

Physical Activity Letter

Department of Kinesiology
Kansas State University

www.k-state.edu/kines

WINTER 2007-2008

Dear Friends:

The Department of Kinesiology undergraduate senior class has had many different experiences compared to students studying physical activity at Kansas State University more than fifteen years ago. Yes, those who have been at K-State for at least four years now saw K-State win a Big Twelve Championship in football. But beyond experiences in Aggieville and Bill Snyder Family Stadium, these students have also taken numerous courses in exercise physiology and in physical activity and public health. The Kinesiology students of today know more about the health benefits of physical activity than ever before. The students know more about how to improve individual performance through physical training than ever before. The students also know more obese classmates than ever before. In the 1960's approximately 5 percent of U.S. adolescents were obese, and now 20 percent of 19 year olds are obese. Because of the increasing health challenges due to physical inactivity and obesity in the U.S., the Department of Kinesiology mission is the study and application of physical activity for optimal health.

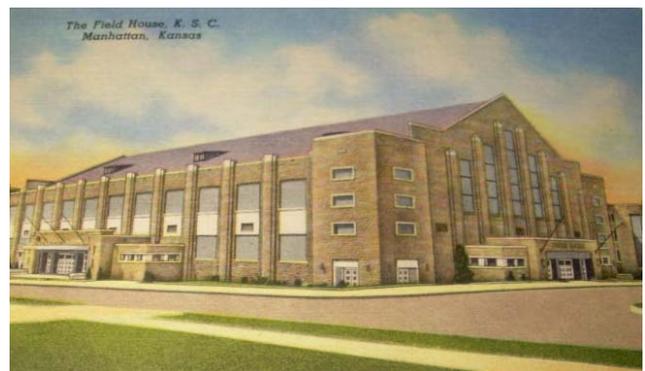
Coursework and research in the Department emphasizes exercise physiology or public health physical activity. Our exercise physiology faculty are easily ranked in the top five and may be considered the leading group in a Kinesiology Department in the U.S. The exercise physiology faculty describe the biological responses and the health consequences from physical activity. Our emphasis in public health physical activity focuses on understanding the many social and physical environmental influences on physical activity. Students learn why

children and adults are sedentary, given the many health benefits that physical activity provides. Students enrolled in the public health physical activity emphasis also learn strategies about how to increase physical activity in community settings, such as after school programs, worksites, and health care organizations. For more information about instruction and research on physical activity at Kansas State University, please peruse the Department of Kinesiology's Physical Activity Letter.

As I enter my twentieth year at Kansas State, I am pleased to return to the position of Department Head. Like most of you, I have had several positive memories of studying physical activity in Manhattan. I look forward to several years at K-State. I encourage you to keep in touch with the Department and contact us about ways to become engaged in activities. Look for more information about new events we will hold for our students, alumni, and friends.

David A. Dzewaltowski, Ph.D.

Professor and Department Head



AHEARN FIELDHOUSE



One Step at a Time– Physical Activity and Public Health

Currently, the major threats to our health are chronic conditions such as hypertension, arthritis, cancer, heart disease and type II diabetes. The cost for treating these diseases is placing a huge strain on our health care system. But the remedy to this problem might be as simple as walking out the front door. Regular physical activity lowers the risk of these conditions and also lowers the cost of treatment after diagnosis. In fact, if we all exercised regularly, the US could save as much as \$76 billion every year!

As part of our physical activity and public health program, Melissa Bopp and Elizabeth Fallon's Public Health Physical Activity Laboratory's mission is to understand and promote physical activity in a variety of settings and populations. Several kinesiology undergraduates have volunteered to help on a variety of different projects. While working on these projects, undergraduate students gain valuable experience applying classroom concepts to a real-world setting. Specifically, they learn how to conduct safe and appropriate research, how to work with diverse groups of people, and how to create effective health promotion materials. Graduate students, who have come from all over the Midwest to study at K-State, have the opportunity to learn about project management, data collection and management, and to think creatively and independently to develop their own projects that will help us to better understand how to increase physical activity.



Graduate Student Joey Mims helps out at a Health Fair

This fall, Tim Behrens joined the Department and became a co-director of the laboratory. These faculty members have several activities under way. These include promoting physical activity through faith-based settings and health care provider offices, developing culturally appropriate physical activity promotion materials for Latinos, understanding long-term physical activity participation, assessing community and environmental supports for physical activity and healthy eating, promoting physical activity in through parks and recreation settings, and investigating measurement issues related to the assessment of physical activity.

