

GVSU Movement Science Alumni Newsletter

First Edition, March 2018



GRAND VALLEY
STATE UNIVERSITY
MOVEMENT SCIENCE

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This is just a snapshot of some of the exciting things happening in our department, please take a look at our website to see more:

[Movement Science](#)

Department Chair's Introduction



Hello from the Department of Movement Science at Grand Valley State University and welcome to the first edition of our Alumni Newsletter!

There have been so many new and exciting changes to the Department of Movement Science and we want to share this with our Alumni! As an Alumni of the Department of Movement Science, you are one of our best ways to showcase the expertise students acquire in our program. The department offers four-degree options: Athletic Training, Exercise Science (Clinical Exercise Science emphasis and Health Fitness Instruction emphasis), Physical Education K-12 Professional Instruction, and Sport Management (catalog year 2018).

We have recently moved to the new Kindschi Hall of Science in Allendale. We have 21 tenure-track faculty and 5 affiliate faculty, some faces you may recognize but there are many new faces as well. In fact, with over 1,300 majors, we are one of the largest programs on campus.

Our programs prepare students for career options as physical education teachers (K-12), athletic trainers, strength and conditioning specialists, corporate fitness and wellness specialists, personal trainers, intramural directors, athletic officials and administrators. Other professions include community wellness and fitness leaders, exercise physiologists, cardiac and pulmonary rehabilitation specialists, adapted physical activity specialists, sports information, sports marketing, and sports management.

Our faculty and students are engaged in high impact experiences including innovative teaching, research, and community integration promoting healthy living and active engagement across the lifespan.

So many of you have been generous to Grand Valley State University and we are deeply appreciative of that. We hope you enjoy hearing about the Department of Movement Science at Grand Valley State University and we want you to know how much our students and Alumni mean to us as a program!

We invite you to visit us when you are on campus.



The Movement Science Department has relocated to the 4th floor of the Kindschi Hall of Science

Faculty News & Notes

Rick Albrecht (SPM) was on sabbatical focusing on a new area of research in sport and exercise science preserving five years of longitudinal data collected from 28 runners and 25 controls who participated in the MSU Young Runners Study in the 1980s regarding the effects of long distance running on the elite young athlete.

Nancy Giardina (SPM) presented at the Michigan ACE (American Council on Education) Network for Women in Higher Education on leadership development strategies and initiatives for women seeking to move into leadership positions.

Steve Glass (EXE) is acting Vice Provost of Student Affairs and Dean of Students at Grand Valley State University.

Brian Hatzel (ATH) was awarded the Great Lakes Athletic Training Association outstanding educator award.

John Kilbourne (SPM) served as a consultant for the documentary “the Motivation Factor” that shows the pivotal role Physical Education plays to develop smart and productive citizens.

Dana Munk (SPM) is a Pew Faculty Teaching and Learning Center Inclusive Excellence faculty fellow, Division of Inclusion and Equity Faculty Associate.

Shari Bartz-Smith (ATH) presented at the American Kinesiology Association Leadership Conference on the role of an Injury Care Clinic as part of a comprehensive campus healthcare system.

Tonya Parker (ATH), Colleen Lewis (PED) and **Christina Beaudoin (EXE)** collaborated on an article published in the International Journal of Kinesiology and Sport Science on the influence of exercise empowerment on life stress.

Heather Gulgin (EXE) served as program and meeting chair of the Midwest American Society of Biomechanics Conference in Grand Rapids, Michigan.

Sally Ross (SPM) published a chapter in *Contemporary Sport Management* (6th edition) on developing a professional perspective.

Ross Sherman (EXE) supervised 70 students as they assisted with physical fitness testing of players from all levels within the Detroit Red Wings organization.

Tess Armstrong (PED) and Ingrid Johnson (PED) presented at the 12th European Congress of the International Federation of Physical and Sports Education on increasing physical activity -30 seconds at a time and teaching games for understanding – building physical literacy.

Kyle Barnes (EXE) received an Early Career Stipend for Research and Creative Expression from Grand Valley State to study the effects of inspiratory muscle training on respiratory muscle strength and running performance.

Chris Dondzila (EXE) published an article in the Journal of Public Health Management and Practice on enhancing support for physical activity in older adults: A public health call to action.

Matt Feedback (EXE) published in the International Journal of Exercise Science on the effect of psychomotor performance, cerebral and arterial blood saturation between African-American and Caucasian males before, during and after normobaric hypoxic exercise.

Megan Fox (ATH) completed her doctoral work at Michigan State University and joined the Movement Science Department in 2017.

