NEW FACULTY MEMBER: ANDREW FINK

Being new to the JMU community, I have been blown away by the amount of support and encouragement I have received from my colleagues and my students.

Over the summer I was very active in continuing to build my Exercise Intervention in Cancer Prevention and Treatment initiative at the UVa Cancer Center’s High Risk Clinic. I am particularly proud of eight of my patients who participated in my Women’s 4 Miler training program (picture below). When they first came to me most of them could barely walk half a mile. I am extremely delighted to say that all of the participants completed the Women’s 4 Miler in Charlottesville in under an hour when the event took place two weekends ago. We are currently in the process of writing grant proposals with the hopes that the increased funding would allow us to expand the intervention program to include the entire Cancer Center, and have discussed the possibility of partnering with JMU to bring undergrad and grad students on as practicum participants, using the Center as their practicum site.

![Image of participants in Women’s 4 Miler training program](image)

I am also pleased to announce that my childhood obesity program was purchased by ACAC’s Adventure Central in Charlottesville and its incorporation into the after-school program for children and teens is now starting its second year to great success.

With both interventions in cancer and childhood obesity, we are hoping, with proper funding, to begin more extensive data collection with the hopes of future publication, as well as comparing the adherence rates and effectiveness of the FITNESSGRAM versus Spark programs. Current efforts are also being made by myself and the community to lobby for the inclusion of a gym in the new Emily Couric Clinical Cancer Center at UVa, which is scheduled to open in April. The most recent building plans do not include any exercise or fitness space for patients or employees.
DR. SLATTERY’S SUMMER TERM IN IRELAND

During the 2nd summer session there was a short-term study abroad program: Kinesiology in Ireland. Six students (from Kinesiology, Sport Management, and Psychology) studied KIN 426 Physical Activity Behaviors and KIN 490 Special Studies: A Comparison of American and Irish Women in Sport. The students traveled to all corners of Ireland and also watched an Irish Hurling Match in Dublin, and finished their culture experience with a performance of Riverdance at the Gaiety Theatre in Center City Dublin.

KINESIOLOGY PROFESSIONAL CONFERENCES

<table>
<thead>
<tr>
<th>Conference</th>
<th>Date/s</th>
<th>Location</th>
<th>Price/s</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>AACPDM</td>
<td>September 22-25, 2010</td>
<td>Washington, DC</td>
<td></td>
<td>Advance registration closed</td>
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<tr>
<td>Helping our Children S.E.E. (Sleep, Eat, Exercise) to be Healthy</td>
<td>October 2, 2010</td>
<td>Collinsville, IL</td>
<td>Before Sept 17-$60</td>
<td>Continuing Ed (may only count toward the state of IL)</td>
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<tr>
<td></td>
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<td>After Sept 17th-$75</td>
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<tr>
<td>Alliance Scholar Webinar</td>
<td>October 6, 2010 1-2:30pm</td>
<td>TBA</td>
<td>AAHPERD mem-$45</td>
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<td></td>
<td></td>
<td></td>
<td>Non-mem- $70</td>
<td></td>
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<tr>
<td>AASP</td>
<td>October 27-30, 2010</td>
<td>Westin Providence, RI</td>
<td>Prof mem-$245</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>Prof non-$410</td>
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<td></td>
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<td></td>
<td>Student mem-$180</td>
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<td></td>
<td></td>
<td></td>
<td>Student non-$285</td>
<td></td>
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<tr>
<td>VAHPERD</td>
<td>November 12-14, 2010</td>
<td>Virginia Beach, VA</td>
<td>Prof- $70 Student- $15</td>
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<td></td>
<td></td>
<td></td>
<td>Retired- $20</td>
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<tr>
<td>World Congress on Disabilities Expo</td>
<td>November 18-19, 2010</td>
<td>Dallas, TX</td>
<td>Expo pass only-$15</td>
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<td></td>
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<td>CD Conference pass (includes expo)- $195</td>
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<tr>
<td>SEACSM</td>
<td>February 3-5, 2011</td>
<td>Greenville, SC</td>
<td>Professional-$110</td>
<td>Must pay SEACSM membership fee (included in prices)</td>
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<td></td>
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<td></td>
<td>Professional (non-ACSM)-$120</td>
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<td></td>
<td></td>
<td></td>
<td>Student- $55</td>
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<tr>
<td>AAHPERD Southern District Convention</td>
<td>February 16-19, 2011</td>
<td>Greensboro, NC</td>
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<tr>
<td>Event</td>
<td>Date/Location</td>
<td>Registration Dates</td>
<td>Theme:</td>
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<tr>
<td>8th Active Living Research Annual Conference</td>
<td>February 22-24, 2011, San Diego, CA</td>
<td>Registration opens mid-October</td>
<td>Partnerships for Progress in Active Living: From Research to Action</td>
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<tr>
<td>AAHPERD Annual Meeting</td>
<td>March 29-April 2, 2011, San Diego, CA</td>
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<tr>
<td>CEC Convention &amp; Expo</td>
<td>April 25-28, 2011, National Harbor, MD</td>
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<tr>
<td>ACSM</td>
<td>May 31-June 4, 2011, Denver, CO</td>
<td>Prof Non - $445-$550, Prof Mem-$205-$310, Prof New Mem-$425-$530, Student Non-$120-$150, Student Mem-$100-$120, Student New Mem- $180-$200</td>
<td>Price ranges from early-late reg fees. Fees from last years’ mtg. New mem prices include membership fee. One day rates available.</td>
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<tr>
<td>NASSM</td>
<td>June 1-4, 2011, London, Ontario, CA</td>
<td>Prof Mem before May 1-$360, after $460, Student Mem before May 1-$135, after $235, Non Mem before May 1-$510, after $610</td>
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<tr>
<td>PETE Conference</td>
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<td>Next conference will be held in 2012</td>
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THE MORRISON BRUCE CENTER FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR GIRLS AND WOMEN