The vision for the laboratory is a healthy Kansas and a healthy US through chronic disease prevention. The faculty will accomplish this goal by using sound research to better understand how to promote physical activity as well as provide our undergraduate and graduate students with the best education possible so that they too can make an impact in their community. For more information about the activities in the Physical Activity and Public Health Laboratory, please visit the kinesiology website (www.k-state.edu/kines/labs/paph.html), email us (paphlab@ksu.edu), or call 785-532-3484.

Focus on the Undergraduate - Alex Serra

Alex Serra came to Kansas State from Wamego, Kansas with a plan to be an engineer. Once she got to campus, her plans changed and she found herself wanting a career that would improve health care for people. Alex is preparing to graduate with a degree in Kinesiology and explore a career in Cardiac Rehabilitation. Like many Kinesiology students, Alex has taken the opportunities provided by Kansas State University to make the most of her undergraduate experience. Alex has been involved in forensics and debate for four years, and has been a part of a team that has placed in the top 10 nationally the last three years. During the 2007 Spring semester, Alex was nominated by Professor Beth Fallon for the Community 1st National Bank Award for Community Service. Dr. Fallon had this to say about Alex, "I consider Alex to be one of the most academically talented and community-minded undergraduates I have had the pleasure of knowing. She approaches all of her activities with a positive 'can-do' attitude and an exceptional work ethic. When working in a group, her classmates enjoy her leadership because she truly leads by example and friendly encouragement." The Kinesiology program is fortunate to have outstanding students like Alex as part of the program.

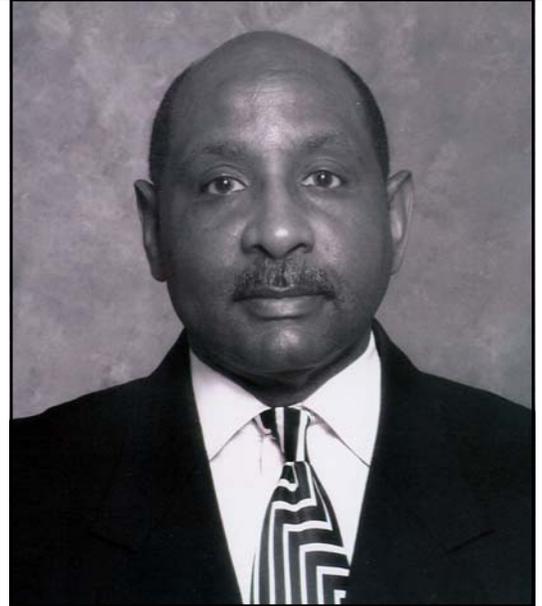


Alex receives her award for Community Service



Focus on Alumni— Dr. Kenneth Mosely

A walk through the physical education department took Dr. Kenneth Mosely on a whole new direction in life. Kenneth was just finishing a stint at Fort Riley with the Big Red One tank battalion when a chance encounter with Dr. Charles Corbin, then chair of the P.E. department led to an offer for Kenneth to become one of the first African-American Graduate Teaching Assistants in the department. With the encouragement of Dr. Corbin, Dr. John Merriman as an advisor, and Dr. Larry Noble as a teacher, Kenneth completed his Master's degree in Physical Education in 1973. From there, Kenneth headed to Indiana University to complete his doctoral work in Adapted Physical Education. In 1976, Dr. Mosely began a distinguished career in academia at South Carolina State University, where he became Chair of the Department of Health and Physical Education in 1990, and held this position until his retirement. At KSU, Dr. Mosely had an opportunity to work as an instructor with a variety of people, an experience that would serve him well in his career. At South Carolina, Dr. Mosely developed a program to integrate physical activity with math and science. The goal was to help motivate kids to learn by both letting them move while they learned, and



to see some of the applications of math and science with sport and activity. This project was funded by the NCAA and Department of Energy for 12 years. Dr. Mosely was also an early leader in recognizing the importance of exercise and diet in family settings, worked to increase minority scholarships, wrote an article in 1984 on lack of physical activity in youth, and was a project administrator for the National Youth Sports Program. Dr. Mosely received a Special Achievement Award from his undergraduate alma mater Morgan State University in 2007 for his contributions in his professional and community work. Dr. Mosely dedicated his life work to understanding and promoting the importance of physical activity.

Class Notes

Thanks to all our alumni for staying in touch.

