elam
(mentor: Dr. Papadopoulos)

Mental Skills Tool-Self Talk

Faith Heimlich and Elizabeth Parkhurst
(mentor: Dr. Hacker)

Impact of Static Versus Dynamic Stretching on Power Output in Recreational Wheelchair Basketball Players

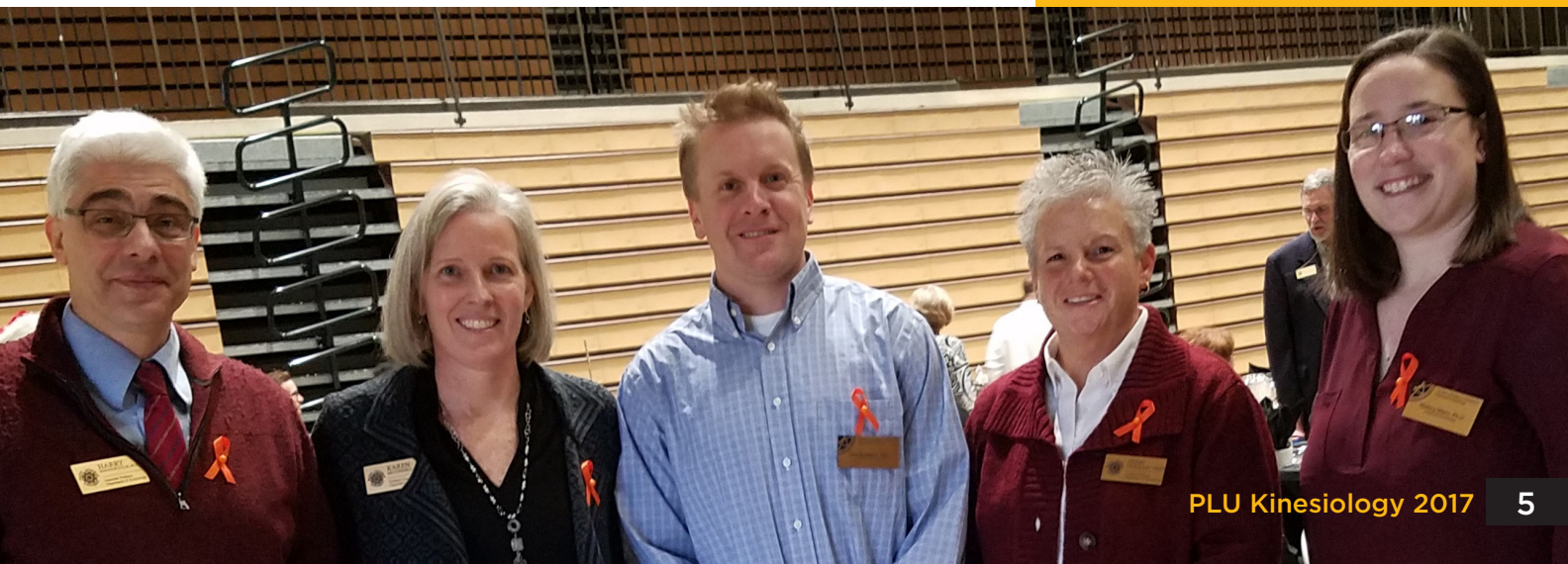
Sarah Stafford
(mentor: Dr. Katica)

The Acute Effect of an Exercise Class on Sensory-Deprived Static Balance in Older Adults

Blakely Sanders
(mentor: Dr. Papadopoulos)

Mental Skills Techniques for Building Self-Confidence in Golf

Kyle Drugge
(mentor: Dr. Hacker)



2017-18 Kinesiology

HIGHLIGHTS

KINS Lutes Headed To Norway!

The Kinesiology program will send its first cohort of students to Norway in the Fall semester (**Hannah Hutchison, Torrin Laughlin, and Pushpa Johnson**). Students will study at the University College of Southeast Norway where they will participate in a semester long program that includes content from Health Promotion, Social Psychology of Physical Activity, and Lifespan Physical Activity combined with a practicum experience and exposure to Norwegian eco-philosophy and culture.



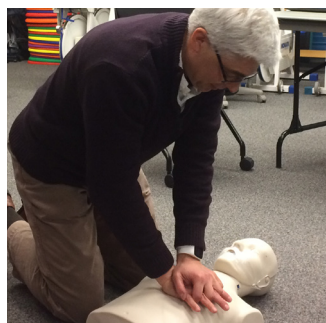
KINS Faculty Stay Current Together

Every two years the KINS faculty come together to recertify in CPR/AED and First Aid. Thanks **Dr. Farrar** for offering us this invaluable service!



KINS Classes Reach Out

In the **Adapted Physical Activity** class, students complete community service hours. This year individuals volunteered with Metro Parks Tacoma Adapted Recreation program and assisted in sports such as wheelchair basketball, adapted cycling, strength and conditioning and Goalball. Students also volunteered with Sound Athletics and Special Olympics and assisted with Unified Track and Field and Basketball. As part of the class experience students in the class tried to learn and play wheelchair basketball with members of the Tacoma Titans, a Metro Parks Tacoma team.



In the **Team Building** class students are asked to complete design and lead a community-based teambuilding activity that utilizes the concepts from adventure-based pedagogy and experiential learning. Students lead sessions with a variety of organizations both on and off campus including Rogers High School, HWBT nonprofit, Puyallup High School, Auburn Sports Medicine, Laser Radio, ISC Gunners 14U Boys youth soccer, OLQH High school, Boys and Girls Club, Shaw Elementary, Metro Parks and PLU softball, rowing and South Hall.

