



Kinesiology

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

Speaker Series:

Diversity and Inclusion

The 6th annual Kinesiology Diversity and Inclusion Speaker Series was held March 14, 2022, and marked an exciting return to in-person events at PLU. With over 140 students, faculty, and staff in attendance, the event was the largest known gathering on campus for Kinesiology in over two years! Dr. Rachele Pojednic delivered this year's presentation titled, "Creating Welcoming, Inclusive Health and Fitness Environments." Dr. Pojednic is the program director of Exercise Science at Norwich University and a Research Associate at the Institute of Lifestyle Medicine at Harvard Medical School. Her presentation focused on how professionals in Kinesiology can develop welcoming and accessible health and fitness environments for everyone. More specifically, Dr. Pojednic's lecture highlighted strategies for cultivating body inclusive physical activity spaces.

In addition to this year's keynote presentation, the department held an in-person pre-event for students taking an introductory Kinesiology course to meet and interact with seniors from



all four concentrations. More than 40 students attended the event, which offered the first formal opportunity for students to engage with one another IN PERSON within the department.

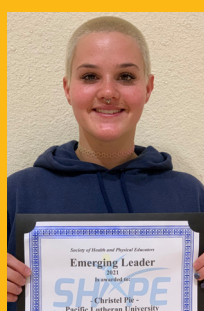
This event continues to represent the commitment of the PLU Kinesiology faculty to ensure that students who major and minor in our discipline are taught and encouraged to consider the ways in which they can create inclusive sport and exercise spaces for all of their performers. Student feedback demonstrated the impact of this event. When

asked about the overall impact, students reported that it was an 8.71 (out of a possible 10). They highlighted "the importance of language when talking about physical activity and not relating it to weight loss," "that activity and fitness not BMI can help reduce CVD," "a limited number of studies (13?) on people with obesity independent of weight loss," and "we need to redefine success and move beyond 'weight loss' as a measure of success in the fitness community," as some of the important points they took away from Dr. Pojednic's presentation.

CONFERENCES

West Best Conference

Christel Pie '22 presented with PLU Alum Emily Whittaker '21 at the West Best Conference on Tchoukball.



AASP NE Regional Conference

Matt Leslie, M.S. in Kinesiology, and his mentor Dr. Hacker, presented his master's program applied project at the AASP NE Regional Conference titled "Research to Practice: An Examination of Youth Climbing Coaches' Knowledge, Perceptions, and Use of Mental Skills Training."

Northwest ACSM Conference

This year Alyssa Pociernicki '22, Anita Chung '22 and Kathleen Basilio '22 competed in the American College of Sports Medicine's Student Knowledge Bowl. After a very challenging competition, the three students performed very well and ended up tying for third place.

Introducing Dr. Andrew



I am very happy to have the opportunity to work with the fabulous faculty and students at PLU. In addition to having a great work environment, working at PLU affords me the privilege of moving back to Washington State. I was born and raised in the Puget Sound area, and I received both my bachelor's degrees from Central Washington University as well as my master's degree. I then embarked on a United States tour starting at the University of Alabama in Tuscaloosa, Alabama where I received my Ph.D. Following graduation, I worked as a National Institute of Health Research-postdoctoral Fellow at New York Medical College in Valhalla, New York. Following completion of the fellowship I accepted a tenure-track position at Ball State University in Muncie, Indiana where I spent 6 years as an instructor of exercise science. It was during that time I realized how much I enjoyed working with undergraduate students learning within the Exercise Science field. I particularly enjoy helping undergraduates learn and understand the process of human subject research, both theoretical and applied.

continued on page 6

Community Service Learning Adapted Physical Activity Class



After two years of limited to no programming occurring for adapted sports in the South Sound, this spring the Adapted Physical Activity class was able to fulfill their practical hours, with local organizations, such as, Rainier Adaptive Sports, Pierce County Parks and Special Olympics. The students were able to gain experience working with individuals with physical and intellectual disabilities participating in wheelchair basketball, swimming, goalball and track and field. Additionally, students were able to listen to multiple different guest speakers from the community and participate in different class activities experiencing adapted sports and activities of daily living with different impairments.

Health and Fitness Promotion



Students in KINS 384: Health and Fitness Promotion Programs created and implemented a health promotion program aimed to increase the quality and quantity of sleep among students attending PLU while also increasing students' knowledge of proper sleep habits and hygiene.

