

Kinesiology



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

Diversity and Inclusion Speaker Series

Kinesiology Diversity Event



Attendees learned “how past events and trauma affect communities and multigenerational groups, and the importance of learning, growing, and healing from that through sport and physical activity.”

For the first time in three years, students, faculty, staff and presenters gathered in person for the 2023 Department of Kinesiology Diversity and Inclusion Speaker Series. The keynote address, “Exercising Sovereignty: Indigenous Empowerment and Abundance Through Sport and Physical Activity,” featured two Indigenous scholars: Dr. Alisse Ali-Joseph (Oklahoma Choctaw) and Dr. Natalie M. Welch (Eastern Band of Cherokee). More than 145 PLU students, faculty and staff listened as Dr. Ali-Joseph and

Dr. Welch discussed how sport and physical activity offer a means for Indigenous peoples to “exercise” sovereignty in performance of cultural, political and spiritual citizenship. The speakers also highlighted how sport can be used as a protective factor for ensuring Indigenous futures. Students enthusiastically reported the impact of this event as they noted they appreciated learning “about the ways that movement can heal” and that the presentation provided “a reminder of how past events and trauma affect communities and multigenerational groups,

and the importance of learning, growing and healing from that through sport and physical activity.” In particular, many students commented on the missing and murdered Indigenous women campaign and “loved hearing about how people ran for social justice and used their platform to raise awareness.” Students and faculty reflected on the reasons they choose to move their own bodies, as well as on how they might use their own positions within our field to use sport and physical activity in ways that encourage people to express themselves and their culture.

TEAM KINS

Scholarly Collaborations

A hallmark of the Department of Kinesiology is the collaboration among faculty and students. Our teamwork as a department is respected across campus. These efforts have become such a part of the fabric of the department that we coined our “#TEAMKINS” slogan, which is used in email exchanges, meetings and on social media to designate how we choose to engage in our work together. Our interactions move beyond niceties. Faculty within the department cultivate professional partnerships that have yielded scholarship over the years. This year, we want to highlight two significant efforts in this arena. Two pairs of faculty in the Department of Kinesiology wrote books published by Human Kinetics, the world’s leading provider of physical activity information.

Dr. Collen Hacker and Dr. Mallory Mann wrote “Achieving Excellence: Mastering Mindset for Peak Performance in Sport and Life” (2023) to help readers develop a winning mindset



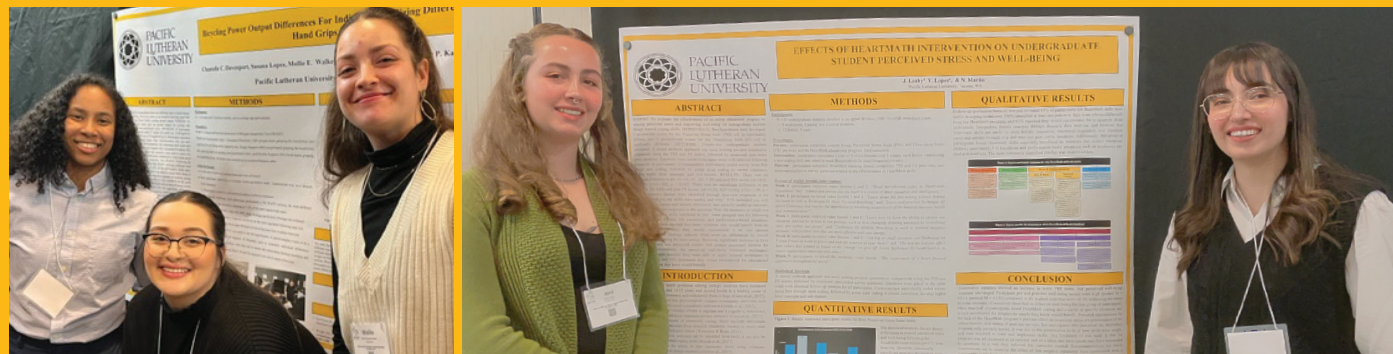
through evidence-based, step-by-step plans. The book offers a variety of peak performance strategies that athletes, coaches and performers of all kinds can incorporate into their daily lives and competitive careers.

Dr. Karen McConnell and Dr. Terri D. Farrar wrote “Live Well: Comprehensive High School Health” (2024), a comprehensive health textbook that helps students understand the importance of developing healthy habits, eating well and being physically active. Their textbook offers a variety of skill-building activities, case studies, healthy living tips and opportunities to build cross-curricular connections.

