



PERFORMANCE IN MOTION

Department of Kinesiology
College of Education
Michigan State University

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Message from the Chair

The year 2010 was tumultuous for many in the U.S. and around the world, with the BP oil spill, unemployment and foreclosure increases, and disasters in Haiti, Pakistan, Australia, and New Zealand. On the MSU campus, although we have had to deal with budget reductions, there is much for which to be thankful. MSU has a long-term strategic plan to focus its priorities as part of its Shaping the Future initiative (<http://www.shapingthefuture.msu.edu>). The University continues to be one of the top 5 universities in the country for study abroad participation and international student enrollment; it continues to be one of the top research universities in the world; and it has been selected as one of the top 50 "best-value" public universities by Princeton Review.



Deborah Feltz

In the Department of Kinesiology, we have much to celebrate as well. We have been successful in our search for a new faculty member in pediatric kinesiology. We will hire Matthew Pontifex as an assistant professor to start in January 2012. Matt is currently finishing his Ph.D. in kinesiology at the University of Illinois in the neuro-cognitive area of exercise. You can read more about him on page 3.

Additionally, in this issue of Performance in Motion, you will read about our rise in the National Academy of Kinesiology rankings, the research going on in our labs and in the field, our international connections, and about faculty, students, retirees, and alumni in the news.

Thank you, again, for your generous gifts of financial support. Endowment from past donations allows us to offer scholarships to undergraduate students, which certainly helps them in these times of tuition increases and enhances our recruiting of top graduate students. General fund gifts enhance our ability to conduct research and to attract and support new faculty. We will continue to use this support to advance the necessary changes we see as rewarding to our communities.

Please keep in touch with our Department and tell us how you are doing.

Celebrating 30 years of Doctoral Study in Sport Psychology

It has been 30 years since we conferred the first Ph.D. to a student in the sport psychology concentration (now called psychosocial aspects of physical activity). Dr. Maureen Weiss was granted her Ph.D. in 1981, and we have had a steady stream of doctoral and masters degree students ever since. To celebrate this event, we are hosting a reunion on May 14-15 at the Kellogg Center. The dinner will be on May 14th. Please see our announcement on our website: <http://www.education.msu.edu/kin/> under Kinesiology Events.



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ISYS Works with East Lansing High School to Develop Youth Leadership Training Program

Through the *Institute for the Study of Youth Sports (ISYS)* and a partnership with the East Lansing High School athletic department, ISYS doctoral students (Jed Blanton, Katie Griffes and Dana Voelker) and staff (Larry Lauer) have developed and begun piloting a long-term leadership training program for high school students and student-athletes. Nearly 6 years ago, the *ISYS* partnered with the Michigan High School Athletic Association (MHSAA) in order to conduct statewide workshops for high school student-athletes and team captains. These Captain's Clinics, as they are affectionately known, have been carefully designed and offer an engaging, participant-directed experience in a half-day workshop format.

While 's Clinics have been well received by both the MHSAA and the high school participants, it has been the goal of *ISYS* to develop an in-school leadership-training program to extend the information covered during the clinics, as well as form "captains councils" or leadership groups within the schools, to facilitate and encourage peer learning. In early May, the *ISYS* was contacted by an East Lansing High School assistant basketball coach with a similar vision, and development for the Trojan Leadership Training Program was launched. We kicked off the program in late October, with our half-day Captain's Clinic format for nearly 60 East Lansing students and student-athletes, while concurrently running a workshop for coaches with the goal of discussing how to train and optimize the role and experience of team captains. Since this workshop, the *ISYS* has visited the students and student-athletes for two additional leadership seminars, with plans for 6 more visits during the winter semester.

Following the Positive Youth Development movement and literature, our youth leadership-training program has attempted to foster a welcoming, and engaging participant-centered learning environment. Beyond covering leadership topics and tools, our program also encourages our student participants to discuss issues and stressors they are currently facing as peer leaders. This dual-purpose format allows for the students to learn valuable leadership skills that they can apply immediately in their sports teams, student councils, and other clubs. The format also offers them a setting with our doctoral students and their peers to discuss the specific situations where their leadership ability is being tested in order to find realistic solutions. Our intention is to work with program participants to facilitate growth and to develop as transformational leaders as they finish their high school career and go on to college and the work force. We believe the skills we discuss, such as communication, positive peer modeling, and fostering team cohesion, can be applied not only on a sports team, but will be applicable for years to come.

The East Lansing High School and Trojan Athletic Department have been extremely instrumental in partnering with *ISYS* to development of this program—a program that helps us work towards one of the major *ISYS* mission objectives of leading the nation in training youth sport leaders and coaches. By forming a relationship with a local high school, the *ISYS*, Department of Kinesiology, and Michigan State University have been able to react locally to the global issue of training peer leaders. Through the administration of this in-school leadership-training program, we are able to critically examine our curriculum and will be able conduct research as we move towards the creation of a formalized program that could be facilitated by trained coaches within high schools across the nation. We believe that working relationships such as these serve the foundation of the pioneer land grant institution. Michigan State University has always sought to conduct applied research in order to foster outreach in our local communities. The Trojan Leadership Training Program is a step in the right direction for fully understanding the youth peer leadership dynamic and orchestrating an environment for young students and student-athletes to become better future leaders.