Research Projects
Women Atherosclerosis Inflammation and Thrombosis (WAIAT)
The Morrison Bruce Center for the Promotion of Physical Activity for Girls and Women (MBC) is conducting a research project to determine the effects of diet induced weight loss and exercise on traditional (blood pressure, blood cholesterol, BMI, blood glucose) and nontraditional risk factors (hsC-Reactive Protein, IL-6, TNF, fibrinolysis profile, endothelial function, and sleep quality) for cardiovascular disease by using a randomized intervention trial in previously sedentary post menopausal (12 months without a menstrual cycle) women.
The following variables will be assessed: blood cholesterol, glucose, body composition (using DEXA scan) and physical fitness (cardiovascular endurance, muscular strength, endurance and flexibility).

The study is a 9 week intervention. Participants will be randomly assigned to the Diet Intervention or the Exercise Intervention. Individuals in the Diet group will meet complete all of the tests listed above and come to the MBC once a week for 30 minutes to review their dietary intake and body weight. Participants assigned to the Exercise Intervention will complete all of the tests listed above and be asked to come to the Crawford Fitness Center (JMU Godwin Hall) 3-4 times per week (60 minutes/day) to complete a prescribed exercise routine designed to increase their cardiovascular and muscular fitness.

Faculty and Students involved: Jeremy Akers, PhD (Health Sciences), Nick Broccoli (Undergraduate Student Kinesiology), Jennifer Donnelly (Graduate Student Kinesiology), Judith A. Flohr PhD (Executive Director of MBC), Nick Luden PhD (Kinesiology), Christine Nicewonger (Graduate Student Kinesiology), Terri Prodoehl PhD (Health Sciences), Leslie Redmond (Graduate Student Kinesiology), and Chris Womack PhD (Kinesiology)

Fit Minded Mamas (FMM)
This fall, the MBC is launching a program for women at all stages of pregnancy. We are recruiting women from the local Harrisonburg WIC program, and both English- and Spanish-speaking women are welcome to participate in our study. The purpose of this study is to examine how physical activity patterns among a diverse sample of pregnant and postpartum women affect insulin sensitivity and fibrinolytic profile as indicated by serum markers of risk status. Insulin resistance, blood coagulation potential, and fibrinolytic activity will be measured in relation to changes in volume of physical activity during pregnancy and postpartum over a 12-week intervention period. The theoretical foundation of the physical activity intervention is social cognitive theory, and its constructs will be promoted through a cognitive and skill-based book club.

