



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



# Update

Summer 2009

**April 15, 2009 Kinesiology Honors Dinner Award Recipients**

Thomas W. Bilello Scholarship	Taylor Schwalbach
Marilyn Crawford Scholarship	Rachel Finley
Bruce Crawford Morrison Rummel	Alaina Hess, Katelyn Guerriere

**Outstanding Majors**

Exercise Science	Christine Nicewonger
Physical & Health Education	Allison Knighton
Sport & Rec Management	Robert Ennis

**NASPE Award & Sinclair Scholarship** John Parks

**KIN Service Award** Kellie Hayes, Kristen McGoldrick

**Kinesiology Scholars**

Exercise Science	Amanda Reeder
Physical & Health Education	Lindsey Felton
Sport & Rec Management	Taylor Schwalbach

**Odyssey Society Induction**

Megan Ridgway, Jessica Stepien, John Parks, Christine Nicewonger, Samuel Waagen, Derek Wimer, Christopher Regan, Jeffrey Dixon, Kimberly Germain, Anthony Phillips, Anna Applegate, Robert Ennis, Jamie Grandizio, Taylor Schwalbach, Bryan Ausink

**Retiring Teaching Assistants**

Magen Brock, Thomas Deary, Stephanie Gilson, Kelly Haley, Ashley Johnson, Jason Lang, Lauren MacGillivray, Anne Mishler, Meghan Wyka

**Outstanding Professional Award** Harold Halterman

**Outstanding Alumnus Award** Nancy Burke

**Althea Loose Johnston Award** Amanda Reeder and Taylor Schwalbach

**April 15, 2009 Harris Lecturer**

Dr. Craig Wrisberg from the University of Tennessee was the Harris Lecturer.

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

### **Sportsmanship in Campus Recreation**

Dr. Benjamin Carr, Dr. Larry Ham and Dr. Julie Wallace Carr presented "Sportsmanship in Campus Recreation" at the National Intramural Recreation Association Conference in Charlotte, NC April 2009.

Dr. Julie Wallace Carr presented "Motivating Student Employees" at the same conference.

### ***Dr. Julie Wallace Carr and Dr. Kent Todd Publication***

Todd, M., Czyszczon, J., Wallace Carr, J., & Pratt, C. (2009). Comparison of health and academic indices between university recreation facility users and non users. *Recreational Sports Journal*, 33(1), 43-53.

### ***Megan Brock, Dr. Kent Todd and Dr. Julie Wallace Carr poster presentation***

Brock, M., Todd, K., & J, Wallace Carr. (2009). Campus Recreation, Academic Success and Health Behaviors. Presented at the NIRSA National Conference, Charlotte, NC.

### **Student Award: Rachel Finley**

Rachel won the VRSA Student Award of Merit at the NIRSA conference in Charlotte, NC in April.

### **Annual Diversity Conference**

Larry Ham presented "Transcending Race: Issues in Cultural Diversity" at the 3rd Annual Diversity Conference on April 6, 2009.

### **Sport and Recreation Management Program Updates**

Melissa Estep joined Dr. Zullo in working/attending the NCAA Convention in Washington DC as part of an \$800 grant with the NCAA.

Dr. Zullo and Dr. Shonk took SRM students to Charlottesville in February to meet with executives from TNA Wrestling to discuss event management and sales prior to a live event.

During the fall semester, the SRM program received \$500 from the V Foundation for Cancer Research to create event management guides for the foundation in 3-on-3 basketball, bocce, bike race and tennis. Students also toured UNC and Duke athletic facilities on their visit to North Carolina.

Also during the fall semester, the TEAMS Group received \$11,589 from Travel, Events and Management in Sports to participate in the 2008 TEAMS Conference in Pittsburgh, PA.

SRM student Dominique Smith volunteered at the ESPN Bassmaster Elite Series event at Smith Mountain Lake. Attended by over 5,000 spectators, Dominique assisted in event set-up and breakdown gaining invaluable professional development experience.

Dr. Zullo and SRM students host Ten Events in Ten Days bringing in professionals to talk about the many career opportunities including Media/PR, Facility/Event, College Sports, Campus Recreation, Parks & Rec, Resort Management, Non-Profits, High Schools, as well as Sales and Marketing. Additional symposiums were held regarding Graduate School and Diversity in Sports.

