

# Kinesiology

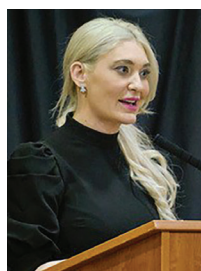


*Committed to nurturing the development of the whole person, in body, mind, and spirit.*

Diversity and Inclusion Speaker Series

## AN EVENING WITH SARAH KLEIN Attorney, Sexual Assault Victim Advocate

*The 4th annual Kinesiology Diversity and Inclusion Speaker Series was held in February 2020. This year's event was co-sponsored by the office of the Dean of Inclusive Excellence and the Center for Gender Equity. This event is made possible each year through the support of Dean McConnell and, in the past two years, Associate Dean Papadopoulos. Though each year has brought new and exciting topics and a 3-year average of 93 people in attendance, this year's event was one for the record books. It was a highly anticipated event across campus from the moment the speaker was announced.*



The 2020 distinguished speaker was Sarah Klein, an attorney, advocate, and the first-known survivor of sexual predator and disgraced former USA Gymnastics team doctor, Larry Nassar. PLU and the department benefitted greatly from the professional acumen Dr. Hacker leveraged to bring such a highly respected and sought-after speaker to campus. Their friendship and professional interactions were the sole reason Sarah chose to speak at this year's event. Thank you, Dr. Hacker! Sarah shared her personal story of survival and activism and how she found meaning and purpose from a



*Dr. Colleen Hacker with Sarah Klein and John Manly.*

tragic experience to inspire and engage everyone in the room that evening.

In a *Seattle Times* article published before the event, Klein noted that her goal was to use her vulnerability to "leave every person in that audience changed in some way." Over 215 students, faculty, staff, and community members in attendance would most certainly attest that she reached her goal that evening.

A post-event survey completed by 103 randomly selected students in attendance supported the success of the event. When asked "how would you rate this event," on a 5-point Likert scale (with five being the highest possible score), students responded with an average of 4.9 and said that it impacted them significantly as both a future

professional and human being.

The following qualitative responses speak to students' highlights and takeaways from this year's event:

"I was moved by how open Sarah was about her whole story, despite discomfort and seeing how much she is pushing for change."

"Listening to her story made me realize how much of a difference one person can make."

"It was most impactful when '[Sarah] said that the memory never goes away but happiness is still achievable and that she doesn't blame men—that 90% are the 'good guys.'"

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## SARAH KLINE

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"Sarah's story and openness impacted me the most tonight. She offered a valuable and important perspective that will stick with me for the rest of my life. I can apply these lessons in my relationships and career."

"A genuine, real story about something awful that can be prevented through reform. I loved how Ms. Klein views sexual abuse as a human problem, not the victims' problem."

Dr. Mann, who created the introductory video to provide context for Sarah's talk and ran the event behind the scenes, wanted to recognize the entire department for their contribution to the event and their encouragement of their own students to attend. She also wanted to specifically recognize a few students' contributions. The event would not have been possible without help from: Hurricane Corliss, Meagan Mansfield, Will Reichel, and Katie Shaw. With the utmost professionalism and personal responsibility, these four students arrived early to help set up for the event and direct notable alumni to a pre-event reception. They also volunteered to stay after the event to help clean up. Without being asked or directed, these students consistently noticed small adjustments that needed to be made, and they stepped up to the challenge. THIS is #TEAMKINS

## Adapted Physical Activity STUDY AWAY CLASS



*The J-Term Adapted Physical Activity Class posing in front of the Cologne Cathedral during their visit to Cologne Germany.*

2020 was the first year of the J-term Adapted Physical Activity Study Away course to Germany and England. The class was designed to increase students' overall awareness, knowledge, and perception of individuals with disabilities. In addition, the class compared American society and disability with Germany and England society and disability's. Our "home base" during the first leg of the class was Bonn, Germany. While in Bonn, the class spent time with Annika Zeyen, a World Champion and Paralympic multi-medal winner. The class was also able to visit the German Sports and Olympic Museum, Beethoven's birth house, the Cologne Cathedral, and a Paralympic training site in Leverkusen. After seven days in Germany, the class took a train to London, England. While in London the class navigated the streets blindfolded to experience life visually impaired, visited Buckingham Palace, visited the British Museum, crossed Abbey Road and became very familiar with navigating the city using the Underground. The final leg of the trip took the class to Worcester, England and the campus of Worcester University. During our visit to Worcester University, the class was able to visit multiple Disability and Sport Major classes

and experience and learn two adapted sports: wheelchair basketball and blind soccer. The fourteen students were amazing. Throughout the class, they were patient, inquisitive, and understanding. The students and all of the people they visited during the three weeks abroad truly made the Study Away experience remarkable.

