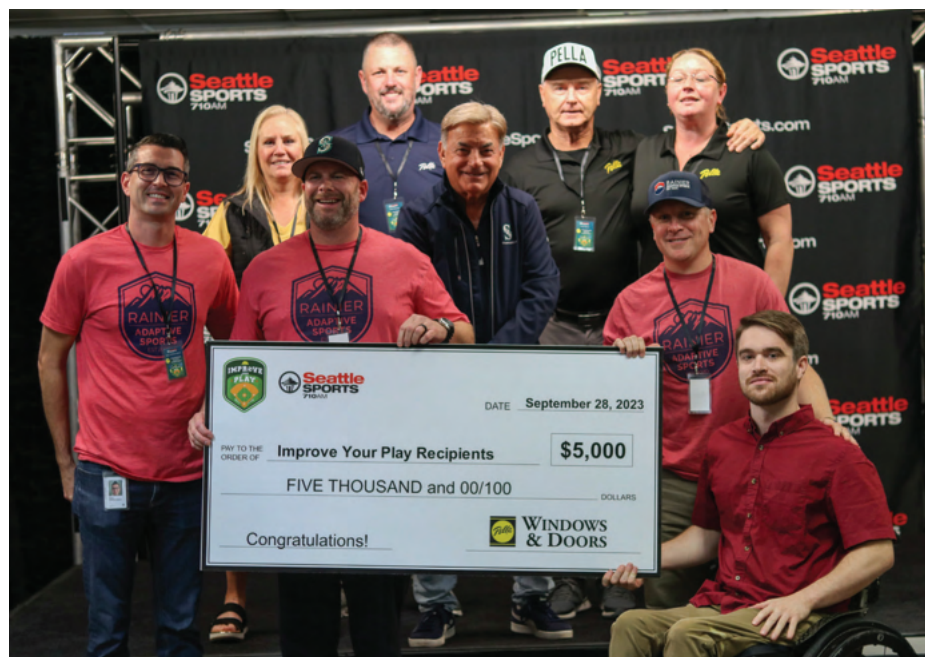


Kinesiology

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



Kinesiology Faculty Member Advocates for Changes to the WA State Endorsement System
on page 2

Kinesiology at the BMW IBSF Bobsled, Monobob, & Skeleton World Cup
on page 2



Kinesiology and Rainier Adaptive Sports: Increasing Opportunities and Impacting Community

Along with the teaching responsibilities and scholarly activities associated with his role as a tenured faculty member at PLU, Dr. Charlie Katica has spent much of the last decade coaching the Tacoma Titans Wheelchair Basketball Team. This vocational journey began when he served as the head coach of the Women's Wheelchair Basketball team at the University of Alabama (2010-2014), and it continued shortly after arriving in Tacoma. Dr. Katica's passion for the adaptive sports community has sparked interest among PLU students, several of whom continue working within this community today.

More recently, Dr. Katica helped start Rainier Adaptive Sports (RAS), a nonprofit dedicated to providing sports opportunities for individuals with physical disabilities in the South Sound region, where he serves as the President of the Board of Directors for RAS.

In the last year alone, RAS served over 200 athletes with physical disabilities on five different teams: the Junior Wheelchair Basketball Team, the Adult Wheelchair Basketball Team, the Goalball Team, the Beep Baseball Team, and the Renegades Race Team. In addition, through Dr. Katica's and Parker Ayers' (Executive Director) grant-writing efforts,

RAS has received almost \$100,000 in funding from various sources, including The Names Family Foundation, Foundry 10, and Pella Windows and Doors.

In recognition of their efforts, the Aspen Institute named Rainier Adaptive Sports a 2024 Project Play Champion!

The Department of Kinesiology is proud of Dr. Katica's work in the community and is excited to support RAS and their work in the South Sound region. Stay tuned for more information on future collaborations between PLU Kinesiology and RAS!