The event named "*Pillow Talk: Making Slumber a Party*" was designed as a "science fair" of informational trifolds that educated students on time management/ bedtime routine, stress regulation including habits and exercise, sleep hygiene including environment, screens, and lights, and finally the costs versus benefits of poor sleeping habits. The two-day fair was well attended and impacted PLU students. One student said, "*I learned a lot and I'm going to sleep better now!*" Another said, "*I loved the presentations! They were very informative and inspired me to take care of myself more.*"

SECOND COHORT OF GRADUATE STUDENTS

MASTER OF SCIENCE IN KINESIOLOGY*Serving professions and enhancing the skill set of novice and experienced practitioners*

We welcomed our second Master of Science in Kinesiology cohort in June. This group consists of both PLU alumni and new faces from outside of PLU. We are excited to be expanding our reach to practitioners working in the field who are looking to advance their knowledge and careers. The cohort model of our program promotes a collaborative learning environment. The program prioritizes interdisciplinary knowledge, bringing together students from our Applied Exercise Science and Applied Sport Psychology concentrations for many classes. When asked about the most valuable aspects of the program, a current student shared: *"I enjoy collaborating with my peers-we all see things differently and working/sharing together helps me to expand my views and think of things in different ways."*

"I really like that my classes focus a lot on application and not just memorizing information. The small class sizes allow you to really get to know the other students as well as the professors."

Chalen Brown and Arianna Schultz served as this year's graduate assistants. They played a valuable role in our department by maintaining the kinesiology lab, holding open lab hours, assisting faculty with labs, and more.

This year we also celebrated the graduation of 6 students from our inaugural cohort. Degrees were awarded to Joe Ceccarelli, Kallan Campa, Faith Heimlich, Matt Leslie, and Delaney Salter in August '21, Leonard Keatts in December '21, and Alanna Rathkopf will be graduating this May '22.



"We have a lot of group/class discussions in which we bring up the ways that we can see what we are learning being utilized in real-life scenarios. Having these conversations has allowed us to all gain extra knowledge that we wouldn't have if we just sat and read a textbook on the topics."

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

Developing a Parent Education Program for YMCA Swim Lessons in Pierce & Kitsap Counties (Chalen Brown)

Ground up training: Building foundational movement skills in high school student-athletes (Brady Daly)

NCAA Golf Coaches' Use of Psychological Skills Training: A Survey of the Field (Kyle Drugge)

Mental skills training in youth water polo (Kristin Gellert)

Weight Loss and Wellness - An Exercise program (Jeff Hooper)

Exploring how to build an evidence-based mental skills program for youth soccer players (Joe Madden)

Mental Skills Toolkit for Veterans with Invisible Injuries in Higher Education (Alanna Rathkopf)

Menopause and Exercise: Creating a manual to provide practitioners to help them with exercise programming for women going through the menopausal transition (Arianna Schultz)

Developing a Functional Exercise Program for Firefighter Recruits (Sidnee Sutherland)

We look forward to welcoming our third cohort this June!

Summer Coaching Education Institute: **IMPACTING YOUTH SPORT COACHING**

This past summer marked the first PLU Kinesiology Summer Coaching Education Institute. Thirty-two youth sports coaches attended the Institute held at PLU on August 2nd, 2021. Participants came from 16 different Washington cities and towns and represented 6 different school districts as well as numerous youth, club and select teams.

Attendees heard a keynote address from Dr. Colleen Hacker, titled “Creating an Olympic Mindset for Every Competitor.” They then participated in three

breakout sessions: “Using Feedback to Fuel Success,” “Strategies for a Well-Run Practice,” and “Creating a Mastery Climate: Choice, Connection, and Competence.” The day ended with a panel discussion featuring PLU Professors and Kinesiology experts Dr. Mallory Mann, Dr. Terri Farrar, and Dr. Charlie Katica.

The institute was supported by a gift from the Names Family Foundation who will continue to sponsor the second year of the institute to be held on August 1, 2022.

100%

of participants indicated the information can positively impact their coaching or the athlete experience

96%

of participants indicated they will definitely use the information again

90%

of participants learned something new through their participation

83%

of participants indicated a desire to continue their education with the KINS Coaching Institute

EXERCISE IS MEDICINE[®] on Campus (EIM-OC)

This year, PLU received SILVER level recognition from the EIM-OC committee for our activities related to physical activity promotion, education and EIM integration into our campus health services. PLU has been a member of the Exercise Is Medicine[®] on Campus Initiative by the American College of Sports Medicine since 2018. 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 PLU’s EIM-OC leadership team includes Dr. Harry Papadopoulos (Department of Kinesiology), Dr. Dana Zaichkin (School of Nursing), Ms. Lynn Tucker (Department of Kinesiology), Megan Barnhouse, Jashawn Ford, Alyssa Pociernicki, and Kimber Thomas (students, Department of Kinesiology).

2022 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 Chalen Brown (graduate student), Megan Barnhouse, John Mattes, and Christel Pie (undergraduate students) for this outstanding accomplishment.