1950's

Louis C. George - BS 1950 - Taught for 11 years, Worked for Prudential/ National Farmers Union—Manhattan, KS

1970's

Bill G. Hickey - BS 1971- Teaching in Kinesiology Dept., University of Texas San Antonio, Fair Oak Ranch, TX

Kenneth D. Mosely - MS 1973 - South Carolina State University/Retired—Orangeburg, SC

Marlo D. Klassen - BS 1979 /MS 1987 - Middle school/High School principal—Herington Kansas

1980's

Jeff Bray - BS 1987 - Head Athletic Trainer—Keuka College/Motor Sports Medicine Group—Penn Yan, NY

1990's

Roger D. Hill - BS 1997- Fitness Specialist at MediFit—Overland Park, KS

2000 -

Jill D. Nawrocki - MS 2001 - PRA International—Clinical Research Associate—Valley Center, KS.

Molly Wangsgaard (Fruin) - NUEX 2001 - Clinical Dietician at Vanderbilt University—Nashville TN

Darsha H. Whorton (Burbach) - BS 2002 - Massage Therapist, McPherson, KS.

Kay Belser (Nuss) - Graduate School Central Missouri State University—Exercise Science

Amanda Zimmerman - BS 2005 - Palmer Chiropractic College—Davenport, IA



New Kinesiology Faculty

Dr. Brett Wong joined the Department of Kinesiology in the Fall of 2007. Brett was born and raised in Pasadena, California, to Dennis and Norma Wong and has one younger brother, Eric. After graduating from high school, Brett attended The University of Arizona in Tucson, AZ. Brett spent one year at the U of A before transferring to Mt. San Antonio Community College in Southern California for 1 year. He then spent 3 years at The University of California, Davis, where he earned a B.S. in Exercise Science. In 2000, Brett moved to Eugene, OR, to attend graduate school at the University of Oregon. He earned his M.S. in 2003 and Ph.D. in 2005 from the Department of Human Physiology (formerly Exercise and Movement Science) at the University of Oregon. Brett's doctoral dissertation, entitled "Histamine Receptors and Substance P in Cutaneous Active Vasodilation and Thermal Hyperemia in Humans," investigated the mechanisms by which humans increase skin blood flow in response to an increase in core body temperature and in response to an increase in local skin temperature. From 2005-2007, Brett trained as a postdoctoral research scholar in the Department of Integrative Physiology at The University of Iowa where his research focused on the cardiovascular responses to changes in gravity in conscious dogs.



Dr. Brett Wong, Dr. Tim Behrens, and Christian Larson

In the Department of Kinesiology, Brett has established the Cardiovascular and Thermal Physiology Laboratory in Ahearn Field House. The research carried out in Brett's lab has two main objectives: 1) investigating how humans increase skin blood flow during heat stress, which is a continuation of his doctoral work; and 2) investigating how an increase in body temperature and skin blood flow affect the body's ability to regulate blood pressure during changes in posture and gravity, which integrates his doctoral and postdoctoral research.

Dr. Tim Behrens joined the Kinesiology Department in Fall 2007. Tim was born in Carmichael, California, and raised in Houston, Texas. After high school, Tim attended Sam Houston State University in Huntsville, Texas. He managed a health club and was the owner of a health consulting business while completing his B.S. in Community Health in 2000. From there he attended the University of Houston (Houston, Texas) where he earned his M.Ed. in Health Education in 2001. Tim then earned his Ph.D. in Health Promotion from the University of Oklahoma in Norman, Oklahoma in 2005.

Before coming to Kansas State University, Tim was faculty in the Department of Health Promotion and Education, and the Department of Family and Preventive Medicine at the University of Utah Health Sciences Center in Salt Lake City, Utah. His research interests are focused on identifying measurement issues related to the assessment of physical activity and promoting physical activity among youth transitioning into adulthood. In the past Tim has taught various courses in health promotion and public health. At K-State Tim teaches courses in program planning, program evaluation, and research methods.

Christian Larson joined the Kinesiology department in Fall, 2007. Christian was born in Madison, Wisconsin, to Brian and Marilyn Larson. His father is an officer in the United States Army so the family moved several times during Christian's childhood. Places Christian has lived include Wisconsin, Germany, Alabama, Texas and Kansas. Christian and his wife Lindsay have a three year old daughter, Avery, and another little girl due in February of 2008.

