

MOV SCOOP

GVSU, Department of Movement Science

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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

SPM's Annual Rally

SPM's 376 annual Rally with the Rapids experiential learning event fundraised over \$4,000 for Special Olympics on Nov 30. The event was well covered by Fox 17 and brought positive attention to our program.



Dr. Kilbourne Delivers International Lectures

John Kilbourne, Ph.D. delivered three international lectures. His lectures emerged from his many years studying, researching, and participating in early Sámi play and games, including two GVSU-sponsored sabbaticals in northern Norway, Sweden, and Finland. The title of his lectures was Early Sámi Play and Games: Sustainability and Peace. In late April he lectured at Copenhagen University in Copenhagen, Denmark. A lecture at the Vardduo Centre for Sámi Research at Umea University in Umea, Sweden followed this. Most recently he was an invited panel participant at the Arctic Futures Conference in Reykjavik, Iceland, October 13-16.

Dr. Kilbourne officially retired from Grand Valley State University in December. After nineteen years at GVSU and nearly forty years of teaching in higher education. Congratulations! We wish you the best as you MOVE on to new adventures.



We would like to thank you, Dr. Giardina, for participating in the game ball delivery at our football home opener.



Exercise Science Club Hosts Speaker from Occupational Therapy

In October, the exercise science club hosted Dr. Breanna Chycinski, OTD, OTRL as a guest speaker to discuss the field of OT. Dr. Chycinski is the Level II academic fieldwork coordinator and teaches as an assistant professor within the Department of Occupational Science and Therapy at GVSU. She graduated with a Master's degree in occupational therapy from Grand Valley State University in 2004 and obtained her post-professional occupational therapy doctorate from Eastern Kentucky University in 2020. She has been in academia since 2014. She discussed the various roles of the OT in clinical, community, and various settings where therapy for return to work is warranted. A discussion with students followed. Occupational Therapy is one of the graduate program areas where undergraduate exercise science students seek entrance. Thank you Dr. Chycinski!



Sports Management Job Fair

Over 60 Sport Management majors and 18 employers attended the second annual Internship/Job Fair in the Kirkhoff Center on December 9th. This year's event was especially successful as SPM collaborated with Exercise Science's poster fair. Over 170 people attended the combined event creating a lively and engaging event.





Cooper Roberts Leading Faculty-Led Programs

Cooper Roberts (SPM) is our HWM House Resident Assistant. He has done a great job leading his own events and promoting faculty-led programs including Wellness Wednesday events from Kate Jordan (RecWell), Virtual Reality exergaming Thursdays, pumpkin painting/ carving for Halloween, and finals week pancake buffets.

Mary Dee Kirchoff, 1984 World Champion in Racquetball, visited FIT 140

Professor Eric Mis and their class had a unique opportunity to learn from a professional and world champion. Kirchoff's husband gave the 2022 Carey lecture in the School of Communications in September. In anticipation of being on campus, Mary offered to lend her expertise to the GVSU Racquetball students. The world champion quickly learned the names of all the students as they arrived to class and put the rookie players at ease by sharing how her success in sport helped her to learn that enjoying how she played the game made her a better player, a better competitor, and even transferred to raising her game as a student in the classroom. Mary studied Physical Therapy.

The class received coaching from Kirchoff as she watched their play. After the class concluded, two students took Mary on 2v1. The students took home a moral victory by winning one point during the game. The world champion who is a great encourager told the two-person team that they improved over the course of the game. Kirchoff still competes on the professional tour even though she is often three times the age of her opponent. To read more about Mary Dee Kirchoff, pick up her book, *Finding the Answer*.



Health, Wellness, and Movement Science House

Dr. Nick Lerma (Movement Science) and Dr. Brian Hatzel (Athletic Training) hosted the annual HWM onboarding activity during the welcome week at TreeRunner in Grand Rapids. HWM residents participated in team-building exercises followed by independent or guided climbs through a variety of ropes courses.