(Dan Gould)

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We welcome Matt Pontifex to our Kinesiology Department as a New Faculty Member



Matt, Katie & daughter Emerson

I am very excited to join the faculty in the Department of Kinesiology at Michigan State. Having completed all of my previous degrees at the University of Illinois, I am looking forward to joining another Big Ten University – especially one whose athletic teams win so frequently. My research focuses on investigating how aspects of health-oriented behaviors modulate the development of cognition in the “normal” preadolescent population as well as within children suffering from cognitive and attentional disorders. To better understand this relationship, my research employs both behavioral and neuroimaging methods in the examination of the influence of acute and chronic physical activity participation on developmental neurocognition. Findings from my research have suggested that greater cardiovascular fitness relates to greater integrity of higher-order cognitive processes, coupled with an increased ability to modulate with an increased ability to modulate these processes to optimize behavioral interactions with the environment. Similarly, findings from my research have indicated that participation in a single 20-minute bout of moderately-intense aerobic exercise served to enhance aspects of inhibition and attention and resulted in better academic achievement.

Building on these investigations, I have recently begun to investigate the extent to which participation in a single bout of exercise may serve to ameliorate deficits in cognition in children with attention-deficit/hyperactivity disorder (ADHD). ADHD has become one of the most prevalent childhood disorders in the United States with research suggesting that failures in the control of inhibition may represent the core cognitive deficit underlying ADHD. Given that a single bout of aerobic exercise exerts a positive effect over the same aspects of cognition in which children with ADHD exhibit deficits, the investigation of acute exercise on cognition may inform about non-pharmaceutical treatment options for ADHD to transiently increase the cognitive health and effective functioning of this population. Accordingly, my research will attempt to gain a greater understanding of the neurological mechanisms underlying the relationship between health-oriented behaviors and cognition, and the translation of this relationship to scholastic achievement. *(Matt Pontifex)*



Kinesiology doctoral student *Megan Holmes, who received an excellence in teaching award*, devises unique activities to ensure her students master concepts in anatomy and physiology. In one instance, she choreographed a dance, or “human study guide,” for students to learn the concept of Einthoven’s Triangle. Holmes also provides significant leadership in the Anatomy Cadaver Laboratory, where she developed learning aids to standardize the quality of instruction and increased service opportunities for previous students. A caring instructor, Holmes actually charts the performance of students struggling in her courses and seeks them out to determine troubling issues.

(Nicole Greary)



Kinesiology doctoral student *Erin Kuffel has received one of six 2011 Excellence-In-Teaching Citations* presented to outstanding graduate teaching assistants at Michigan State University. The awards were presented on Feb. 8, 2011 at the Wharton Center.

Kuffel uses innovative strategies while teaching several courses for kinesiology majors, and she serves as lead instructor for the exercise physiology lab, KIN 411. In that role, she strives to make sure all sections of the course are consistent and emphasize critical knowledge for all students. Her own successful experiences have involved, for example, using YouTube clips to illustrate concepts and successfully adapting lab assignments for a student with limited sight and hearing. Kuffel’s work as an educator also extends to the community, where she shares lessons about physical activity with local Girl Scouts, teaches yoga and participates in Grandparents University each summer. She was nominated by Professor James Pivarnik, with whom she has fine-tuned her research interests in exercise (weight-lifting in particular) during pregnancy. Teaching, however, is the reason the fourth-year doctoral candidate came to MSU.

“My heart and soul goes into teaching,” Kuffel said. “To be recognized for it was amazing”.

(Nicole Greary)

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Spartan Profile Meredith Whitley



Meredith starting a basketball game at the Refugee Sport Club in Lansing



Meredith with children from the Kayamandi Township in South Africa

Meredith Whitley, Ed.M.

I'm a third-year doctoral student in Kinesiology working with Dr. Dan Gould, with a concentration in Sport Psychology. I am originally from Virginia, where I grew up playing soccer and basketball while also enjoying long days on the river fishing, tubing, and having fun with my family. I attended New York University for my undergraduate studies, receiving a B.A. in History and a minor in Computer Applications. At NYU, I served as captain for the women's basketball team and, following graduation, I coached basketball at the collegiate level. Soon thereafter, I continued my studies at Boston University, where I received my Ed.M. in Counseling with a specialization in Sport Psychology. During my masters program, I gained experience as a sport psychology consultant at BU's Athletic Enhancement Center, where I met with middle school and high school athletes twice weekly through group workshops and individual sessions. I also helped with the Student Support program at English High School in the Boston public school system. Through this program, I worked with inner city high school athletes to provide academic coaching, life-skills mentoring, and physical training. This was a transformational experience for me, as I began to realize my passion for working with underserved youth that led me to the doctoral program here at MSU.