Although the list of co-authored books, presentations and articles that have stemmed from PLU faculty’s work together is impressive, it is how they leverage their individual strengths and invest in cultivating a cooperative environment that sets the standard for purposeful professional collaborations. #TEAMKINS

CONFERENCES

2023 NORTHWEST ACSM CONFERENCE



Each year the Kinesiology Department strives to promote student research and provide opportunities to present at regional conferences. This year, the Kinesiology Department supported five students to attend and present at this year’s Northwest American College of

Sports Medicine Conference on February 25 in snowy Portland, Oregon. During the Summer and Fall of 2022, Chantelle Davenport, Susana Lopez and Mollie Walker collaborated with Dr. Charlie Katica and Dr. Andrew Del Pozzi to conduct research entitled “Bicycling Power Output

for Individuals Utilizing Different Hand Grips.” Additionally, Joni Leahy and Yasmin Lopez collaborated with Dr. Nicky Martin to conduct research entitled “Effects of Heartmath Intervention on Undergraduate Student Perceived Stress and Well-being.”

MASTER OF SCIENCE IN KINESIOLOGY

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

We welcomed our third Master of Science in Kinesiology cohort in June. Bryan Flores and Alison Zakharav served as graduate assistants this Fall. This year, we celebrated the graduation of eight students. Degrees were awarded to Chalen Brown, Brady Daly, Kyle Drugge, Kristin Gellert, Jeffrey Hooper,

This year, we celebrated the graduation of 8 students.

Joseph Madden, Arianna Schultz and Sidnee Sutherland. Over the next two years, the Department of Kinesiology will work on adjusting various aspects of the curriculum in order to address the professional needs of a broader audience of students in the field of exercise science.

COMMUNITY SERVICE LEARNING
HEALTH AND FITNESS PROMOTION

Students in KINS 384: Health and Fitness Promotion Programs created and implemented a walkathon, a week-long event titled “Walk O’ Clock,” to reduce sedentary behaviors and increase walking habits among the PLU community (students, staff and faculty). Students conducted a need analysis and developed marketing strategies (flyers, brochures and posterboards) to promote the program. Tasks were identified and a timeline was developed. A walking app was used to allow participation and to encourage community members to walk together. The program was successfully implemented and enabled class members to apply knowledge in the creation of a health promotion program to better prepare them for future program promotion.

CONGRATULATIONS

DR. TERRI D. FARRAR



Congratulations to Dr. Farrar on being elected as the Society of Health and Physical Educators (SHAPE) of Washington President-Elect for the 2022-2023 academic year. This is a three-year term where she will be President of SHAPE Washington in the 2023-2024 academic year and Past-President in the 2024-2025 academic year. SHAPE Washington collaborates with educators, administrators, educational stakeholders and community members to support and foster healthy, active, educated youth through professional development, advocacy and community outreach to bring about positive change for health and physical education teachers and students throughout the state.

COMMUNITY SERVICE LEARNING

RAINIER ADAPTIVE SPORTS



People with physical disabilities are often left out of traditional sports and activities in the community, because of lack of equipment and opportunities to train, compete and benefit from team socialization. This leads to isolation and limited physical activity for individuals with spinal cord injuries, amputations, congenital abnormality, visual impairments and blindness. Recognizing the importance that adaptive sports provide to our community, in late 2020, Dr. Charlie Katica and a group of community members founded Rainier Adaptive Sports, a nonprofit public charity, 501(c)(3). Rainier Adaptive Sports provides inclusive recreation for kids and adults with and without physical disabilities to enjoy sports and activities together in an inviting setting. Rainier Adaptive Sports offers year-round and seasonal programming and events to keep participants in our community active and engaged. The organization offers a growing mix of sports, such as goalball, wheelchair basketball, beep baseball, track and field and cycling. The organization serves

community members, veterans and active-duty military from Pierce, King and Lewis counties. Rainier Adaptive Sports has an amazing relationship with PLU and provides practicum, internship and volunteer hours for PLU students. So far in 2023, Rainier Adaptive Sports has had over 35 PLU students, faculty and staff volunteers provide their assistance at the President's Cup wheelchair basketball tournament, junior and adult wheelchair basketball practices, and goalball practices. Rainier Adaptive Sports is extremely thankful for the relationship with PLU and looks forward serving more individuals with physical disabilities and for providing more opportunities for PLU students to experience adaptive sports and meet the amazing athletes. Being the only Paralympic Sport organization between Seattle and Portland, the need is great and the weight of responsibility to serve is heavy. With that said, Rainier Adaptive Sports is extremely grateful to the PLU students, faculty and staff who donate their time to help serve individuals with disabilities in our community.

