

Physical Activity Letter

Kansas State University

www.k-state.edu/kines

WINTER 2009-2010



From the Department of Kinesiology

Last year, forty percent of our seniors enrolled in health professional and graduate schools after graduation. While this may be a reflection of the poor economy, I believe students of today have recognized that more education brings with it more skills and more opportunities.

In response to this demand, undergraduates in Kinesiology can now pursue a Master of Science degree as part of a new concurrent B.S./M.S. program. Students apply to the program as early as the second semester of the sophomore year. The accelerated program allows students to take undergraduate and graduate classes concurrently and count 9 hours toward both degrees. A strength of this program is that it allows students, who need to be very competitive in admission to physical therapy and other health professional schools, other career options, more education and another year to prepare.

In concert with our focus in providing graduate school options, we now offer a Masters of Public Health degree with an emphasis in public health physical activity. The MPH degree is a collaboration among several departments on campus. Public health is defined as the science and art of protecting and

improving the health of communities through education, promotion of healthy lifestyles, and research for disease and injury prevention. Our commitment to the MPH degree is supported by agreement among many experts that the major advancements in health over the next decade will not come from new medical treatments, but rather from the broader implementation of population-based prevention programs. Estimates indicate that there will be job growth for health educators and epidemiologists, especially for those individuals with physical activity expertise.

As I reflect back on my undergraduate years, I can remember being initially attracted to our field by my interest in psychology and my experience as a college track and field athlete. I enjoyed sport and exercise psychology courses and had not really considered how this interest would result in a career. The students of today appear to me to be more career focused and pragmatic. Students focus their educational choices on routes that will directly lead to a well paying profession. For students interested in physical activity, the career path for many has become a health profession. While our program may look different now compared to 30 years ago, we continue to respond to needs of students with physical activity interests.



AHEARN FIELDHOUSE



Youth Health Behavior Research Laboratory

The Department of Kinesiology established the Youth Health Behavior Research Laboratory to organize our efforts at identifying the factors that lead to childhood obesity and to develop community-based solutions to promoting healthful eating and physical activity to solve this important public health problem. David Dzewaltowski directs the laboratory and collaborates with faculty members in Kinesiology, Human Nutrition, Human Development and Horticulture, experts at several other universities across the U.S., and physical activity professionals in Kansas communities.

Over the last five years, we conducted a study in Lawrence Kansas examining the impact of our Healthy Opportunities for Nutrition and Physical Activity (HOP'N) After-School program on the prevention of childhood obesity in fourth grade students. The study was funded by the United States Department of Agriculture. We partnered with K-State Research and Extension in Douglas County, Lawrence Public Schools, and the Boys and Girls Club to deliver the program. Four elementary schools were randomized to receive the program and three were randomized to a comparison group. The HOP'N program included after-school staff training and a daily physical activity session for 30 minutes at a moderate-to-vigorous intensity, a daily healthful snack, and a weekly nutrition and physical activity curriculum experience called the HOP'N Club. Students in the HOP'N Club were given the skills ask their teachers and parents to provide healthy opportunities at home and in their community. One project had children go home a take pictures of the healthy or unhealthy physical activity and nutrition options. Then, they worked in the club to make a plan for changes as part of Healthiest Home Makeover. The goal here was for children to have a picture of what a healthy home environment should be. Our results showed that HOP'N increased after-school physical activity opportunities and increased the moderate-to-vigorous physical activity of overweight and obese children. Furthermore, almost 80% of parents reported that they received HOP'N materials and over 30% of parents actually made changes in the home. If you want to know more about the program go to our website at www.hopn.org.



