

GVSU, Department of Movement Science

# Mov Scoop

## Volume 2



### Introducing the Mov Scoop

Mov Scoop is the Movement Science Department's end of the semester publication. Its purpose is to showcase and share the many accomplishments, exciting projects, and research interests of Movement Science faculty members and students within our three programs. This publication attests to the passion, dedication and energy faculty members in EXS, FIT, HPE, and SPM bring to GVSU

### FIT Classes Held Off Campus

We have a number of FIT classes that are hosted by local businesses as students get a chance to learn new skills or further skills they already have. Classes such as archery or bowling require the proper facilities for a good learning environment. The Clique Lanes on Stocking on the west side of Grand Rapids hosts our FIT 120 Bowling class. Students can reach the bowling alley by city bus transfer if needed. Grand Valley Sporting Goods on Lake Michigan Drive in Allendale hosts our FIT 118 Archery class. Most students drive or carpool and an occasional ambitious student might take a walk from the last bus stop which then is a two mile walk as a warm-up for class. These partner businesses offer use of space and equipment that is "rented" by the student's course fee. Students enjoy exploring a new hobby or activity to stay active. Having such host businesses allows the FIT classes to offer a variety of class content that might appeal to a wider student interest beyond what is traditionally considered physical education. Our FIT Faculty meet students at these off-campus locations and conduct classes as a part of the GVSU academic experience.

- Prof. Karol Tiemersma

### Teaching Innovation Grant

"Chris Dondzila, Matt Feeback, and Nick Lerma were awarded a teaching innovation grant (\$9,000.00) entitled, "Expanding pedagogical experiences in exercise testing and prescription, and physiological recovery." This grant will provide equipment that will expand high-impact pedagogy for both laboratory and traditional lecture-based classes, including MOV 304, EXS 320/321, EXS 420, EXS 460, and EXS 470. In particular, a full size power rack, adjustable dumbbells, air-resistance exercise bike, recumbent cross trainer, programmable timer, resistance bands, and compression therapy will provide students practical applications utilized in professional environments spanning athletic/fitness and clinical populations.

Colleagues will collaborate to develop new assignments and class activities to provide exposure and better prepare students in a variety of areas, including: the development, implementation, and evaluation of evidenced-based cardiovascular and resistance training exercise programs; examination of the physiological rationale for specific exercises; and the assessment of fitness outcomes and recovery. Ancillary outcomes of this grant are expanding access to this equipment in supervised open lab hours (reducing the reliance on availability of the campus rec center and/or athletic weight room in the fieldhouse) and supporting faculty research agendas/student projects with new equipment."

- Dr. Christopher Dondzila

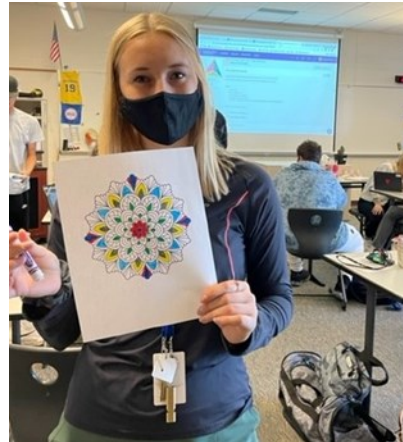
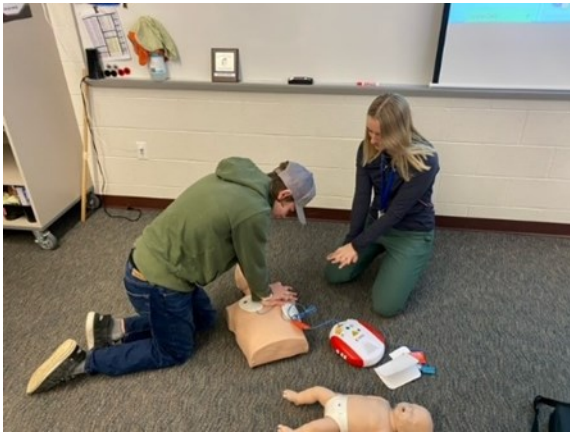


## Student Teacher Teaches Skills That Save Lives

Grand Valley State University Health and Physical Education major Summer Carls completed her teaching internship with Grand Valley alumni Michael Graham at Sparta High School. During this time, Summer taught valuable physical and mental health skills to her students. Using demo manikins, students were able to practice adult and infant CPR and review the use of AED. Students comprehended the importance of these life-saving skills.