Christal Pie

2022 SHAPE America
Major of the Year Award

continued on page 5

2022 AWARD RECIPIENTS

continued from page 4



Megan Barnhouse

2022 American Kinesiology Association Undergraduate Scholar of the Year Award Winner



Chalen Brown

2022 American Kinesiology Association Graduate Scholar of the Year Award Winner



John Mattes

2022 SHAPE Washington Emerging Leader Award

FACULTY SCHOLARSHIPS

Classroom Activities

Faculty in our department remained productive by conducting scholarly work. Below is a selected list of this year's scholarly work by faculty.



Dr. Del Pozzi co-presented a poster at Experimental Biology; it was entitled *Effects of a Treadmill Workstation on Coagulation Potential.* Dr. Del Pozzi also attended the ACSM NW conference with other KINS faculty and undergraduate students.



Dr. Farrar had three presentations at SHAPE Washington Conference; her first presentation was on the new PE assessments for Washington State, her second presentation was on the creation of two elementary, two middle school and two high school net games and invasion game units using the TGfU curriculum model (the units were created with the help of Emily Whitaker, Hannah Jones, Corbin Edwards, Tim Gonzalez, and Adrianna Davis), and her third presentation was grading equity in Physical Education through a Neural Lens (co-presented with Dr. Missy Widmann, Challenger High School). Dr. Farrar also had two presentations at the SHAPE America Conference titled *"Integrating SEL into your skills-based health lessons"* (with Dr. McConnell, PLU) and *"HETE/PETE Collaboration. We are stronger together!"* (with Dr. Kreider, EWU).



Dr. Hacker had an invited lecture at the Daniel K. Inouye Graduate School of Nursing and F. Edward Hebert School of Medicine titled *"Mental Skills Services for Olympic and Professional Athletes and Teams."* She had another invited lecture at the Department of Human Development at Columbia University titled *"Mental Skills Coaching with Olympic and Professional Athletes."* Dr. Hacker has been selected to serve as the Mental Skills Coach of the USA Lacrosse National Team for the 2022 National Championships. She had a book and article accepted for publication and presented at the American Psychological Association conference with Dr. Mann on *"Triple Jeopardy: The impact of Race, Class, and Gender on Girls and Women in Physical Activity."* Dr. Hacker appeared as a guest in several podcasts.



Dr. Katica served as the co-director of the 2022 American College of Sports Medicine, Northwest conference and elected to serve two more years on the ACSM, Northwest Executive Board as the Member at Large, Fitness. He co-founded Rainier Adaptive Sports and was nominated as the President of the Rainier Adaptive Sports Board of Directors.



Dr. Martin collaborated on a publication with Rebecca Hultman, PLU '18, titled *"Applicability of Fitness Trackers in Physical Education of School-Aged Children"* and a presentation at the Applied Sport Psychology NW Regional conference titled *"Meeting athletes where they're at: Building*

continued on page 6

Faculty Scholarships

continued from page 5

Continued list of this year's scholarly work by faculty.

up youth in sport and keeping it fun." Dr. Martin's Health Psychology class (KINS 366) participated in developing a resilience project with the goal to teach students easily implemented, on the go mental tools, to prevent energy drains and quickly recover from challenges when encountered.



Dr. Mann published an article in the *Psychology of Sport and Exercise* journal titled "*Examining links between coaching behaviors and collegiate athletes' burnout level using a longitudinal approach.*" Dr. Mann had another article accepted for publication (with Dr. Hacker) and a book accepted for publication (with Dr. Hacker) titled "*Achieving Excellence: Mastering Mindset for Peak Performance in Sport and Life.*" Dr. Mann had several presentations including one at the American Psychological Association National conference and to a group of female elite runners.

PLU University of Southeastern Norway Gateway Program

One of the highlights of PLU is the emphasis on study away and global education opportunities. The Kinesiology students have several opportunities to study away through Gateway Programs, which are semester or year-long offerings. One gateway opportunity that Kinesiology students have is to study at two locations in the University of Southeastern Norway (USN) system. Outdoor recreation plays a central role in Norwegian culture. This year there were three students; Noah Dunham '23, Logan Shimskey '23 and Alex Gillies '23 who enrolled in the Nordic Backcountry Skiing and Outdoor Leadership program in Bø, Norway. These students are not Kinesiology majors but will earn a Kinesiology Minor for the classes they are taking in Norway. This program, along with other USN programs, will be an amazing experience for any PLU student. Dr. Katica is the Norway program director.

