

Kinesiology at Kansas State University

Physical Education, Health, Recreation, and Leisure Studies

www.k-state.edu/kines

FALL 2006

Through the Years - The Beginning

Early Attention to Physical Training—Excerpt from *History of Kansas State College of Agriculture and Applied Science*. Julius Willard, 1940

The importance of having a sound body to house a sound mind has been recognized for such a length as to have become proverbial. Attention was given to physical exercises in the College from its inception. The first annual report, dated December 22nd, 1863 states that exercises in calisthenics and new gymnastics, with a ride on horseback once a week were included in the regular work of the students. In a comment upon the work of the College, within two weeks after it first opened, the *Manhattan Standard*. September 14, 1863 printed : “ The exercises in calisthenics and gymnastics, with the military drill and the ride on horseback once a week, are matters of special interest.”

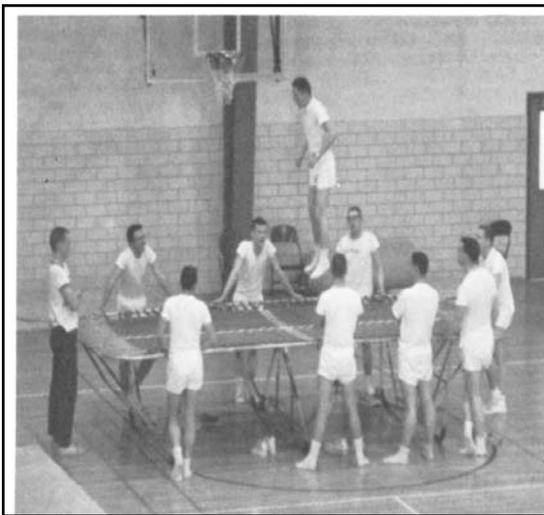
I.T. Goodnow, as state superintendent of public instruction, in his report in 1866 , wrote : “ A beautiful feature of the school is the gymnastic exercises. Every morning, immediately after the opening, the whole school, male and female, are put through the drill, inhalations and exhalations of air from the lungs, training of the voice in the enunciation of the elementary sounds of the letters, and other elocutionary practice. These exercises have a wonderful effect in developing manly forms, in rectifying weak lungs, crooked spines, and deformities in general. As the consequence, the students are remarkably healthful.”

The physical examination of drafted men in 1917 and 1918 disclosed unsuspected, preventable body imperfections in thousands of cases. This situation caused a national awakening to the importance of physical education. May 25, 1918, the faculty adopted a report made by a special committee which recommended that all freshman men be given physical training twice a week, and that this include a course of lectures in hygiene and social problems. In respect to physical training that leads to wholesome, symmetrical development, good posture, and fine carriage, through calisthenics and gymnastics rather than contests in sports, young women of the college have excelled the young men. The first regular work in physical training for girls was given to volunteer students in 1892-93 under the instruction of Miss Minnie Reed, who was a graduate student. The work included marching, military setting-up exercises, Swedish movements, exercises with dumbbells and clubs, and free exercises. In July, 1899, physical training was made a requirement for freshman and sophomore young women. In 1911, Nichols Hall was completed and physical training for young women was transferred to that building. The curricula for physical education was adopted in April 30, 1925, and the freshman year was offered the next Fall.