TEAM KINS

Kinesiology at the BMW IBSF Bobsled, Monobob, & Skeleton World Cup



Congratulations on marking your 13th World Championship, Dr. Hacker!

Over the course of Dr. Colleen Hacker's illustrious career, she served as a member of the coaching staff and mental skills consultant at six different Olympic Games! This year, she continued her work as a Certified Mental Performance Consultant (CMPC®) with Olympic and professional male and female athletes and teams.

While teaching Spring classes, mentoring students, serving as a corporate keynote speaker, and

continuing her own scholarly work, Dr. Hacker flew to Lake Placid, New York (USA) to work with a professional and Olympic female athlete at the 2024 BMW IBSF World Cup in March. This World Cup, featuring Bobsled, Monobob, & Skeleton races, marks her 13th (!) World Championship in four different sports.

Elana Meyers Taylor is the most decorated Black athlete in Winter Olympic Games

history. She became the first Pan-American Champion in the monobob and won a silver medal at the World Cup with a time of 1:58.91. Her relationship with Dr. Hacker spans several years. In fact, one year ago, in Spring 2023, Dr. Hacker brought Taylor to Tacoma as she was named the 2023 PLU Commencement Speaker.

Congratulations on marking your 13th World Championship, Dr. Hacker!

KINESIOLOGY FACULTY MEMBER IMPACTS EDUCATION STATEWIDE

Ten years ago, Dr. Terri Farrar, Associate Professor of Kinesiology and health and fitness education leader, began working with Adapted Physical Education Specialist Toni Bader on a project that could potentially change the Washington State endorsement system for physical educators. In particular, they had the idea to add a specialty endorsement in Adapted Physical education, which would need to be approved by the Professional Educator Standards Board (PESB).

After years of tireless advocacy, change began to take root in September 2023 when PESB approved changing the policy and added the Adapted Physical Education (Adapted PE) specialty endorsement to the Washington state system. Then, on March 22, 2024, PESB approved the final amendment of WAC 181-82A-208, making the addition of the Adapted PE specialty endorsement to the state system official. Pending final approval from PESB in July 2024, PLU will become the first University in the state of Washington to offer the Adapted Physical Education Specialty Endorsement, which is expected to begin in Spring 2025.

Congratulations, Dr. Farrar, on this history-making moment!

Diversity and Inclusion Speaker Series

Facing Uncomfortable Truths



The 8th annual Kinesiology Diversity and Inclusion Speaker Series was held on February 28, 2024. With over 150 students, faculty, and staff attending, the event set a new Kinesiology record! The 2024 lecture was the culmination of years of planning and collaboration. The vision for this lecture series was built around the possibility of asking “One of the 100 Most Powerful People in Sport,” Dr. Richard Lapchick, to serve as the keynote speaker. Among his many

accomplishments and accolades, Dr. Lapchick has authored 17 books, 600 articles, and delivered over 3,000 public speeches various audiences, including the US Congress, the United Nations, and the European Parliament. Dr. Lapchick was also chosen as the 2021 Muhammad Ali Humanitarian of the Year, received the 2021 Arthur Ashe Institute Leadership Award, and was presented with the John Carlos and Tommie Smith Social Justice Champion Award in 2022. His presentation highlighted

the local, regional, national, and international challenges that students with interests in sports and exercise will face as they enter the field. During his inspiring address, he encouraged students and future professionals in Kinesiology to find their areas of interest and passion and live their lives as changemakers!

We hope all of our 2024 Kinesiology graduates will leverage their positions and roles to create accessible, equitable, and inclusive for all performers.



With over 150 students, faculty, and staff attending, the event set a new Kinesiology record!

FACULTY SCHOLARSHIP

Classroom Activities



Dr. Terri Farrar led the effort to bring the SHAPE Washington Conference to PLU in Fall 2023, which included 162 K-12 health and physical educators, undergraduate students, university faculty, and education administrators in Olson Auditorium in October 2023. She also co-presented at SHAPE America and co-authored (*Live Well Comprehensive High School Health* textbook) with Dr. McConnell.



