



# Kinesiology

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

Diversity and Inclusion Speaker Series

## Beyond Buzzwords:

Exploring How Kinesiology Practitioners Can Create Inclusive Sport and Exercise Spaces

OPPRESSION  
REPARATIONS  
HATE  
MICRO AGGRESSIONS  
STEREOTYPING  
LGBTQ  
EQUALITY  
SOCIAL CONSTRUCT  
POWER  
PREJUDICE  
MINORITY  
MARGINALIZATION  
EMPOWERMENT  
RESPECT  
GENDER IDENTITY  
DISCRIMINATION  
RACE  
ACCESS  
ETHNICITY  
DISABILITY  
CULTURE  
RACISM  
PRIVILEGE  
JUSTICE



The event highlighted a video made by assistant professor, Dr. Mallory Mann. The twenty-minute video included video segments from a variety of sources to demonstrate the important role that Kinesiology plays in diversity and inclusion issues in sport, physical activity, and exercise settings.

The 5th annual Kinesiology Diversity and Inclusion Speaker Series was held March 22, 2021. This year's event marks the first time the event included both an in-person and virtual event. In a year when it would have been "easy" to take a gap year and remove it from the schedule, as a department, we demonstrated our continued commitment to diversity and inclusion issues in our field. With more than one-hundred and sixty faculty and students logged in or attending in-person, this year's event broke previous attendance records.

This year's event was titled, *Beyond Buzzwords: Exploring How Kinesiology Practitioners Can Create Inclusive Sport and Exercise Spaces*. Rather than hosting a speaker on campus, the event highlighted a video made by assistant professor, Dr. Mallory Mann. The twenty-minute video included video segments from a variety of sources spliced together to demonstrate the important role that Kinesiology students

and future practitioners play in diversity and inclusion issues in sport, physical activity, and exercise settings. The video was divided into two segments separated by opportunities for Kinesiology students to engage and interact on these topics.

This event continues to represent the commitment of the PLU Kinesiology faculty to ensure that students who major and minor in our discipline are taught and encouraged to consider the ways in which they can create inclusive sport and exercise spaces for all of their performers. Students attended both in-person and virtually shared their appreciation for the opportunity to come together during the pandemic to talk about these issues.

Students' comments highlight the importance of the event for them as individuals and as future professionals in the field of Kinesiology.

continued on page 2

## BEYOND BUZZWORDS

*continued from page 1*

*"I just wanted to say thank you again for putting together this presentation and starting conversations about inclusion and recognizing diverse backgrounds. . . . this meant a lot to me and I appreciate you."*

*"As a senior I feel lucky to be in a program where we have professors who still provide us with amazing opportunities even when it's virtual."*

*"Thank you for taking the time to create such a moving event for the kinesiology department to view, engage and be a part of. As a student of color, I am so grateful that you recognize that! Thank you again for creating such an impactful and important event."*

*"Thank you for letting us have time to think about racism, sexism, or any type of discrimination against people related to sport & exercise. Especially, during these days with the tragedy in Atlanta, I have been thinking about racism."*

*"What stood out to me most is how exclusive everyone can be without even realizing it. When developing exercise programs for individuals we can bias them and exclude them from certain exercises just based on what we think their limits are. Thanks for a great presentation it gave me a lot to think about and consider going forward in my career and in my life."*

**THIS is #TEAMKINS.**

## ACSM Awards NORTHWEST ACSM CONFERENCE



*Alyssa Pociernicki received an award as one of the Top Virtual Posters for Preliminary Research*

In response to the COVID-19 Pandemic that caused the suspension of research projects in Kinesiology laboratories around the Northwest region, the American College of Sports Medicine Northwest Chapter expanded their abstract submissions to include Research Proposals to continue their support of student research. During the Summer and Fall of 2020, Alyssa Pociernicki collaborated with Dr. Charlie Katica to develop a Research Proposal entitled, *"The Physiological Effects of Restorative Yoga After Aerobic Exercise."* Alyssa presented her proposal at the virtual American College of Sports Medicine Northwest Conference, on February 25th and received an award as one of the Top Virtual Posters for Preliminary Research.

