

Mov Scoop

Introducing the Mov

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.

Little Lakers Return!

On Tuesday, September 28th, the GVSU Health and Physical Education (HPE) program welcomed students from Lamont Christian School (LCS) back to campus. In fall of 2019, a partnership between GVSU and LCS was formed. Students in 1st – 4th grade (lovingly called the “Little Lakers”) arrive on campus 3-4 times a semester to receive supplementary health and physical education lessons from senior level HPE majors. This partnership ended abruptly in the winter of 2020 when classes at GVSU transitioned to remote learning. We were excited to officially welcome students back, many who had fond memories of their previous time at GVSU during the flagship year.

Partnerships, such as the one with LCS, are vital to our HPE program at GVSU. Our HPE majors gain firsthand experience of planning lessons, classroom management, and building community, to name a few things. September 28th was a fantastic day, where a renewed energy was brought to campus with our visitors, the Little Lakers from Lamont Christian School. We’re looking forward to continuing this partnership for years to come.

- Dr. Tess Armstrong



Movement in Games

EXS 420 students have been experimenting with the interaction between gaming and movement. Their first experiments tested the impact of an aerobic-warm up against an anaerobic sprint on Tetris performance (in-seat gaming).

Now that a mini-grant has allowed the purchase of an Oculus Quest 2 (a form of virtual reality gaming headset), they have begun exploring whether performance in active gaming with Fruit Ninja can be enhanced with caffeine supplements and cognitive performance before and after active gaming.

Students have taken to the new research avenues well and the class even discovered that what is seen by the individual using the Oculus can be streamed through the projector for everyone to see.

Dr. Lerma plans to continue exploring the intersecting roles of movement, fitness, and health with both in-seat and active gaming in the classroom.



An Oculus Quest

TIG Grant

Tess Armstrong, Colleen Lewis and Rachel Fetterley, received a teaching innovation grant for \$6,644.00 to purposefully integrate YogaEd pedagogy and techniques into their classes. The purpose of this teaching innovation grant is twofold: first, the funds will help increase the confidence and competence of students at GVSU when it comes to teaching the lifetime activity of yoga, second, the grant will support training faculty to integrate yoga into their classes, to model techniques and modifications for their future teachers.

First, faculty members in the Health and Physical Education (HPE) program will be trained in Yoga Ed (leaders in school-based yoga, with models to support our goals). We plan to integrate content purposefully into a minimum of 3 courses (HPE 267: Health and Physical Activity for classroom teachers required for all PCKET majors at GVSU; HPE 240: Methods of Teaching Fitness; and HPE 302: Methods of Teaching Adapted Physical Education). Next, 25 students in the HPE 240 class will complete the Yoga-Ed 8-week training as an integrative feature of their course. These students will pilot a program that we are interested in sustaining in HPE program. The YogaEd curriculum will be embedded in the course, and it includes both content and practical, community-based teaching opportunities. This is Service Learning/ Community-Based Learning component (along with feedback from certified YogaEd Instructors) is key to the lasting impact of this opportunity.

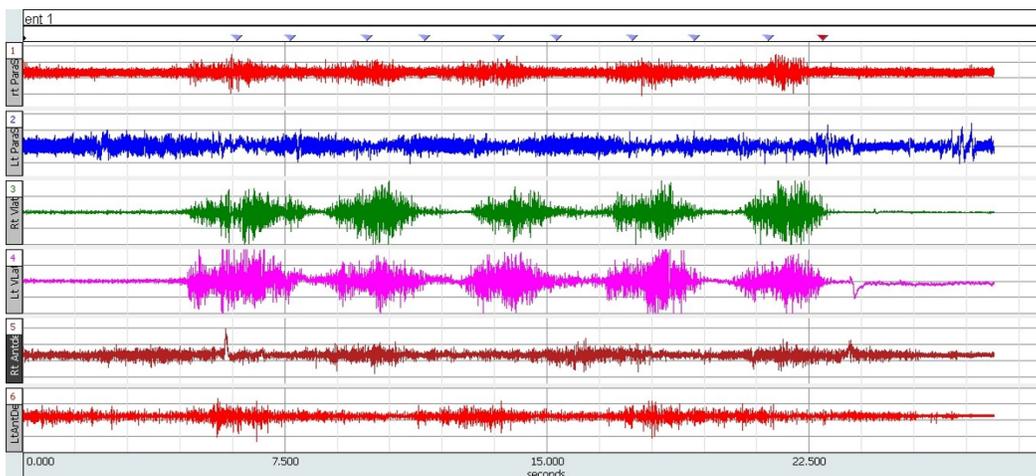
EXS Guest Speaker

The Exercise Science Club hosted a guest speaker at their last meeting. GVSU alum Emily Zoeller (2015) is a Wellness coordinator for Health Plan Advocates, a corporate wellness company in Grand Rapids. She talked about how she got to where she is after graduating, the different aspects of corporate wellness and answered questions from the club members. You can search for related jobs on indeed.com using terms like corporate wellness, health coaching and biometrics. Consider joining the Exercise Science Club on Laker Link!