Early activity class—Circa 1907—

Photo courtesy of University archives



Men's Physical Activity class in Ahearn Gymnasium

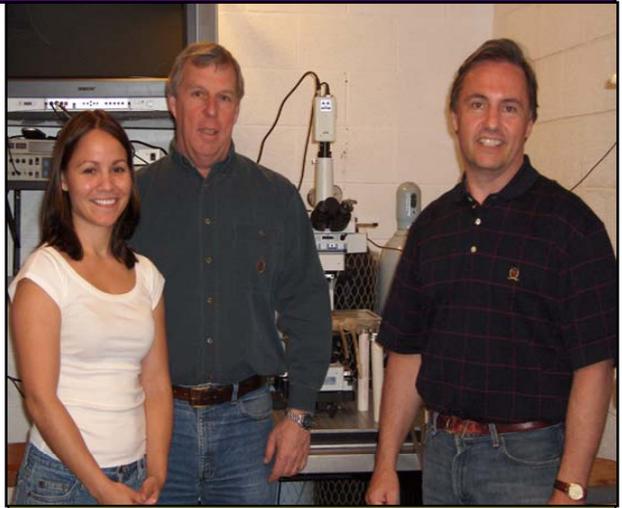
Photo courtesy of University archives



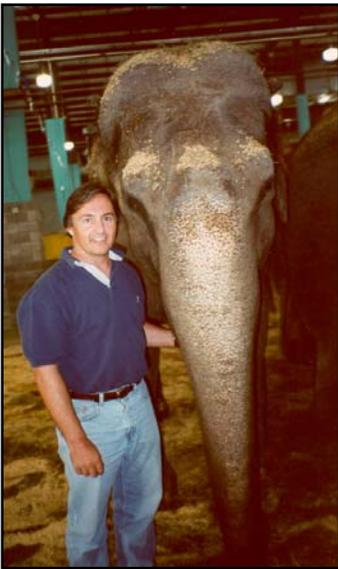
Searching for Answers—The Cardiorespiratory Lab

How do we answer questions about the relationship of physical activity and disease? Drs. David Poole and Tim Musch have spent many years of their professional life attempting to provide answers. Tim in his thirteenth year at Kansas State and David in his twelfth have done research on both animal and human models to examine the impact of exercise on diseases and illness such as emphysema, diabetes, and chronic heart failure. Working together in their lab, these internationally recognized scholars have acquired over \$3.5 million dollars in funding and contracts for their research.

Dr. Timothy Musch came to Kansas State from the Pennsylvania State University Medical Center in 1993. Tim's research focus has been on the physiological mechanisms that contribute to the large decrements in exercise capacity that occur with cardiovascular disease. His work looks at the use of exercise training as a therapeutic modality in the treatment of disease states. Tim has used a rat treadmill to effectively study the impact of disease on training and adaptations to disease states.



Dr. Danielle Padilla, Dr. Tim Musch and Dr. David Poole in the research lab



Dr. Poole with a research participant

Dr. David Poole joined the department in 1994 from the medical school at the University of California in San Diego. David has focused primarily on each step of the movement of oxygen from the atmosphere to its site of utilization in the cell. One focus of David's work has been to understand the causes of respiratory muscle failure in lung disease. He has worked to understand why emphysema promotes respiratory distress and compromises exercise capacity. With this understanding, treatment modalities can be developed to increase exercise capacity and mobility in emphysema patients. David has conducted research with both human and animal models. One research project examined the efficacy of a nasal strip on reducing exercise-induced pulmonary hemorrhage in thoroughbred horses. David has also examined oxygen transport and exchange in skeletal muscle on animal models from the rat to the elephant.

David and Tim have both been honored for both their research and teaching. In 2004, David received the Commerce Bank award for Distinguished Undergraduate teaching and Tim received the KSU Presidential award for Undergraduate Teaching in 1998. Their research findings help us to better understand the impact of a variety of life-altering diseases that impact all of us.

Kinesiology Website Update

Under the supervision of Dr. Stewart Trost, the Kinesiology website has been updated and is being maintained by Sprout software. This upgrade will allow

the department to post activities and events of interest to students and alumni. Anyone who has stories, events, job opportunities, or news can send this information to Stephanie Fox, Natatorium 1A, Department of Kinesiology, Manhattan, KS 66506 or email the information to stephmd@ksu.edu. We look forward to hearing from you and hope you take the time to check out the information available online.

