

Kinesiology

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

Dr. Hacker BREAKS ANOTHER GLASS CEILING

An impressive gathering of Lutes and soccer legends gathered in Chicago on January 11 of this year to celebrate Dr. Colleen Hacker's induction into the United Soccer Coaches National Hall of Fame. Dr. Hacker, along with Alice Ann Wilbur, were the first women to be inducted in the 28-year history of the award. Previous recipients include soccer greats like Anson Dorrance, Bruce Arena and Tony DiCicco.

Dr. Hacker served as head women's soccer coach at PLU from 1981-1995 while also teaching full time for the (then) School of Physical Education. During that time, she guided the Lutes to an impressive 232-59-18 record, including three NAIA National Championships in 1988, 1989 and 1991, and two runner-up finishes in 1990 and 1992. Under her leadership, PLU won 10 Northwest Conference titles and five straight NAIA District 1 and NAIA West Region Championships. The Lutes victory in 1998 marked the first time in collegiate soccer history that a female head coach led a team to a national collegiate championship. As a coach, Dr. Hacker received five Northwest Conference and four Regional Coach of the Year awards, and was named National Coach of the Year three times. Beyond her tenure at PLU, Dr. Hacker has also served as mental skills coach for six Olympic Games (Women's Soccer, Field Hockey



Alumni Jodi (Pfaender) Goodman, Asta Kvitne, Lisa Cole and Kat Connor gather to celebrate with Dr. Hacker in Chicago

and Ice Hockey), numerous World Championships, and three women's soccer World Cups – including the historic 1999 Women's World Cup.

Dr. Hacker is no stranger to receiving prestigious awards. She is the recipient of the Distinguished Professional Practice Award from the Association for Applied Sport Psychology (the first woman to do so), the American Psychological Association's Presidential Citation, the NAGWS Pathfinder Award, the NASPE Inspiration Award, the Presidential Medal from PLU, the Excellence in Teaching award at PLU, the NSCAA Letter of Commendation and the National Award of Excellence, among others. She has been inducted into the Pacific Lutheran University Athletics Hall of Fame, Pierce County Hall of Fame,

Washington Youth Soccer Hall of Fame, and the NAIA National Soccer Hall of Fame. She has also been inducted into the Lock Haven University Hall of Fame for her own athletic achievements in field hockey and basketball. Dr. Hacker was the first sport psychology consultant, male or female, to be named as a Fellow in the National Academies of Practice for Psychology in 2017. ESPNW named Dr. Hacker as one of 30 women in the country who "changed the way sports are played." Dr. Hacker serves as a member of the National Advisory Board for the Positive Coaching Alliance, has served on the United States Olympic Committee Performance Enhancement Team, is certified by the US Center for SafeSport, is a member of the USOC Sport Psychology and Mental Training Registry and is an AASP Certified Consultant.

ADAPTED PHYSICAL ACTIVITY STUDY AWAY CLASS



Tacoma Titans Wheelchair Basketball



Sit Volleyball

Dr. Charles Katika's study away class, Adapted Physical Activity, was accepted by the Wang Center. Dr. Katika will take 14 students to Germany and England next January with the assistance of Dr. Mann. The class is designed to increase students' overall awareness, knowledge and perception of individuals with a disability. Knowledge and techniques acquired in the class will lead students to have a better idea of how to develop, implement and evaluate adapted physical activity programs for individuals with various disabilities. Students will also develop an appreciation for individuals with physical disabilities and for adapted athletes by actively participating in different adapted sports. The class will start in Bonn, Germany, and will visit sites around the Bonn/Cologne region. Following a week and a half in Germany, the class will head to England and hold classes in both London and at Worcester University. Students in this class will have the unique opportunity to interact and meet German and Great Britain Paralympic athletes. Students will also gain insight into programs and organizations that assist individuals with a disability in the different cultures.

SHAPE AMERICA SPEAK Out Day Advocate



Dr. Terri Farrar and Lori Dunn, the PreK-12 Physical Education and Health Literacy Program Manager for Seattle Public Schools, represented Washington state at SHAPE America SPEAK Out Day in Washington DC this past spring. More than 150 health and physical educators from 38 states headed to Capitol Hill to advocate for more health education and physical education funding. This year the educators were asking for full funding for the Every Student Succeeds Act (ESSA) programs: \$1.6 billion for Title IV, Part A, which would fund "well rounded education" including health and physical education and \$2.295 billion for Title II, Part A, which provides

professional development opportunities for educators.