I Am Moving I Am Learning
I Am Moving I Am Learning (IMIL) is a 12 week physical activity and nutrition knowledge program designed for children ages two to five with a pre-post measurement design.
A convenience sample of children ages two to five will be recruited from the mothers of the Fit Minded Mamas (FMM) study conducted through the Morrison-Bruce Center for the Promotion of Physical Activity for Girls and Women (MBC). The FMM study will be 19-34 year old women living in the Harrisonburg-Rockingham County area and currently participating in the Central Shenandoah Health District’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). During the recruitment meetings with the potential FMM participants, they will be asked about prospective study involvement of their children. All interested individuals will be asked to contact the MBC. All IMIL sessions will be offered during the FMM sessions. By offering the sessions simultaneously, recruitment for FMM and IMIL will potentially increase.

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. Eleven student ambassadors worked and attended the institute and were essential in making it a success. Bobby Lifka, Tom Moran, Susan Nye, and Jacqueline Williams all presented various sessions while PHETE students also presented. Next year’s institute is scheduled for July 18-20, 2011. For more information regarding the institute and future information check the website at [www.jmu.edu/kinesiology/hpainstitute](http://www.jmu.edu/kinesiology/hpainstitute).

*Dr. Tom Moran* will be receiving the *Duncan Wyeth Award* at the American Academy for Cerebral Palsy and Developmental Medicine Annual meeting in Washington D.C. on September 23, 2010. Each year, the AACPDM Adapted Sports Committee and Local Area Meeting Hosts recognize an individual who demonstrates outstanding participation in or promotion of sports and recreation and serves as a role model for people with disabilities. The award is named after Mr. Duncan Wyeth for his passion towards life and for encouraging people with disabilities of all ages to pursue interests and dreams based upon their abilities and not to be limited by their disability. Duncan is an active advocate in his local community as well as nationally and internationally. His enthusiasm for life, sports and recreation are contagious and inspirational to all. You have been chosen for this award for your exemplary participation not only at an elite level of sports but also as a role model for others with disability in training and teaching sports participation. This presentation is always a meeting highlight. Congratulations Tom!

*A new program Project Balance* initiated by Bobby Lifka will provide middle school students with experiences that promote health, physical wellness and teambuilding. The program goal is to help students create life skills that develop and improve self-confidence, respect for self and others, communication, goal setting and community responsibility. This club is a partnership between JMU Kinesiology-PHETE faculty and graduate students, Westover Park Recreation Center and Harrisonburg City Schools.

*This newsletter is compiled by Jana Walters. For more information, contact Jana at walterjr@jmu.edu.*
Dr. Nye is actively engaged
School In-services:
As part of an outreach initiative, several in-services have occurred with school districts. Augusta County, Chesterfield County, Galax City, and Roanoke County have received in-services on content that includes creating developmentally appropriate lessons for K-12 students, maximizing participation and learning with physical education, and infusing health related fitness into physical education lessons.

Health Related Fitness CD completed:
Every MOVE Counts CD is complete. Information is located on the www.activityfirst.com website. On the CD are 300+ fitness images and 250+ station cards. The images include activities such as yoga, muscular fitness, core fitness, medicine ball, bosu ball, stability ball, resistance bands, jump rope, fun stunts, dynamic flexibility, etc.) There are also information sheets for each category listed above so that anyone can teach the content. In addition, there are 14 health-related fitness games (activityLAND, Mad Meal Dash, Dizzy Dominos, Healthy Healthy Hippos, etc.) on the CD.

Homecoming Alumni Tailgate for Department of Kinesiology (PHETE & Exercise Science)
Saturday, October 16th 1-3:00 Godwin Field. Register on line at http://www.jmu.edu/homecoming/reunions.shtml scroll to the bottom for Kinesiology. Your $20 admission into the tent includes all-you-can-eat tailgate food, soda, and beer. Kids are welcome! Family-friendly activities for the children include a moon bounce, face painter, and more! If you register on or before October 1, you will receive an entry ticket for each person you registered in the mail. We have a very limited number of walk-up tickets, however, due to ABC regulations, walk-ups on the day of the event are not allowed to be served alcohol.

VAHPERD-November 12-14
We look forward to seeing old and new friends at the VAHPERD convention in Virginia Beach. JMU’s own, Susan Nye, Tom Moran, and Jacqueline Williams along with current & alumni PHETE students will also be presenting at the conference. All JMU alumni, current students and faculty are also invited to a JMU social on Friday, November 12th from 5:00-7:00 at AJ Gators.