Christian played basketball, baseball, football, golf and tennis for his high school team and graduated from Lansing High School in 1992. Christian attended K-State from fall of 1992 to summer of 1998 earning a B.S. and M.S. in Kinesiology. After graduation Christian worked in health and fitness club management and continues to manage Cottonwood Racquet Club in Manhattan.

Christian is currently a Teaching Technician and teaches labs in both the Biobehavioral Bases of Exercise and Exercise Physiology. He also supervises the Graduate Teaching Assistants and will be offering a topics course in the Principles of Exercise Training during the spring 2008 intersession.



Darlene J. Meisner Peniston Memorial Scholarship



Darlene J. (Meisner) Peniston was a 1948 graduate of the Physical Education program at Kansas State University. At Kansas State, Darlene was involved in Kappa Delta, Phems, Frog club, S.P.C., I.S.A., Intramurals, and YWCA. Dr. Francis L. Peniston established a scholarship this year in memory of his wife, who passed away on March 14, 2004. Darlene spent many years teaching in Kansas, Illinois, and Missouri, and had a great love of physical activity, especially swimming. Darlene spent 57 years as a volunteer for the American Red Cross, serving as a water safety instructor, lifeguard, and chairman and executive director for the Midland Empire chapter. Dr. Peniston established this scholarship as a tribute to his wife, with the recipient to be a female Kinesiology student who has a background in swimming. Kim Savidge was selected as the first recipient of the Darlene J. Meisner Peniston Memorial scholarship. Kim was a swimmer in high school, works as a lifeguard for Recreational Services, and is a swim coach for the Manhattan Marlins swim team. Kim will begin the Physical Therapy program at the University of Kansas Medical Center during the Summer of 2008.



Kim Savidge is the initial recipient of the Darlene J. Meisner Peniston Memorial Scholarship

Telefund 2007



Scholarship winners attend the Spring KSA meeting

Thanks to the generosity of many alumni, the 2007 Telefund was again successful. Over 30 current students spent two nights contacting graduates from the physical education, leisure studies, and Kinesiology programs. Students appreciated the opportunity to visit with alumni. The Kinesiology department is fortunate to have the strong support of alumni to help provide scholarship opportunities for current students. Thank you for your support. This year the Kinesiology department will be calling on February 17th and 18th during the 2008 Telefund - Making the Connection.

2007-2008 Kinesiology Scholarship Recipients

Mickey Evans Incoming Freshman

Jessica Rempe

Telefund Scholars

Jenna Ediger

Melissa Schrader

Shannon Hulsing

Matthew McElroy

Brandon Pruitt

Jacob Valentine

Ashley Duntz

Paige Hendrixson

Sara Riekenberg

Lacey Gassmann

Flint Hills Fall Classic Scholarship

Steven Wright

Camille Fulhage

Compton Award

Lianna Bodlak

Danielle Young

Ito Family

Christopher Fox

Eva Lyman

Kara Bowman

Barbara Moses

Nora Gehrke

Sykes

Holly Bergman

Samuel Ornelas

Erin Musil

Darlene J. Meisner Peniston Memorial

Kim Savidge

Facebook With the Kinesiology Student Association

Join the KSA Facebook page to keep up to date with old friends and new students. The KSA Facebook account is managed by Kinesiology Student Association officers at Kansas State. They would love to hear from old friends about career opportunities and professional school. KSA welcomes alums to join, share, and network with current students.



Kinesiology Donor List 2007

A big thanks for all the individuals who have helped support the Kinesiology program and students through the years. Contributions made throughout the year, during telefund, and through special requests help fund student scholarships, provide faculty support, and provide academic support for the department. Thank you!

\$2,500 PLUS

Francis L. Peniston
Larry Noble

\$500 - \$2,499

Duane H. Saunders

\$200-\$499

Jarold W. Boettcher
Verona A. Buchele
Elizabeth M. Lavery

\$100-\$199

Sandra L. Bell
Harold L. Dorssom
David L. Dreiling
Patricia P. Engelland
Jeaney J. Garcia
GTM Sportswear
Daniel J. Knight
Gary R. McGuire
Charles L. Nix
Leroy D. Parr
Gene A. Stauffer
Brad M. Windholz