In addition to benefiting children and scientific research, HOP'N also provided funds for student research assistants. These research funds supported the students education. The picture on the right shows the HOP'N team in 2007. David Dzewaltowski is in the back on the left. Next to him is Tanis Hastmann. Since 2007, Tanis received her MPH and currently in the lab seeking her Ph.D. Moving left to right, after graduation Laura Smith completed an R.D. internship, Danielle Young began physical therapy school at Wichita State, and Amanda Aller became the Capital City Wellness Coordinator at the Kansas Department of Health and Environment. Finally, Ric Rosenkranz completed his Ph.D. and will begin a faculty position in Sydney, Australia in May. In the front, Sara Rosenkranz will finishing her Ph.D and then will move to Sydney. Karla Foster graduated with an M.S. and is a Research Associate in pediatric obesity at Cincinnati Children's Hospital. After completing Ph.D. degrees Paula Ford became an Assistant Professor at UTEP and Karly Geller became a Post Doctoral Fellow at the U. of Hawaii Cancer Research Center. Finally, Beth LaRue received her Nutrition and Exercise Science and entered graduate school. The success of these students illustrates how research and federal grants benefits both research and education at K-State.





Focus on Alumni

Sandy Bell (BS 1974) started at Kansas State University in 1971 in the interior design program. Sandy found herself wanting a more objective field, and based on her interest in science, moved to the Physical Education department with the idea of medical school. During her program work, Sandy moved more to education, and after 3 and 1/2 years completed her undergraduate degree and began a career as a physical education teacher. Sandy started out teaching at Basehor-Linwood with future stops in Dallas and Denver, where she worked in summer school on her Masters degree in Biology. Eventually, Sandy found herself in Tempe, Arizona when a unique job opportunity came available. State Farm insurance was looking for workers. Sandy went into the interview with no clue about why an insurance company would be interested in a former physical education teacher, and walked out with a fascinating new career. As claim team manager for State Farm, Sandy gets to utilize her anatomy and physiology, biomechanics, and kinesiology skills in a number of different cases. Sandy leads a team of eight professionals who investigate, evaluate, and negotiate complex bodily injury claims from motor vehicle accidents.



A primary task for the team is to determine if the type of injuries being claimed could have occurred in the accident setting. Looking at forces generated, body responses, and muscle groups, the main question is if the mechanism for injury is present. Sandy returned to visit Kansas State this Fall, and presented to students in the research and measurement class about opportunities in Kinesiology. Sandy recalled a Physical Education faculty that was full of relaxed, friendly, and happy people who were great in giving back to the students. With a penchant for limestone, Sandy was reminded of the beauty of the Kansas State campus, and the good work ethic and values of the Midwest. Sandy reminded the students to never dismiss opportunities. With a strong knowledge of the human system and working with humans, a growing number of job opportunities are available to students with a Kinesiology degree. Born with a natural curiosity and desire to understand, Sandy Bell has found herself with a dynamic, exciting, and constantly changing career.

Focus on the Faculty—Dr. Mary McElroy

Dr. Mary McElroy has the longest running tenure in the Department of Kinesiology joining the faculty in the Fall of 1978. Mary has been involved in numerous department activities over the years. In addition to playing a key role as the department's evolution during the last several decades, she has participated on key committees at the university level. She has also participated in key athletic issues serving two terms as a faculty representative on the Intercollegiate Athletic Council. In more recent years she has played an important role in the development of the university's Masters in Public Health graduate program which offers one of the nation's strongest programs in public health physical activity. Mary remains active in Kansas State University's Women's Studies and American Ethnic Studies programs.



Mary has published numerous research articles and a number of books/monographs on social issues related to sport and physical activity. Her book, *Resistance to Exercise*, published by Human Kinetics, was the first full-length book examining the role of American society in contributing to sedentary lifestyles. Currently, Mary is keeping busy by working on two book projects. The first one uses national data to examine the difficulties women face in balancing work and family roles and finding time to participate in appropriate amounts of physical activity. The second project, a social history of African American health and physical activity, explores how the scientific progress in understanding of the importance of physical activity in the African American community has taken a very different path than scientific interest among White Americans. Mary currently teaches undergraduate courses in social epidemiology of physical activity and diversity of physical activity along with a graduate core course in the MPH program, entitled *Social and Behavioral Principles of Public Health*. Next year she will undertake the first internet delivered course in the Kinesiology Department.

In her spare time Mary is a big sports fan and is a regular spectator at the US Open Tennis Tournament in New York every September and can also be seen walking the fairways at many PGA golf tournaments. When not rooting for the K-State Wildcats she still has allegiance to her hometown baseball team, the New York Mets even when they are not playing well which has been the case most of the time in recent seasons.



