EXERCISE SCIENCE PROGRAM UPDATES
Submitted by Dr. Judi Flohr

JMU students were very successful at the 2010 annual meeting of the Southeast American College of Sports Medicine (SEACSM) which was held February 11-13, 2010 in Greenville, SC.

Christine Nicewonger a first year Master's Kinesiology (Clinical Exercise Physiology) student presented her research during a special poster session at the meeting. Christine’s research abstract was originally selected as one of 10 finalists out of a pool of 23 abstracts submitted for the SEACSM Student Research Award in the Masters/Undergraduate category. On Thursday February 11th Christine’s presented her poster which was evaluated by a panel of judges who then selected it as the second best in the SEACSM Student Research Posters in the Masters/Undergraduate category. Christine’s study “The Effect of Iron Supplementation During Menses on Iron Markers and Performance in Physically Active Females” was funded by the Morrison Bruce Center. This is the first time JMU student has achieved this level of recognition. It is important to note that some of the other student finalists in this category were from R1 institutions within the region.

In addition to Christine’s success in the research category she and her teammates Katelyn Guerriere (senior undergraduate Kinesiology (Exercise Science) major), and Mike Bronez (junior undergraduate Kinesiology (Exercise Science) major) won the SEACSM Student Bowl. This event involved 15 student teams (3 individuals per team) from throughout the region (Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee and Virginia). This is a first for JMU and now the students have the opportunity to represent the SEACSM chapter at the national competition in to be held in Baltimore at the annual ACSM meeting (June 2-5). Sean Andrew will be on the team as masters students are not allowed to compete at the national level.

A total of 8 JMU students attended the meeting. The program at the meeting included symposiums, tutorials, free communications (poster and oral presentations), a graduate student fair and the “Jeopardy” style competition “SEACSM Student Bowl”. All of the JMU students represented the University with a high level of distinction and professionalism. As one of the faculty members in the Department who has worked closely with all of these students I am incredibly proud of their performance. However, it is my opinion that the students’ performance at the meeting is a testament of the dedication the Kinesiology faculty have to providing the best education we can for our students and thus we all deserve to be proud of their accomplishments.

MORRISON-BRUCE CENTER UPDATES

The Morrison-Bruce Center would like to thank all participants in programs and research sponsored the Center, as well as staff, volunteers, and donors. Without the interest and dedication of these people, the Morrison-Bruce Center could not achieve the goals it has set forth.

Programs this during the spring semester included Girls Golf, Movin’ and Groovin’ Day, and the Alumnae Health and Fitness Program. Each of these events helped enhance the lives of Girls and Women
by providing opportunities to participate in physical activity and learn about living a healthy lifestyle.

With the success of this year, the Morrison-Bruce Center looks forward to many improvements and new opportunities for programs and research in the Fall of 2010.

**DR. TOM MORAN NAMED PERSON OF THE YEAR**

PHETE faculty member, Dr. Tom Moran, was the Pilot Club of Harrisonburg’s 2010 Person of the Year. Tom is the executive director of Just for Kicks, an adaptive sports program developed in 2003 while he was a doctoral student at the University of Virginia. The Pilot Club selected Tom because of his individuals with disabilities programming achievements.

Since his arrival at JMU, Tom has developed multiple programs for children and adults with disabilities. He includes his JMU students in these community outreach projects.

**PHETE PROGRAM UPDATES**

Overcoming Barriers - I Can Do It, You Can Do It

Dr. Thomas Moran received funding to implement an Overcoming Barriers Project through the I Can Do It You Can Do It Program. JMU was selected as one of eight sites nationally to receive the I Can Do It You Can Do It Program Grant. The grant provides $15,000 to conduct a physical activity and nutrition mentoring program for individuals with disabilities. The mentees (children and adults with disabilities) are assigned a mentor (trained adult) who will engage them in a five day a week physical activity and nutrition program. The program dictates that we must run three 8-week waves in which we enroll 60 mentees and 60 mentors in each program. Mentees will be recruited throughout Harrisonburg, Staunton, Waynesboro, as well as Rockingham & Augusta Counties. Mentors will be not only limited to PHETE and Exercise Science Students, but will be recruited from programs across the university – We may even recruit YOU so contact us if you are interested!