Dr. Colleen Hacker was the keynote speaker at the United States Naval Academy and Smith College. She also spoke at the Stanford Wellness Workshop with Julie Foudy on “Synergy in Action: Unveiling the DNA of Successful Teams.” In addition, Dr. Hacker served as a corporate keynote speaker for CRE Finance, HOME 14 Leadership Academic, Dechert LLC and appeared on numerous podcasts, including ESPN-W Laughter Permitted, Champions MOJO, and United Soccer Coaches: Leading Communities. Dr. Hacker was also contracted to write a book chapter on “Psychological Skills,” in Catlin’s (2024) *The Art of Soccer* and a second chapter, which is in progress, in Tashman’s *Becoming a Sport, Exercise, and Performance Psychology Professional: A Global Perspective* (2nd ed.).



Dr. Charlie Katica wrote two articles as part of a research team that analyzed available anthropometric data and its impact on the 2022 NFL draft class, both published in the *Journal of Strength and Conditioning Research*. He also presented, “Comparing Digital Urine Color Scale to Paper Scale in Female Athlete Hydration Monitoring,” at the ACSM (American College of Sports Medicine) Conference.



Dr. Mallory Mann was the lead author of an article titled “Inclusive Excellence,” which was published in 2023 in Tod et al.’s *Routledge Handbook of Applied Sport Psychology* (2nd ed.). She also served as both the coordinator and a presenter at the third PLU Kinesiology Coaching Institute (August 2023). Dr. Mann continued her work at Perkins Running Camp, working with female runners.



Dr. Nicky Martin wrote an article titled “Parent-Teacher Collaboration is Needed to Enhance Preschooler’s Physical Activity: What Do We Do Now” in the *Early Childhood Education Journal*. She also worked with Dr. Rauff to implement the “Ready, Set, Recharge” program, a virtual, self-paced physical activity and mental health education program available to undergraduate students at PLU and Seattle University. Allison Zakharov, a KINS graduate and current MSK candidate, assisted with the digital content.



Dr. Karen McConnell’s *Live Well Comprehensive High School Health* textbook was released, and she presented “Implementing Skills-Based Health into Your Physical Education Class” at the SHAPE America (Society of Health and Physical Educators) Conference. Both endeavors also represent a cherished hallmark of the Department: faculty collaboration. Dr. McConnell and Dr. Farrar worked together to produce both works.



Dr. Harry Papadopoulos facilitated screenings with KINS students to assess fall risk at the Gordon YMCA and Mid-County Community Center. He also presented “Keep Moving: Debunking the Myths about Staying Active Later in Life” at the Gordon YMCA and Burien Senior Center. In October 2023, Dr. Papadopoulos presented at the CDC Arthritis Management and Wellbeing Recipient and Partners Meeting in Atlanta, Georgia.

CONGRATULATIONS TO STUDENT PRESENTERS



More than 20 Kinesiology students presented at academic conferences in 2024!

Thanks to generous donations from alumni, faculty, staff, and community members during Bjug Day, the Kinesiology Department was able to offset costs for students to attend and present at regional conferences. In particular, several Health and Fitness Education students were able to present at multiple conferences throughout the 2023-2024 academic year.

THANK YOU to everyone who donated and made these experiences possible for students.

SHAPE Washington Conference

In 2024, **TEN** (10!) Health and Fitness Education students helped prepare for the SHAPE Washington Conference held at PLU. Samuel Flynn ('24), Katy Cook ('24), Susana Lopez, Matthew Knoll, Taylor Schmidtke, Saisha Morales, Chana Alonzo, Greysen Phillips, Anna Preciado, and Isaiah Baer attended sessions, monitored presentation rooms throughout

the conference, answered technology-related questions, and assisted presenters in preparing for their sessions.