Directions & Restaurant info:
AJ Gators Sports Bar & Grill
5218 Fairfield Shopping Ctr
Virginia Beach, VA 23464
Phone number: 757-333-4135
From the VAHPERD convention Founders Inn, take a right onto Indian River Road
Continue on Indian River Rd for 1 mile
Take a left onto Kempsville Road (major intersection)
Continue on Kempsville Rd for a little over 1 mile
Turn left onto Providence Road (at the water tower)
Take your first right into the shopping center on the right (Fairfield Shopping Center)
AJ GATORS is located on the corner of the shopping center closest to Providence Road
The sign colors are red and green
EXERCISE SCIENCE GRADUATE STUDENT RESEARCH

Mandi (Reeder) Robinson is working on a research project for her Master's thesis entitled "Comparison of carotid, brachial and popliteal intima-media thickness (IMT) among sedentary and physically active subjects between 40 and 60 years old.” Previous research has established that the combined thickness of the intimal and medial layers of the artery wall do increase with age, however other research suggests that physical activity can attenuate these age-related increases. For this study, IMT will be measured in the carotid, brachial, and popliteal arteries of 40-60 year old men who have participated in moderate to vigorous exercise for 10 or more years, have participated in moderate to vigorous exercise for the past 6 months to 2 years after being sedentary for 5 or more years, or who have been sedentary for the past 5 or more years. The goals of the study are to confirm that physically active men have lower IMT than their sedentary counterparts, determine if there are differences in IMT in recent exercisers compared to long-term exercisers and to determine if these differences in IMT are seen primarily in arteries in the exercising limb, or if they are more widespread. Data collection is currently underway and is expected to continue throughout the fall semester. Dr. Kent Todd is Mandi’s thesis advisor. Undergraduate students Katie Bain, Jessica Dang, and Nicole Hafner are serving as research assistants for this project.

HUMAN PERFORMANCE LAB

Numerous research projects are underway in the Human Performance Lab this fall, which continue ongoing lines of faculty research. Most of these projects are being conducted in collaboration with graduate and undergraduate students, providing them with invaluable experience with research techniques and (in some instances) support for thesis projects.

Dr. Nick Luden (with graduate students Kevin Murach and Tara Ata, and Dr’s Saunders and Womack) received an external grant to examine how muscle metabolism and performance are influenced by an herbal supplement. Notably, Dr. Luden will be performing muscle biopsies in this study, an important technique for assessing various mechanistic aspects of muscle function/metabolism. Additionally, Dr. Luden is examining the effects of marathon training on skeletal muscle architecture in novice runners using ultrasonography.

Dr.’s Mike Saunders and Nick Luden will be conducting a series of related studies (with honors students Cash DeWitt and Amanda Dillon-Rios) examining post-exercise muscle recovery in first-time marathoners. The studies will assess potential genetic and nutritional factors influencing recovery following distance running.

Dr. Kent Todd (with graduate student Amanda Robinson, and numerous undergraduate research assistants) will be examining vascular health of men aged 40-60. The study will compare artery wall thicknesses (& other variables) of men with long-term differences in physical activity levels, utilizing the labs’ new ultrasound device.

Dr. Chris Womack (in concert with various HPL faculty and graduate/undergraduate students) continues to examine how caffeine intake influences various forms of exercise performance, and genetic influences which may moderate these responses.

This newsletter is compiled by Jana Walters.
For more information, contact Jana at walterjr@jmu.edu.
ALUMNI SPOTLIGHT: ADAM CLAWSON

A native of Connecticut, Adam Clawson came to James Madison University in 2002 with no idea what he wanted to do. He took Personal Wellness, taught by Dr. Connie Peterson, as a sophomore. This class stuck out in his mind because he remembers it being the first one he actually enjoyed going to and learning more about. He continued taking kinesiology classes, and knew that he wanted a career in this field. In 2006, he graduated with a Bachelor’s in Exercise Science, and in 2010, with a Master’s in Exercise Physiology. While attending JMU, he worked at UREC as a Fitness Instructor from his sophomore to senior year, and became a Personal Trainer at Gold’s Gym as he entered Graduate school. Today, he is also a certified group exercise instructor, teaching core conditioning, kettlebell, and bootcamp classes.

