

## Department of Kinesiology

College of Integrated Science and Technology

# Update

October 2006

### **Interpolated Twitch Device**

Dr. Mike Saunders acquired a new piece of equipment for the Human Performance Laboratory this summer to examine muscle function. The "Interpolated Twitch Device" utilizes equipment/software designed by Dr. Gordon Warren at Georgia State University. The new equipment was built with considerable technical support from Dr. Warren, Harry Nesselrodt, and colleagues from CISAT's machine/electronics shops. The equipment was purchased with an external research grant obtained by Dr. Saunders, and will be used this fall to examine mechanisms of muscular fatigue during and following prolonged endurance activities.

### **New Textbook**

Dr. Chris Womack is currently working on an Exercise Physiology Textbook for Jones and Bartlett publishing. The anticipated publishing date for the textbook is Fall of 2008. He is pursuing a research project with Dr. Bo Fernall at the University of Illinois that will investigate racial differences in key proteins and enzymes responsible for the breakdown of blood clots.

### **Morrison Bruce Center Activities**

The Morrison-Bruce Center will be sponsoring its annual Fall Alumna weekend on September 29-30. Dr. Judith Flohr and Molly Whittaker will be hosting graduates for a weekend of workshops, lectures and fitness testing. In addition, the Center in partnership with Jennifer L. White, Ph.D from the University of Nebraska-Omaha (Masters JMU 2000) will be offering a program titled "Women Bound to be Active". The program is a book club that will be coordinated by Rebecca Tweel (current MA student). The purpose of Women Bound to Be Active is to teach women: a) cognitive behavior change strategies, b) strategies to enhance their self-worth, c) techniques for enhancing enjoyment of physical activity, and d) participation in different modes of activity through an educational, social support setting.

### **PHETE Program**

The Health and Physical Activity Institute held at JMU this past July was a huge success this year with over 200 VA teachers attending. There were six student ambassadors who were essential in making it a success. Our own, Susan Nye was very active in during the institute with presenting on *Using Board Games to Increase Physical Activity* and in addition Susan teamed up with Cindy Ferek, a teacher at Turner Ashby High School, to present their research on *Tablet PCs*. The Technology in Physical Education and Health course offered by Dr. Nye also received great reviews. For more information regarding last year's institute and future information check the website at [www.jmu.edu/kinesiology/hpainstitute](http://www.jmu.edu/kinesiology/hpainstitute).

We have two new additions to the PHETE family: First, Bobby Lifka who is offering his expertise and experience to the PHETE program and second, Alexander Thomas Nye, born to Susan and Scott on August 30, 2006.

The PHETE program is also pleased to report the development of a partnership between the Department of Kinesiology and Eastern Mennonite Elementary School. This partnership enables a JMU graduate assistant to conduct the school's physical education program and in turn we have another practicum site for our teacher candidates. Samantha Winters is filling this role and is receiving much praise for her teaching.

Rockingham County Schools is funding a graduate assistantship through the Department of Kinesiology. This assistantship is designed to assist Rockingham Co Schools with increasing the physical activity levels of their students during the school day and to improve their quality of life with educational

programming for students, teachers, administrators and parents. Danielle Taylor is working hard at creating experiences programs and initiatives.

Drs. Jacqueline Williams and Susan Nye will be presenting two sessions in October at the Physical Education Teacher Education conference in Long Beach, CA. The sessions are: *What's in your orchestra? The Dilemma of Content Knowledge in PETE Programs* and *Physical Educators as Health Promotion Advocates: Part of the Solution*.

### **Dutch Trip**

Dr. Mike Saunders will be heading to the Netherlands this fall to discuss the Human Performance Laboratory's research on Carbohydrate/Protein Beverages. Dr. Saunders was invited by the Dutch Olympic Committee to attend a round-table discussion regarding optimal nutrition for endurance performance and athletic recovery in elite athletes. The following day, Dr. Saunders will present a symposium entitled "The role of carbohydrate & carbohydrate/protein beverages in recovery from endurance exercise" at the Dutch Nutritional Congress in Amsterdam.

### **Girls Leadership Study**

Dr. Judith Flohr will be working with colleagues in Graduate Psychology to collect follow-up data (physical activity behaviors and various psychological inventories, questionnaires) on the participants (sixth grade girls) of the Girls Leadership Experience Camp that was held in June on the JMU campus.

### **Sport and Recreation Management Internship Website**

Brad Foust is currently working with graduate assistant Tim Smith to design and develop a database of internship and practicum sites where Sport & Recreation Management students have successfully completed their requirements in the past. We are consulting with Christine Letsky-Anderson at CISAT to realize the ultimate vision, a web-based interface that will allow future students to access this database to find a future practicum or internship site. The database search results will be narrowed down by such fields as location, industry, and concentration.

### **Spectrum Website**

Mike Goldberger is working with Dr Sara Ashworth, from Florida Atlantic University, on creating a website for our work involving Mosston's Spectrum of Teaching Styles. This website would be available to anyone worldwide interested in Spectrum theory, practice and/or scholarship.

### **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.