In addition, Kinesiology students Katy Cook, Samuel Flynn, and Susana Lopez presented "Pickleball Skills, Drills, and Assessment" at the conference. Each student demonstrated a pickleball skill, provided 1-2 ideas for teachers to use when teaching the skill, and provided a rubric for skill assessment.

West Best Conference

Katy Cook, Susana Lopez, Matthew Knoll, and Anna Preciado attended this year's conference, thanks in large part to donations from Kinesiology supporters!

Two seniors on what it meant to them to attend and present at conferences this year: "This year, the SHAPE Washington conference was the first one I've attended! I learned about classroom management, how to quickly organize groups,

a few different instant activities, and how to be resourceful when it comes to equipment in PE." - Katy Cook, '24

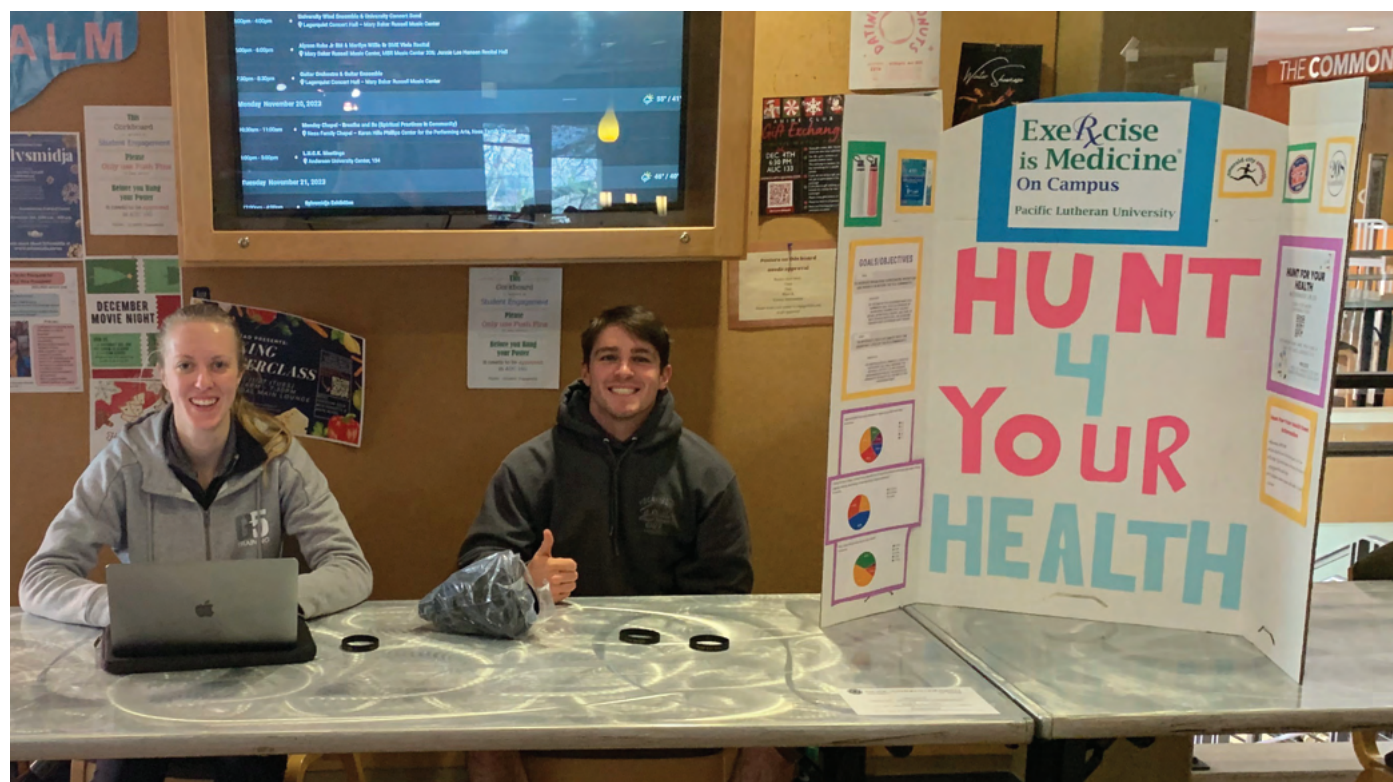
"As a student of the Kinesiology department here at PLU, I had the privilege of attending SHAPE Washington. There was a lot of good information to take in, I really enjoyed learning the different strategies and approaches other educators use for educating their students." - Samuel Flynn, '24