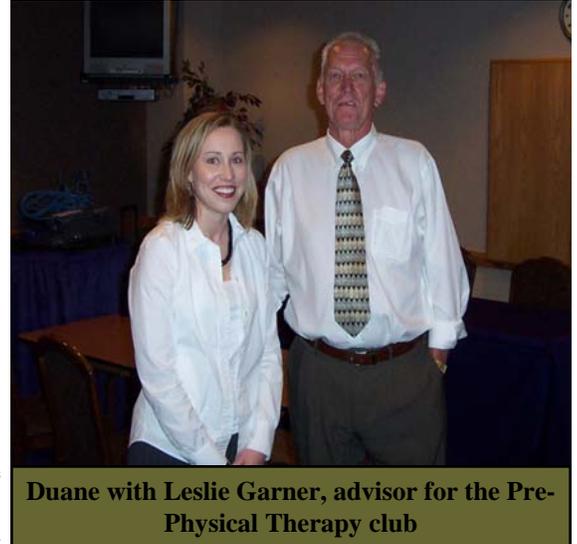
department of kinesiology
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Focus on Alumni– Duane Saunders

On October 20th, Physical Education graduate Duane Saunders talked to Kinesiology students about career opportunities and planning for the future. Duane came to Kansas State University from Downs, Kansas, and was a student from 1957-1961 with a dual major in Physical Education and ROTC. Like many of the current Kinesiology students, Duane went to Physical Therapy school. After completing his physical therapy degree at the Mayo Clinic in Rochester, MN, Duane went active duty as a military officer at Ft. Sill, Oklahoma. He kept his physical therapy skills active by serving as the post athletic trainer during the football season. After his service ended, he began his professional work in Fairbury, Nebraska in the local hospital.

Opportunities continued to come, first in Great Bend, Kansas at the Central Kansas Medical Center for 12 years and then on to St. Paul Minnesota to manage an outpatient orthopedic physical therapy clinic. After a few years Duane opened a private practice in Minneapolis, Minnesota and began a very successful career. Within two years he had three offices with 26 physical therapists working for him. Over time he began to spend his free time lecturing and developing physical therapy products to market on his own, and incorporated The Saunders Group, Inc, in 1990 to sell physical therapy and rehabilitation products. His daughter Robin took over ownership of the clinics in 1994, and now also runs the day-to-day operations at the Saunders group, with Duane still heavily involved in teaching and R&D activities. Duane appreciated how well the faculty in the Physical Education department got along, and how open the professors and instructors were. He took advantage of his college days to get involved with his fraternity, Delta Sigma Phi and the ROTC program. Like many K-State alumni, he became very involved with the football program under Coach Bill Snyder, and renewed his appreciation for the people of Kansas State. He would recommend alumni who haven't been back to Kansas State to come visit, and become involved in all that the department, college, and University have to offer. In 2006, Duane was elected an Alumni Fellow in the College of Arts and Sciences at Kansas State University. His interest and support of the University are making a difference.



Duane with Leslie Garner, advisor for the Pre-Physical Therapy club

Class Notes

An apology to some of you who returned your alumni information. With a change in office personnel this Summer, some files were misplaced. Thank you for replying, we hope you can take the time to respond again for the next issue of the newsletter.

1960's

1966 B.S/ 1967 M.S in P.E.-Jerome Cheynet- Assistant Game Operations, Virginia Tech in 32nd year, spent 2 years in Oakley school system in Kansas, 5 years at Lake Superior State University, in 40th year of coaching and teaching-Blacksburg, VA.

1970's

1979-Scott Hills-K-6 Principal/Superintendent of Schools at USD 286– Sedan, Kansas.

1990's

1994/1995 David and Christine Strange-David is a US Army major, Christine is a Title I Teacher's assistant– Radcliff, KY.

2000's

2000 Scott Kelly- Assistant Athletic Trainer, Kansas State University-Manhattan,KS.

2001 Terresha DeRosset Dinkel -Teaching 7th grade Biology at Lexington Middle School-Bonner Springs, Kansas.

2003 Jacey Gore Schmidt-Social Services worker in Nebraska, married in 2002 to Brandon Schmidt, two daughters Makayla and Madison-Lincoln, NB.