Three Faculty Members Serve Their Communities in Coaching Roles

Kyle Barnes led the West Ottawa Girls Cross Country team to a Division I State Championship by a 75-point margin, the 5th largest margin in MHSAA DI history. He coached two All-State athletes and one National Championship qualifier.

Chelsea Brehm serves as an assistant coach for the perennial state power Lakewood High School volleyball team. Her team went 43-11-1 and won its 22nd Consecutive League Title and 30th District Championship. Her team had two First Team All-State athletes.

Jon Coles coached the Big Rapids Boys Varsity Tennis Team this past year.

In his first year, he coached the boys to the best record in school history and a fourth-place finish in the MHSAA State Finals. He had three all-state players including his freshman son.



Exercise Science Employer Panel and Career & Internship Expo

On Friday, December 9, 2022, the Exercise Science program hosted its semi-annual Exercise Science Internship & Career Expo which attracted over 300 students. The fall event included an Employer Panel in addition to the Expo and student poster presentations. Four employers, 3 of whom are GVSU exercise science alum, shared their career journey, internship opportunities, and advice for a successful transition from student to working professional. The event drew over 100 students. The employers represented the University of Michigan Health West Hospital, Ivy Rehab, i'Move, and Fit Body Boot Camp.

During the Expo 40 exercise science seniors presented a summary of their semester-long internship experiences during the Fall 2022 semester. The Expo provides a great opportunity for students to network with employers and learn from their peers. 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. Organizations in attendance included: Spectrum Hospital, University of Michigan Health West - Cardiopulmonary Rehab, i'Move, D1 Training, Ivy Rehab, Fit Body Boot Camp, Hulst Jepsen Physical Therapy, GVSU Recreation & Wellness, GVSU Career Center, GVSU Exercise Science Club, Power Strength Training Systems, Holland Home, The Exercise Coach, Mary Free Bed Rehabilitation. The Expo is open to the entire GVSU community and was held in Kirkhof. The next Exercise Science Internship Expo will be held on Wednesday, April 19, 2023, in the Grand River Room of Kirkhof. 117 student interns will be presenting.



Personal Health and Wellness, and the Fitness and Body Image Unit

HPE 207 (Personal Health and Wellness) is a required course for the Health and Physical Education Teacher Preparation Program and fulfills a Social and Behavioral Sciences General Education course. There are 13 sections offered online and hybrid. Starting Fall 2023 there will be a 10-week online option. The course provides students with the knowledge, skills, resources, and ability to assess their health status. Social and behavioral models facilitating physical activity, health, and wellness are explored.

The course includes critical thinking and oral communication learning outcomes for General Education requirements. To assess oral communication and critical thinking, each student explores health behavior changes by investigating facts, characteristics from the socioecological model of health, resources, barriers to change, and how to overcome those barriers. The fully online sections use Flip for oral presentations.

During the fitness and body image unit, Owen Foust, Alexis Ziemke, and Karlee Shiery presented behavior changes related to walking 10,000 steps per day and overcoming negative body image.



Alexis Ziemke



Owen Foust



Karlee Shiery

HPE 267 Students Experience Yoga for the Elementary Classroom Lesson with Professor Fetterley

During the 2021-2022 school year, VIS Professor Rachel Fetterley obtained a YogaEd certification through the support of a teaching innovation grant. She took this training and implemented this content in her HPE 267-Health and Movement Education for Elementary Teachers courses. These are required courses for students in the PCKET (Elementary Education Teacher Ed) major. Each year the HPE faculty offer 10 sections of this course for prospective classroom teachers. Professor Fetterley led her students in a “yoga for the classroom” lesson that allowed them to learn how to incorporate movement and yoga into their elementary classrooms. She had her students imagine they were 1st graders participating in classroom yoga activities. They got down on the floor and practiced breathing exercises, mindfulness, and a variety of yoga poses that would be appropriate for elementary-aged students.