During my time at MSU, I have taught undergraduate classes on motor learning, motor development, sport psychology, and sport sociology, and assisted Dr. Dan Gould in his graduate level course entitled, "Promoting Positive Youth Development through Sport." I have served as a Research Assistant for the Institute for the Study of Youth Sports, where I have been studying sport-based positive youth development, burnout in youth sport, and the experiences of underserved athletes from a Detroit youth sport league. During the summer of 2009, I lived in South Africa, where I implemented two sport programs with children and youth from an underserved community, trained the facilitators on how to teach life skills through sport, and researched the nature of sport in underserved communities in South Africa. I continue to work with Missy Wright (another doctoral student in Kinesiology), Dr. Laura Hayden (an Assistant Professor at the University of Massachusetts Boston), and Dr. Dan Gould on the analysis of two research studies that were conducted during my time in South Africa. Outside of my primary responsibilities, I have developed and implemented a sport program for young refugees in Lansing that focuses on positive development through sport, specifically teaching these young people about personal and social responsibility. Over the past two years, we have overseen seven sport programs for refugee children and youth, and I have been fortunate to receive help from a number of undergraduate and graduate students from MSU.

In addition to expanding my academic horizons at MSU, I have really appreciated developing lasting friendships with other graduate students who share my passion about sport psychology and kinesiology and provide a tremendous support system. Thanks to alumni gifts to MSU, I have also been able to receive some wonderful fellowships that have allowed me to have the time and resources to pursue my studies and further develop my passion and commitment to working with underserved children and youth. Looking to the future, I hope to spread the knowledge that sport can have a powerful impact on the lives of underserved children and youth in every part of the world.

(Meredith Whitley)

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Spartan Profile Erin Kuffel



Erin Kuffel



Erin with KIN 411 students

I am a fourth year Doctoral Candidate excitedly working toward completing my degree with a concentration in Exercise Physiology. Originally, I am from Brookfield, WI. My undergraduate degree is in Exercise and Sport Science from the University of Wisconsin-La Crosse and my MS is in Kinesiology from the University of Tennessee-Knoxville. Dr. Pivarnik and the department's atmosphere drew me to MSU where I love being back north and closer to family and friends.

Currently, I'm working on my dissertation which is examining the associations between weight lifting during pregnancy and maternal and infant outcomes. Very little research has been conducted in this area and I'm excited to delve further into this area. Current physical activity guidelines only focus on aerobic exercise, but many women are more active than just walking or running and therefore, this is an exciting opportunity to investigate. In addition to research, I'm also a Graduate Teaching Assistant. Currently, I teach KIN 411 (Laboratory Experiences in Exercise Physiology) and assist with KIN 216 (Human Anatomy). These are both great classes to be involved in and have helped me grow tremendously as an instructor, which is my career goal. I enjoy teaching students about the human body during exercise and would like to continue doing this upon graduation from MSU.

After graduation, I am planning on relocating to La Crosse, Wisconsin and working for the Exercise Science Department where I can give students a similar experience to mine. While I enjoy teaching, when I'm not in the classroom, I enjoy teaching yoga, playing volleyball and basketball, arts and crafts, travelling, and catching up with friends. I especially enjoy traveling to Milwaukee to see my parents, 4 siblings, and 2 nephews. Every trip is adventurous with them...especially when my curious nephews are around.

(Erin Kuffel)



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Empowering High School Coaches to Confront Doping Issues

Although studies have shown that high school coaches generally know when their athletes are doping, they don't necessarily know how to deal with the problem face-to-face. Deborah Feltz and former doctoral student, Philip Sullivan (Brock University), have teamed up to address this gap between knowledge and intervention with a grant from the World Anti-Doping Agency (WADA).

Doping in sports refers to the use of performance enhancing drugs such as steroids, erythropoietin (EPO), stimulants, human growth hormone (HGH), and narcotics. The use of such substances and techniques is a serious issue at all levels of sport. The number of teenagers in the United States who have used steroids has been estimated to be as high as 750, 000, and 8% of high school athletes are estimated to have used creatine.

One of the typical methods of preventing doping has been through the coach. Coaches are in a unique position to help in doping prevention efforts. They are involved in the daily training of athletes and hold a position of authority and leadership. But as Sullivan, who is the principal investigator on the project noted, coaches are deficient in their knowledge of how to confront and prevent doping among their athletes. The research project came as a result of a deficiency in this type of coaching education.

Skills development and sport knowledge – including the types of banned substances in use and the symptoms they present – are apparent in many coaching education programs. But many coaches lack confidence to confront athletes they suspect might be using performance-enhancing drugs.