SHAPE America staff made arrangements with the offices of Senator Patty Murray, Senator Maria Cantwell, Representative Denny Heck and others for Dr. Farrar and Mrs. Dunn to meet with. During the 15 to 20 minute meetings, they spoke about their teaching experiences and the impact physical education and health education have had on their students throughout the years. They specifically highlighted the need for proper funding for health and physical education as the funding benefits students through social and

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DIVERSITY LECTURE

The third annual Department of Kinesiology Diversity lecture took place on March 4th this year. Dr. Lauren Lieberman, professor in the Department of Kinesiology, Sport Studies and Physical Education at the College of Brockport, was our featured speaker. Dr. Lieberman provided two presentations this year. The morning session, titled, "Finding Your Passion and Living Your Dream," focused on Dr. Lieberman's experiences creating and launching a worldwide educational sport camp for children with visual impairments (Camp Abilities). She offered tools and advice for anyone interested in creating a successful nonprofit organization. In the latter session and primary lecture, Dr. Lieberman discussed, "Inclusionary Strategies for Future Professionals." In this presentation, she taught students the importance of Universal Design for Learning (UDL) and

the significance of inclusion for all people, not just for people with disabilities.

This year's lecture was the first in the series that was co-sponsored by Jen Smith, Dean of Inclusive Excellence. This partnership was significant in helping make the evening possible as we continue to bring experts in their fields to PLU. With 92 faculty, staff and students present, it is clear that this lecture series is one that is important for both the department and the university. In addition, 70 students completed the survey at the end of the lecture, noting the impact of this year's event. On a five-point scale, students overwhelmingly suggested that they learned new strategies for inclusion ($n=4.6$) and that this event had a positive impact on them personally and/or professionally ($n=4.2$). Overall, they quantified the success of this event by suggesting it was



Dr. Lauren Lieberman

a 9.2 out of a possible high of 10 points. A special thank you to Dean McConnell, Associate Dean Papadopoulos, Dr. Katica and the Diversity in Sport and Exercise (DSE) club for all your work in making this event possible. Thank you to all Department of Kinesiology faculty for giving up class time and prioritizing this event! And, thank you to all who attended and made this event a success in 2019!

Kinesiology

FACULTY-STUDENT COLLABORATION

NW ACSM Conference

Keeping with tradition, the Department of Kinesiology had a strong representation at the recent Northwest ACSM conference in Bend, OR. Four students (Christina Knierim, Hannah Hutchison, Ceci Hockman and Anna Hurd) presented research projects that were completed last year in collaboration with other undergraduate students and faculty. In all, six Kinesiology students (Kallan Campa, Emily Shover, Hannah Hutchison, Anna Hurd, Ceci Hockman and Christina Knierim) and three faculty (Dr. Underhill, Dr. Katica and Dr. Papadopoulos) attended the conference. Two teams represented the school and the department at the Student Quiz



PLU students present at Northwest ACSM Conference in Bend Oregon

Bowl. Team Vocation (Hannah Hutchison, Ceci Hockman and Christina Knierim) finished fourth place overall (highest finish for

a PLU team) and Team Glutes (Kallan Campa, Emily Shover and Anna Hurd) finished sixth place

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SHAPE

America SPEAK Out Day Advocate

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emotional learning, lifetime health and fitness, increased academic achievement, increased on-task behavior, as well as multiple other benefits. One of the things that set the health and physical educators apart on Capitol Hill that day were the bright colored, neon tennis shoes they wore with their bussing attire. The shoes set them apart from the hundreds of other groups advocating for their causes. It made it very easy for congressional representatives and staff to know who the health and physical education teachers in the building were.

Dr. Farrar and Ms. Dunn were fortunate to meet with Senator Patty Murray and have their picture taken, which was one of the highlights of the day. Dr. Farrar indicated she had never advocated for anything like that before and did not know what to

expect or what she would have to offer. What she realized was her passion for her profession and being able to advocate for how proper funding can help so many students gain access to opportunities they have never had that can change their lives forever. Dr. Farrar stated, "Being around other passionate health and physical education educators who were all there to make a difference in their students' lives was empowering. Walking through the buildings that day where so many historical meetings and hearings have taken place made me pause at times to take in the significance of who else had walked those halls before me and gave me hope that I may be inspiring future health and physical education teachers to advocate for their students and profession as I once did for them."

SHAPE Washington Health Educator Conference

Dr. Farrar with Elijah Hurt presented *Teaching Social Emotional Learning: The Why and How of SEL*. This session aimed to inform teachers with a basic understanding of what Social Emotional Learning (SEL) is and how to help students develop

skills to manage their emotions, understand and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Participants were given ideas on how to teach and implement SEL into their classroom

West Best Conference Presentation



Elijah Hurt and Kai Osaki with Dr. Farrar presented Building Community and Communication Through Physical Activity.