Ms. Carls also created and taught a lesson that incorporated six different stress management stations. The students rotated through the stations to learn and practice multiple stress management techniques such as coloring mandala, positive affirmations, yoga, food and stress, and journaling. Summer provided a safe and supportive environment for the lesson. According to Ms. Carls, the high school students identified coloring and yoga as the stress management techniques that they would use the most. They hung many of the pictures in the classroom.

- Prof. Jennifer Olson



## Sport Management Club Spring Trip

On April 8-10 the Sport Management Club took their spring trip to Toronto, Canada! There were some barriers regarding COVID-19 and making sure the group was ready to travel internationally, but everything turned out amazing. The last trip was in 2019 when students went to Indianapolis, so it felt important to make this trip something we've never done before to make up for the lost time. On our first night the group headed to Rogers Centre to catch the Blue Jays home opener. They were able to see their retractable dome stadium and watch the Jays come back from a 6-0 deficit and win 10-8. This was their first game back with fans in 2 years due to COVID, and the first time the Blue Jays won on opening day since 2011!

The next day students started off with visiting the Abilities Centre, just outside of Toronto. It's so hard to put into words how amazing this facility was, but it was universally designed so all individuals could participate independently in sport or other programs offered. They were able to get a tour and then speak to a students' uncle, Michael Frogley. Michael is now the Director of the Wheelchair Basketball Canada Academy, but has won 2 gold medals in the 2000 and 2004 Paralympics as a wheelchair basketball coach for Team Canada, along with a silver in 2008.

To top off the trip, the group explored the Hockey Hall of Fame in the heart of Downtown Toronto. Students were able to test their hockey skills with interactive games, as well as see the Stanley Cup!

- Dr. Jon Coles



## Wellcoaches Certification

Professor Brandi Angelosanto recently, successfully completed a health coaching program through Wellcoaches! She received a Health and Well-being Coach Certification through Wellcoaches AND, she received a Lifestyle Medicine Coach Certificate through the American College of Lifestyle Medicine! Wellcoaches believe in collaboration, diversity & inclusion, healthy lifestyle, service, student learning & development, and sustainability. Always offering something for everyone!

- Kathryn Ponton

## HPE Program Welcomes Back the “Little Lakers”

The Health and Physical Education (HPE) program welcomes Lamont Christian School’s 1<sup>st</sup>-4<sup>th</sup> grade students back to campus this winter semester during HPE 240: Methods of Teaching Fitness PK-12. This is a budding partnership that was stalled due to Covid, but is now rebuilding. With GVSU’s drop to a Level 1 Alert, the “Little Lakers” were able to come inside this year, utilizing courts 4, 5 & 6 for instruction based on the components of health-related fitness. This immersive experience is important to the HPE majors, because they are able to apply the content they learn in class, but also teaching pedagogy. A unique feature of most of the 200-level HPE classes is that students learn both WHAT to teach, but also HOW to teach. In the 200-level classes students are just learning to develop these skills, and are able to reflect on specific areas where they want to improve their teaching in future semesters. We are SO fortunate to have amazing community partners who recognize the value in taking time out of their busy school days to climb on a bus and drive over the river to GVSU.

Our “Big Lakers” are also, implicitly, learning the value of collaborating with community partners to educate the whole child.