Some of the unique attributes of JMU’s Overcoming Barriers Project include:

- Eight Week Programs - Mentees get to chose from the ONE of the following programs each eight week wave: Individual Motor Skill Development/Personal Training (conducted in a small group setting), Aquatics, or Individual Sports/Recreational Activities.

- Helping Hands - Mentors will assist their mentee and any interested family members to join an existing community program. The mentor will ensure that the mentee is signed up and will communicate with the director whether instructional support of a “helping hand” is needed. Funds were built into the grant to assist families with the cost of enrolling their child in various community organizations.

- Family Fun Nights - Once a month we will organize a family fun event where families will learn about proper nutrition and have opportunities to cook and/or try healthy meals/snacks. In addition, there will exciting physical activity opportunities for families to learn about that can be used or implemented at home or in small areas.

- Community Training & Support – In hopes to sustain the impact of this project, in addition to providing the programming, we will also conduct specialized training for six identified community organizations to train their staff to better meet the needs of all participants. The training will provide community organizations and their staff with specific instructional strategies and tools to engage children
with disabilities as well as ways to modify, or adapt their activities to better experiences for ALL! We hope that this training will allow community organizations to be more comfortable and confident in their ability to work with any child who wishes to join their program. We also hope this program will allow mentees to continue to their participation beyond the course of the program and with little to no support needed from a helping hand.

All mentees enrolled in the I Can Do It You Can Do It program will engage in an instructional program offered at the university or an offsite location once week. Another day of the week each mentee will participate in a community based program with the support of a mentor who serves as a “helping hand”. Various community organizations have been identified as sites for mentees to enroll in community based programs (e.g. Kinetic Kids, Karate, Parks & Recreation, YMCA, etc.). The remaining three days a week the assigned mentor will monitor their mentee’s designed AT HOME program. The at-home program is designed to encourage daily physical activity and nutrition for the mentee as well as their family.

The focus of our Overcoming Barriers project is to give individuals with disabilities the “Tools” (skills, knowledge, and appropriate attitudes) to participate successfully in the community and live healthy, active lifestyles. Anyone who wants more information on how to support the program or how to get involved, please contact Tom Moran at 540-568-4877 or morante@jmu.edu.

Special Topics in Adapted Physical Education

Tom Moran taught an independent study course this spring entitled Special Topics in Adapted Physical Education. This course provided a unique opportunity for students across multiple majors to gain hands on experience working with individuals with disabilities in a variety of settings. During the course, students facilitated a three week aquatics program & a two week fitness program where each worked one on one with a child/adult with a disability designing and implementing an individualized program. Students in the course also facilitated a Valentines Dance for Adolescents and Adults with Disabilities as well as a Multi-Sport Clinic for Children with Disabilities. All of those events and programs were a great success, but for many participants as well as students enrolled in the course the two following events were the highlight of the course:

Disabled Sports Showcase: Students had the opportunity to plan and run a disabled sports showcase as an event during JMU’s Disability Awareness Week. The students enrolled in the course were charged with researching specific disabled sports and learning how to play and facilitate each game. Games that were played included, Wheelchair Basketball (with support from Tim Moubray and the Harrisonburg Wheelchair Basketball team), Sit Volleyball, Beep Baseball, Goal Ball, and power soccer. In addition, one group set up a wheelchair scavenger hunt to give participants an opportunity to navigate Godwin Hall in a wheelchair. The event was open to all students, faculty, and staff in the JMU community. Over 60 participants attended the event and participated in the various games and activities. It was a very exciting event that was educational for everyone. It was also powerful for my students to realize that it was due to their efforts that this event was made possible. Many participants expressed how challenging the games were and how much they appreciated the fact that individuals who are seen with various barriers have such neat and wonderful athletic opportunities. Given the feedback we received we hope to turn this into an annual event!