Amy Gyorkos (EXE) leads the Exercise is Medicine at GVSU promoting best practices regarding health and physical activity across campus and in the nearby community.

Dave Laughlin (EXE) published in the Journal of Physical Education, Recreation and Dance and article on increasing college students’ engagement and physical activity with classroom brain breaks.

Brandi Angelosanto (EXE) is a member of the CLAS and University Affiliate Faculty Advisory Committees.

Justin DeSousa (EXE) completed a Fellowship in Applied Functional Science through the Gray Institute.

Eliza MacDonald (ATH) attended the Lilliy Conference in Traverse City.

Jennifer Olson (PED) was awarded the SHAPE MI Health Education Teacher of the Year.

Heather Peddie (EXE) received the Internship Advocate of the Year from the GVSU Career Center.

Key

ATH: Athletic Training
EXE: Exercise Science
PED: Physical Education
SPM: Sport Management

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Faculty Spotlights



Welcome back Dr. Nancy Giardina to the Department of Movement Science! Nancy has served as the Assistant Vice President for Academic and Student Affairs, and as Vice Provost for Student Success. She is also a current Board Member of the Michigan ACE Network for Women in Higher Education and a Member of the MI ACE Professional Development Committee. She is teaching History and Philosophy of Sport and Physical Activity and Current Topics in Sport Management as well as Sociocultural Aspects of Sport. While pursuing professional goals, her passion for achieving and sustaining personal health as defined in terms of physical, emotional, intellectual and spiritual which has been the key to success in her work and in life.

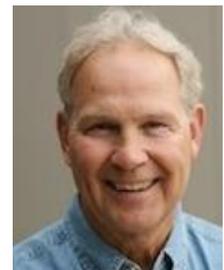
Dr. Steve Glass, Professor of Exercise Science, is spending 2017-18 serving as the interim Vice Provost for Student Affairs and Dean of Students. In this role he has oversight of student life, housing, career services, university counseling, student tutoring, and conduct. He is maintaining involvement with the Movement Science department by teaching one class and advising exercise science students. He has one ongoing research study and has submitted a research manuscript to a sport science journal for review. He is looking forward to rejoining his colleagues in the department this fall!



Dr. Patti Rowe earned undergraduate and graduate degrees from Central Michigan University and her doctorate from Michigan State University. She joined the faculty at Grand Valley State in 1984. Patti led the Physical Education Program and created or revised almost all the courses in that program. She is known as an excellent educator and her mission as a teacher was always to put students first. She served on the governor-appointed Michigan Exemplary Physical Education Curriculum Project. She was awarded the MAHPERD (now SHAPE Michigan) the Dance Educator of the Year, Distinguished Service to the Profession and University Professor of the Year. She retired from GVSU as a full professor and was awarded emeriti status because of her significant contributions to the university.



Jim Scott received both his undergraduate and graduate degrees from Central Michigan. He was a high school science and physical education teacher at Northview High School prior to coming to GVSU as a faculty member in 1969. He taught Kinesiology and Physiology of Activity as well as coached rowing, golf and wrestling at GVSU. He was head coach of the Wrestling Team from 1968-1991 and in 1996 he was inducted into the Grand Valley State Athletics Hall of Fame. Jim retired from full time teaching in 2010 after 42 years at Grand Valley. He was awarded emeriti status because of his significant contributions to the university. Jim received the Lifetime Service Award from the National Wrestling Hall of Fame in 2017.



Melinda Tison retired from Kalamazoo Public Schools after 23 years where she taught physical education and health education. She has taught, coached, and judged gymnastics for over 40 years. Melinda has been a volunteer for Special Olympics for over 35 years. She is currently teaching in the Physical Education teaching program and the FIT program. She enjoys allowing students to work at their own pace as they learn, perfect skills already learned and experience gymnastics in an entirely new way. She was awarded the Vonnie Boetsma Part Time faculty award for 2017 from the Department of Movement Science.

Students on the Move



Physical Education Club

- 23 students attended the Michigan Society for Health and Physical Education (SHAPE MI)
- Over 10 students presented at SHAPE MI
- 2 students earned the SHAPE MI scholarship
- 5 students attended the National SHAPE America conference
- 1 student attended the national Speak Out day advocating for Physical Education



Athletic Training Club

- 24 students attended the Great Lakes Athletic Training Association District Meeting
- 5 students presented research posters at GLATA
- 1 student gave an oral presentation at GLATA
- 12 students attended the National Athletic Training Association conference
- 2 students presented posters at the NATA conference



Sport Leadership Club

- 1 student attended the National American Society for the Sociology of Sport conference in Canada
- 32 students attended the Sport Management Business Conference at the University of Michigan
- 26 students attended the Cleveland Browns Career Fair
- 27 students attended the Detroit Pistons Networking Panel, arena tour, and basketball game