The Department of Kinesiology Faculty also recognizes students who were selected for the PLU Rae Linda Brown Undergraduate Research and Creative Projects Showcase in May 2024.

Students in Exercise Physiology (KINS 380) presented, "The effect of music on isometric muscle strength and muscle fatigue," a research project they worked on collectively.

Congratulations to all of the student presenters and conference attendees!

KINS Classes in the Community



The PLU Department of Kinesiology has a longstanding history of community involvement and service learning experiences in many of its classes. This year, we are highlighting two (of the many) opportunities students have had to apply their knowledge to campus constituents and community members at large.

KINS 320 – Nutrition, Health, and Performance

During the Fall 2024 semester, students in KINS 320 contributed to the PLU–Trinity Lutheran Church free community meals. Each month, students worked in groups to develop healthy meal options using foods from the PLU food pantry and community garden. Each meal plan was created to feed 80 people and consisted

of an appetizer, salad, main dish, and dessert option. Student groups provided full recipes, cooking instruction, and nutrition information. The monthly meal selections were then determined and prepared by the cooking staff.

KINS 384 - Health and Fitness Promotion

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. This year, the EIM-OC (Exercise is Medicine–On Campus) leadership team, in collaboration with KINS 384 (Health and

Fitness Promotion) students, continued promoting exercise as medicine. In Fall 2024, students designed, implemented, and evaluated a health promotion program titled “Hunt For Your Health,” which aimed to (1) increase knowledge surrounding physical activity, nutrition, and hydration within the PLU community and (2) healthy habits into the sedentary lives of PLU community. As part of the program, students created an educational seminar to teach other PLU students about physical activity. They also developed a campus-wide handout explaining the importance of physical activity and identified the places to be active on the PLU campus. ACSM recognized PLU Kinesiology students’ efforts and recognized the University at the Silver Level.

Students Learn About Adapted Physical Activity in the United States and England



“I am more aware of the various sports and activities that are out there for those with disabilities and the numerous struggles that they face every day in a nonconforming society.”

- Student Reflection from KINS 326

One of the highlights of PLU is the emphasis on study away and global education opportunities. During J-term, Dr. Charlie Katika led his KINS 326 class through a comparative analysis of resources, attitudinal barriers, and approaches to adapted physical activity in the USA and England. Students spent two weeks traveling to London, Loughborough, and Worcester as part of their study-away experience. Over the four weeks, Dr. Katika leveraged his professional coaching relationships and brought five Paralympians, including Annika Zeyen (Germany), Jude Hamer (Great Britain), Megan Blunk (USA), Laurie Williams (Great Britain), and Robyn Love (Great Britain), to speak to students. While learning from their experience, students in the course reflected,

“Going to England for our adapted physical activity class will definitely be a highlight of my time at PLU. I made new friends, explored new cities, and learned a lot about accessibility and adapted sports. Some of my favorite experiences were walking across Abbey Road, going to the top of St. Paul's Cathedral, attending musicals,



navigating the tube and new cities with everyone, and watching a wheelchair basketball practice and weights session at Loughborough University.”

“I really loved the experience that I got with the Adapted Physical J-term study away program. Looking around, I am aware of all the improvements that are needed to make infrastructure more inclusive. I am more aware of the various sports and activities that are out there for those with disabilities and the numerous struggles that they face every day in a nonconforming society. I also got to experience a new culture and all the fun that came with that. This trip was definitely a college highlight for me.”