After he graduated, he was able to put 100% of his effort into marketing himself and making a reputation for himself. His goal for the past 5 months has been to become Harrisonburg’s premier personal trainer and authority on health and fitness. He has appeared on WHSV 3, discussing healthy eating tips, and the benefits of training with kettlebells and indo-boards. His most recent endeavor has been an outdoor group workout for men and women called “Adam Clawson’s Warrior Bootcamp,” that develops strength, stamina, agility, anaerobic power, and mental toughness. Individuals who take the class (Warriors), are put through a grueling 60 minute circuit of exercises performed outdoors in the heat. The exercises incorporate tires ranging from 50-500 pounds, sledgehammers, medicine balls, kettlebells, dumbbells, ropes, harnesses, and a truck. Many of the ideas are the product of watching The World’s Strongest Man competition. Individuals who have taken the class describe it as intense and breath-taking, and say they feel stronger after three days, and incredibly gratified. The class is located in a field next to Gold’s Gym, is free for the first visit, and only $10 per visit afterwards. He urges individuals to have already developed a foundation of fitness before taking his class. More information, as well as pictures, can be found at his public facebook page: www.facebook.com/getstartednow.

Adam’s philosophy on health and exercise is that the individual should train to accomplish their specific goals, but should also strive to be well-rounded in each aspect of fitness. He believes the human body is only as strong as its weakest link, which most people tend to neglect. An individual’s weaknesses (muscle imbalance, poor cardio, poor flexibility, etc) must be identified and trained first to bring the body into balance. Dynamic exercises that train the whole body, emphasizing the development of strength that is functional to that individual, and incorporate as many aspects of fitness as possible, are his preferred methods of training. He prefers not to use machines that isolate specific muscle groups, instead incorporating free-weights such as
dumbbells, barbells, kettlebells, medicine balls, and sledgehammers. When no equipment is available, he uses his surroundings, or the individual’s own bodyweight to train his clients. More information can be found at his personal training website: www.adamclawson.com.

Adam began strength training consistently as a Freshman at JMU; the fast results and the confidence he gained led him to pursue exercise as a hobby. His view of fitness and his own goals have been evolving constantly; he takes ideas from every training style he has ever tried, insights from every class, every professor, every person he has ever interacted with, because there is always something to be learned from each experience. His idols have ranged from Arnold Schwarzenegger to Jack LaLanne. Adam believes that by keeping a positive attitude, trying to create opportunities instead of waiting for them to present themselves, being disciplined, and working hard, good things will inevitably come. He hopes to inspire others to adopt more active lifestyles, and to make a difference in this society that has forgotten the benefits and lost the appreciation for exercise, in the hope that more people will lead healthier, happier, and longer lives.

**HIGHLIGHTED EXERCISE SCIENCE FIELDWORK COMPLETED SUMMER 2010**

*Lindsey McDaniel*: Diamond Sports Training, Sterling, VA. Supervised by Director of Performance Enhancement, Josh Champney, CSCS.

*Jillian Zeller*: JMU Strength and Conditioning. Supervised by Head Strength and Conditioning Coach, Greg Werner, MS, MSCC, NSCA-CP, CSCS, SCCC, ACSM-HFI, CSNC.

*Bryan Shifflett*: Strength and Conditioning at Orangewood Christian School in Maitland, FL. Supervised by Gary Bradley.

*Whitney Fentem*: Shadowed Emergency Room Physician Assistant at INOVA Loudoun Hospital, Leesburg, VA.

*Jeff Stanzel*: Training Zone in Bedford, NH. Supervised by Dr. Mark Hall, Physical Therapist.

*Taylor Walker*: Carolina Sports Clinic, Charlotte, NC. Supervised by Dr. Joshua Kollmann, Sports Chiropractor.

*Christopher Kruse*: Velocity Sports Performance, Richmond, VA. Supervised by Shawn Stewart.


*Daniel Pierson*: Augusta Health Lifetime Fitness Center, Fishersville, VA. Supervised by Olivia Hall, membership coordinator.

*Rebecca Byrd*: Fauquier Health Life Center, Warrenton, VA. Supervised by LeAnn McCusker, Life Center Director.

*Christopher DeGeorge*: Future Captains Sports, LLC., Manassas, VA. Supervised by Scott Spangler, Owner/Director.
Maddie Hawkins: LifeBridge Health and Fitness, Pikesville, MD. Supervised by Michael Kelly, Fitness Manager.

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

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