2004 Julia Hiles- working for New Balance company as a certified pedorthist-Overland Park, KS.



Focus on Faculty - Dr. Beth Fallon

Dr. Beth Fallon joined the Kinesiology department in Fall, 2006. Beth was born in Hartford, Connecticut, to George and Kathy Fallon. Her family moved to a rural area just south of Birmingham, Alabama, where she and her brother (Keith) spent most of their afternoons and weekends playing outdoors. She played softball, basketball and ran track for her high school team and graduated from Pelham High School in 1994. She and her family moved to Florida where she attended college at the University of Florida. There, she earned her B.S. in psychology and her M.S. and Ph.D. in exercise science. Her general research interests are in promoting physical activity in women and how physical activity positively affects women's quality of life. Her dissertation tested whether exercise could be used as a coping strategy for women with low body image.



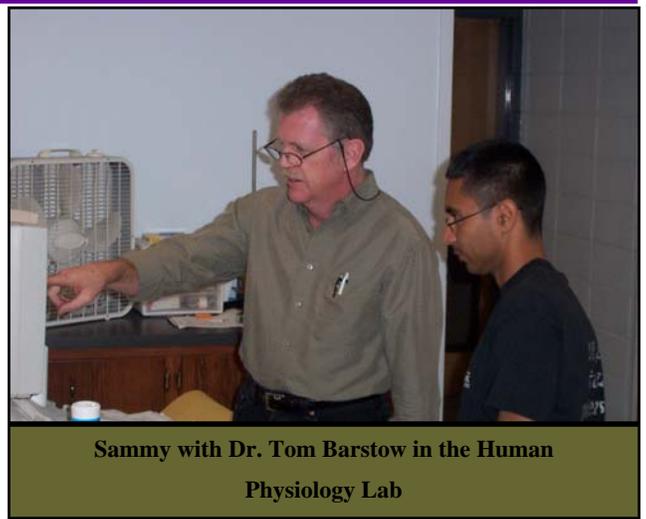
After leaving Florida, Beth worked at the University of South Carolina Arnold School of Public Health, where she studied physical activity promotion in African American women. She continues her research on physical activity promotion in women, but is now focusing her efforts on women living in rural communities and Latina women.

Since arriving in Manhattan this fall, Beth offered a special topics course called "Body Image, Eating Disorders and Obesity". So far, the course has been well-received by the undergraduate students and the faculty has agreed to permanently add the course to the curriculum. Beth is also very active on campus becoming a faculty affiliate of the Community Health Institute, the Master of Public Health Program, and the American Ethnic Studies program. She and Dr. Melissa Bopp are currently renovating their lab space and plan to have several undergraduate and graduate students working with them in the spring semester in various physical activity promotion efforts.

In her spare time, Beth enjoys traveling, wine tasting, running, playing softball and tennis, and watching college football and basketball. As you might guess, she's an avid fan of the Florida Gators, but has become quite an enthusiastic Wildcat as well.

Focus on the Undergraduate - Sammy Ornelas

Sammy Ornelas came to KSU in 2005 on a Bridges Scholarship. The Bridges Scholarship is designed to bring minority students with an interest in biomedical sciences to Kansas State, and Sammy has put the opportunity to good use. As a pre-med major, Sammy chose Kinesiology because the degree is composed of a mix of social science and biological science, providing a well-rounded education. Sammy received the James R. Coffman award of excellence at the 6th annual Developing Scholar's research poster presentation on his work with Dr. Tom Barstow on tissue oxygenation during incremental exercise at different pedaling frequencies. This research helps in understanding how blood flow is coupled to muscle metabolism during exercise. Sammy is a member of the Developing Scholars Program, Sigma Lambda Beta International Fraternity, and Phi Kappa Phi. Sammy hopes to put his knowledge to work in medical school with an emphasis in cardiology. Outstanding students like Sammy have helped to make the Kinesiology program one of the outstanding pre-health programs in the Midwest.