Photos of selected SRM events are on the two pages.



TEAMS Group



The V Foundation

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Ten Events in Ten Days



ESPN Bassmaster Elite Series

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### **Two New Professors Join the KIN Faculty for 2009-10**

This fall Cara McFadden and Nick Luden will be joining the KIN faculty. Cara is currently completing her doctorate at Virginia Tech in Educational Leadership and Policy Studies with an emphasis in Higher Education Administration. Nick is also currently completing his doctorate at Ball State University in Exercise Physiology. Nick completed his undergraduate degree at Slippery Rock University and his masters at JMU.

### **Girls Golf**

Kristen McGoldrick and Kellie Hayes devised the Girl's Golf program - Harrisonburg Chapter through the USGA-LPGA in collaboration with Mulligan's Golf Center and the Morrison Bruce Center for the Promotion of Physical Activity for Girls and Women. The unique part of the Girls Golf program in Harrisonburg compared to other Girls Golf programs throughout the nation is the fitness & wellness component we have created. Not only do girls learn the game of golf, but they also learn fitness and wellness, understanding how to relate it to golf and how to live a healthy lifestyle. Additionally, we perform teambuilding activities in order to encourage the young girls to form a strong social connection with one another.

### **Student Research**

#### ***Christine Nicewonger***

The effect of iron supplementation during menses on iron markers and performance in physically active females.

This study is an extension of Christy Eason's study completed through the Center in 2008 entitled "Iron deficiency in female athletes." The purpose was to examine the effect of iron supplementation for 7 days during menses on serum ferritin as it related to hemoglobin levels, heart rate recovery, exercise performance during an intermittent shuttle run test, physical fatigue, muscle soreness, and blood lactate levels. Results show that one week of iron supplementation improves serum ferritin levels among individuals with iron deficiency without anemia. Additionally, the study reported trends towards lower post-exercise blood lactate levels and change in muscular leg soreness during before and after exercise.

New participants will be added to the study to help determine the role of iron supplementation and serum ferritin levels on heart rate recovery during exercise.

#### ***Erin A. Shea***

Risk Factors for Bone Loss: The Relationship between Caffeine and Bone Mass

Caffeine is listed as a risk factor for osteoporosis and it has been suggested that calcium may be compromised because of caffeine intake.

Objectives: 1) to determine the relationship between bone status and caffeine, with control for other risk factors, such as calcium, vitamin D, and physical activity and 2) to determine, which would be the greatest risk factor for bone loss?

Methods/Design: The study was part of the WAIAT study (Women Atherosclerosis Inflammation and Thrombosis) of 55 pre and post menopausal women between the ages of 26-64 years. 27 women completed all of the requirements. Bone mineral density (BMD) was measured by dual energy X-ray absorptiometry. Dietary calcium, vitamin D, and caffeine were assessed using the food frequency questionnaire determining the frequency and source of food. Physical activity was measured by the sum of the total number of steps as subjects wore a pedometer for two weeks and recorded the number of steps taken daily.

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Results: Descriptive statistics showed the mean $\pm$  SD for calcium, vitamin D, and caffeine to be 1015.812 $\pm$ 516.5919, 135.390 $\pm$ 140.3689, and 145.468 $\pm$ 126.3589. The mean $\pm$ SD for total steps was 63256.10 $\pm$ 32800.939. In the correlation analysis, calcium ( $t=.510$ ) and steps ( $t=.524$ ) showed a positive correlation, whereas caffeine ( $t=-1.743$ ) and vitamin D ( $t=-.419$ ) showed a negative correlation. The linear regression model was utilized to assess the relationship between calcium, vitamin D, caffeine, steps, and BMD. None of the variables were significant. However, caffeine was closer to being significant compared to the others (sig. .096). A stepwise multiple regression model excluded calcium, vitamin D, and steps showed a significance with caffeine (sig. .045) on BMD.

Conclusion: The results support the idea that caffeine does have a negative impact on BMD. However, it is difficult to determine which is the greatest risk factor being diet (low calcium, low vitamin D, caffeine) or physical inactivity. As long as there is a sufficient amount of calcium and vitamin D, as well as weight bearing physical activity, then any impact from caffeine may not be an issue.

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