In February 2020, PLU won the American College of Sports Medicine (ACSM) Northwest Student Knowledge Bowl. 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, among many others. By winning the ACSM Northwest Knowledge Bowl, the team was to be the Northwest chapter's representative at the National ACSM Conference. Unfortunately, the National ACSM Knowledge Bowl did not take place last June due to COVID-19, but the winning team will represent the region to the National ACSM conference this year.

The winning team originally was comprised of Nate Adams, Brianna O'Malley, and Sam Crompton, but this year the team will be comprised of Brianna O'Malley, Alyssa Pociernicki, and Emily Whittaker (according to the ACSM rules only current undergraduate students can be members of a team at the Knowledge Bowl).

## 2021 Northwest STUDENT SPORT AND EXERCISE PSYCHOLOGY SYMPOSIUM

### **An Association for Applied Sport Psychology, Regional Conference**

Kallan Campa, a graduate student and her mentors, Dr. Hacker and Dr. McConnell, had a presentation titled *"Mental Skills Training in Physical Education: Goal Setting."*



## FIRST COHORT OF GRADUATE STUDENTS

# MASTER OF SCIENCE IN KINESIOLOGY

*Serving professions and enhancing the skill set of novice and experienced practitioners*



The Department of Kinesiology welcomed its first cohort of graduate students in June, and we look forward to awarding our first graduate diplomas this August. We welcomed back many familiar faces and are proud to have PLU alumni continue their education with us. Students were given the opportunity to select between our two concentrations - Applied Sport Psychology, and Applied Exercise Science. Given the flexible nature of the program, students also chose between a 14 month and 26 month plan for completion. Our program combines a rigorous academic experience with real-world, relevant and

impactful applications and was presented in a hybrid format, blending online and on campus work. This helped ease the transition between remote and in-person learning as directed by the university in light of the COVID-19 pandemic. Courses were 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, and adapted sports and physical activity.

The program is aimed to serve high growth professions and to enhance the skill set of novice and experienced practitioners in exercise, sport, performance

and health related careers. Our graduate students have grown as professionals and highlight their experiences.

*“The MSK program has afforded me an environment of psychological safety where I can learn, think critically, and apply the principles and concepts that are taught in real world situations. Because of this program, the amazing faculty, and the high expectations placed upon our cohort, I have already experienced positive growth as a coach, a parent, a spouse and citizen”*

*“I have greatly valued the Master of Science in Kinesiology program’s emphasis on mentorship. I am learning from leaders in our field, PLU’s esteemed faculty, on how to best apply theory to practice. This will be of great value to me in*

*continued on page 4*

### California Baptist University

## ASSOCIATION FOR APPLIED SPORT PSYCHOLOGY VIRTUAL REGIONAL CONFERENCE

Matt Leslie, a graduate student and his mentor, Dr. Hacker, had a presentation titled *“A Guided Imagery Script and Pre-Performance Routine for Onsite Climbing Competitions.”*

## CONGRATULATIONS



Congratulations to Dr. Charlie Katica who was tenured and promoted to the rank of Associate Professor!

# MASTER OF SCIENCE IN KINESIOLOGY

*continued from page 3*

*my career as a coach, educator, and aspiring sport psychology practitioner.”*

*“The MSK program at PLU is intentionally constructed to provide diverse opportunities to learn and practice theories that are impactful when working with individuals in various constructs of life. As a PLU Kinesiology alumnus, I knew that this program would be exceptional, and as I near completing the program, exceptional doesn’t even come close to describing the significance of this program and growth experienced while pursuing this degree as well as the views on the potential as an educated professional in the near future.”*

*“The MSK program has equipped*

*me with the tools needed to become the best leader I can be in my sphere of influence. The faculty and courses challenge individuals to dig into the research, consistently strive to be inclusive leaders, take ownership, and put in the work needed to go from theory to practice and apply what we are learning to each of our fields of interest.”*