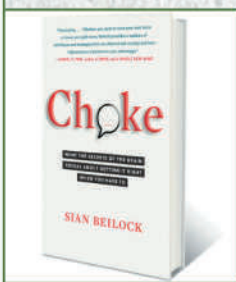
The first phase of the project involves establishing a measurement for what Sullivan and Feltz call coaching confidence. To do this, the research team will focus on high school football players and coaches in Ontario, New York State and Michigan. Football coaches will participate in a survey to measure coaching confidence this spring. Football was chosen because it is a common sport on both sides of the border.

Once the coaching confidence measurement has been tested validated, the second phase of the project involves creating an intervention designed to increase coaching confidence. The intervention, likely in the form of a half-day workshop, will include such tools as role-playing, and will take place before the start of the football season. Coaches' confidence will be measured before the workshop, during the football season, and then once the season is over. The ultimate aim will be to develop workshops to be implemented by coaching bodies in other sports, and eventually, in other countries.

(Taken from <http://www.brocku.ca/brock-news>)

Choke

It happens to all of us. You've prepared for days, weeks, even years for the big day when you will finally show your stuff—in academics, in your career, in sports—but when the big moment arrives, nothing seems to work. You hit the wrong note, drop the ball, get stumped by a simple question. In a word, you choke. It's not fun to think about, but now there's good news: This doesn't have to happen.



Dr. Sian Beilock (Ph.D., '03, sports psychology concentration) reveals the astonishing new science of why we all too often blunder when the stakes are high. What happens in our brain and body when we experience the dreaded performance anxiety? And what are we doing differently when everything magically "clicks" into place and the perfect golf swing, tricky test problem, or high-pressure business pitch become easy? In an energetic tour of the latest brain science, with surprising insights on every page, Beilock explains the inescapable links between body and mind; reveals the surprising similarities among the ways performers, students, athletes, and business people choke; and shows how to succeed brilliantly when it matters most.

In lively prose and accessibly rendered science, Beilock sheds new light on counterintuitive realities, like why the highest performing people are most susceptible to choking under pressure, why we may learn foreign languages best when we're not paying attention, why early childhood sports training can backfire, and how our emotions can make us both smarter and dumber. All these fascinating findings about academic, athletic, and creative intelligence come together in Beilock's new ideas about performance under pressure—and her secrets to never choking again. Whether you're at the Olympics, in the boardroom, or taking the SAT, Beilock's clear, prescriptive guidance shows how to remain cool under pressure—the key to performing well when everything's on the line.

(Description from Amazon.com)

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Kinesiology Students and Athletes with Disabilities Network (AND) Scholar, McKayla Hanson, Continues to Persevere Toward Success

McKayla Hanson’s story is one of perseverance in the face of adversity, ingenuity to solve difficult problems, and an unbeatably positive attitude. After undergoing three amputations resulting in a hemipelvectomy at age seven, which removed her hip and part of her pelvic bone, doctors said she would never be able to run or bike, or possibly even walk. “I proved the doctors wrong,” she said.

Today, Hanson is a champion rock climber and training for her first half Iron Man triathlon, in which she will compete in October 2011 in San Diego. Though participating in the competition is years in the making, Hanson’s history of athletic success is the result of much more than the average athlete’s practice.

Hanson was in foster care until she was adopted by her parents at age seven. Because of the instability of the system, bone cancer in her leg went unnoticed until her adoptive mother realized something was wrong. “Just a bump in the car would hurt—I couldn’t go anywhere,” Hanson said. After getting medical attention, it was evident that she would need full amputation to heal, the first of which occurred in October 1994. Although the procedures were excruciating, Hanson credits her mother with her ability to seek positive results. “She saw I would have a future someday. My mom said, ‘You can lie in your bed and feel sorry for yourself or go out and do something.’ I’ve been going ever since!” Hanson said.

Hanson’s journey to athletic stardom has not been an easy one. Initially, she said, she questioned whether she could compete due to her disability. However, “I didn’t want to turn myself down by giving up. I told myself I’d do my best,” she said. Hitting the ground with enthusiasm, she joined her high school swim team and began rock climbing at age 19. She references the Athletes with Disabilities Network motto in her reason for persevering, stating, “There is no replacement for the competitive spirit!”

In her first year of competitive rock climbing in 2008, she took third place in the Extremity Games, an organized event for BMX, wakeboarding, climbing, and other extreme sports. The next year, she took first, scaling a complicated route on an average 35 foot rock wall in less than four hours as her mother watched proudly. “I can depend on my upper body strength in climbing,” she said.

This October, Hanson will compete in the San Diego Triathlon Challenge, sponsored by the Challenged Athletes Foundation. The competition entails a 1.2 mile swim, a 13.1 mile run, and a 56 mile bike ride, which Hanson will complete by substituting the running with a hand cycle.