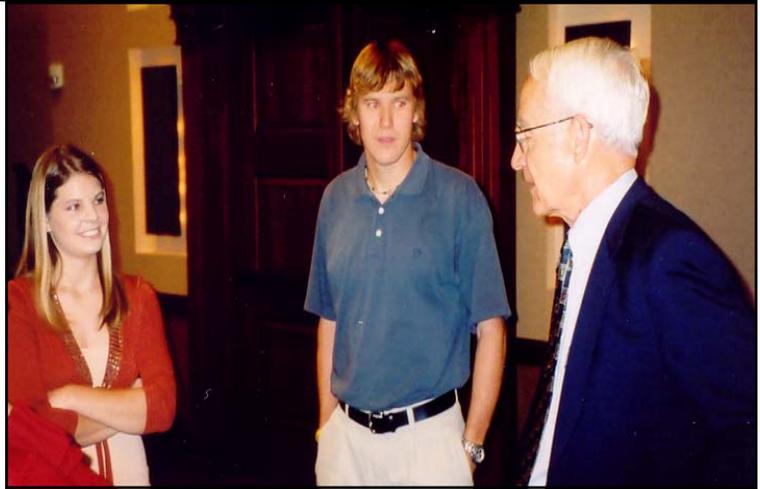


Sammy with Dr. Tom Barstow in the Human Physiology Lab



Prominent Scientists present to Kinesiology Program

The Kinesiology program was fortunate to have a number of prominent scientists speak during the past year as three former presidents of the American College of Sports Medicine presented to the undergraduates, graduates and University. In Fall 2005, Dr. Jack Wilmore was invited to speak by the Kinesiology Student Association, and gave a talk entitled "Confronting the Obesity Epidemic: Exercise and Nutrition versus Drugs." Dr. Wilmore touched on the benefits of physical activity found in his research, and how this approach is the most effective to deal with the obesity epidemic. On March 30th, Dr. Russell Pate from the University of South Carolina, was an invited speaker of Dr. Melissa Bopp for the Advance Initiative for Institutional Reform lecture series. Dr. Pate discussed physical activity promotion for obesity prevention in youth. April 20th, the Kinesiology Student Association invited Dr. Jerry Dempsey from the University of Wisconsin to speak. Dr. Dempsey served as a mentor for both Dr. Tim Musch and Dr. Craig Harms. Dr. Dempsey gave a talk to over 400 individuals entitled "Humans and Hypoxia : An Unhealthy Match." Dr. Dempsey examined the impact of hypoxia, or oxygen deficiency, on physiological responses to the human body. On October 5th this year, Dr. Toni Yancey from the UCLA School of Public Health presented "Promoting Physical Activity in Underserved Communities : Building on Cultural assets." This lecture was co-sponsored by the Tillford Group and the Kinesiology Student Association and touched on her ideas to integrate physical activity into everyday life. It was exciting for the department to have so many prominent professionals share their ideas and research. Future lectures will be promoted on the Kinesiology website, and all alumni are encouraged to attend. If you would like to have an opportunity to speak to the Kinesiology students and faculty, please contact the Kinesiology department. The Kinesiology Student Association is always looking for ways to promote understanding and opportunity for the undergraduate students.



Dr. Jack Wilmore with several Kinesiology undergraduates

Kinesiology Department shines at Central States ACSM

The outstanding work of the faculty and students in the Kinesiology program was recognized at the Fall Conference of the Central States -American College of Sports Medicine in Kansas City. Kinesiology instructor Sara Rosenkranz was recognized as the Doctoral student research award winner for her talk on "The effects of a high fat meal on pulmonary function in healthy subjects." Sara will receive a monetary travel award to present her research at the national ACSM conference in New Orleans this June. The Kinesiology department has had four Masters student research award winners and five Doctoral student research award winners in the past seven years. The Kinesiology faculty continue to provide outstanding mentoring for many of the promising young researchers in the area of exercise science.