“One of my favorite parts from the trip was getting to observe a weight training session at Loughborough University. The facilities there were amazing and the trainer there took some time after the session to talk to us about his passion for making things accessible. What he said about advocacy, universal design, his approach to his role, and just how he plans his sessions for his athletes is something I will always remember.”

MASTER OF SCIENCE IN KINESIOLOGY

Graduate Student Spotlight



On Thursday, February 29, 2024, MSK student Bryan Flores successfully defended his project, *Autonomy-Supportive Coaching and Creating a Mastery Climate: An Evidence-Based Coach Education Program for Karate Coaches*, in front of the Department of Kinesiology faculty and staff, his graduate project advisor, Dr. Hacker, and panel member, Dr. Mann.

Bryan briefly described his project and his future plans: "The primary purpose of my project was to enhance my understanding of qualitative research methods in sport psychology and utilize insights gained from three informal conversations with elite karate coaches to inform the development of an evidence-based, autonomy-supportive coach education program (CEP). The two-hour workshop, held on February 3rd, 2024, in Hollenbeck, California, was designed to teach karate leaders (i.e., instructors, coaches, and athletes) associated with the Southern California Karate Federation how to create motivating and supportive competition and training environments. The workshop covered key principles of Self-Determination Theory (Deci & Ryan, 1985), focusing on how to foster athletes' internal motivation by intentionally supporting their sense of

autonomy, competence, and social belonging. The attending karate leaders were also provided with concrete techniques and strategies they could use immediately in their own coaching contexts. A key takeaway from this project was the importance of doing thorough initial research before designing the CEP. Taking the time upfront to gain a deep understanding of the research topics, situation, and context helped ensure the program was effective and relevant. Moving forward, I plan to become a Certified Mental Performance Consultant through the Association of Applied Sport Psychology. In this role, I aim to leverage my expertise in providing support and psychological skills training to athletes, coaches, military personnel, and other relevant stakeholders."

Allison Zakharov is scheduled to present her final applied graduate project, *A Guided Exercise Program Incorporating Cycle Tracking for Individuals with Menstrual Cycles and Support Network for Individuals with Polycystic Ovary Syndrome and Hypothyroidism*, in August 2024. She is being mentored in the project by Dr. Papadopoulos and Dr. Katika will serve as Allison's second panel member.

2024 AWARD RECIPIENTS

Each year, the Kinesiology faculty selects deserving Kinesiology students for three different organizational awards.

The students selected for these awards are being recognized for their outstanding academic achievement, contributions to their community, contributions to PLU and the Kinesiology department, and potential to become future leaders in the field. The Kinesiology faculty would like to congratulate Katy Cook, Samuel Flynn, and Joni Leahy on this outstanding accomplishment.



Samuel Flynn

2024 SHAPE Washington
Emerging Leader Award

PIENTS



Katy Cook

2024 SHAPE America
Major of the Year Award



Joni Leahy

2024 American Kinesiology
Association Undergraduate
Scholar of the Year Award
Winner

Classroom Connections: Kinesiology Alumni Speak with Current Students



Each year, alumni return to PLU and their Kinesiology roots to connect with current students. Alums discuss content relative to the courses they attend and discuss their current careers. Among the many alumni that spoke to classes this year, were:

Kelly Allsup ('03), Erika Bakner ('17), Ashley Bent ('15), Andrew Barclay ('21), Chantelle Davenport ('23), Matthew Leslie ('13, MSK '21) Colin Nilson ('15), Peyton Santos ('23), and Emily Whittaker ('21).

Thank you, faculty, for investing in our students and making decisions to allow current students to benefit from our alums' knowledge and experiences. And, THANK YOU to all alumni (including those not pictured and named) for staying connected with PLU Kinesiology since graduation!



FACULTY RECOGNITIONS

Congratulations to Dr. Terri Farrar
on being named Executive Director of SHAPE (Society of Health and Physical Educators) Washington!