“I want to do the whole thing- it’s so exciting. With the triathlon, it doesn’t matter if you have a disability. It’s difficult, but you can still do it,” she said.

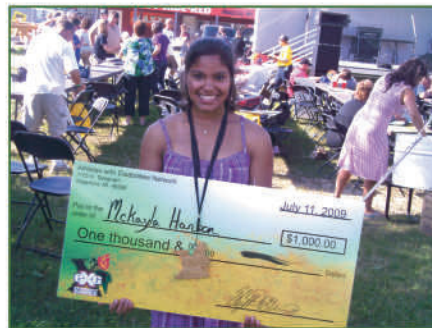
The Challenged Athletes Foundation has been a long-time supporter of Hanson’s pursuits, having provided grants for a new prosthetic leg and a bike that fits her requirements, also including money for training and travel to the race. “I said, ‘What if I don’t finish?’ They told me that even if it takes me all day the route is open!” Hanson said.

Though Hanson’s hard work makes a triathlon route look easy, it hasn’t been an easy road to get to where she is today. “I can motivate myself on days when I feel like my clothes don’t fit or I can’t put my shoe on by looking at other athletes. They show me I can persevere,” Hanson said.

Hanson will graduate next spring with a degree in Kinesiology and has already begun the process of applying to graduate schools to become a physical therapist. Her choice of entering a career in which she could contribute to others’ quality of life was a logical one, she says: “I wanted to find what I was good at, and I knew I wanted to help people. I want to help people because so many have helped me.”

After a college career filled with overcoming obstacles to reach the highest success, Hanson still credits her parents and 15-person family with her ability to reach her goals. “My parents are so supportive of anything and everything. I feel like I’d be missing something without them,” she said.

(MSU Resource Center for Persons with Disabilities (RCPD))



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2010-2011 (Phi Epsilon Kappa (PEK) News



PEK students in homecoming parade

Michigan State University's Kinesiology Fraternity, Phi Epsilon Kappa, has been off to an eventful start for the 2010-2011 school year. The fraternity has brought in over 70 active members who represent various cognates of the Kinesiology major.

Phi Epsilon Kappa (PEK) started the year off with the MSU Homecoming Parade in which their theme was "Sports in Space." During the nights of float building for the parade, Phi Epsilon Kappa was showcased on the Big Ten Tailgate Show in which their Activities Chair, Claire Goodwin, spoke about PEK and the Kinesiology major as a whole. This was a great opportunity for PEK and they thank the Kinesiology Department for making it possible. Members have also participated in an outing to Uncle John's Cider Mill, a PEK tailgate, Intramural volleyball, several fundraising events, Special Olympics Poly Hockey volunteering, gift card and necessity donation for the KIN Holiday Gift Program under the direction of Jan Davenport, as well as their Fall Social dinner at Old Chicago in which members were able to celebrate with an all-inclusive dinner.

Phi Epsilon Kappa is looking forward to a great Spring Semester by starting off the 2011 school year with their member initiation event. This event will initiate all new members into Phi Epsilon Kappa chapter Alpha Mu and celebrate another year for those returning members. PEK will also participate in Polar Plunge this February in support of Special Olympics of Michigan as well as several other volunteer events on campus. Other activities will be a Ronald McDonald House dinner in which members will help prepare a meal for families in need, Relay for Life in support of the American Cancer Society, bonding events, Intramural sports, a Founders Day event, and various other events in support of the Kinesiology field. Phi Epsilon Kappa hopes to end the 2011 Spring Semester in stride and watch their members learn and achieve as much as possible from the events in which they participate.

(Paige Lehmann)

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Student News

November 29, 2010

Kinesiology students win regional ACSM competition

Three Michigan State University seniors majoring in kinesiology recently took first place in the exercise physiology-based Jeopardy! competition at the American College of Sports Medicine, Midwest Regional Chapter conference in Indianapolis.

The students, Charlie Xin, Allison Pomerantz and Emily Bolthouse, received their winning trophy from MSU kinesiology professor Karin Pfeiffer, who is now past president of ACSM-Midwest. They were coached by kinesiology doctoral students Erin Kuffel and Heather Hayes.

The group will now compete in the quiz bowl-style event at the national conference of ACSM in Denver this spring.

Congratulations and good luck!



Kinesiology Ph.D. ranked in national reports

The doctoral Kinesiology Program at MSU had a strong showing in two national assessments of Ph.D. programs released recently. According to the National Academy of Kinesiology (NAK), Michigan State ranks in the range of 11th to 16th out of 35 institutions, depending on whether or not the data are adjusted based on the size of the faculty.

The NAK program review, now in its second iteration, accounts for measures of faculty contributions and student performance during the years 2005-2009. The next review occurs in 2015. Visit www.nak.org.