This presentation focused on short lead-up and instant activity-type games for grades 6-12.

NW ACSM Conference

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Students participate in Community Health Fair

overall. Congratulations to all of the teams! We hope to have more students present and attend next year's conference in Boise, ID hosted at Boise State University. Finally, a big thank you to the Dean of Education and Kinesiology, Dr. Karen McConnell and Associate Dean Dr. Harry Papadopoulos for providing funds to cover housing and registration for the students that attended the conference.

- Hockman, C, Hutchison, H, Knierim, C, Katica, C. The Influence of Social Condition on Exercise Performance. Poster Presentation
- Hurd, A., Papadopoulos, C., McConnell, K., Pritchett, K. A comparison of diet between home and away game in female collegiate athletes. Poster Presentation

TEAM BUILDING COMMUNITY SERVICE LEARNING

In the Team Building class, Dr. Hacker works with students to complete community service learning activities with a variety of organizations including PLU Athletic Training Room, PLU Softball Team, PLU Men's and Women's Track and Field Teams, Youth Boys Soccer Team, Edmonds Woodway Girls Volleyball Team, PLU Men's Swimming Team, PLU Norwegian Club, PLU Ultimate Frisbee Team, PLU Football Team, Emerald Queen Casino, Love your Melon Club, PLU CAVE, and PLU Women's and Men's Cross-country Team.



Exercise is Medicine[®] Bronze Campus

Exercise is Medicine on Campus (EIM-OC)

The Exercise is Medicine on Campus (EIM-OC) initiative aims to have universities and colleges promote physical activity as a vital sign of health. In 2014, EIM-OC started a recognition program honoring campuses for their participation and engagement

in EIM. Universities and colleges can earn gold, silver or bronze status based on their activities.

Recognition provides an opportunity for campuses to enhance their image as a healthy academic environment and emphasize their commitment to create a culture of wellness.

This year, Pacific Lutheran University received a bronze status recognition and was one of 139 schools nationally and internationally that received a recognition. PLU will be recognized as a bronze campus during the 2019 American College of Sports Medicine conference in Orlando, Florida.

INTRODUCING DR. ALISSA UNDERHILL



I am thrilled to be at PLU and returned to my home state of Washington! I was born and raised in Spokane, Washington, and received both my bachelor's and PhD from Washington State University. The bachelor's was completed in Pullman, WA while the PhD was completed in Spokane. My master's was completed at Stephen F. Austin State University in Nacogdoches, Texas. During my time in the PhD program, I was an adjunct at Moody Bible Institute. It was this adjunct experience that showed me how much I enjoyed higher education and subsequently led me to a PhD program. After graduation, I taught for a year at Olivet Nazarene University in Bourbonnais, Illinois. My interests include most outdoor activities. I am particularly passionate about running, rock climbing, downhill skiing, snowshoeing, and traveling to and hiking in the National Parks. My dissertation research focused on Type

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INTRODUCING DR. ALISSA UNDERHILL

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II Diabetes prevention using a lifestyle intervention. My research interests continue to be clinical and I love promoting nutrition and physical activity as a preventative measure for chronic diseases. My first year at PLU has been wonderful and I am thankful to have such a strong team within Kinesiology to work with!

Community Health Fairs for Older Adults

Kinesiology students have volunteered to assist in multiple community-based health fairs working with Dr. Harry Papadopoulos on conducting free assessments to determine the risk of falling in older adults.

Students have participated in health fairs offered at the Lakewood YMCA (September 2018), Mid-County Community Center (October 2018), and Gordon YMCA (March 2019).

KINESIOLOGISTS OF THE FUTURE CLUB (KFC)



From left to right: Hannah Hutchison, Brianna O'Malley, Sarah Hulbert, Kylee Johnson

The Kinesiology of the Future Club (KFC) conducts activities to promote physical activity and offers educational opportunities for students. In the 2018-2019 academic year, the KFC hosted a guest speaker, a nurse scribe, who shared with the club members how to become a medical scribe and invited the PLU Alumni and Career Connections office to describe the services that they provide

to students and how to write a strong resume.

In the fall, the club organized its annual 5K Turkey Trot to promote physical activity and collected nonperishable items to be donated to families in need.

The club ended the fall semester by offering a successful bake sale during dead week and in the spring on St. Patrick's Day.