Congratulations to Dr. Charlie Katica
as his nonprofit, Rainier Adaptive Sports, was named the 2024 Project Play Champion by the Aspen Institute!

Congratulations to Dr. Colleen Hacker
for being highlighted on International Women's Day as one of 8 women in the United States who have made significant contributions to the field of sport psychology!

Congratulations to Dr. Karen McConnell and Dr. Terri Farrar
on the official release of the *Live Well Comprehensive High School Health* textbook!

TEAM KINS



Internship

PLACEMENT SITES 2023-24

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!

3 Dimensional Physical Therapy

- Jude Rowley

A2 Physical Therapy

- Meghan Hamell
- Erienna Vongsady

Complete Physical Therapy

- Hunter Bell
- Jaeden Chow
- Jonathan Tyrell-Smith
- Kevin Waigi
- Terrance Williams

Curtis High School Athletic Training

- Ashley Nguyen
- Naomi Tinitali-Ortaliza

Driveline Baseball

- Anthony Adams
- Rowan Amann

Elite Physical Therapy - North Tacoma

- Vasil Mladenov
- Michael Perez

Good Samaritan Hospital Cardiac Rehab

- Donna Haynen

Gordon Family YMCA

- Nicholas Bourgeois

JBLM 5 th Air Support Operations Squadron

- Blake Doss

JBLM H2F

- Zachery Vick

Kitsap Physical Therapy & Sports Clinics

- Gabrielle Johnson

Lakewood Family YMCA

- Esther Brutus

Little Fin Therapies

- Renee Grauerholz

Mary Bridge Children's Therapy Unit

- Breeze Bartle
- Julia Causbie

Mary Bridge Physical Therapy

- Riley Shaver

Olympic Sports & Spine - Covington

- Brandon Villareal

Olympic Sports & Spine - Pearl

- Mollie Walker

Olympic Sports & Spine - Puyallup 112th

- Devin Stanley

Olympic Sports & Spine - Puyallup South Hill

- Caleb Ness

Olympic Sports & Spine - Tacoma Mall BLVD

- Taylor Lei San Juan
- Kane Tubera

Olympic Sports & Spine - University Place

- Corissa Olson

Orangetheory Fitness

- Kim Stanley

Outpatient Physical Therapy - Covington

- Andrew Comito

Pearson Chiropractic

- Holly Roark

PLU Athletic Training

- Lily Dose
- Yasmin Lopez

RET Physical Therapy - Lakeland Hills

- Kaylen Sumait

Tacoma General Cardiac Rehab

- Elijah Thompson

Student Teacher Placements 2023-24:

Surprise Lake Middle School - with Ms. Leah Sandlian ('13)

- Katy Cook

Midland Elementary School - Ms. Kim Jackson

- Samuel Flynn

Congratulations

KINESIOLOGY GRADUATES 2024

Amann, Rowan
Bartle, Breeze
Bell, Hunter
Blau, Britney
Bourgeois, Nicholas
Brutus, Esther
Camp, Joseph
Chea, Bella
Chow, Jaeden
Cook, Katy
Dawson, Madeline
Flynn, Samuel
Forbes, Drew
Guyer, Robby
Haynen, Donna
Iverson, Sianna

Jacobs, Thomas
Johnson, Baylee
Johnson, Gabrielle
Leahy, Joni
Lopez, Yasmin
Michels, Meghan
Nguyen, Kristine
Nichols, Alyssa
Palomo, Marie
Perez, Michael
Reeder, Lexi
Roark, Holly
Rowley, Jude
San Juan, Taylor Lei
Sasse, Kailey
Scully, Lily

Shaver, Riley
Stanley, Kim
Tandal, Leinani
Thompson, Elijah
Tinitali-Ortaliza, Naomi
Tubera, Kane
Vick, Zachery
Villareal, Brandon
Vongsaday, Eireнна
Waigi, Kevin
Williams, Terrance

Master of Science in Kinesiology Graduates

Flores Bryan
Zakharov Allison