Secondly, the National Research Council's evaluation of doctoral programs indicated that, overall, MSU's kinesiology program ranks between 14th and 25th out of 41 programs. The NRC, which included kinesiology in its rankings for the first time, also provided separate ranking ranges for programs based on diversity.

The Chronicle of Higher Education has a Web-based interactive tool on the NRC rankings at:

chronicle.com/page/NRC-Rankings/321. Kinesiology can be found under Biological and Health Sciences.

Working with the Crim

Researchers from the departments of Kinesiology and Radiology at MSU have partnered with the Crim Fitness Foundation in Flint, MI., to improve and grow fitness programs for local youth. The team conducted a pilot study with approximately 400 elementary students in spring 2010 to evaluate the school-based CrimFit Youth program. The group has submitted a grant proposal to help expand the program into nearby neighborhoods.

www.crim.org.



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Institute for the Study of Youth Sports Helps Transform Youth Tennis Across the Nation

Tennis is a great sport for children to learn as it is a wonderful source of physical activity that can be played for a lifetime. For years, however, tennis has been a very difficult game for children to learn. Why? Because children were taught on courts designed for adults with adult-sized equipment. Imagine if you, as an adult, had to play a match on a court the size of a basketball court with a net that was five feet high and with a super fast ball, all while using a racquet that was twice as large as the ones we adults typically use. That would not be much fun as most of us would certainly not have much success. Yet, this is comparable to what we have asked children to do for years.



(USTA)

We are happy to report that for the past two years the Institute for the Study of Youth Sports has been consulting with the United States Tennis Association Community Tennis Division to help them develop an entirely new approach to teaching and playing the game that is consistent with the latest sport science research designed to maximize participation and lay the foundation for talent development. ISYS Director, Dan Gould, has served as a consultant with the architects who have developed the new format and has been involved in giving presentations to staff who will implement the program to physical education teachers and coaches throughout the country. In fact, he recently was a keynote presenter to an audience of 600 participants from around the country at the Community Tennis Development Workshop in Arlington, Virginia where he discussed such topics as the characteristics of 10 and under children, how children best learn sports skills, the most important things coaches can do to help children learn, the appropriateness of when and how to introduce competition, sports specialization and stressing fun and fundamentals at these early ages as actually the best way to develop tennis talent.

But what does this new approach involve? The USTA has developed what they call the QuickStart game format and has passed nationwide 10-and-under tennis rule changes that require children to play on appropriately sized courts, with several slower less dense balls and racquets that are proportional to their body sizes.



QuickStart is a games approach to teaching tennis which eliminates those boring practice formats designed for adults where children stand in long lines waiting for a coach to feed them a ball that they try to return with equipment designed for adults. Instead, children learn while playing the game with equipment that maximizes their chances of being successful and increases feelings of worth and competence, key predictors of motivation and involvement. And the best part of these changes is that they allow 10 and under novices to rally and have success in just a few practices. Moreover, more highly skilled children develop better footwork, strokes, skills and tactics when they play with appropriately sized equipment.

(USTA)

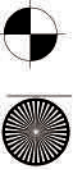
ISYS is extremely proud and honored to be asked to help the USTA in developing this exciting new way to introduce children throughout the nation to tennis. We also commend the USTA and the tireless efforts of its staff for making this change which not only helps develop their sport but can play a major role in increasing physical activity and reducing childhood obesity.

Whether you are an interested parent, grandparent, physical educator, coach or tennis player you can find more information and an abundance of excellent materials about 10 and under tennis and the QuickStart format by going to the following website (10andunder.com).

(USTA)

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Department of Kinesiology Human Energy Research Lab Open House



Group picture of many who participated in the open house for the Human Energy Research Lab.



Dr. Henry Montoye, founder of the HERL Lab and his grandson Alex Montoye who is a graduate student in Exercise Physiology

On November 19, 2011, we held an open house to show off the new Department of Kinesiology Human Energy Research Laboratory (HERL). Guests included faculty collaborators and friends from various MSU Departments, administrators from the College of Education and the University, including Vice-President for Research and Graduate Studies Ian Gray, many retired KIN faculty and their spouses, and of course, current KIN faculty and students.

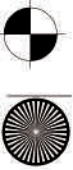
The HERL was founded in 1953 by Dr. Henry Montoye. Since then, it has had many locations, starting with a humble beginning as two small rooms in the basement of Jenison Field House. It subsequently moved to the Quonset huts that were located where the Breslin Center sits today, then to the other end of the basement (room 3) in the IM Circle Building, to Erickson Hall, back to Room 3, and finally to its current location in Room 27 of the IM Circle Building. The new location was the result of a large section of the old "women's locker room" being renovated to suit our ever growing research space needs. Included in the new HERL are offices for five faculty and one staff member, three multi-purpose testing rooms, three data storage and analysis rooms, a conference room, and a restroom/locker room. This expanded space is across the hall from our current Exercise Physiology Instructional Classroom (EPIC), making it easy to move from one location to the other during testing and teaching activities. We are grateful for our new facilities, and believe our new location and additional space will better position our faculty to increase their research productivity, particularly collaborative studies involving faculty and students from other departments.