Sara with major professor Dr. Craig Harms



Telefund 2006

2006-2007 Kinesiology Scholarship Recipients

Mickey Evans Incoming Freshman

Eric Thomas

Telefund Scholars

Holly Bergman

Matthew Mcelroy

Ashley Duntz

Megan Traffas

Julie Johnson

Leah Marietta

Amber Boehner

Kelly Marshall

Sarah Williams

Brittany Kreimendahl

Jenilee Flowers

Flint Hills Fall Classic Scholarship

Laura Cannon

Amy Wagner

Compton Award

Kelly Reinecke

Beth Spangler

Ito Family

Cari Power

Eva Lyman

Kelly Brannin

Barbara Moses

Jessica Beemer

Sykes

Ryan Collett

Lianna Bodlack

Danielle Young

Jacob Valentine

Steven Wright

Diann Beuthin

Crystal Harvey

Paige Hendrixson

Matthew Marasco

Lisa Ebert

Magda Hartschwartz

Raine Kaufman

Lauren Monahan

Lynelle Penner

Jessica May

Lindsey Burr



Kinesiology scholarship recipients are recognized at the May KSA meeting

Another big thank you to all alumni and friends who contributed to the 2006 Telefund—CSI : Call Someone Important. Your contributions allow the department to reward outstanding students who help make the department one of the best in the country. Telefund donations play a key role in this support helping to recruit and retain scholars. Your support for the program is greatly appreciated. Kinesiology students will be calling once again this January 21st and 22nd this year to ask for your support.

Letter to Alumni and Friends

Dear alumni and friends,

The department of Kinesiology would like to thank you for your generous support of the department. 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 students. General funds supplement the department's operating budget to enhance our ability to provide a high quality of education to our students and to attract and support new faculty.

We hope you will keep in touch with us and your former classmates by contributing your news to our newsletter. Would you please take a minute to send us your news, stories, and pictures. We enjoy hearing about the events in your life.

If you wish to donate to any of the Department of Kinesiology funds (see below) please make your check out to the "Department of Kinesiology" and indicate on the memo line which fund you wish to donate to. Please call us at 785-532-6765 or email at kines@ksu.edu if you have any questions.

Please send to:
Department of Kinesiology
Natatorium 1A
Kansas State University
Manhattan, KS 66506

Endowed Kinesiology Funds

Baxter Pre-Physical Therapy fund (Q52210)

Compton Award (Q58000)

Ito Family Scholarship (Q72150)

Eva Lyman Scholarship (Q77100)

Kinesiology Excellence Fund (F35500)

Kinesiology Scholarship (Q28800)

Sykes Family Scholarship (Q91475)

Barbara Moses Scholarship (Q80390)

Noble Fitness Promotion Scholarship (Q81536)

Evans Incoming Freshman Award (Q63125)

Department of Kinesiology
1A Natatorium
Manhattan, Kansas
66506-0302

Phone: 785-532-6765
Fax: 785-532-6486
E-mail: kines@ksu.edu

Come join the fun in 2007



Kinesiology students Sadie Jo Culver and Holly Bergman prepare for the Fall Classic

Over 140 runners again participated in the 2006 Flintheads Fall Classic Road Race. This event has been sponsored by the L.I.F.E program and Kinesiology department for sixteen years. Profits are used to support undergraduate scholarships. If you would like to participate or help sponsor the 2007 race on November 11th, 2007, please contact the L.I.F.E program at 785-532-0704.

**2007 FLINT HILLS FALL CLASSIC 5K/10K
RUN/ WALK
SUNDAY NOVEMBER 11th
10:00 AM EAST SIDE OF AHEARN FIELDHOUSE**

Enter online at www.active.com

OR

Contact the L.I.F.E. Program (785) 532-0704
Early Registration Fee (Prior to November 5th)

\$18.00

Late Registration Fee \$20.00

Money is used to fund Kinesiology Scholarships