- Dr. Tess Armstrong



## National Fishing in Schools Program

The National Fishing in Schools Program (NFSP) is the trade name of the Fishing Education Foundation. NFSP is a nationwide program that introduces the positive lifetime activity of fishing to students in grades K-12. "Fishing in Schools" fosters awareness about the out-of-doors, conservation and resource stewardship. NFSP works in partnership with state fish and wildlife agencies, industry, clubs and associations and individuals interested in teaching our youth how to fish. I will become a Level 1 certified instructor, which will allow me to implement this curriculum in our HPE program. Specifically, I will be teaching a fly fishing module during the HPE 260- Teaching Outdoor Pursuits class.

The link: <https://nfspsstore.fishinginschools.org/castaflycatchastudentcurriculum.aspx>

- Dr. Ingrid Johnson

## GVSU World Voice Day Conference

Principles of exercise physiology : applications on voice habilitation and rehabilitation is one of the presentations that Dr. Steve Glass is giving along with Dr. Nandamudi, and Dr. Rosenberg. This is all a part of the Department of Movement Science for GVSU, the Department of Communication Sciences and Disorder, and the Department of Otolaryngology for the University of Michigan. The second presentation that Dr. Steve glass is taking on is the Michigan Society of Cardiovascular and Pulmonary Rehab Annual Conference He will be discussing “why are all of the cardiac patients sicker?” by navigating patient care among a growing comorbidity population.

- Kathryn Ponton

## Thank You to Two FIT Professors

It is with our thanks for their years of teaching in the FIT Program that Professor Beth Damon and Professor Rose Hansen conclude this season of teaching at GVSU. They will both be missed as this semester finishes and they move on to life's next chapter. Professor Damon brought a broad range of expertise to her classes and could teach any class on the schedule. Professor Hansen impacted her classes with a chill demeanor and great teaching and even got certified in Spin to help fill a staffing void. Thank you both. We wish you all the best in the future!

- Prof. Karol Tiemersma



## Biomechanics for Photographers

*Heather Gulgin is a professor of exercise science at Grand Valley State University. She conducted a study of photographers and how they work and move. The UPAA blog is no substitute for professional medical consultation (Uh, obviously!) but the suggested stretches shown in this article may help on those long days when the Alleve has worn off and the aches and pains are getting acher and pain-ier. -Ed.*

Little is known about the occupational characteristics of how professional photographers function or perform their work on a day-to-day basis. In particular, there is no research that has surveyed photographers to inquire if they experience pain/injury as a result of the demands of their profession. A professor of Biomechanics and Exercise Science at Grand Valley State University was interested in gathering this information and conducted a survey study. Participants were asked about the type of camera used (full-frame or smaller), number of cameras carried, how much camera and lighting equipment weighs, how they carry camera and lighting equipment, whether they use a tripod/monopod, type of grip posture used, hours spent sitting for post-editing, as well as any pain/injuries experienced.

- Dr. Heather Gulgin

## Functional Fitness for Rock Climbers Takes Hold

Joe Bitely invited the team from Recreation & Wellness into the Rock Climbing Center to work on functional fitness for climbers in his FIT 128: Rock Climbing class. This collaboration with RecWell will help the students to “Rock Well” and pursue fitness that will help them in future climbing endeavors. Watch for Professor Bitely’s Outdoor Rock Climbing class coming as FIT 180 in Fall 2022.

-Prof. Karol Tiemersma



## HPE AND CEC

In winter 2022, the Health and Physical Education (HPE) program partnered up with GVSU's Children's Enrichment Center (CEC) to teach health and physical education to the P3 class (4 & 5 year-olds) 8 different times. Students come to campus during the class: HPE 264 – Methods of Teaching Early Childhood Movement and Health, which is required in both the HPE program and the Early Childhood Teaching major. When the "Little Lakers" from the CEC come to campus, they are provided with instruction for 60-minutes in the following format:

10 minutes of dance instruction

20 minutes of station work

- One station on the balance beams and working on "animal walks" to build strength
- One station on the wedge mats and gymnastics bars to work on rolling and muscular strength
- One gross motor station to work on other fundamental skills

20 minutes of a health lesson, using the Michigan Model Curriculum

Each day the "Big Lakers" rotate roles between teaching, writing daily anecdotal reports cards, and taking polaroid photos. Students this semester have also been instrumental in planning routines and creating resources that we will utilize in the future, as this class will be offered every semester beginning Fall 2022 to accommodate multiple students. For the culminating event, families are being invited to FH 170G to watch a dance performance and learn about the favorite activities their children learned over the previous 8-weeks.