2023 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 Chantelle Davenport, Sianna Iverson and John Mattes (undergraduate students) for this outstanding accomplishment.



Chantelle Davenport
2023 SHAPE America PLU Major of the Year Award



Sianna Iverson
2023 American Kinesiology Association PLU Undergraduate Scholar of the Year Award



John Mattes
2022 SHAPE Washington PLU Emerging Leader Award and SHAPE Washington Roger C. Wiley Award

FACULTY SCHOLARSHIP

Classroom Activities



Dr. Terri D. Farrar had one presentation at the SHAPE Washington conference in October 2022 with Physical Education Teacher Education and Health Education Teacher Education students John Mattes, Brisa Ramos and Samuel Flynn. The presentation was titled "Teaching Disc Sports and Lead-Up Games." They presented to over 50 K-12 health and physical education teachers. Dr. Farrar had an article in the *Strategies* journal published titled "We are Stronger Together: How a State's HETE/PETE Programs Battle Fires as a Team," which was co-authored with Dr. Carri Kreider, Eastern Washington University and Dr. Judy Beard, Central Washington University. Dr. Farrar had five presentations at the 2023 SHAPE America National Conference in March. Presentations included: PETE and HETE: Beg, Borrow and Share (with Dr. Tracy Nelson, South Dakota State University; Instructor Jennifer Peterson, William Penn University; and Dr. Roman Waldera, South Dakota State University); Your State Adapted Physical Education Endorsement (with Toni Bader and Lauren Wood, Seattle Public Schools); Using Skills-Based Health to Teach Current Health Issues; Coffee Talk: One Million Strong and Getting Stronger (with Mrs. Emily Whittaker, PLU Alum, Tahoma High School); and Amygdala Hijack! Rewiring the Brain for Positive Outcomes for ALL (with Dr. Missy Widmann, Steilacoom Historical School District).



Dr. Collen Hacker served as the Mental Skills Coach for the USA National Lacrosse Team that won the 2022 World Championship. Dr. Hacker with Dr. Mann published an article titled "Triple Jeopardy: The Impact of Race, Class and Gender on Girls and Women in Physical Activity." Dr. Hacker served as a consultant and speaker for the NWSL-PCA Culture Summit. She became a Certified HeartMath Practitioner: Clinical Certification for Stress, Anxiety and Emotional Regulation. Dr. Hacker presented at Smith College and Bucknell University Intercollegiate Athletics Programs, and she was a featured guest on numerous national and international podcasts: Sports Illustrated, Elev8, ESPNW, Washington Legends, Human Kinetics, Pacey Performance and Athletics Directors Insider. Dr. Hacker was the invited keynote speaker to the Intercollegiate Lacrosse Coaches Organization. She continues to serve on the National Advisory Boards for EPIC (Education for Persistence & Innovation Center, Columbia University) and for the Positive Coaching Alliance. Finally, Dr. Hacker was listed as one the eight women on International Women's Day for historic contributions to Sport Psychology.



Dr. Charlie Katica and Dr. Andrew Del Pozzi presented with undergraduate students (Chantelle Davenport, Susana Lopez and Mollie Walker) a study entitled "Bicycling Power Output for Individuals Utilizing Different Hand Grips" at the American College of Sports Medicine Northwest conference.


continued on page 6


FACULTY SCHOLARSHIP


Classroom Activities

continued on page 6

 **Dr. Mallory Mann** presented at the 8th International Working Group (IWG) World Conference on Women and Sport in Auckland, New Zealand (November 2022). The IWG Conference takes place once every four years and represents the largest conference on gender equity in sport in the world. Her presentation, “Enhancing Girls’ and Women’s Participation and Retention in Sport,” marks Dr. Mann’s first international speaking engagement. She also co-authored (with Dr. Hacker) “Achieving Excellence: Mastering Mindset for Peak Performance in Sport and Life,” a book published by Human Kinetics (2023).