Kinesiology Student Association Invited Speaker Series

The Kinesiology Student Association (KSA) initiated a new faculty invited speaker series in the Fall of 2009. Dr. Leo Ferreira presented the initial series talk on “Muscle Weakness and Fatigue in Chronic Disease” to the Kinesiology students, faculty, and community on Thursday, November 19th. Dr. Ferreira’s work addresses cutting-edge molecular signaling mechanisms involved in muscle fatigue and exercise intolerance. He employs a bench-to bedside approach where therapeutic interventions that show promise in animals can be investigated and implemented in patients suffering from chronic disease. The KSA speaker series is designed to expose Kinesiology students to new, exciting research in the field of physical activity and health. The Kinesiology program has developed into a premier pre-health and public health program for undergraduate students across the country. A recent survey of Kinesiology students indicated over 50% pursuing further



Front Row : Dr. Poole, Dr. Ferreira, Dr. Barstow

Back Row : Dr. Musch, Dr. Wong, Dr. Harms

education in physical therapy, physicians assistant, chiropractic, nursing, occupational therapy and dietetics school. As health care needs increase and with a growing awareness of the importance of public health, the Kinesiology department continues to grow at a rapid pace. Learn more about upcoming speakers, careers, and the department at the Kinesiology website at www.ksu.edu/kines.

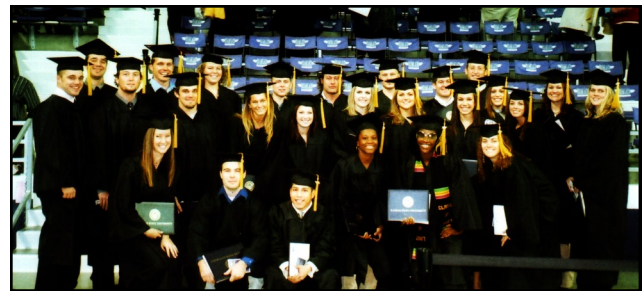
Class Notes– Alumni Information

Send us information about a new job, promotion, address change, area code change, marriage, or birth. Send us stories and photos from your days at Kansas State. Simply fill out the form below to help us keep our records up-to-date, or email information to the Kinesiology department at kines@ksu.edu. Information provided below may be included in an upcoming issue of the Kinesiology newsletter. Mail your updated information and comments to:

Department of Kinesiology

Kansas State University
Natatorium 1A
Manhattan, KS 66506

or fax your comments to: 785-532-6486 or e-mail: kines@ksu.edu



Name _____

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2009 Kinesiology Scholarship Banquet

On April 16th the Union Pacific Train Depot once again provided a unique and memorable historic location for family, friends and faculty to recognize our most meritorious Kinesiology Majors. The Kinesiology Department is privileged to have amongst its ranks young women and men who have distinguished themselves in so many noble directions including: academia, altruism, competitive athletics, leadership and the arts. Not only did our awardees excel in multiple categories, many of them held responsible jobs in the community to make financial ends meet and one was a new mother! Indeed, our candidate pool was so impressive this year that the Scholarship and Awards Committee had many agonizing decisions to make and excellent candidates were surpassed by even more outstanding ones. On occasion the extensive list of candidate's accolades left the Committee questioning how an individual could, and did, find the time and energy to do so much: obviously outstanding time management skills are a feature of these remarkable youngsters. It is doubtful that, since The Depot first opened its doors in 1866, its vaulted ceilings and storied architecture have hosted a group of youngsters with more drive and potential to excel in their futures and serve the 'greater good.'



2009 Scholarship winners

A complete list of awardees is given below. This year was particularly notable as it saw the very first **Katherine Horridge Smith Scholarship** awarded to Mindy Schrader. Dr. David Dzewaltowski, Head of Kinesiology, gave a brief introduction to The Department and then David Poole, Chair of the Awards Committee introduced the awardees with a few personal words. Certificates were presented by Dr. Craig Harms.

As always the Kinesiology Faculty, students and our award winners recognize and extend their profound gratitude for the generosity of the donors and their families without whom there would be no awards.