Up to \$99

Randy R. Ackerman
Minduelyn R. Amend
Debra D. Boehme
Jerry L. Bonner
Marjorie K. Booth
Keith E. Christner
Edith L. Corn
Dennis A. Cox
Keith L. Cramer
Donita K. Davenport
Ronald D. Dreher
Robert T. Duenkel
Ross O. Estes
Scott A. Fulhage
Terry L. Garner
Crystal M. Geer
Wanice A. Haas
Linda K. Hall
Sarah M. Haltom
Hanzlick Family Trust
Robert D. Hanzlick
Rebecca A. Hargrove
Michael S. Holder
Leonard W. Jennison
Lori D. Lamb

Christian R. Larson
Milo D. Larson
Shelly R. Lien
Gary G. Loring
Eric S. Magette
James T. Manley
Alan J. Marstall
Serina J. McEntire
S. Jay McGaughey
Raymond M. McGill
Harry E. Merriman
Michael L. Milam
Dale E. Moon
Jason L. Mueting
Kevin C. Murray
Jacob A. Myers
Grover P. Nutt
Lance R. Patterson
Thomas C. Paulson
Karen E. Perrin
Robert F. Pettay
Jolene G. Popplewell
Greg L. Preston
Eleanor A. Randel
Stephen W. Rankin

Brian W. Razak
Randy W. Riekenberg
S&C Farms Inc.
Brian J. Smith
Gene E. Snyder
Maurice H. Thorne
Marsha A. Thornton
Alana K. Wamhoff
Debra J. Webb
Marc Weber
Benjamin Wertenberger
William L. White
Daryl L. Wichman
Paula C. Wicklund
Mark Wittenborn
Carrie J. Yenne

Scholarship Bequest for Women in PPT/Kinesiology

A Wichita couple is generously leaving \$1,000,000 to Kansas State University through a specific bequest in their will. Ten percent is expected to be used by the Kinesiology Department to provide scholarships to junior and senior female pre-physical therapy students with financial need. The rest will be used to support the College of Ag, the K-State band, athletics, Hale Library, the Beach Museum of Art, the Alumni Center, the Memorial Chapel and other areas.



Physical Activity Education and Research Programs Fund Raising Campaign

NAME _____
 Last First Middle Maiden

ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

MY GIFT IS \$ _____ E-MAIL _____

- Direct my gift to where the Department has the greatest need
- Direct my gift to the following program _____
- Direct my give to following endowed account _____
- Contact me about a major gift

The Department of Kinesiology Appreciates Your Support. Please make your check payable to:

The Department of Kinesiology

Mail to:

KSU Department of Kinesiology

IA Natatorium

Manhattan, KS 66506

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, to conduct research, and to attract and support new faculty.

If you wish to donate to any of the Department of Kinesiology funds (see below) please complete the form above and check where you would like you gift to go to. Please call us at 785-532-6765 or email at kines@ksu.edu if you have any questions.

Kinesiology Excellence Fund (F 35500)

Kinesiology Scholarship (Q28800)

Evans Incoming Freshman Award (Q63125)

Noble Fitness Promotion Scholarship (Q81536)

Baxter Pre-PT fund (Q52210)

Ito Family Scholarship (Q72150)

Sykes Family Scholarship (Q91475)

Eva Lyman Scholarship (Q77100)

Barbara Moses Scholarship (Q80390)

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

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

An Ambassador for Kansas State—Kara Bowman

Kinesiology student Kara Bowman was selected as one of two Kansas State Student ambassadors for the 2008 school year. Kara was recognized at half-time of the Kansas State - Baylor football game. Kara is a junior in Kinesiology with a leadership minor preparing for a career in the nursing profession. Since she was young, Kara always knew she would end up in the medical field. Her attraction to the Kinesiology program came from learning about the national stature of the program and how it is a strong pre-health curriculum. Kara loves to exercise, played soccer in high school, and enjoys learning about what happens to the body when we exercise. Sara is involved in a number of campus organizations including the KSU women's Soccer club team, her sorority, and the Kinesiology Student Association. Kara is also involved in leadership positions in Phi Eta Sigma National Honor Society, and is a member of the Student Alumni Board. Kara will be an outstanding ambassador for the University and the Department of Kinesiology. Kara is one of many outstanding students currently in the Department of Kinesiology. The number of pre-health students preparing for careers in physical therapy, medicine, nursing, chiropractic, and numerous other health careers has increased yearly, as has the size of the department. But physical activity has remained the core of the program, both promotion of physical activity, and understanding of the benefits of physical activity. Congratulations, Kara.



The smile says it all. Kara was thrilled to be selected as a 2008 Student Ambassador