



Department of Kinesiology
College of Integrated Science and Technology



Update

March 2007

Congratulations to Judi Flohr

Dr. Judith Flohr was elected President of the Southeast Regional Chapter of the American College of Sports Medicine at their most recent meeting in Charlotte, NC.

Dominion Lecture—“How Much Difference Can One Voice Make?”

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.

The event on Thursday April 19th will begin at 7pm and on Friday April 20th at 8pm. Both nights will be free and open to the public and in the Auditorium in Memorial Hall.

For more information on the Dominion Lecture Series, click this link:

<http://www.jmu.edu/orgs/fwc/dominionlectures.shtml>

Faculty Work Published in the Journal of Cardiopulmonary Rehabilitation

Dr. Chris Womack was an author of the paper “Responses to Resistance Training in Patients with Coronary Artery Disease.” This study evaluated the blood coagulation and clot-busting responses to strength training in cardiac rehabilitation patients. The study found that a single session of circuit strength training temporarily increases enzymes that are linked to breaking down blood clots without similar increases in the potential to form clots. This is important for these patients as blood clots cause most heart attacks and strokes and patients with cardiovascular disease exhibit an increased potential for forming blood clots and a decreased potential for breaking them down. The publication information for this paper is 26: 80-83, 2006.

Tutorial at SE ACSM Conference

Dr. Chris Womack gave a tutorial at the Southeast American College of Sports Medicine Conference on how exercise influences blood clotting and the capacity for clot breakdown.

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

Faculty Member Receives CISAT Research Grant

Dr. Chris Womack received a grant for his project entitled "The Influence of the CYP1A2 Genotype on the Ergogenic Effects of Caffeine." This is a study that he is doing with Michael Saunders (KIN) and Marta Bechtel (BIO). Approximately 30% of individuals who take caffeine as a supplement to improve sports performance experience no benefit. The researchers are trying to determine if this lack of response is due to genetics. Specifically, some people express a particular gene (CYP1A2) in a way that would make them metabolize caffeine faster than others. They are hypothesizing that these people are the non-responders.

Poster Presentation at SE ACSM Meeting

Dr. Carrie Albright presented "Inflammatory response following moderate and vigorous aerobic exercise" at the 2007 Southeast Regional Chapter of the American College of Sports Medicine meeting in Charlotte, NC. This study examined the increased risk for a cardiac event during or within 30 minutes of performing exercise. One of the main triggers of a cardiac event is an increased circulation of the inflammatory protein C-reactive protein (CRP), which can cause plaque disruption in blood vessels. Dr. Albright's research found that both moderate and vigorous exercise result in an increase in circulating levels of CRP both during and within 30 minutes of activity, the time when the risk for a cardiac event is greatest. This study was performed on trained healthy individuals.

Dr. Albright and Dr. Chris Womack are developing a similar study to this, to determine if the effect is similar or even greater in individuals already at-risk for CVD and have chronically elevated CRP levels.

Faculty/Student Research

Drs. Albright, Flohr and Womack and Exercise Science student Carolyn Schubert are in the data collection stages of a study entitled "The influence of menopausal status, physical activity and hormone replacement therapy on a woman's level of c-reactive protein."

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.

Annual Dorothy Harris Lecture and Honors Dinner April 10, 2007

The annual Dorothy Harris Lecture is scheduled for Tuesday, April 10 in the Festival Ballroom and will begin at 4pm. This year's speaker is Dr. Brenda Light Bredemeier. Currently Dr. Bredemeier is on the editorial board of the International Journal of Sport and Exercise Psychology. She serves on the Panel of Experts for the Center for Sports Parenting, and is on the national advisory board of the Positive Coaching Alliance. In 2004, Dr. Bredemeier joined the University of Missouri St. Louis faculty. There she works within an innovative academic community dedicated to research and practice that will help current and future researchers, school administrators, teachers, mentors, coaches, and families to promote character and citizenship. She is especially interested in how personal dispositions (such variables as self perceptions, achievement motivation, and empathy) and community climates (such variables as class/team norms, motivational climate, and teachers'/coaches' leadership styles) relate to the moral growth and behavior of physical education and sport participants. Also, she is eager to learn whether physical activity experiences can help us understand how these dispositional and contextual moral variables relate to the development of personal and community well-being.

Dr. Bredemeier's full length faculty profile can be found at the following link:

<http://coe.ums1.edu/web/faculty/psychology/bredemeierb.cfm>

The annual Honors Dinner follows the lecture at 6pm April 10, 2007, in the Festival Ballroom.

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