*“The MSK program at PLU allows you to study and prepare for the career you want in each of your classes. This makes for an individualized and engaging experience especially during class presentations when everyone gets to present on what and who they are interested in working with, and we all get to learn from outside of our own immediate interest area.”*

## **Our graduate students currently working with their mentors on the following applied projects:**

- *Social-Emotional Learning for Psychological Skill Training in Secondary Physical Education*
- *A Periodized Training Guide to Achieve Peak Performance on the Army Combat Fitness Test*
- *A Mental Skills Training Program for Male College Golfers*
- *Examining Mental Toughness Development in Racially Minoritized Athletes*
- *Transformational Leadership in Youth Wrestling: Education and Applications*
- *An Examination of Youth Climbing Coaches Understanding, Perceptions, and Use of Mental Skills Training in their Coaching Practices*
- *Imagery Training Tactics for Visually Impaired Goalball Athletes Leadership Education: For Leaders in Sport and Exercise*
- *Sport Confidence and Intercollegiate Athletes: Building and Maintaining Sport Confidence through Self-Talk and Pre-Performance Routines*

**We are looking forward to launching our second cohort this June.**

## **2021 AWARD RECIPIENTS**

*Each year the Kinesiology faculty select deserving Kinesiology students for three different organizational awards.*

The students selected for these awards are being recognized for their outstanding academic achievement, the contributions they have made to their community, contributions they have made to PLU and to the Kinesiology department, as well as their potential to become future leaders in the field.

The Kinesiology faculty would like to congratulate Matt Leslie (graduate student), Brianna O’Malley, Christel Pie and Emily Whittaker (undergraduate students) for this outstanding accomplishment.



**Emily Whittaker**

2021 SHAPE America  
Major of the Year Award

*continued on page 5*



## 2021 AWARD RECIPIENTS

continued from page 4



**Brianna O'Malley**

2021 American Kinesiology Association Undergraduate Scholar of the Year Award Winner



**Matt Leslie**

American Kinesiology Association Graduate Scholar of the Year Award Winner



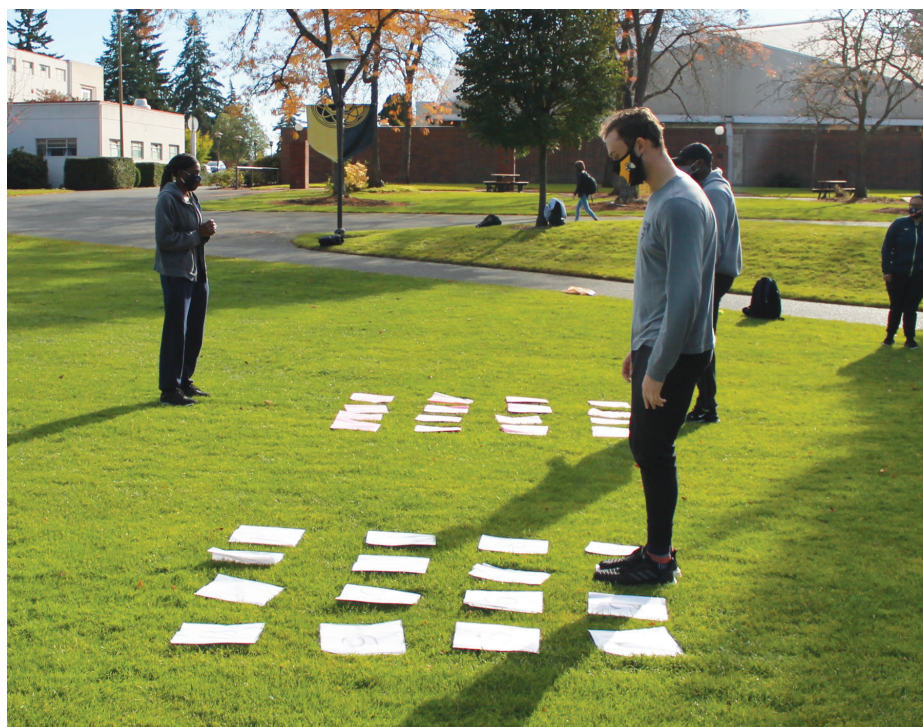
**Christel Pie**

2021 SHAPE Washington Emerging Leader Award

## FACULTY SCHOLARSHIPS Classroom Activities



In KINS 314: Team Building, Dr. Hacker instructed students through team building activities at PLU and at a High Ropes Challenge Course at Northwest Teambuilding.



