

School Mental Health Book Chapter

Drs. Jackie Williams and Judith Flohr had a chapter entitled "Childhood Obesity—The Consequences and the Role of Schools" published in *Advances In School-Based Mental Health Interventions*. The book was edited by Steven Evans and published by Civic Research Institute.

2008 Collegiate Fitness Expo

Jana Walters will present two educational sessions at the 2008 Collegiate Fitness Expo hosted at JMU Recreation this February. The sessions are titled "What You Don't Know Can Hurt You: Cycle Basics" and "If You Don't Say It, They Will Come." Fitness, group fitness and personal training staff from universities in the mid-Atlantic region attend this event. For more information on the Expo, click the following link:

<http://www.jmu.edu/recreation/CollegiateFitnessExpo2008.html>

Human Performance Lab

Faculty and students in the Human Performance Lab (HPL) have started the spring semester with a full slate of projects. A variety of projects are underway this month:

Data collection continues on a study examining potential genetic influences that determine responses to caffeine ingestion prior to exercise. Dr. Chris Womack is leading the study, with research assistance from Bridget Holroyd, David Bolton and Megan Garvey. The project is supported by a CISAT Research Grant.

Data collection is underway for a study examining the effects of antioxidant supplements on various markers of oxidative stress, inflammation and muscle damage following heavy exercise. Dr. Mike Saunders is the principle investigator for the project, which is supported by an external grant for \$100,930. Dr.'s Womack and Todd are co-investigators, along with graduate students Kay Lynn Lehman and Annie Mishler. Data collection for this labor-intensive project is being assisted by numerous other graduate and undergraduate Exercise Science students.

The HPL is initiating data collection for a study examining the influence of sports beverages on performance in competitive cyclists. The project is led by Dr. Saunders, and is supported by an external grant for \$28,262. Dr. Womack, Ms. Rebecca Moore and graduate student Vanessa Trono are co-investigators for the study.

Annual Harris Lecture and Honors Dinner

Please mark your calendars for the annual Harris Lecture on Wednesday, April 16 from 4:00-5:00pm in Festival Ballroom B. The speaker will be Ms. Michelle Magyar. The Kinesiology honors dinner follows the lecture from 5:30-8:00pm in Festival Ballroom A.

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

Morrison Bruce Center

The MBC just held a successful Faculty/Staff Health and Fitness Program where participants completed a battery of fitness and health tests. Students from KIN 420/542 Exercise Programming for Special Populations assisted with the testing and then helped write exercise prescriptions for the participants.

The MBC will host the following events this spring:

- a. Movin and Groovin April 5, open to children 8-11 years old in the community
- b. Alumnae health and fitness Program April 24, coincides with Reunion Weekend events

Southeast American College of Sports Medicine Meeting

SEACSM will meet February 14-16 in Birmingham. A contingent of JMU faculty and students will attend.

Guest Speaker at Springfield College

The Exercise Science Department at Springfield College in Springfield, Massachusetts invited Dr. Judith Flohr to speak on November 28, 2007. The title of the talk was "Childhood Obesity: Are you Ready for the Challenge?"

PHETE Program & Faculty Updates

Congratulations to Dr. Susan Nye for being awarded the **2008 CISAT Outstanding Junior Faculty Award**. We are proud of her accomplishments and her dedication to preparing future teachers. In addition, she is involved with the professional development of teachers in Rockbridge Co, VA as she continues to collaborate on a PEP grant for the next two years.

Dr. Nye also had an article entitled "Fun Club: A Physical Activity Program for Elementary Schools" published in JOPERD January 2008.

Bobby Lifka will be presenting, ***Whisper to help kids build themselves from the inside out***, at the **national AAHPERD** conference in Fort Worth, Texas in April.

Congratulations to Dr. Jacqueline Williams for receiving the **NASPE Outstanding Mentor of the Year Award** at AAHPERD for her contributions to the JMU PHETE program.

Mark your calendars for the **3rd Annual PHETE Cup Golf Tournament**, held this year on Saturday, April 19, 2008 at Woodstone Meadows Golf Course, McGaheysville, VA. The entry fee is \$50/ player, \$200 per team. Registrations must be received by March 31, 2008. Please contact Jacqueline Williams at williaja@jmu.edu if you're interested in playing or becoming a tournament sponsor.

Don't forget the **Health and Physical Activity Institute** will be held at JMU this summer from July 21-24th. For more information regarding the institute check the website at www.jmu.edu/kinesiology/hpainstitute.

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Sport and Recreation Management Faculty Research

December 2007- In collaboration with Rosa López de D'Amico from a university in Venezuela and Gonzalo Bravo from West Virginia University, we recently submitted a qualitative paper for review to the International Journal of Sport Management and Marketing. The title of the study was "Rules and Performance in National Governing Bodies: An Institutional Perspective."

January 2008 - In collaboration with Doyeon Won from the University of Georgia and Hyejin Bang from Florida International University, we are revising a paper entitled "Relative importance of factors involved in choosing a regional ski destination: Influence of consumption situation and recreational specialization." We have not chosen a journal for submission.

Spring 2008 - We are hoping to start working on a questionnaire to be sent to event rights holders who are members of the National Association of Sports Commissions (NASC). The questionnaire will assess rights holder perceptions of quality when selecting an event site.

Dr. Dave Shonk and Dr. Larry Ham are hoping to start a project on sport tourism in the near future.

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