For more information regarding the Human Energy Research Laboratory, please call (517-353-3520) or email (jimpiv@msu.edu) lab director, Jim Pivarnik

Jim Pivarnik.

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Retired Faculty News: Where are they now and what are they doing?



Gene Brown -While employed from 1979 to 2009 in the Department of Kinesiology at MSU, I primarily performed two functions – served as a faculty member and worked in the Youth Sports Institute. My academic interest was in biomechanics and my sport interest within YSI was in the sport of soccer in which I wrote educational materials and conducted many coaching clinics. Since my retirement, I have continued to serve as an advisor for one master’s student and two doctoral students.

On the home front, I have taken on additional home maintenance activities. My wife, Jean, continues to work as an advisor in the College of Education. Our three adult children are married and live in Pittsburgh, Chicago, and Denver. This has resulted in a lot of travel to visit them at least a couple times per year. We have three grandchildren and expect a fourth within the next couple months.

Anyone who is interested in communicating with me can contact me at ewbrown@msu.edu.



Professor Emeritus **Gail Dummer** was a member of the Department of Kinesiology faculty from 1984-2009. My primary contributions included teaching, research, and outreach in my specialty area of physical activity and disability. During my first year of "retirement" I developed educational materials about responsible conduct of research for the MSU Graduate School and also chaired the Social Science Institutional Review Board (IRB). Now that I am fully retired, I am devoting more time to traveling, reading, physical fitness, and volunteer activities. I compete in statewide masters swimming events and travel as much as possible on my bike. I am working toward greater and more effective inclusion of swimmers with a disability in my role as chairperson of the Disability Swimming Committee for USA Swimming.



John Haubenstricker - I retired from MSU in 2003 after 30 years on the faculty. I stayed connected with the Department of Kinesiology by teaching an on-line coaching course for the Institute for the Study of Youth Sports through the Spring Semester 2009. My wife, Beth, and I continue to live in Lansing and enjoy attending MSU football and basketball home games.

Much of my time is spent doing handyman and yard work in the neighborhood. I also appreciate the opportunity to work with one of my sons in his home building and improvement business. I am most proficient in the demolition phase of his remodeling projects. After retiring from MSU, over a period of two years, I completed the required course work to become a church deacon. Currently, I serve as deacon for Ascension Lutheran Church in East Lansing.

During my free time, I like to read novels, watch sports on TV, tend my raspberry patch, make wine, and attend athletic and musical events in which our nine grandchildren participate. Former students and advisees are welcome to contact me at hobbs@msu.edu.



Grady Peninger— I mostly stay close to home so I can be with my three kids and two grandchildren and keeping up with the wrestling teams. I have traveled to Oklahoma to help celebrate the erecting of the statues of two of my former Ponca City High School wrestlers, Doug Blubaugh and Shelby Wilson, both of whom were both 1960 Olympic Champions. I have won several awards over the last several years. The most recent was the Lifetime Achievement for Retired Coaches Award given by the Varsity Alumni Spartan Club in 2008. My wrestling team at MSU was the first Big 10 team to win the NCAA in 1967. Wrestling was also the only sport at MSU to win 7 consecutive Big 10 Championships.

Although I am still interested in target shooting, I am too cold to go out now!



John Narcy - After retiring in 2002 as Diving Coach in the Department of Athletics, I continued to teach as Associate Professor and Aquatics Coordinator in the Department of Kinesiology until retiring in 2007 after 42 years of service. My wife, Pat, and I remain in the East Lansing area and enjoy fishing, biking, and just enjoying life. For the past several years, I have had the honor of being invited to judge the Big-10 and NCAA Diving Championships.

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Janet A. Wessel, Professor Emeritus, Department of Kinesiology, will receive the 2011 Julian U. Stein Lifetime Achievement Award from the Adapted Physical Activity Council (APAC) of the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD). Established about 5 years ago, the Award was designed to provide recognition to a founding pioneer in adapted physical activity, still alive, (retired or close to retirement) who devoted her or his professional life primarily to developing the adapted physical activity/adapted physical education profession and underlying body of knowledge as well as services, programs, and activities for persons of all ages with disabilities, their families, and communities.

The **Julian U. Stein Lifetime Achievement Award** will be presented on Thursday, March 31, at the **Claudine Sherrill APAC Breakfast**, during the annual AAHPERD convention.

