



**Department of Kinesiology**  
College of Integrated Science and Technology



# Update

Spring 2009

## **Harris Lecture and Kinesiology Honors Dinner**

The Harris Lecture and Kinesiology Honors Dinner are scheduled for Wednesday, April 15, 2009, in the Festival Conference Center. The Lecture is 4-5 p.m. followed by the Dinner.

Dr Craig Wrisberg from the University of Tennessee has accepted our invitation to be the 2009 Dorothy Harris Lecturer. Dr Wrisberg is an internationally known scholar in applied sport psychology. Click on the following link for more information on Dr. Wrisberg:

<http://web.utk.edu/~sals/faculty/Wrisberg.html>

## **Morrison-Bruce Center for Physical Activity in Women and Girls**

The MBC was awarded the Champion Award from the US Surgeon General for the Girls Golf partnership between the LPGA-USGA, JMU, and Mulligan's Golf Center. The Surgeon General is visiting communities to highlight prevention programs and recognizing "Champions" for their commitment to building partnerships and implementing programs to help kids stay active, encourage kids' healthy eating habits, and promote healthy choices.

## **Human Performance Lab**

Dr. Mike Saunders continues his research in the areas of endurance performance and post-exercise recovery. During this academic year he, along with other KIN faculty, students and collaborators, published the following papers:

Valentine, R.L., Saunders, M.J., Todd, M.K. and T.G. St. Laurent. Influence of carbohydrate-protein beverage on cycling endurance and indices of muscle disruption. *International Journal of Sports Nutrition and Exercise Metabolism*, 18, 363-378, 2008.

Saunders, M.J., Hipp, G.R., Wenos, D.L. and M.L. Deaton. Trekking poles increase physiological responses to hiking without increased perceived exertion. *Journal of Strength and Conditioning Research*, 22(5), 1468-1474, 2008.

Saunders, M.J. Does protein have a place in the sports drinks of endurance athletes? *Peak Performance*, 2008.

Saunders, M.J., Moore, R.W., Kies, A.K., Luden, N.D. and C.A. Pratt. Carbohydrate and protein hydrolysate co-ingestion improves late-exercise time-trial performance. *International Journal of Sports Nutrition and Exercise Metabolism* [In Press], 2009.

*This newsletter is compiled by Jana Walters.  
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## Exercise Science Faculty Research

In the past six months Dr. Todd has authored or co-authored four manuscripts that have been published or accepted for publication. The manuscripts represent a diverse set of topics and include collaborations with other faculty at JMU, the UNC-Greensboro and UNC-Wilmington. Collaborations also involved faculty and personnel from a variety of departments including Exercise Science, Psychology, Residence Life and Campus Recreation. Notably, seven former JMU Exercise Science students are included among the authors and co-authors. The publications are listed below:

M. Kent Todd, Monica J. Reis-Bergan, Cara L. Sidman, Judith A. Flohr, Kelly Jameson-Walker, Tara Spicer-Bartolau, and Kelly Wildeman; Effect of a family-based intervention on electronic media use and body composition among boys aged 8—11 years: a pilot study. *Journal of Child Health Care*, 2008 12: 344-358.

M. Kent Todd, Greg Czynszczon, Julie Wallace Carr, and Casey Pratt; Comparison of health and academic indices between campus recreation facility users and non-users. Accepted for publication in *Recreational Sports Journal*, April 2009.

Rudy J. Valentine, Michael J. Saunders, M. Kent Todd, and Thomas G. St. Laurent; Influence of carbohydrate-protein beverage on cycling endurance and indices of muscle disruption. *International Journal of Sports Nutrition and Exercise Metabolism*, 2008, 18, 363-378.

A. H. Goldfarb, C. Cho, H. Cho, B. Romano-Ely, and M.K. Todd; Protein and antioxidants in an isocaloric carbohydrate drink: Effect on plasma oxidative stress markers and IL-6 after cycling to fatigue. Accepted for publication in the *International Journal of Sports Nutrition and Exercise Metabolism*.

## Sport and Recreation Management Research

Dr. David Shonk had a paper published in November:

Won, D., Bang, H., & **Shonk, D.J.** (2008, November). Relative Importance of Factors Involved in Choosing a Regional Ski Destination: Influence of Consumption Situation and Recreation Specialization. *Journal of Sport & Tourism*, 13(4), 249-271.

And is currently working on:

- ◆ A manuscript with Dr. Wallace Carr and Dr. DeMichele entitled *Service quality and satisfaction within campus recreation: The moderating role of identification*.
- ◆ One chapter in the new Handbook for Sport Management. Topic: The psychological contract and human resources in sport management.
- ◆ Data collection: National Association of Sports Commissions. Manuscript entitled: *Determinants of event site selection: A study of sport event rights holders*.

### **Morrison Bruce Center Upcoming Dates**

**Girls' Golf Days:** January 17 and 31, February 7 and 14, March 21, and April 4 and 18. Held in Collaboration with LPGA-USGA and Mulligan's Golf Center of Harrisonburg. March 21 is the state wide Movin and Groovin Girls Golf girls from Richmond and Roanoke Chapters of LPGA Gg will be attending.

**Alumnae Health and Fitness Program** April 28-May 1 in conjunction with Alumni Association Bluestone Reunion Weekend. A weekend in which female alumni return to 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 and workshops on topics related to nutrition and the importance of physical activity for women's health.

### **Students to Attend SEACSM Meeting**

Jamie Grandizio, Annie Mishler, and Christine Nicewonger will attend the SEACSM meeting in Birmingham, Alabama to participate in the Student Bowl on February 12-14, 2009.

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