After participating in the “hands-on” experience, students engaged in a class discussion framed around when or what time in a school day they might engage elementary school students in such an activity. The HPE 267 students were encouraged to share their thoughts and perspectives on the yoga lesson with their peers. They were very responsive to the yoga movement lesson and found it to be another classroom activity to add to their repertoire of movement ideas they have learned in HPE 267.



Welcome Back "Little Lakers"

This semester, the HPE program continued to foster and grow partnerships with Lamont Christian School, and the GVSU Children's Enrichment Center (CEC). In HPE 306 (Methods of Teaching Elementary PE), GVSU Health and Physical Education majors taught a combination of skill themes (kicking, throwing, striking with racquets) and movement concepts (force, speed, pathways, levels) to students in grades 1- 4. Our teaching culminated in an "Animated Movie" themed field day, complete with 13 field day stations, and a mini photo booth. Supplies for the photo booth were purchased with a CSCE Sandbox grant.

In HPE 264 (Methods of Teaching Early Childhood Movement and Health), GVSU Health and Physical Education majors and Birth-Kindergarten Teaching majors used trauma-informed strategies and developmentally appropriate progressions to teach health education and gross-motor skills to the Preschool 3 class at the GVSU Children's Enrichment Center. Every Thursday for the last 6-weeks of class, Jenny Evert (lead teacher) and 15 "Little Lakers" walked to the gymnastics room on campus and engaged in dance, gymnastics, and general large-motor learning, as well as learning about essential health topics using the Michigan Model for Health curriculum.

Both opportunities are possible because of our amazing community partners, who value the high-impact practice that is possible when the community works together. We are grateful for the opportunity to teach all our "Little Lakers," and look forward to many more years of partnerships.



Transforming the Undergraduate Experience in Kinesiology

The Department of Movement Science has been a member of the American Kinesiology Association since 2010. Dr. Beaudoin has served on the AKA Board of Directors, and Future Directions Committee, and is now the Director of the Undergraduate Education Network. This year, the 16th Annual Leadership Workshop will be held in San Diego, CA from January 26-28, 2023. The theme of the leadership workshop is Social Justice and Equity Imperatives: A Call to Action. Dr. Beaudoin and colleagues (Dr. Heather Van Mullem, Lewis-Clark State College; Sarah Price, Florida A & M University; Temo Carboni, Imperial Valley College) were responsible for planning this year's Undergraduate Education Network preworkshop session titled: Transforming the Undergraduate Experience in Kinesiology: Developing and Supporting and Inclusive Climate and Culture. The session will host six presentations examining topics such as academic advising, addressing enrollment disparities, identifying equity gaps, department names and recruitment and retentions, and marginalized identities and department culture. The AKA Graduate Education Network is hosting a pre-workshop session titled: Shaping an Inclusive Graduate Program Culture: From Recruitment to Post-Graduation. The pre-workshop sessions provide attendees with a great opportunity to network with other leaders in their fields. The 2023 AKA Annual Leadership Workshop features many speakers and leaders in the field of Kinesiology and higher education. The meeting brings together faculty, leaders, and administrators in kinesiology. The annual workshop provides opportunities to learn, network, and share ideas with others in the field of kinesiology. The 2024 Annual AKA Leadership Workshop will be January 25-27, in Albuquerque, New Mexico.

Exercise Science Club at Midwest Regional American College of Sports Medicine Conference



Four students from the Exercise Science Club attended the Midwest Regional Conference for the American College of Sports Medicine in Indianapolis, IN with Dr. Nick Lerma and Dr. Chris Dondzila. The trip to the conference was funded by the Office of Undergraduate Research and Scholarship's (OURS) Academic and Professional Enrichment Fund (APEF) Grant in cooperation with the Movement Science office. The students participated in the Student Quiz Bowl and attended an Exercise is Medicine On-Campus presentation performed by Dr. Dondzila.

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