2010 Dissertation Defenses

Carrington, Tracy. The Experience of Becoming a New Head Coach of a Collegiate Program: A Phenomenological Investigation. (Director, Marty Ewing)

Carson, Sarah A. Life Skills Development and Transfer through High School Sport Participation: How Life Lessons are Taught and Brought to Life. (Director, Daniel Gould)

Elbin, Robert J. Exploring Brain Activation Patterns in Asymptomatic Athletes with and without a History of Two or More Concussions. (Director, Tracy Covassin)

Fifer, Angela M. Understanding Meaning and Life Satisfaction in Recreational Female Marathon Runners. (Director, Daniel Gould)

Flett, Ryan M. Individual Feeling States and Performance during Tennis Matches, (Director, Daniel Gould)

Kelly, Sheila K. Relationship among Motor Skill Development, Aerobic Capacity, Body Composition, and Perceived Competence of Fourth Grade School Children. (Director, Crystal Branta)

Knous, Jeremy. Physical Activity and Angiotensin-I Converting Enzyme Polymorphism Effect on Cardiovascular Disease Risk Factors in Young Adults. (Director, James Pivarnik)

Santiago, Olga J. Family Social Capital, Mother's Perception of Child's Physical Competence, and Mother's Acculturation, as Determinants of Children's Physical Activity Level and Body Mass Index, A Cohort Study. (Director, Deborah Feltz)

Wood, Jared M. An Examination of the Relationship Among Preparatory Efficacy, Practice Effort, and Performance. (Director, Deborah Feltz)



Faculty members, graduate students, and undergraduate students of the Human Energy Research Laboratory (HERL) pose for a picture at the Michigan American College of Sports Medicine Conference. The conference was held from Feb 3-4 at the Treetops Resort in Gaylord, Michigan.

Michigan American College of Sports Medicine Conference well attended by students whose concentration is in the field of exercise physiology

The conference featured numerous exercise science/sports medicine presentations given by primarily undergraduate students. The student presenters represented 7 kinesiology/exercise science programs in the state of Michigan. The HERL group was well represented by 2 graduate student presenters and 7 undergraduate student presenters. The conference provided student presenters the special opportunity to give a formal presentation on research projects they had been working on. Attendance at the conference also gave HERL members the opportunity to network with kinesiology/exercise science scholars at other colleges/universities from all over the state of Michigan.

(Kimbo Yee)

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2010 Faculty Publications

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Banda, J.A., Hutto, B., Feeney, A., **Pfeiffer, K.A.**, McIver, K., LaMonte, M.J., Blair, S.N., Vena, J., & Hooker, S.P. Comparing physical activity measures in a diverse group of midlife and older adults. *Medicine and Science in Sports and Exercise*, 42(12):2251-2257.

Covassin, T., Elbin, R., & Nakayama, Y. (2010). Examination of Recovery Time from Sport-Related Concussion in High School Athletes. *The Physician and Sportsmedicine*. 4(38),1-6.

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Covassin, T., Elbin, R.J. (2010). The relationship of concussion occurrence and cognitive function. *Open Access Journal of Sports Medicine*. 2010(1), 55-61.

Dave, J.M., Evans, A.E., Saunders, R.P., Watkins, K.W., & **Pfeiffer, K.A.** (2010). Correlates of availability and accessibility of fruits and vegetables in homes of low-income Hispanic children in elementary schools. *Health Education Research*, 25(1):97-108.

Drenowatz, C., **Eisenmann, J.C., Pfeiffer, K.A.**, Wickel, E.E., Gentile, D., & Walsh, D. (2010). Maturity-related differences in physical activity among 10- to 12-year-old girls. *American Journal of Human Biology*.

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Gould, D., & Carson, S. (2010). The relationship between perceived coaching behaviors and developmental benefits of high school sports participation. *The Hellenic Journal of Psychology*, 7, 298-314.

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Gould, D., & Medbery, R. (2010). Psychological issues. In Anderson J. A, & Sullivan, S. S. (Eds.). *Care of the pediatric athlete* (2nd edition, pp.91-97). Elk Grove Village, IL: American Academy of Pediatrics/American Academy of Orthopaedic Surgeons.

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The Department of Kinesiology

The faculty in the Department of Kinesiology are committed to the concept that physical activity is inextricably linked to the biological, psychological, and social well being of children and youth. Programs are available in motor behavior, physiology of exercise, sports administration and coaching, psychosocial aspects of sport and physical activity, and athletic training.



Hill, E., **Eisenmann, J.C.**, Holmes, M., & Heelan, K. (2010). Morning cortisol is not associated with truncal fatness or resting blood pressure in children: cross sectional and 1-2 year follow up analyses. *Journal of Pediatric Endocrinology and Metabolism*, 23 (10):1031-1037.

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News about you and other alums: (memberships, publications, promotions, honors, awards, etc.)

Thank you, again, for your generous gifts of financial support. We will continue to use this support to advance the necessary changes we see as rewarding to our communities.

Performance in Motion

A newsletter distributed to members of the Mentor Society, the generous contributors who are enriching and enhancing our success as a unit at Michigan State University, alumni and friends of Kinesiology.

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