Exercise Science Club

- 30+ students assisted Dr. Sherman at the Detroit Red Wings training camp
- 40+ students attended the Mid-West ACSM Conference
- 6 GVSU students presented their research at Mid-West American College Sports Medicine
- The GVSU team took 3rd place in the Mid-West ACSM quiz

Department Feature

Movement Science House

The MSH is a living learning community on campus that provides opportunities for students to become and remain engaged in the Movement Sciences while enhancing their academic, social and professional development. This occurs through the development of diverse and open perspectives, critical thinking and personal investment in their field.



Fitness, Skill, and Activity (FIT) Courses

We have some of the most popular classes at the university and because of student demand and interest, we continue to create more opportunities to move.

Students take a wide range of FIT courses, including archery, rock climbing, bowling, weight training, tennis, soccer, golf, gymnastics, Pilates, self-defense, volleyball and yoga, to name a few. The goal of this program is to help students develop physical literacy, which is the skill, confidence and desire to be active for a lifetime.



Alumni News

Daniel Pung is a 2014 graduate of the GVSU Sport Leadership program. As a student-athlete, Dan always had an interest in working collegiate athletics. He currently serves as the Game Day Operations & Event Coordinator for Athletics at Indiana University in Bloomington, IN. Dan said working in the B1G Ten is an opportunity and experience like none other. Before working at IU Dan served as an Event Management Assistant at Wake Forest University in the ACC.



Nate Schout is currently the Physical Education and Health teacher at Bostrom Alternative High School in Phoenix, Arizona. The students he works with have not fit into the traditional high school setting and have a need for a smaller, more rigid environment. This is his 6th year teaching physical education and health, and his primary goal is to create “lifelong movers”. In his free time, he enjoys spending time with his wife and son, playing basketball, hiking, and going to sporting events.



Matt Wilber started his own fitness company called Lakeshore Elite Fitness that did both 1-on-1 training and boot camp training. Matt fell in love with group training because he could help so many people at one time. Matt bought into the Fit Body Boot Camp Franchise, he has 5 locations, and is opening locations 6 and 7 in the next 2 months. He has over 4,000 clients and a team of over 50 people. He has received numerous awards including the prestigious Grand Rapids Business Journal 40 under 40 as one of the top entrepreneurs in the West Michigan area.

Casey Withers has received \$2300+ in grant funding for pedometers for PE class, lacrosse equipment, and speedminton racquets for Innovative Central High School in GRPS. He runs multiple after-school programs and is adept at using technology with students by utilizing pedometers, social media and cell phone applications in his classes. Casey Withers won the 2017 Susan J. Kolp Innovator Award (SHAPE MI).



Jessica Emlich-Jochum is an Associate Professor in Athletic Training at the University of Indianapolis. She received her PhD in Human Performance and Recreation from the University of Southern Mississippi. Her research interests include interprofessional education and collaborative research, and pedagogical techniques of teaching using interprofessional simulation. She currently serves as the Education Coordinator for District Four of the NATA.



Endowments

If you are considering a gift to Grand Valley State University, you can direct this to the Department of Movement Science by choosing one of these endowments. To give this gift online, please visit the Department of Movement Science's Endowments page here: [Movement Science Endowments](#)

Movement Science Student Excellence Award



The Movement Science Student Excellence Award is given to the student who has been voted as the most outstanding in the Movement Science Department by the Movement Science faculty. This is a new award and it is part of Grand Valley's Laker Effect comprehensive campaign. This will provide support to help students reach their full potential and spread their Laker Effect throughout Michigan and beyond.

Boand and Rowe Endowment for Advancement of Women in Sport and Physical Activity

The fund is named in honor of Joan Boand and Patti Rowe, two extraordinary women whose leadership and passion for activities that encourage and promote the advancement and awareness of equality under Title IX. The fund will support both a scholarship and a leadership development award for students to attend conferences, workshops or to help fund research opportunities.



Doug and Linda Woods Excellence in AT Award



In honor of Doug and Linda, the Woods Scholarships are awarded to the athletic training students in appreciation of their academic success and dedication to Grand Valley's athletic training department.

Todd Jager Memorial Graduate Athletic Training Award



This scholarship will provide financial support to outstanding students working as a graduate assistant in GVSU's Athletic Department who demonstrate the values, character and perseverance that Todd worked so hard to embody.

If you would like to update your contact, career, or educational information, share this with Laker Landings! To update this information, visit the Laker Landings page here: [GVSU Laker Landings](#)