- Dr. Tess Armstrong



## Movement Science Rocket League Tournament

On April 23<sup>rd</sup>, Sport Management students along with Dr. Coles and Chris Bilski, GV Head of Esports will be hosting the Movement Science Showcase Rocket League Tournament. Over twelve high schools will be in attendance for the entire day with interactive programming provided by Exercise Science and Health and Physical Education. Admissions is also a partner providing tabling, enrollment information, and complimentary lunch vouchers.

- Dr. Jon Coles

## Sport Management Alumni Networking Nights

On May 3<sup>rd</sup> and May 31<sup>st</sup>, the program will be hosting inaugural Networking Nights for graduating seniors and our alumni. The May 3<sup>rd</sup> event will be held in Grand Rapids and (as of 4/15) had over 45 RSVP's confirmed. Feedback has been tremendous from alums and the seniors have been extremely appreciative of the effort to provide a celebration. The May 31<sup>st</sup> event will be held in Detroit in conjunction with a Tigers game.

- Dr. Jon Coles

## Movement Science House Food Prep Competition

The Movement Science House (MHS) is an active, living-learning space on the first floor of South Apartment D. The MHS is not exclusive to MOV students with residents of various majors and backgrounds but with a shared interest in health and wellness.

Throughout the year we have focused on getting students out of their rooms to participate in group activities. One of these was a Food Network inspired “Chopped” food prep competition at The Local Epicurean in Grand Rapids. Students were randomly split into groups and assigned to kitchen prep tables where they found an ingredient list with cooking instructions to prepare a dessert called Tiramisu. Each recipe was unique and they were given a few minutes to review before the instructions were removed and the competition started. Over the next 45 minutes the students delegated roles and scrambled around the kitchen to cook and present the best Tiramisu to Dr. Nicholas Lerma (EXS) and Dr. Brian Hatzel (ATH) (Photo 1).

Other social activities have focused on unplugging and destress with pumpkin painting and carving activities with cider and doughnuts from Post Family Farm during mid-terms, a build-your-own pancake dinner during finals week, a March Madness bracket competition, active Virtual Reality event using the Oculus Quest 2 (Photo 2), and three visits by Alison Cooney, RDN from Campus Dining.

The visits led by Alison focused on evidence-based dietary guidance with practical experiences inspired by the students. During the events Alison led the students in meal prep for popular meal options like chicken parmigiana, salads, wraps, and smoothies.

- Dr. Nicholas Lerma



## 2022 Job Fair

On January 21, the Program held its inaugural Internship/Job fair. Over eighty students worked the room in an engaging and informative three hours. The program partnered with the Career Center and was able to offer snacks, drink, and a swag bag for 18 employers who made the trip to Allendale. The Detroit Lions, Royal Oak Leprechauns plus numerous West Michigan schools, clubs, and agencies were in attendance. The Career Center called the event “a huge success” and we couldn’t be more happy with the feedback we received from employers and students.

- Dr. Jon Coles



## Quest Fitness

FIT Faculty Ray Shonk teaches Tai Chi, Calisthenics, and Personal Self-Defense to Lakers by day on Monday and Wednesdays, and in the early morning hours, evenings, and other days of the week, he runs his own gym, Quest Fitness, and offers personal training. Ray and his gym were listed as finalist for “best gym and trainer in West Michigan”. We are glad to have Professor Shonk’s expertise and dedication to fitness for our one-credit classes in FIT. Look up his gym and consider signing up for a newly developed light saber class that uses swordsmanship from a martial arts background to work on fitness: <https://questfitnessgym.com/> Congratulations to Ray on this recognition!