Camp Still Meadows: Our final event for the special topics course was outdoor recreation for individuals with disabilities. We decided to hold this event at Camp Still Meadows in Linville, VA. Once again, students in each group were charged with the task of developing and facilitating activities that would provide a rich outdoor recreational experiences for children and adults with disabilities. We had over 100
people attend the event, not including all our volunteers. All the individuals and their families engaged in the following events throughout the day:

- Arts & Crafts in the Wheelchair Accessible Tree house
- Nature Walks through the woods
- Sports & Games
- Planting Flowers in the Healing Gardens
- Leisure Activities/Lawn Games
- Making Smores and other “camp’ food
- And EVERYONE’s favorite petting the HORSES….

This was an incredible family event that allowed for many cheers, laughs, as well as some tears of joy! Many of the families were astounded to see the things their child was able to accomplish…Many thanks goes out to Jan Masch and Camp Still Meadows for opening their doors to us and allowing us to joy their wonderful facility. Most of all I want to thank the families for being such advocates for their children and giving my students the opportunity to work with them and learn from each other.

LOOKING FORWARD….

I want to thank all the students who helped out with programming throughout the year. We had many wonderful programs going on throughout the year and it would not have been possible without all your hard work and support! Special Thanks to Greg Tidd, who completed his Exercise Science Internship with me this semester and was responsible for jump starting many our pilot programs this Spring. It is my goal in the upcoming year to establish a Center that will focus on providing Adapted Physical Activity Opportunities for Individuals with Disabilities in the Valley as well as across the state. We want to ensure that all individuals regardless of ability or disability are provided an opportunity to live a quality life that is enriched by physical activity. There are many individuals with disabilities who are not given the opportunity to be active or believe they are unable to be successful! We will not stop until all individuals are given an opportunity to achieve their full potential – Our motto is “If you think your child can’t do this – bring them and we will show you they can!” - Everyone desires an opportunity to Get into the Game!

**2010 HARRIS LECTURE**

On April 14, Dr. Kate Hays gave the 2010 Harris Lecture. Her talk was titled “What Sports Psychology can Teach us about Performance Psychology—and vice versa.”

**2010 KINESIOLOGY HONORS DINNER**

Award recipients from the 2010 Kinesiology Honors Dinner are listed on the next page.
18th Annual Honors Dinner  
April 14, 2010

Invocation Message  
Chris Womack  
Interim Department Chair

Welcome Message  
Sharon Lovell  
Dean, College of Integrated Science and Technology

Thomas W. Bilello Scholarship  
Justin Harris

Marilyn Crawford Scholarship  
Christine Nicewonger

Bruce Crawford Morrison Rummel Scholarships  
Kelly R. Stiger,  
Mende Jo Wentzel

Outstanding Majors
  Exercise Science  
Katelyn Guerriere
  Physical & Health Education  
Kelly Blair
  Sport & Rec Management  
Kelly Burch

NASPE Award & Sinclair Scholarship  
Shannon Dougherty

Odyssey Society Induction
  Kelly Burch, Matthew Cottino, Shannon Dougherty, Katelyn Guerriere, Elizabeth Ireland,  
Todd Jones, Christopher Lovings, William Norman, Ashley Oursler, Rebecca Varney,  
Ryan Wallace

2010 Harris Lecturer  
Dr. Kate Hays

Retiring Teaching Assistants
  Tiffany Acker, Laura Babcock, Kelly Blair, Andrew Forrest, Qingnian Goh, Katie Winters

Outstanding Professional Award  
James Wampler

Outstanding Alumnus Award  
Phillip Bishop

Althea Loose Johnston Award  
Alaina A. Hesse
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