



Department of Kinesiology
College of Integrated Science and Technology



Update

Fall 2009

Morrison Bruce Center

Movin' n' Groovin' Day is an annual event held in the Spring to promote physical activity and wellness in the local Harrisonburg/Rockingham community. This year's event was different than the previous years because girls from other areas of Virginia were invited to join in on this one-day workshop. Girls ages 7-17 were invited from the Girls Golf and First Tee in Richmond, as well as the Girls Golf-Harrisonburg Chapter. The girls came out to the JMU campus and had a fun-filled day of learning the fundamentals of golf, as well as the major components of fitness, such as cardiovascular endurance, body composition, muscular strength and endurance, flexibility, nutrition, and the anatomy of the heart, by studying a cow's heart.

This year, Janet Matsey Phillips, director of Girls Golf-Richmond Chapter, and Wendy Kern, director of Girls Golf-Harrisonburg Chapter, teamed up and taught the girls the fundamentals of golf. With their expertise and above par teaching skills, the girls came away from the event knowing more about golf than they did coming in.

This year's event could not have been done without all the phenomenal volunteers who came out and energized the girls with their enthusiasm. Many of the girls walked away from event excited about next year's ***Movin' n' Groovin' Day!***

The Annual ***Alumnae Health and Fitness Program*** was held from April 29, 2009 to May 2, 2009 for the women from the James Madison University Class of 1959. To help celebrate their fiftieth reunion, the women from the Class of 1959 went through fitness testing, heard health and wellness lectures, and were given exercise prescriptions tailored to their personal fitness assessments. The women also went through workshops teaching them exercises that they could perform at home.

With the help of JMU students, the women went home having more knowledge of physical activity and wellness than they knew before. The women who participated in this fun, knowledgeable program expressed their thanks and gratitude to the volunteers and the Morrison-Bruce Center for teaching them techniques and strategies of how to continue a healthy lifestyle.

In conjunction with Bluestone Reunion events, this program is able to continue every year and help spread the knowledge of physical activity and wellness with every generation. Keep a look out for next year's program open to the Class of 1960!

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

PHETE Program Update



The Health and Physical Activity Institute held at JMU this past July was a huge success this year with over 200 VA teachers attending. Ten student ambassadors worked and attended the institute and were essential in making it a success. Susan Nye, Tom Moran and Jacqueline Williams all presented various sessions while PHETE students also presented. Next year's institute is scheduled for July 19-22, 2010. For more information regarding the institute and

future information check the website at www.jmu.edu/kinesiology/hpainstitute.



Mark your calendars; the annual *Alumni PHETE Tailgate* party is set for Saturday, September 19th in lot C-4 next to the tennis courts. Please stop by and catch up with the PHETE family. We will have plenty of food, BYOB, friends, partners & kids. See you there!

Finally, we look forward to seeing old and new friends at the *VAHPERD* convention in Virginia Beach. All JMU alumni, current students and faculty are invited to a JMU social on Friday, November 6th from 4:30-6:30 at a site to be determined. JMU's own, Susan Nye, Tom Moran, and Jacqueline Williams along with current PHETE students will also be presenting at the conference.

Drs. Nye & Williams are in the third year of the Rockbridge County PEP grant working closely with the teachers as they wrap up the final year.

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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