

Department of Kinesiology

College of Integrated Science and Technology

Update

December 2006/January 2007

American Camping Association National Conference

Dr. Larry Ham and Kristi Doebler, one of his Recreation Studies students, are doing a presentation at the American Camping Association National Conference in Austin Texas between February 13-16. The presentation is based on a research project that Dr. Ham has been supervising for Kristi on utilizing retirees that travel in their RVs during the year and are willing to assist camps with their expertise. The presentation "Retired Adult Leadership and Participation Benefits Camps" fits into the theme of this year's conference of "Widening the Circle" which is a goal of the ACA to increase participation at camps across the nation during this upcoming year.

WMRA "Insight" Guests

Dr. Judi Flohr and Dr. Chris Womack did their third installment on the WMRA radio program "Insight". They did their first show in September and have been almost monthly regulars ever since. Their recent show focused on weight maintenance during the holidays.

Sport Physiology & Nutrition

Dr. Mike Saunders spent a busy week in the Netherlands in early November. The primary purpose of the trip was to discuss sport physiology & nutrition as part of a round-table discussion at the Papendal Olympic Training Center. The goal of the meeting was to determine strategies to optimize preparation of Dutch athletes for the Beijing Olympics in 2008. The following day, he presented a symposium on "The role of carbohydrate/protein beverages in recovery from endurance exercise" at the first annual Dutch Nutrition Congress in Amsterdam. During the trip, Dr. Saunders also traveled to Delft to discuss the outcome of a recent study with a grant sponsor – three papers from this study will be presented at the 2007 American College of Sports Medicine conference in New Orleans in June. In addition, Dr. Saunders visited the laboratory facilities of Dr. Luc van Loon at Maastricht University, where he observed techniques to assess protein balance and oxidation during exercise, and discussed potential collaboration on future performance studies.

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.

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

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