The 2009 Kinesiology Scholarship Award winners

Pauline Compton: Brittany Dennis, Kara Bowman

Eva Lyman: Brianne Rogers

Larry Noble Fitness Promotion: Evan Rapp

Telefund Scholars : Carlos Arana, Jenna Ediger

Mary Lois Rynders Sykes: Chanel Ebert, Anna Harmon, Heidi Golubski

Darlene J. Meisner Peniston Memorial: Nora Gehrke, Abby Bradstreet

Ito Family: Robert Fields

Barbara Moses: Nicole Keenan

Katherine Horridge Smith : Mindy Schrader

Awards Committee: Dr. Mary McElroy, Dr. Rob Pettay, Dr. Craig A. Harms and Dr. David C. Poole, Chair.



Kinesiology Donor List 2009

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.

(Gifts of \$100 or more from July 1, 2008 – June 30, 2009)

\$1000-\$4999

Rollin and Carolyn Abernethy
Mary Ann and Larry Johnson
Duncan and Janice McGregor
Francis Peniston
Katherine Smith

\$250-\$499

Timothy and Linda Duncan
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Jason and Ginger Rucker
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Jack and Dee Ann Sheldon
Donna and Bill Stewart
Gordon Wakeman
Benjamin Walker
Delores and Glenn Wesley
Elizabeth and Chase Wilson
Gina and Brad Windholz

This list is compiled as accurately as possible. If there are any discrepancies, please contact Sheila Walker, director of development for the College of Arts and Sciences, at sheilaw@found.ksu.edu or 800-432-1578.



Physical Activity Education and Research Programs Fund Raising

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Last First Middle Maiden

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KSU Department of Kinesiology

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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 (F35500)

Darlene Meisner (Q31450)

Katherine Horridge Smith (Q88202)

Kinesiology Scholarship (Q28800)

Noble Fitness Promotion Scholarship (Q81536)

Ito Family Scholarship (Q72150)

Eva Lyman Scholarship (Q77100)

Evans Incoming Freshman Award (Q63125)

Baxter Pre-PT fund (Q52210)

Sykes Family Scholarship (Q91475)

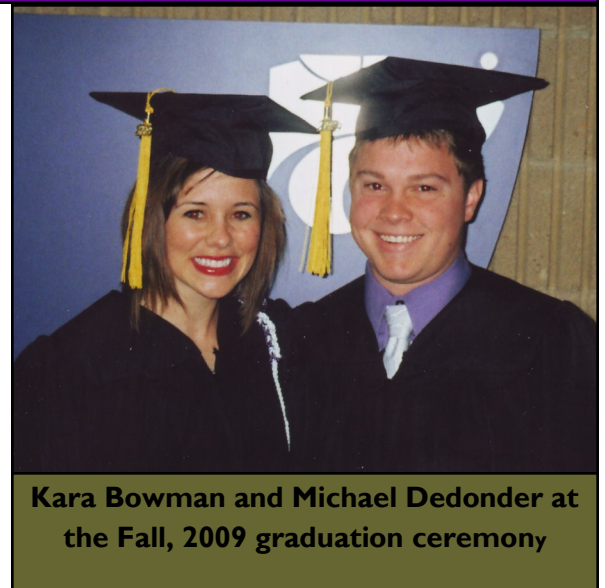
Barbara Moses Scholarship (Q80390)

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A family tradition

Michael Dedonder, a Fall, 2009 graduate in Kinesiology is carrying on a long family tradition with his diploma. Michael is the 16th K-State graduate from his father, Eugene Dedonder's side of the family, with some 25 years of Dedonder's on the Kansas State campus. Michael began his career in nutrition as a pre-optometry major, but finished as a Kinesiology major heading to physical therapy school. An interest in the mind/body connection with a desire to fix what is broken sparked Michael's interest in Kinesiology. Michael learned about Kinesiology from friends in the major, and the friendly faculty, family-type environment, and the assistance from the department made his Bachelor degree program enjoyable. Getting his degree done and seeing KSU beat KU in basketball at home were some of his favorite memories of his time at Kansas State. Michael looks forward to coming back for more family graduations and will continue to share his memories of Kansas State with future generations of Dedonder's.



Kara Bowman and Michael Dedonder at the Fall, 2009 graduation ceremony