Electromyography Research Studies

I have been working with 15 undergraduate student researchers this semester on two research studies that were started prior to the COVID pandemic. One study is examining the effect of static stretching, foam rolling and vibrating foam rolling on vertical jump power and muscle activation using electromyography. The other study is a 2 week training study examining the effect of instability training using a water filled “slosh tube” on rapid muscle activation patterns used in balance (termed “compensatory muscle activation”) This study is also using electromyography. Student researchers have been recruiting subjects, collecting data, training subjects and also processing the data. So far this semester students have put in a combined 80 hours of work on data collection and 30 hours of data processing! We hope to finish the data collection next semester. Look for our posters at Student Scholars day! Next year we hope to submit to research journals.

- Dr. Steve Glass



Michigan Sport Business Conference

The conference was held at the University of Michigan's Kinesiology building on Friday November 5th. The conference went from 9 am - 4:30 pm. The Michigan Sports Business Conference is an undergraduate-run conference focusing on the sport business industry. The event showcased panels, conveyed power talks, and brought networking opportunities for students. Speakers at the event talked about general sports and entertainment, the media, marketing and brand management, and sponsorships. The biggest takeaway of the conference though was the "building a brand" topic. This section was about building a brand and why every brand needs a "why", to represent what it stands for. In addition every brand wants a community and to build that you need consistency and authenticity. Bo Han, CEO and founder of Buzzer, spoke about creating your own business and what it looked like in the pandemic as well as getting into the sports world and having a unique "why" and point of perspective. The other large thing was "the game after the game" with Shareef Abdur-Rahim president of the NBA G-league, and Devin Johnson COO of the Springhill Company and EVP of Octagon Sports & Entertainment Network. They talked about how athletes today have more opportunities than ever for education and business opportunities and how many athletes have large followings at every level. Lastly they talked about when trying to apply for a job in the sports world using technology to increase your expertise since so many people in the field don't know about new technology that can be used. Also create something you're passionate about. It doesn't matter if it succeeds, only if you try it looks good.

- Kenleigh West-Wing and Brendan Gordon, SPM Students.



MWACSM Annual Conference Representation

On Friday November 5th Joshua Schutzenhofer, Bailey Reitsma, and Dr. Feedback presented their research on Hemodynamic and lactate response to exhaustive exercise with L-arginine supplementation at the Midwest American College of Sports Medicine (MWACSM) Annual Conference. Their research focused on whether L-arginine supplements could help with bloodflow and clearance of lactate before, during, and after exhaustive exercise. Their research found that a four-gram dose of L-arginine had the most significant effect on the clearance of lactate induced from exercise while not having a large effect of arterial pressure and heart rate. Joshua Schutzenhofer is a current Exercise Science major while Bailey Reitsma is an Alumna of Exercise Science. Their presentation can be viewed [Here](#).

Peanut Butter Drive

This year Movement Science faculty donated peanut butter products to the #SpreadLoveatGV food drive coordinated by the Center for Women and Gender Equity.

The products went to Replenish, a food pantry at GVSU and according to workers at Replenish “Peanut butter is a great source of protein and has a long shelf life which makes it a great item to stock up on”.

Movement Science faculty certainly delivered their share of peanut butter, Between October 1st and October 13th the food drive box was filled to the brim with Peanut butter, jelly, cereal, and nutter butters.

Spotted by a Student

Byron Doss, the FIT 178 Ballroom Dance adjunct professor was spotted by a student in *Voyage Michigan*. Professor Doss recently had a current student see his interview conducted in the Michigan magazine and the student shared it with him. The student enjoyed seeing the instructor’s dance photos for his full-time job. Teaching since the Winter of 2016, Doss has also been dancing as a professional and managing the Social Dance Studio in Grand Rapids while sharing his expertise with GVSU students. Here is the link to the interview and photos: <https://voyagemichigan.com/interview/conversations-with-byron-doss/>

- Karol Tiemersma

FIT Traditions

Each semester the Scuba class gathers for a class photo in a unique way fitting for such a class, underwater! Since the Spring of 2016 the Open Water Scuba class has been apart of the FIT Program. This class provides an opportunity to learn scuba and get certified in the GVSU Pool, finishing with dives in local lakes such as Lake I6. There are plans to add another class to offer additional scuba certifications that would include an international trip to do the required dives. Stay tuned for the coming class in Winter 2023 pending approval.

- Karol Tiemersma

Who Teaches FIT?

Each semester our Fitness, Skill, & Activity Courses service students from across the university. In a typical academic year, roughly 3,000 students are taught by a small group of thirty “FIT Faculty”. Many in this small group teach their courses in addition to their other full-time jobs. Just who are these adjunct professors?

- 2 GVSU RecWell Staff
- 8 GVSU Coaches
- 1 Director of LAKER Academic Success Center
- 1 Writing Department Adjunct
- 2 GVSU Clubs Sport Coaches
- 1 Eighth Degree Black Belt
- 4 Retirees
- 2 Police Officers
- 7 GVSU Alumni
- 2 USGA Gymnastics Judges
- 1 Meadows Golf Pro
- 1 Exercise Science Visiting Professor
- 3 Dance Professionals
- 3 State of Michigan Certified PE Teachers
- 2 Maritime Captains
- 1 Dallas Cowboys Cheerleader
- 4 Business Owners
- 3 Yogis
- 30 Dedicated FIT Faculty

- Karol Tiemersma



**This newsletter was brought to you in part
by:**

Production

Will Clark

Editing

Olivia Gordon

Ashlyn David

Story Contribution

Dr. Tess Armstrong

Dr. Steve Glass

Kenleigh West-Wing, SPM Student

Brendan Gordon, SPM Student

Prof. Karol Tiemersma