Introducing: Dr. Andrew Del Pozzi

continued from page 3

During my Ph.D., my research focused on vascular function in response to local heating. During my post-doctoral fellowship, my research had a clinical nature where we investigated the proposed mechanisms of vasovagal syncope focusing within populations of orthostatic intolerance. My research interests continue to be clinical by nature however I am an avid

sport enthusiast who also has interest in sport performance. My first year at PLU has been rewarding as I have been able to see students' progress from my Exercise Physiology course to their capstone presentations. While I am still learning the ins and outs of PLU, the wonderful staff, faculty and students have made it a much easier transition and I thank them all.

Congratulations



Congratulations to **Dr. Mallory Mann** who was tenured and promoted to the rank of Associate Professor!



Congratulations to **Dr. Karen McConnell** for her new position as the Associate Vice President and Chief Institutional Effectiveness Officer in the Office of the President.



Congratulations to **Dr. Terri Farrar** for receiving the SHAPE Washington Meritorious Service Award for outstanding service and commitment to the mission and vision of SHAPE Washington and our Physical Education / Health Education community

Internship

PLACEMENTS 2021-22



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 2021-22:

ATI Physical Therapy- Federal Way

- Jordan Houston

Auburn Riverside High School Athletic Training

- Asia Castillo

Complete Physical Therapy

- Braden Dick
- Ariana Fabico
- Maritess Jose
- Alyssa Pociernicki
- Taylor Shigeta
- Jenna Tapia

Curtis High School Athletic Training

- Rachelle Betow
- Simon Mayberry

Elite Physical Therapy

- Anita Chung

Gordon Family YMCA

- Trey Garey

Grit City Wellness

- Jerad Lewis

Lakewood Family YMCA

- Jashawn Ford

Ocean Shores Physical Therapy

- Lorin Cox

OL Reign

- Tabitha Messineo

Olympia Women's Health

- Bailey Morrish

Olympic Sports and Spine - Spanaway

- Hope Baldyga
- Kimber Thomas

Outpatient Physical Therapy - Auburn

- Eduardo Estrada

Outpatient Physical Therapy - Covington

- Madalyn Jonhson

Panorama

- Riley Graniczny

PLU Training Room

- Carolyn Roberts
- Jordan Tweden

Pro Sport- Silverdale

- Daniel McClough

Pulse Heart Institute Cardiac Rehabilitation - Auburn

- Michael Campbell

Pulse Heart Institute Cardiac Rehabilitation - Good Samaritan

- Emily Capps

Rainbow Rehab

- Max Boekenooen
- William Bulley

RET Physical Therapy - Puyallup

- Cyril Fernandez

Silas High School Athletic Training

- Samuel Livingston

South Sound Physical and Hand Therapy

- Riley Gonzalez

Steck Medical

- Samirah Noah

St. Joseph Medical Center Cardiac Rehabilitation

- Kathleen Basilio

St. Luke's Clinic

- Riki Sakai

Thor3 Ft. Lewis

- Crystal Sanderson

STUDENT TEACHER PLACEMENTS:

FALL 2021:

Rocky Ridge Elementary School (Bethel School District) with Mrs. Lori Chambers

- Adriana Davis

Columbia Junior High School (Fife School District) with Mrs. Sue Waters

- Tim Gonzalez

SPRING 2022:

Stafford Elementary School (Tacoma School District) with Mr. Matt Wood

- Maddie Elliott

Graham-Kapowsin High School (Bethel School District) with Mrs. Kim Dickerson

- Christel Pie

Edison Elementary School (Tacoma School District) with Mrs. Anna Casey

- Sunee Schneider

Spanaway Lake High School (Bethel School District) with Mrs. Jennifer Oney

- Wyatt Winkle

Congratulations

KINESIOLOGY GRADUATES 2022

Salewa Adeniji
Brad Anderson
Jonathan Arnold
Hope Baldyga
Andrew Barclay
Kathleen Basilio
Christine Bautista
Rachelle Betow
Garrett Borah
Karl Bulley
Michael Campbell
Emily Capps
Anita Chung
Samantha Claypool
Adrianna Davis
Cheyenne De Monnin
Maddie Elliott

Eduardo Estrada
Ariana Fabico
Cyril Fernandez
Tim Gonzalez
Heze Goodwin
Alex Gregory
Maritess Jose
Ryan Klee
Joey Knox
Noelle Kock Wah Ng
Max Larson
Julia Lemas
Jerad Lewis
Samuel Livingston
Daniel McClough
Bailey Morrish
Jonah Pellett

Gabriel Petersen
Christel Pie
Alyssa Pociernicki
Casey Rebelez
Carolyn Roberts
Jack Robinette
Jessica Saathoff
Riki Sakai
Crystal Sanderson
Justin Santos
Torin Savella
Sunee Schneider
Taylor Shigeta
Jordan Smith
Kimber Thomas
Wyatt Winkle