*"I was most excited to see my peers and classmates become fired up about justice for individuals with disabilities and brainstorm new ways for thinking about how our spaces are organized. Students leave this program pondering what they can do today as well as in the future as professionals to include everyone in the pursuit of healthier and better lives."*

—Nate Adams

*"Studying Adapted Physical activity in Europe and the UK was a completely unique and unforgettable experience! Studying away allowed us to learn by experiencing other standards of inclusivity outside of PLU and the United States, rather than learn about them in a classroom. I am so grateful for this opportunity, thanks to Dr. Katica!"*

—Grace Deskin



## Northwest

# AMERICAN COLLEGE OF SPORTS MEDICINE

This year, six undergraduate students (Nate Adams, Taylor Crawford, Sam Crompton, Nikki Halfman, Sarah Johnston and Brianna O'Malley) and three faculty (Dr. Katica, Dr. Papadopoulos, and Dr. Underhill) attended the American College of Sports Medicine, Northwest conference in Boise, ID. These six students gave three presentations (two in a thematic session and one in the poster session). Congratulations to all presenters.

### Comparing heart rate and tire pressure as predictors of performance in wheelchair basketball sprint test.

N.T. Adams, B.L. O'Malley, S.R. Crompton, C.P. Katica

### Effects of an agility stepping program on falling efficacy in older adults.

T. Crawford, S. Johnston, N. Halfman, R. Ellington, C. Papadopoulos

### The effectiveness of an agility drill program on balance in older adults.

S. Johnston, T. Crawford, N. Halfman, R. Ellington, C. Papadopoulos



**For the first time ever, PLU won the American College of Sports Medicine (ACSM) Northwest Student Knowledge Bowl.** The winning team was comprised of Nate Adams, Brianna O'Malley, and Sam Crompton. The team competed against thirty different teams from around the region, including the University of Oregon, Eastern Washington University, the University of Montana, University of Puget Sound, and many others. By winning the ACSM Northwest Knowledge Bowl, the team won a spot as the Northwest chapter's representative at the National ACSM Conference in San Francisco; however, due to COVID-19 the annual meeting was canceled. Nevertheless winning the ACSM Northwest Knowledge Bowl is an impressive feat and the Kinesiology Department is extremely proud of Nate, Brianna and Sam's accomplishment.

## SHAPE

### Washington Health Educator Conference

This year the SHAPE Washington Health Educator Conference was special for Dr. Terri Farrar. She received the 2019 University Professional Award. Congratulations, Dr. Farrar!



## WEST'S BEST CONFERENCE



Dr. Farrar and eight PETE students (Kallan Campa, Emily Whittaker, Corbin Edwards, Tim Gonzalez, Hannah Jones, Adrianna Davis, Christel Pie, and Daniel McClough) attended the West Best Conference.

Dr. Farrar and her students gave two presentations. PLU PETE students co-presented *An Introduction to Teaching Games for Understanding and Its Application with Tchoukball* with two Western Washington University PETE students. Dr. Farrar and three students (Kallan Campa, Emily Whittaker, and Corbin Edwards) presented on *Learning Targets and Assessments*. PETE students wrote learning targets related to specific outcomes, designed an activity and developed an assessment to emphasize to teachers the importance of this alignment. Both sessions were presented to current physical education teachers and earned high praises from the educators.

# TEAM BUILDING

## Community-Service Learning



This year again, Dr. Hacker worked with students in her Team Building class to complete community service-learning activities with a variety of organizations. Below is a list of students and their community service-learning organizations.

