



Department of Kinesiology
College of Integrated Science and Technology



Update

February 2007

Continued Sports Beverage Research

Dr. Mike Saunders will be away from JMU's campus this spring on an Educational Leave. While on leave, Dr. Saunders will be conducting a field-based research study that continues a series of investigations into the efficacy of carbohydrate-protein sports beverages. Dr. Saunders will be working closely with three professional cycling teams during their intensive winter training camps in Southern California. This training venue will provide a unique opportunity to examine parameters of muscular recovery, as the athletes will be riding 100 miles or more on most training days. The project is supported by an external grant from PacificHealth Laboratories, Inc. and a CISAT Research Grant.

National Conference on Undergraduate Research

Carolyn Schubert's abstract, "THE INFLUENCE OF MENOPAUSAL STATUS, PHYSICAL ACTIVITY AND HORMONE REPLACEMENT THERAPY ON A WOMAN'S LEVEL OF C-REACTIVE PROTEIN" has been accepted for an oral presentation at the 21st National Conference on Undergraduate Research (NCUR 21) at Dominican University of California on April 12 - 14, 2007.

Carolyn is a senior Exercise Science student.

2007 Southeast American College of Sports Medicine Meeting

Jamie Munnis (BS '06) and Dr. Judith Flohr will be presenting a paper, "MUSCULAR STRENGTH AND BONE MINERAL DENSITY IN ADULT FEMALES" at the SEACSM meeting in Charlotte Feb 8-10.

Ashby Lee Students Visit Human Performance Lab

During the month of April, 5th grade students from Ashby Lee Elementary School will visit the Human Performance Lab. The event will be lead by students enrolled in KIN 420/542: Exercise Programming for Special Populations.

*This newsletter is compiled monthly by Jana Walters.
For more information, contact Jana at walterjr@jmu.edu.*

The Morrison Bruce Center for the Promotion of Physical Activity for Girls and Women was created through the James Madison University Kinesiology Department to develop and provide activities to promote physical activity for girls and women and enhance their knowledge of health issues.

Spring Events:

- **Movin' and Groovin' Day - March 24**
This one-day collaborative event with Phi Epsilon Kappa this is held on JMU's campus for local children who have limited opportunities to participate in physical activity. The children take part in educational activities designed to enhance their knowledge of health and fitness, and learn how to incorporate physical activity into their daily routines.
- **Mother Daughter Days - March 24 and 31**
This program invites mothers and daughters from the local community to come to JMU on two consecutive Saturday mornings to participate in cardiovascular, bone, and overall fitness testing; attend lectures and workshops; and learn how to make physical activity a part of their everyday lives.
- **Faculty and Staff Health and Fitness Program - April 13-14**
The Faculty/Staff Health and Fitness Program invites female faculty and staff from JMU to participate in assessments of their cardiovascular health, bone health, and physical fitness; work with JMU students to design an exercise prescription to improve health and fitness; and attend lectures on topics related to nutrition and the importance of physical activity for women's health.

For more information on The Center's events, contact Molly Whittaker, Assistant Director, at whittamb@jmu.edu.

Dominion Lecture—Save The Date

On April 19 and 20, 2007, Catie Curtis will make two appearances for the Dominion Lecture Series. Catie will perform songs and discuss her work, her politics and the effect that musician-singers can have on social justice issues.

Both events will begin at 7pm, at a place on campus to be announced in January, and will be free and open to the public.

For more information on the Dominion Lecture Series, click this link
<http://www.jmu.edu/orgs/fwc/dominionlectures.shtml>

Annual Honors Dinner April 10, 2007

Please mark your calendar now for the Harris Lecture and Honors Dinner scheduled for April 10, 2007, in the Festival Ballroom.

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Are you interested in donating to JMU? Would you like to see your funds go to a specific purpose? The Kinesiology department has a number of different accounts available. Checks should be made payable to the JMU Foundation with a note designating the fund name and number.

- Kinesiology Department - 14682
- Recreation Studies - 14734
- Crawford Kinesiology Graduate Scholarship (Endowment Fund) - 25313
- Dorothy V. Harris Lecture Series (Endowment Fund) - 24513
- Caroline Sinclair Scholarship - 25787
- Thomas W. Bilello Memorial Internship Fund (Endowment Fund) - 25220
- Physical & Health Education Teacher Education (Endowment Fund) – 14683
- Morrison-Bruce Center for the Promotion of Physical Activity
for Girls and Women (Operating Fund) - 14292
- Morrison-Bruce Endowment for the Center for the Promotion of
Physical Activity for Girls and Women (Endowment Fund) - 24640