- Prof. Karol Tiemersma

## Exercise Science Internship & Career Expo

On April 18<sup>th</sup> at the semi-annual Exercise Science Internship & Career Expo, 110 exercise science seniors presented a summary of their semester long internship experiences during the Winter 2022 semester. Student interns completed 300, 450 and 600 hour internships in a variety of settings including: cardiopulmonary rehabilitation, sport science, health & wellness, fitness, athletic performance and adapted exercise for special populations. 24 professionals from 16 employer organizations attended the Expo to support students and network with exercise science majors.

Employers in attendance included:

Spectrum Health, Holland Home, University of Michigan Health West, Health Plan Advocate, Fit Body Boot Camp, Ivy Rehab, Shape Corporation, Lacks Enterprises Inc., Salvation Army Kroc Center, GVSU Recreation & Wellness, Body By Choice Training, YMCA of the Blue Water Area, SpartanNash YMCA and D1 Training Grand Rapids, Salvation Army Kroc Center, Hulst Jepsen Physical Therapy and the GVSU Career Center.

The event was held in the Grand River Room and included 2 poster sessions. The Expo is open to the entire GVSU community and is supported by the Career Center. The next Exercise Science Internship Expo will be held in December of 2022 and again in April of 2023.

- Prof. Heather Peddie



## SPM Student Internships this Summer

Sport management students Lindsey Chamberlain and Kenleigh West-Wing have landed extremely competitive and coveted internships for the summer. Lindsey was one of six students selected out of more than 150 applicants and 60 interviews for an inside sales internship with the Detroit Lions. Similarly, Kenleigh was one of a select few to earn an internship with the NBA Summer League in Las Vegas. Kenleigh will have all expenses paid while in Vegas including meals and stay in the Virgin Hotel. Additionally, she will be outfitted in three weeks of free Nike gear. In an industry primarily dominated by males, we are very proud of their appointments.

- Dr. Jon Coles

## Dr. Sherman Leads NSCA Session

Dr. Sherman was invited to lead a 60-min session at the Michigan National Strength and Conditioning Association (NSCA) state clinic held at Adrian College on April 4, 2022. He also had three students present posters related to their sports science internships with GV Athletics teams at the same event – Morgan Barney, Jillian Ahmad, and Hanna Petersen were the presenters.

Link: <https://www.nasca.com/events/state-and-regional/2022-michigan-state-clinic/>

- Dr. Ross Sherman

## Professor Tison Moves Online

At the conclusion of Winter 2022, Professor Tison will be teaching only online classes. Melinda Tison has worn many hats while working in the Movement Science Department. She has been a visiting professor in the HPE Program teaching from her background of K-12 teaching and administration and most recently as an adjunct professor teaching FIT classes. The experience and perspective Professor Tison brings to her teaching has helped to shape many future health and physical education teachers, as well as elementary educators who have had her PED 265/266 classes. Ever the professional and team player, Melinda has helped to prepare the next adjunct professor who will teach FIT 104 Recreational Gymnastics as she hands the baton to Professor Alex Ryan who is an EXS alumni, former gymnast, and current FIT professor. Tison will continue to teach a couple of online Fitness Walking classes each semester for the FIT Program as she phases into retirement.

- Prof. Karol Tiemersma



## Joan Boand, Retired Faculty Member and Coach

Joan Boand, retired faculty member, coach and longtime laker, died January 27, 2022 at her home. She was 88. Boand, professor emeritus of physical education, arrived at Grand Valley in 1966 to teach swim classes. Blazing a trail for women in sports at Grand Valley. Boand was soon coaching softball, volleyball, basketball and track and field. Boand's one of many achievements was honored by unveiling a wall of champions named for her in the fieldhouse. "Joan has said all along that it took one word to get it started, and that word was 'yes,'" Article [Retired faculty, trailblazing women's coach dies - GVNext \(gvsu.edu\)](https://www.gvnext.com/story/news/2022/01/27/retired-faculty-trailblazing-womens-coach-dies-gvnext-gvsu.edu)

- Dr. Dana Munk





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