Maddi Schoepflin	Metropolitan Ballet of Tacoma (upper level company dancers)
Ashleigh Jones	PLU Dance Team
Hannah Weidenbach	Active Minds Club
Ricky Haneda	Men's Rowing
Kale'a Paiva	PLU Hawaii Club
Bryn Williams	Women's Rowing
Curtis Garner	Clover Park Girls Basketball
Torin Savella	Residential Staff Tingelstad Hall
Gabe Petersen	ROTC MSI (Freshman) Class
Sophea Pas	McDermoth Elementary
Bri Hunting	Love Your Melon Crew
Michael Penkman	ORG Support LTD
Jill Monson	PLU Baseball
Kelley Arter	NAS Whidbey Island Security
Sam Blair	MP Battalion 595
Alanna Rathkopf	Peninsula High School Boys Lacrosse
Nicholas Bautista	PLU Athletic Training Room Staff

## Community Health Fairs for Older Adults



Kinesiology students have volunteered to assist in multiple community-based health fairs by conducting free assessments to determine the risk of falling in older adults. Students have participated in health fairs offered at the Morgan Family YMCA in Tacoma, Tom Taylor YMCA at Gig Harbor (September 2019), and Mid-County Community Center (October 2019).

## INTRODUCING Ms. Sarah Beal



"I am so excited to be back at my alma mater! I was born and raised in the Tacoma area

and graduated with my Bachelor of Science in Kinesiology from PLU in 2015. After spending three years in Austin, Texas while my husband completed his DPT, I am grateful to be back in the beautiful Pacific Northwest. It has been an honor to work alongside my former professors in my new role as the Program and Internship Placement Coordinator for the department. I look forward to continuing my work with our student interns, as well as helping to launch our first master's cohort this summer. Go Lutes!"

## INTRODUCING Dr. Martin



I returned this J-term after a two-and-a-half-year leave. I currently teach Health Psychology, Physical

Activity Throughout the Lifespan, and highly involved with the coordination of our undergraduate internship and capstone program, and consistently look forward to working with students in student faculty collaborative projects.



## CONGRATULATIONS Dr. Terri Farrar



**Dr. Terri Farrar** was tenured and promoted to the rank of associate professor!

## Master of Science in KINESIOLOGY

*After a year of preparation, the Department of Kinesiology will welcome its first cohort of graduate students this summer.*

The new Master of Science in Kinesiology program combines a rigorous academic experience with real-world, relevant and impactful applications. The program is designed to serve high-growth professions and to enhance the skill set of novice and experienced practitioners in exercise-sports performance and health-related careers. Students can pursue focused areas of study in applied sport psychology and applied exercise science. It is a flexible program that can be completed in 14 months or over 26 months. Courses are offered in the evening and taught by faculty with a wealth of practical experience in sport psychology, leadership, mental-skills training, fitness, strength and conditioning, corporate wellness, health promotion, and other health-related areas.

## FACULTY SCHOLARSHIPS Classroom Activities



In KINS 390, Applied Sport and Exercise Psychology gets a visit from an Olympic Gold Medalist (below) and in World Games, a visit from the Tacoma Rangers Gaelic Sports Club (above).



## PUBLISHING

### Presenting Scholarly Work

*This year, faculty continued to be productive by publishing and presenting scholarly work. Below is a selected list of scholarly work by faculty.*



**Dr. Farrar** gave a presentation at SHAPE Washington Conference, *Skills-Based Health Education - What Is It and How Do I Teach It?* and several presentations with students, including two presentations at WEST Best Conference: *An Introduction to Teaching Games for Understanding and its Application with Tchouckball* and *Moving Your Class from PA to PE with Learning Targets and Assessments*.



**Dr. Hacker** co-authored a chapter *Cognitive Techniques for Building Confidence and Enhancing Performance* for the *Applied Sport Psychology: Personal Growth to Peak Performance*. In addition, she had numerous presentations and podcasts including *ESPN: Laughter Permitted with Julie Foudy, Successful Coping; A Gold Medal Partnership: The Roadmap to Success for USA Women's Ice Hockey*; and *The Beautiful Game: Growth and Resilience*. She also gave a presentation with fellow colleagues **Dr. Mann** and **Dr. McConnell** at the American Psychological Association (APA) national conference, titled *Sounding the Alarm: Title IX, Gender Disparity, and Sexual Assault in Youth to Olympic Sport*.