 **Dr. Nicky Martin** conducted a research project, “Effects of Heartmath Intervention on Undergraduate Student Perceived Stress and Well-being,” with undergraduate students (Joni Leahy and Jasmin Lopez) to evaluate the effectiveness of an online educational program on reducing perceived stress and improving well-being for undergraduate students through learned coping skills. A mixed-methods approach was used, using perceived stress and well-being surveys with open-ended follow up questions about student experiences with the Heartmath educational program. Two significant findings were that participants were able to apply learned techniques to various situations, and 93% responded that they would recommend the program to someone they knew would benefit. The findings from the research were presented at the American College of Sports Medicine Northwest conference and the Rae Linda Brown Undergraduate Research and Creative Projects Showcase.

 **Dr. Harry Papadopoulos** presented with two undergraduate students (Kim Stanley and Yasmin Lopez) at the Rae Linda Brown Undergraduate Research and Creative Projects Showcase a project titled “Walk O’ Clock: The Design and Implementation of a Health Promotion Program in a College Community.”

 **Lynn Tucker** offered a Mental Health and Wellness First Aid course through continuing education. Students created mental health toolboxes for themselves and their athletes and reported that they looked forward to having more “tools in their toolbox” to help their athletes manage stress in a positive way.

2023

UNDERGRAD CLASS



Internship

PLACEMENT SITES 2022-23

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!

A2 Physical Therapy

- Madeline Dawson
- Joelianna Jose

ATI Physical Therapy

- Hannah Taylor

Complete Physical Therapy

- Joseph Camp
- Isabel Gutierrez
- JT Ignaco
- AJ Sabado
- Rebecca Stocker

Curtis High School Athletic Training

- Jenna Cooley
- Anna Foster
- Devyn Greenfield

Elite Physical Therapy – North Tacoma

- Hunter Heritage

Elite Physical Therapy - Spanaway

- Alanah Thronson

Franklin Pierce High School

- Gabe Kvam

Good Samaritan Hospital Cardiac Rehab

- Alyssa Nichols

Gordon Family YMCA

- Jace Keim

Ground 5 Fitness

- Baylee Johnson

Franke Tobey Jones

- Kristine Nguyen

Joint Base Lewis-McChord

- Thomas Jacobs

Lakewood Family YMCA

- Esther Brutus

Little Fin Therapies

- Meggie Burnett

Mary Bridge Children’s Therapy Unit

- Sianna Iverson
- Alice Kim

Metro Aquatics

- Maya Lovre

NW Sports Physical Therapy

- Meghan Michels

Olympic Sports & Spine – East Main

- Britney Blau

Olympic Sports & Spine – Spanaway

- Joni Leahy

One to One Physical Therapy

- Chantelle Davenport

Outpatient Physical Therapy – Puyallup

- Kailey Sasse

Peak Sports & Spine PT

- Tessa Bocock

Physiostrength Physical Therapy

- Megan Barnhouse

Providence St. Peter Hospital Cardiac Rehab

- Bella Chea

PS Ice Sports

- Drew Forbes

RET Physical Therapy - Lakeland Hills

- Marie Palomo

RET Physical Therapy – Meridian

- Kaleo Sablan

RET Physical Therapy – Starfire

- Leinani Tandal

Silas High School Athletic Training

- Robert Guyer
- Lillian Scully
- Jonathan Zosel

Tacoma General Cardiac Rehab

- Erik Bainter

Therapeutic Associates Physical Therapy

- Peyton Santos

Student Teacher Placements 2022-23:

Lindbergh High School

- Payton Duff

Columbia Junior High School

- Ryan Griffith

Surprise Lake Middle School

- John Mattes

Edison Elementary School

- Brisa Ramos

Congratulations

KINESIOLOGY GRADUATES 2023

Erik Bainter
Megan Barnhouse
Tessa Bocock
Max Boekenooogen
Meggie Burnett
Asia Castillo
Jenna Cooley
Lorin Cox
Chantelle Davenport
Braden Dick
Payton Duff
Jashawn Ford
Anna Foster
Trey Garey
Riley Gonzalez

Riley Graniczny
Devyn Greenfield
Ryan Griffith
Izzy Gutierrez
Hunter Heritage
J. L. Houston
Jt Ignacio
Maddie Johnson
Joelianne Keim
Jace Kein
Gabe Kvam
Maya Lovre
John Mattes
Simon Mayberry
Daniel McClough

Samirah Noah
Tyler Perpignan
Brisa Ramos Rosas
AJ Sablan
Kaleo Sablan
Peyton Santos
Tabitha Solomon
Rebecca Stocker
Jenna Tapia
Hannah Taylor
Alanah Thronson
Jordan Tweden
Jonathan Zosel