The KINS 490: Curriculum, Assessment and Instruction class was paired with a Special Topics Physical Activity Course titled *Trending Sports and Games*. Teacher prep students under the direct supervision by Dr. Farrar, taught a first-year physical activity course. Teacher prep students developed the curriculum for their lessons, instructed their lessons, and assessed the skills and knowledge they taught both through a psychomotor and a cognitive assessment.



# PUBLISHING

## Presenting Scholarly Work

*Despite the pandemic, faculty remained productive by conducting scholarly work. Below is a selected list of this year's scholarly work by faculty.*



**Dr. Farrar** had two presentations at SHAPE Washington Virtual Workshop Roadmaps 2.0 titled “OSPI / SHAPE Washington - Physical Education Assessment Feedback & Pilot Opportunity” and “Virtual Formative Assessments.” She also presented at West Best 2021 with Rebecca Hultman (2018 Health and Fitness Education Graduate, currently teaching at John Stanford International Elementary School in Seattle Public Schools) titled “Tackling the edTPA and Winning.” Dr. Farrar was recently named Bethal School District Career and Technical Education Advisory Partner of the Year.



**Dr. Hacker** presented at the United Soccer Coaches International Conference - “Coaching Mentally Tough Athletes: Are they born or made?” She also has a presentation with Dr. Mann accepted at the American Psychological Association National Conference on “Triple Jeopardy: The Impact of Race, Class and Gender on Girls and Women in Sports and Physical Activity.” Dr. Hacker was a co-presenter at various Podcasts, including “Laughter Permitted with Julie Foudy,” “Hunting Joy and High Performance” with O’Brian McMahon and “Mental Toughness for Soccer” with Jeff Kassouf.



**Dr. Katica** has been accepted to present a research study at the 2021 National American College of Sports Medicine conference at the end of May. Dr. Katica collaborated with former Kinesiology student, Nate Adams and current Kinesiology student, Brianna O’Malley on the study entitled, “Tire Pressures Impact on Physiological Variables in Wheelchair Basketball Players.”



**Dr. Martin** offered a training as a HeartMath Add Heart Facilitator that focuses on maintaining emotional balance, mental clarity and sustaining resilience and she has two manuscripts under review.

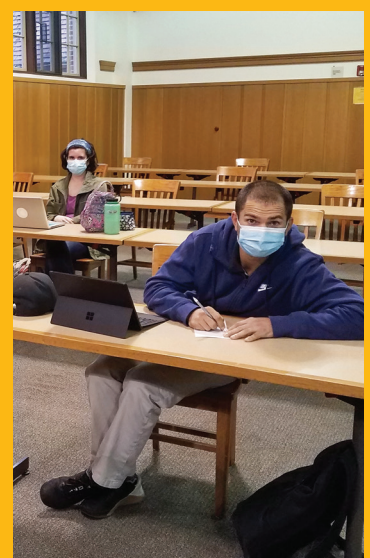


**Dr. Mann** presented to women coaches in Antigua about gender issues and women in leadership. She also delivered more than 47 coaching workshops as a certified positive coaching alliance trainer and served as a subject matter reviewer for articles submitted for publication in the Psychology of Sport and Exercise Journal and reviewer of submissions to the Applied Sport Psychology National Conference.



**Dr. McConnell** had another publication. She and Dr. Farrar published their textbook “Live Well Middle School Health” (published by Human Kinetics).