**Dr. Katica** was a co-author of a published article with J.E. Wingo, Ng, J, Katica, CP, and S.J. Carter, "Fan Cooling After Cardiovascular Drift Does Not Reverse Decrements in Maximal Oxygen Uptake During Heat Stress" and he gave two invited presentation; one at the Adaptive Sport USA National Conference, *Considerations, Challenges, Strategies and Impacts of Adapted Sports and Physical Activity for Wounded Military Veterans*, and the other at SHAPE Washington Conference, *Practical/Hands-on Strength Training Considerations for Adapted Athletes*.



**Dr. Mann** was a co-author of a chapter, "Sport Psychology: Past, Present, Future", in the book *Applied Sport Psychology: Personal Growth to Peak Performance*. She also produced a webinar, *Panel Discussion: Returning to Play after COVID-19*, for the United Soccer Coaches and a podcast, *Body Image Guidelines for Coaches of Female Athletes* for the National Fastpitch Coaching Association.



**Dr. Martin** had two publications and one of them was published at the *Strategies: A Journal for Physical and Sport Educators* titled "Fostering Motivation: Understanding the Role Coaches Play In Youth Sport."



**Ms. Lynn Tucker** gave a seminar in Tacoma, entitled *From Fitness to Health*.

## 2020 AWARD WINNERS



**Emily Whittaker**

SHAPE America Major of the Year Award

SHAPE Washington Emerging Leader Award



**Katie Shaw**

AKA Undergraduate Scholar of the Year

Each year, Kinesiology faculty select deserving Kinesiology students for three different organizational awards. Students selected for these awards are recognized for their outstanding academic achievement, contributions they have made to their community, to PLU, and to the Kinesiology department. The Kinesiology faculty would like to congratulate Emily Whittaker and Katie Shaw for this outstanding accomplishment to recognize their potential as future leaders in the field.



Internship

# PLACEMENTS 2019-20



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 INTERNSHIP

### PLACEMENTS SITES 2019-20:

#### Auburn Riverside High School Athletic Training

Meagan Mansfield  
Kayla Ozawa

#### Bellarmine Prep Athletic Training

Kayla Ozawa

#### Black Hills High School

Sara Thompson

#### Complete Physical Therapy

Sarah Burns  
Samuel Crompton  
Grace Deskin  
Luiz Gomez  
Angelica Hulett  
Natalie Mason  
Jackson Moore  
Brianna O'Malley  
Lindsay Smith

#### Crossfit NXNW

Hurricane Corliss

#### Curtis High School Athletic Training

Jacob Mortensen

#### Davidson Prosthetics

Sarah Burns  
Nikki Halfman

#### Discover Chiropractic

Ariel Pablo

#### Elite Physical Therapy- North Tacoma

Tiffany Skrei

#### Elite Physical Therapy - Spanaway

Madeline Woods  
Yang Yang

#### Evergreen Prosthetics

Nikki Halfman

#### Exercise Science Center

Nathan Adams

#### Fit Body Boot Camp

Shawn Coleman

#### Franke Tobey Jones

Pushpa Johnson  
Whitney Mundle

#### "G" Standard Gym

Justin Ross Bustillo

#### Good Samaritan Cardiac Rehab

Mikayla Green

#### Gordon Family YMCA

Taelor Nemith  
Jaisen Zurfluh

#### Grit City Wellness

Ariel Pablo  
Lindsay Smith  
Jaisen Zurfluh

#### Innovative Fitness

Joseph Ceccarelli

#### IRG Physical and Hand Therapy

Ceci Hockman

#### JBLM

Joseph Ceccarelli

#### Lakewood Family YMCA

Francisco Aragon  
Angelika Ilagan  
Katy Jorgenson

#### Mary Bridge Children's Therapy Unit

Brianna Hunting  
Katherine Shaw

#### Mary Bridge Physical Therapy

Brianna Hunting

#### Metro Aquatics

Alanna Rathkopf

#### Multicare Adult Day Health Center

Sarah Johnston

#### Multicare Auburn Cardiac Rehab

Matthew Perea

#### MVP Fircrest

Sarah Hulbert

#### MVP Starfire

Timothy Gauthier  
Natalie Mason

#### Olympic Sports and Spine - Allenmore

Sarah Johnston  
Jillian Monson

#### Olympic Sports and Spine - Lakewood

Jackson Moore

#### Olympic Sports and Spine - Puyallup Good Sam

Victoria Bolshakova  
Sarah Hulbert

#### Olympic Sports and Spine - Puyallup

Taylorae Cosio  
Grace Deskin

#### Olympic Sports and Spine- Spanaway

Taylor Crawford  
Hannah Hutchison  
Megan Martell  
Hannah McCullough  
Sophea Pas  
Tiffany Skrei

