



Department of Kinesiology
College of Integrated Science and Technology



Update

Spring/Summer 2008

NASPE Mentor of the Year Award

Dr. Jacqueline Williams has been awarded the NASPE Mentor of the Year Award for outstanding work with both the undergraduate and graduate students at JMU. NASPE, the National Association for Sport and Physical Education, is part of the American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD) which is Kinesiology's national organization.

Student Accomplishments

Christine Nicewonger took completion of a class assignment to heart in KIN 427 this semester. Each student enrolled in KIN 427 contributes to the creation of "CLUB 427", a fitness facility created from the ground up including marketing, facilities, business, programming, and human resources. Through a connection with her father and the Board of the Hickory Fountain Green Recreation Counsel, a portion of Christine's assignment, the facility drawing, will come to fruition. The 60,000 square foot full indoor track facility will be on a 74 acre parcel in Bel Air, Maryland, and will have baseball/softball fields with a few soccer fields as well.

Jess Nauta took advantage of a volunteer opportunity and gained experience speaking at a state-wide conference held in Charlottesville. On April 9, Jess presented "Teaching Movement for Adults" as an in-service for assistants in the Family Nutrition Program.

Morrison-Bruce Center Updates

The Center held Movin and Groovin Day on April 12, 2008 was a great success especially with Janet Matsey and Wendy Shifflett doing the golf lesson for kids.

On April 24-25 the Center held the Alumnae Health and Fitness Program, 11 members of the class of 1958 participated and it an incredible success.

The Center has several studies in progress. Currently, faculty and student researchers are conducting follow-up assessments on participants involved in the **Vigorous Physical Activity and Risk of Chronic Disease** study.

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

Caffeine and Bone Mineral Density – This study seeks to determine whether a particular gene influences whether caffeine has a negative impact on bone health. After measuring bone mineral density, participants will then be genotyped to determine whether they are slow or fast caffeine metabolizers. The two groups will then be compared as to the relationship between caffeine intake and bone density.

Gender Differences in Plantar Pressure Distribution - The purpose of this research project is to study the changes in dynamic plantar pressure distribution at a walking speed among fatigued female athletes throughout their menstruation cycles.

Iron Deficiency in Female Athletes – This study’s purpose is to determine if one week of iron supplementation, during menstruation will affect serum ferritin and serum transferring levels, and heart rate in female intercollegiate athletes during a 3-minute YMCA step test.

W.A.I.A.T. (Women Atherosclerosis Inflammation and Thrombosis) - Recent research has identified non-traditional risk factors for cardiovascular disease (CVD), including markers of inflammation and blood coagulation. These factors are associated with CVD because inflammation causes CVD and blood clots cause the majority of heart attacks and strokes. Increased physical activity is associated with a decrease in inflammation and blood coagulation potential in males. Although CVD is the primary cause of death in females and hormone replacement therapy has adverse effects on inflammation and coagulation, few studies have examined the impact of physical activity on non-traditional risk factors in post-menopausal women. The proposed project seeks to: 1) determine the relationship between physical activity and non-traditional risk factors in pre and post-menopausal women; 2) determine the relationship between physical fitness (VO2 max), physical activity and markers of inflammation (CRP) and blood clotting factors and 3) determine the interactive effect between exercise and hormone replacement therapy on non-traditional risk factors in post-menopausal females. Participants in this on-going study are given an extensive health and fitness screening. The information collected will solidify the relationship between healthy behaviors and cardiovascular disease risk factors in women. Anyone wishing to be a participant in the study should email Megan Brock at morrisonbrucecenter@jmu.edu or call 540-568-4348.

For more information on these studies and The Center, point your browser to:
<http://www.jmu.edu/kinesiology/cppagw/>

Harris Lecture: "Constructing Caring Leadership in Sport: Who Cares if I Care?"



Dr. T. Michelle Magyar presented the 2008 Harris Lecture. She is an Assistant Professor in the Department of Kinesiology at California State University, Long Beach and an Education Research and Evaluation Consultant with the California Department of Education.

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

Spring 2008 Honors Dinner Award Recipients

Thomas W. Bilello Scholarship	Erika Gunerman
Marilyn Crawford Scholarship	Jason Lang
Outstanding Majors	
Exercise Science	Kathryn DeCicco
Physical & Health Education	Christopher Lose
Sport & Rec Management	T. J. Turner
NASPE Award & Sinclair Scholarship	Austin Beazley
KIN Service Award	James Reddish
Kinesiology Scholars	
Exercise Science	Jamie Witbeck
Physical & Health Education	Amari Saint
Sport & Rec Management	Ryan Gilliam
Odyssey Society Induction	Megan Eicholtz, Ryan Gilliam, Lindsay Harmon, Amari Saint, T.J. Turner, Jamie Witbeck
Spirit Award	Tamera Young
2008 Dorothy Harris Lecturer	Dr. Michelle Magyar
Bruce-Crawford Morrison Rummel Scholarship	Christine Nicewonger & Amanda Reeder
Retired Teaching Assistants	Steve Baur, David Bolton, Amanda Howard, Kay Lehman, Lori Mattox, Carolyn Mueller
Outstanding Professional Award	Milla Sue Wisecarver
Outstanding Alumnus Award	Janet Matsey Phillips
Althea Loose Johnston Award	Jamie Witbeck

Journal of Sport Management Publication

David Shonk's manuscript "Service Quality, Satisfaction, and Intent to Return in Spectator Sport Tourism" was accepted for publication in the Journal of Sport Management.

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