KINS Welcomes Future Lutes

This spring the Kinesiology department welcomed 43 prospective students from the **Pierce College Kinesiology** program and from the **Pierce County Skills Center**. Both visits included an opportunity for these future Lutes to participate in hands-on activities in the Kinesiology lab and to learn more about the Kinesiology program at PLU. Thanks to Dr. Papadopoulos and Dr. Katica for creating engaging activities for these events!



Internship

PLACEMENTS 2018

Thank you to all of our internship and student-teacher sponsors and mentors!

Alliant Physical Therapy (Tacoma)
Ececia Tobin

AlliantCare Physical Therapy
Jim Helms

Auburn Riverside High School
Dennis Liu

Boys and Girls Club
Crescenda Iriarte
Ececia Tobin

Cascade Leadership Challenge
Frances Steelquist

Covington/Outpatient PT
Kayla Obrero
Veronica Winter

Curtis Athletic Training
Laura Dalton
Kristen Kell

Elite Physical Therapy
Kelsie Green
Stephen Whitley

Elite Sport and Fitness
Kaylee Holloway

Exercise Science Center
Beau Baggett

Ground 5
Christopher Carpenter
Taylor Komagome
Joseph Moreno
Joey Sullivan
Zack Walther

Howell's Chiropractic
Kadyn Coltom

Meridian RET
Danelle Docken
Stephen Whitley

Multicare Center for Healthy Living
Shelby Arnold

**Multicare/Good Samaritan
(Cardiac Rehab)**
Damion Baker

**Multicare/Good Samaritan
(Children's Therapy Unit)**
Kristin Ringstad
Sarah Stafford

**Multicare/Good Samaritan
(Physical Therapy)**
Allison Denison
Melody Elam
Machaela Graddy
Sarah Stafford
Elijah Vande Griend

**Multicare/Tacoma General
(Cardiac Rehab)**
Bree Dela Rosa
Zyra-Mae Idos

MVP Physical Therapy
Suzanne Bjornson
Melody Elam
Anthony Gosline
Machaela Graddy
Kristen Kell
Kayla Obrero
Brian Pascual
Blakely Sanders

New Level 360
Anthony Gosline

Northwest Team Building
Janice Huynh

Olympic Sport & Spine Rehab
Danelle Docken
Kathryn Knackstedt
Blakely Sanders

Orthodontic Excellence
Savannah Schumacher

Pierce College
Dennis Lui
Ionna Price

Pinnacle Physical Therapy
Kelsie Green

PLU Athletic Training Room
Crescenda Iriarte
Julie Kjorsvik

Providence at Hawks Prairie
Michelle Michael

**Providence St. Peter's Hospital
(Cardiac Rehab)**
Bree Dela Rosa
Zyra-Mae Idos
Anna Lennox

Puyallup Parks & Recreation
Madison Green-Hayward
Sean McLaughlin

Seth Anderson Chiropractic
Jackson Conn

Sprinker Recreation Center
Jordan Lee

**CHI Franciscan/St. Joseph's Hospital
(Cardiac Rehab)**
Anna Lennox

Steilacoom High School
Dennis Lui

Starfire MVP/ Physical Therapy
Kaylee Holloway
Janice Huynh
Samantha Kelleigh

Summit Strength and Conditioning
Chris Carpenter
John Gendron
Leonard Keatts
Joey Sullivan

Sunrise RET
Keigan Gardiner
Elijah Vande Griend

Tacoma Middle School
Richard Johnson

**Tacoma Public Schools Physical
Therapy**
Ilianexis Moret Diaz

True Self Yoga
Oni Mayer

Truman Middle School
Ionna Price

YMCA
Micaela Bickel
Madison Green-Hayward
Jim Helms
Taylor Komagome
Ionna Price
Dallan Rodriguez

Student Teaching Placements

Faith Heimlich
Spanaway Lake High School
(Mrs. Jennifer Oney)

Rebecca Hultman
Olympic Hills Elementary
(Mrs. Katie Meyer)

Doug James
Franklin Pierce High School
(Mrs. Kim Jackson)

John Jones
Rocky Ridge Elementary School
(Mrs. Lori Chambers)

Charene Stovall
Columbia Junior High
(Mrs. Sue Waters)

Congratulations

KINESIOLOGY GRADUATES 2018

Damion C. Baker
Steve B. Barber
Micaela M Bickel
Suzanne M. Bjornson
Charles E. Brass
Chris J. Carpenter
Kadyn R. Coltom
Bree I. Dela Rosa
Allison M. Denison
Danelle A. Docken
Melody R. Elam
Anthony B. Gosline
Machaela M. Graddy
Kelsie M. Green
Madison D. Green-Hayward
Faith L. Heimlich
Kaylee M. Holloway

Rebecca A. Hultman
Janice H. Huynh
Zyra-Mae G. Idos
Crescenda D. Iriarte
Douglas R. James
Richard A. Johnson
John H. Jones
Kristen J. Kell
Samantha T. Kelleigh
Kathryn R. Knackstedt
Taylor A. Komagome
Madison N. LaVergne
Jordan H. Lee
Anna M. Lennox
Dennis Y. Liu
Michelle G. Michael
Ilianexis Moret Diaz

Tram T. Nguyen
Kayla A. Obrero
Ionna R. Price
Blakely L. Sanders
Savannah J. Schumacher
Sarah H. Stafford
Frances M. Steelquist
Charlene E. Stovall
Joey D. Sullivan
Ececia J. Tobin
Elijah L. Vande Griend
Zack T. Walther
Matt J. Wehr
Stephen J. Whitley

Dr. Colleen Hacker with the gold medal winning U.S. Women's National Hockey Team.