#### OPT Covington

Taylorae Cosio  
Angelica Hulett

#### Parkland Physical Therapy

Justine Albert Mojica

#### Pierce College Athletic Training

Meagan Mansfield

#### PLU Athletic Training Room

William Chan  
Angelika Ilagan  
Justine Albert Mojica

#### ProActive Physical Therapy

Sophea Pas

#### Puget Sound Orthopedics

Madison Schoepflin

#### RET Meridian

Taylor Crawford  
Megan Martell  
Katherine Shaw  
Whitney Mundle

#### RET Tacoma

Madeline Woods

#### RET University Place

Hannah McCullough

#### Sky Bridge Therapies

Hannah Hutchison

#### Spring Valley High School

William Reichel

#### St. Anthony's PT/OT

Madison Schoepflin

#### St Joseph Medical Center Cardiac Rehab

Angelika Ilagan  
Jillian Monson

#### St. Peter Cardiac Rehab

Taelor Nemith

#### Tacoma General Cardiac Rehab

Matt Perea

#### Tacoma Nature Center

Torrin Laughlin

#### Tukwilla Movement and Performance Physical Therapy

Sam Crompton

#### UW Football Strength & Conditioning

William Reichel

#### Valley Medical Center

Nathan Adams

#### Vital Family Chiropractic

Elise Freund

#### Voss Chiropractic

Elise Freund

#### Washington High School

Torrin Laughlin

#### Wilson High School Athletic Training

Sara Thompson  
Allison Zakharov

#### West Coast Fitness

Hurricane Corliss

## STUDENT TEACHER PLACEMENTS SITES 2019-20:

#### Tahoma High School

Nate Jarvis

#### Mount Tahoma High School

Anthony Bautista

#### Liberty Middle School

Kallan Campa

#### Rocky Ridge Elementary School

Curtis Garner

Congratulations

# KINESIOLOGY GRADUATES 2020

Nathan T. Adams  
Marcelo Anthony L. Bautista  
Victoria I. Bolshakova  
Sarah J. Burns  
Sarah J. Campa  
Joseph R. Ceccarelli  
Benjamin H. Corliss  
Taylorae N. Cosio  
Taylor C. Crawford  
Samuel R. Crompton  
Grace C. Deskin  
Elise S. Freund  
Curtis M. Garner  
Timothy M. Gauthier  
Luis A. Gomez  
Nicole E. Halfman

Cecilia A. Hockman  
Sarah A. Hulbert  
Angelica R. Hulett  
Brianna K. Hunting  
Hannah M. Hutchison  
Angelika Marie Ilagan  
Nate M. Jarvis  
Sarah E. Johnston  
Torrin X. Laughlin  
Meagan R. Mansfield  
Megan A. Martell  
Natalie H. Mason  
Hannah T. McCullough  
Justine Albert B. Mojica  
Jillian C. Monson  
Jackson R. Moore

Jacob D. Mortensen  
Whitney N. Mundle  
Taelor R. Nemith  
Kayla M. Ozawa  
Sopheia J. Pas  
Matthew G. Perea  
Cristin A. Rathkopf  
William A. Reichel  
Madison N. Schoepflin  
Katherine L. Shaw  
Tiffany A. Skrei  
Lindsay A. Smith  
Sara Y. Thompson  
Madeline A. Woods  
Allison V. Zakharov  
Jaisen Zurfluh

2020 was the first year of the J-term Adapted Physical Activity Study Away course to Germany and England. The class was designed to increase students' overall awareness, knowledge, and perception of individuals with disabilities. During their visit to Worcester University, the class was able to visit multiple Disability and Sport Major classes and to experience and learn two adapted sports: wheelchair basketball and blind soccer.



PACIFIC LUTHERAN UNIVERSITY