STUDENT AWARD WINNERS



**Christina
Knierim**

AKA Undergraduate
Scholar of the Year



**Kallan
Campa**

SHAPE Washington
Emerging Leader Award



**Katie
Thorsen**

SHAPE America Major of
the Year Award

Internship

PLACEMENTS 2019

A BIG THANK YOU to all of our internship site supervisors, cooperating teachers, and partner schools and organizations! Your dedication to our students and our program makes a difference!

STUDENT TEACHING PLACEMENTS:

Kathryn Hatlen
Franklin Pierce High School
Mrs. Kim Jackson and Mrs. Amy Clark

Elijah Hurt
Thompson Elementary School
Mr. Matt McMaster

Kailyn Osaki
Rocky Ridge Elementary
Mrs. Lori Chambers

Bailey Plumb
Columbia Junior High School
Mrs. Sue Waters

INTERNSHIP PLACEMENTS:

ATI Physical Therapy
Christina E Knierim

Boys & Girls Clubs
Enoch K. Ho
Sean T. McLaughlin

CHI Franciscan Health
Joey A. Kane

Complete Physical Therapy
Kiana I. Calles
Samuel S. Kawakami
Sequoia J. Rysdam

Curtis High School
Caylie A. Shiramizu
Arianna D. Shultz

Davidson Prosthetics
Victoria I. Bolshakova

Elite Physical Therapy
Luis A. Gomez
Samuel S Kawakami

EWP Physical Therapy
Jonathan C. Acevedo

Get Fit Yelm
Joseph A. Moreno

Innovative Fitness & Performance
Delany N. Salter

IRG Physical Therapy
Taylor L. Bingea

Lakewood Family YMCA
Francisco A. Aragon
Emmanuel F. Bendo
Timothy M. Gauthier

Mary Bridge Children's Hospital
Veronica E. Winter

Meridian Physical Therapy RET
Vincent A. Vazquez
Taylor L. Bingea

Multicare Center of Occupational Medicine
Bianca L. Lindberg

Morgan Family YMCA
Kristin A. Ringstad

MVP Physical Therapy
Enoch K. Ho
Kaitlyn J. Metzger
Katie C. Thorsen

Olympic Sports and Spine
Kiana I. Calles
Katie C. Thorsen

PLU Athletic Training Room
Laura E. Dalton

Providence St. Peter Hospital
Jordan M. Fahey
Kathryn M. Jorgenson

Pulse Heart Institute of Tacoma General
Shelby M. Arnold
Jordan M. Fahey
Arianna D. Shultz

R2 Performance Center
Leonard D. Keatts
Cristin A. Rathkopf
Zachary S. Willis

So Much More
Julie Kjorsvik

Summit Strength & Conditioning
Jerry B. Baggett
John M. Gendron
Joey A. Kane
Bianca L. Lindberg
Joseph A. Moreno
Delany N. Salter

Sunrise Physical Therapy
Olga M. Mogen
Brian C. Pascual

The Gym Standard (G GYM)
Tyler S. Lee
Tyler J. Morris
Brady J. Winter

True Self Yoga
Oni A. Mayer

Washington High School
Ethan J. McElderry
Dallan D. Rodriguez

Washington Premier Football Club
Rachel M. Ross



Congratulations

KINESIOLOGY GRADUATES 2019

Shelby M. Arnold
Beau B. Baggett
Emmanuel F. Bendo
Taylor L. Bingea
Kiana I. Calles
Laura E. Dalton
Jordan M. Fahey
Keigan T. Gardiner
John M. Gendron
Kathryn C. Hatlen
Enoch K. Ho
Josh H. Hornal
Elijah J. Hurt
John H. Jones
Joey A. Kane
Samuel S. Kawakami

Leonard F. Keatts
Julie Kjorsvik
Christina E. Knierim
Bianca L. Lindberg
Oni A. Mayer
Ethan J. McElderry
Alana L. McGilberry
Sean T. McLaughlin
Kaitlyn J. Metzger
Olga M. Mogen
Joseph A. Moreno
Tyler J. Morris
Kailyn L. Osaki
Bailey A. Plumb
Ruben T. Quintanilla
Kristin A. Ringstad

Dallan D. Rodriguez
Rachel M. Ross
Sequoia J. Rysdam
Delaney Salter
Blakely L. Sanders
Arianna D. Schultz
Shelby R. Shelman
Caylie A. Shiramizu
Emily E. Stoen
Brianna J. Thompson
Katie C. Thorsen
Vincent A. Vasquez
Zachary S. Willis
Brady J. Winter
Veronica E. Winter

An impressive gathering of Lutes and soccer legends gathered in Chicago on January 11 of this year to celebrate Dr. Colleen Hacker's induction into the United Soccer Coaches National Hall of Fame.



PACIFIC LUTHERAN UNIVERSITY