



Department of Kinesiology
College of Integrated Science and Technology

Update

Fall 2008



SEACSM Lecture Tour

Lecture to be given by Barry Franklin “Exercise: the Unfilled Prescription” October 20, 2008, at 10:00am in HHS 2301.

Girls Golf

The Morrison-Bruce Center for the Promotion of Physical Activity for Girls & Women will hold a girls golf program on October 11, 2008, in collaboration with LPGA-USGA and Mulligan’s Golf Center of Harrisonburg.

“Get The Job”

Hope Wood from the American College of Sports Medicine will present “Get The Job” at the Kinesiology Convocation at 7:00pm on November 12, 2008, in the Festival Center.

US Surgeon General at JMU

On November 19, 2008, at 3:00pm in Memorial Hall the US Surgeon General will present a keynote address as part of his visit to our campus.

Sport and Recreation Management Publication

SRM faculty member Dave Shonk recently had a publication in the Journal of Sport Management entitled “Service quality, satisfaction and intent to return in Event Sport Tourism.”

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

Academic Advising Recognition

Paula McMahan (Faculty Undergraduate Advisor, Kinesiology) was selected as an Outstanding Advising Certificate of Merit recipient in the Academic Advising-Primary Role category by the National Academic Advising Association (NACADA). McMahan, one of 14 academic advisers honored with the category award in nationwide competition, will accept her award in October at the NACADA Annual Conference in Chicago.

This award is given in recognition of consistent evidence of qualities associated with outstanding advising of students in nationwide competition. The category includes those individuals whose primary role at their institution is the direct delivery of advising services to students.

Jump Rope Instructional CD

Dr. Susan Nye created a jump rope CD titled 'Every Jump Counts'. It was created as a resource for teachers, recess supervisors, after-school activity directors, and parents. The CD resource contains instructions to teach jump rope with cue sheets, assessments, 20 jump rope games/activities, 39 single rope video clips, and much more.

Human Performance Lab

Dr. Saunders continues to research the interactions of heavy exercise training and nutrition in competitive endurance athletes. Over the summer, Dr. Saunders travelled to Boulder, Colorado to meet with a scientific advisory panel regarding carbohydrate-protein beverage ingestion for endurance athletes. In addition, Dr. Saunders and fellow Human Performance Laboratory faculty and students published or presented the following papers:

Published in the *International Journal of Sports Nutrition and Exercise Metabolism*:

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, 18, 363-378, 2008.

Presented at the American College of Sports Medicine Meeting (Indianapolis, June, 2008):

Saunders, M.J., Filak, C.A, Bradley, G. and Crippen, D. Influence of Reduced-Volume Training Bout on Markers of Recovery during Intensive Training in Professional Cyclists.

Filak, C.A., Saunders, M.J., Crippen, D. and Bradley, G. Energy Balance in Professional Cyclists during Heavy Preseason Training.

Mary C. Hammer, Saunders, M.J., Rebecca W. Moore, Casey A. Pratt, Tammy L. Wagner, Janet W. Gloeckner, Robert E. Lee and Arie K. Kies. Antecedent macronutrient intake does not influence effects of carbohydrate-protein hydrolysate beverages consumed during exercise.

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PHETE Program Update

We are pleased to announce the addition of Tom Moran to the PHETE faculty this fall. He is in the process of completing his Ph.D. at UVA in adapted physical education. His areas of interest are adapted physical education, assessment and motor learning and development. Welcome Tom.

The Health and Physical Activity Institute held at JMU this past July was a huge success this year with 200 VA teachers attending. Seven student ambassadors worked and attended the institute and were essential in making it a success. Susan Nye, Bobby Lifka and Jacqueline Williams all presented various sessions and four PHETE students also presented: Alli Knighton, Meghan Wyka, Stevie Gray and Kimberly Gentry. For more information regarding the institute and future information check the website at www.jmu.edu/kinesiology/hpainstitute.

Mark your calendars; the annual PHETE Tailgate party is set for Homecoming Weekend on November 1. We will be in the lot across from Showker, right by the cross walk. Please stop by and catch up with the PHETE family. We will have plenty of food, BYOB. See you there!

Finally, we look forward to seeing old and new friends at the VAHPERD convention in Reston. All JMU alumni, current students and faculty are invited to the JMU social on Friday evening. JMU's own, Susan Nye, Tom Moran, Meghan Wyka and Alli Knighton will also be presenting at the conference.

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