## GRAD CLASS 2021



Internship

# PLACEMENTS 2020-21



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 2020-21:

### Boys & Girls Clubs

- Heze Goodwin
- Julia Lemas
- Michaela Peterson

### Complete Physical Therapy

- Christine Bautista
- Adrienne Gulley
- Ryan Klee
- Torin Savella
- Alex Shannon
- Jordan Smith
- Ashley Stark
- Reilly Webster

### Curves Westgate

- Jonathan Arnold
- Jorie Lambert

### Davidson Prosthetics

- Dale Craft

### Discover Chiropractic

- Lauren Kaija

### Elite Physical Therapy Spanaway

- Sophie Kass

### Fire Fitness & Conditioning

- Kelton Williams

### Good Sam Family Birth Center

- Rache Dixon

### Girt City Wellness

- Brad Anderson
- Jaeden Koyen

### JBLM H2F

- Adesalewa Adeniji
- Max Larson
- Samantha Claypool
- Liam Nabors
- Jonah Pellett

### Lakewood Family YMCA

- Andrew Barclay

### Lifespan Occupational Therapy

- Adan Pizana

### Multicare Auburn Cardiac Rehab

- Kylee Johnson

### Olympic Sports and Spine - Gig Harbor YMCA

- Torrin Trowbridge

### Olympic Sports and Spine - Spanaway

- Haven Dang
- Alex Gregory
- Ashleigh Jones
- Justin Santos
- Hannah Weidenbach

### Outpatient Physical Therapy - Auburn

- Emily Stuth

### Outpatient Physical Therapy - Covington

- Christina Trang

### Outpatient Physical Therapy - Puyallup

- Kurt Ertel
- Joey Knox

### Ozzie Smith IMAC Regeneration Center

- Matt McLaughlin

### Painfree4You

- Paphawee Chungtrakool

### Pro Sport & Spine - Gig Harbor

- Garrett Borah

### Providence St. Peter Cardiac Rehab

- Gabriel Peterson
- Casey Rebelez

### Rainbow Rehab

- Cheyenne De Monnin
- Amy Flores
- Michael Penkman

### RET Meridian Physical Therapy

- Avery Grant
- Ryan Hedge
- Jessica Saathoff

### Ret Tacoma Central Physical Therapy

- Jacob Mizrahi

### Ret University Place Physical Therapy

- Jack Robinette

### Skyhawks Sports Academy

- Camryn Brown

### St. Joseph Medical Center Cardiac Rehab

- Grace Blair
- Sidnee Sutherland

### True North Performance

- Garrett Quiles

### Washington Orthotics and Prosthetics

- Noelle Kock Wah Ng

## Student Teacher Placements:

### Oak Heights Elementary School

- Hannah Jones

### Tahoma High School

- Emily Whittaker

### Enatai Elementary School and Jing-Mei Elementary School

- Corbin Edwards



Congratulations

# KINESIOLOGY GRADUATES 2021

Madison G. Blair  
Camryn L. Brown  
Justin Ross M. Bustillo  
William K. Chan  
Paphawee Chungtrakool  
Dale A. Craft  
Allan Dang  
Rache T. Dixon  
Corbin M. Edwards  
Kurt Ertel  
Amy Flores  
Avery K. Grant  
Adrienne E. Gully  
Ryan D. Hedge  
Kylee J. Johnson

Pushpa Johnson  
Ashleigh M. Jones  
Hannah G. Jones  
Katy M. Jorgenson  
Lauren E. Kaija  
Sophie M. Kass  
Jaeden E. Koyen  
Jorie M. Lambert  
Torrin X. Laughlin  
Matt M. McLaughlin  
Jacob E. Mizrahi  
William A. Nabors  
Brianna L. O'Malley  
Ariel L. Pablo  
Michael J. Penkman

Michaela A. Peterson  
Adan D. Pizana  
Casey L. Rebelez  
Alexandra I. Shannon  
Ashley J. Starke  
Emily M. Stuth  
Sidnee L. Sutherland  
Christina Trang  
Torrin B. Trowbridge  
Reilly E. Webster  
Hannah L. Weidenbach  
Emily A. Whittaker  
Kelton M. Williams  
Alli R. Wood  
Yang Yang



PACIFIC LUTHERAN UNIVERSITY