I am pleased to share Volume 21 of *Performance in Motion*. You will notice a new design, and a new face in this section – the first new face since this publication was instituted in 1993. Dr. Deb Feltz, after 23 years of service as Chair of the department, has returned to a full-time faculty role to pursue her research and teaching interests. Her strong leadership leaves the Department of Kinesiology thriving. We have record numbers of undergraduate majors, a top-10 nationally ranked doctoral program, and an enviable reputation across campus. It has been an absolute privilege to follow in her footsteps and to call upon her experience and wisdom as I have transitioned into a new role and institution.

I want to thank you for your warm welcome in my first year at MSU. I have had opportunity to meet many of our loyal alumni, engage with our top-notch undergraduate and graduate students, and work closely with our faculty and staff. All of you show a tremendous commitment to building upon our world-class educational, outreach, and research endeavors. Your enthusiasm for the department and support of our latest initiatives foretell a successful next chapter for Kinesiology at MSU. I could not be more honored to be entrusted with leading the group into this exciting future.

In the following pages you will learn about some of our activities, recognitions, and transitions from the past academic year. I wish to make special mention of our retirees – Dr. Crystal Branta, Dr. Marty Ewing, Ms. Jo Hartwell, and Dr. Dianne Ulibarri. They were extremely generous in helping our department negotiate the leadership transition last year, making for a strong finish to their accomplished careers. We had a wonderful event last spring honoring their years of service to the department. Sketches of their respective contributions are found on page 7. Their involvement in the daily activities of the department will be sorely missed, but certainly they will remain an important part of the Kinesiology family.

Another treasured member of the Kinesiology family, Dr. Clarence Underwood, was honored with the Alumni Professional Achievement Award at our spring awards luncheon. He gave an inspiring speech about his career trajectory and the value that our graduates offer to their communities. He encouraged us to maintain high aspirations for the promotion of healthy, equitable, and nurturing settings for learning and development. A selection of Dr. Underwood’s many accomplishments is found on page 5, followed by a sampling of student recognitions and activities on pages 8 and 9 that exemplify such aspirational work.

continued on page 2
KINESIOLOGY RESEARCH

Dr. Tracey Covassin along with other faculty participated in a HeadRehab demonstration. HeadRehab is a concussion management system that utilizes a Virtual Reality system to detect changes in memory, balance and reaction time. She uses head gear to project images in 3D. While using a Nintendo Wii joystick, images are projected to create an environment that challenges a person’s ability to maintain balance.

Dr. Lanay Mudd is one of four scholars selected this year to participate in a Michigan State University program focused on supporting women’s health research. The Building Interdisciplinary Research Careers in Women’s Health (BIRCWH) program provides faculty members with partial salary coverage and $25,000 worth of research and training activities for each of two years. The program is funded by the National Institutes of Health.

Mudd, whose research focuses on physical activity and pregnancy, plans to use the funding to develop an intervention program to improve the health-related behaviors of low-income pregnant women in particular. She joined the Department of Kinesiology in fall 2012.

"We know that being active and eating right during pregnancy can improve maternal health and birth outcomes, yet there have been very few interventions that try to improve these health behaviors among low-income pregnant women”

- Dr. Lanay Mudd

FROM THE CHAIR

About a year ago President Lou Anna K. Simon introduced the Bolder by Design strategic framework for MSU, which adds a new foundational imperative to our existing framework – to advance our culture of high performance. Please see bolderbydesign.msu.edu to learn more. In line with this imperative, we have been extremely busy over the past year planning for our future. We completed a comprehensive review of our department activities, setting goals and performance benchmarks in areas such as research and grant productivity, student learning opportunities, and alumni support. We have established a speaker series, which will commence each year with the Kristen Marie Gould Endowed Lecture on Sport for Children and Youth. Please see page 5 to learn about the inaugural lecture held this fall. We have hired two new colleagues in the developmental motor control area – Drs. Mei-Hua Lee and Rajiv Ranganathan. They will be profiled in the next Performance in Motion, as will our latest construction project. With generous support from the Dean of the College of Education, Dr. Don Heller, we are nearly finished with the conversion of a basement locker room into 2700 square feet of state-of-the-art laboratory space. This space will enable our faculty and students to conduct cutting-edge, collaborative research and learning activities. Moving into early 2014, we are determining our physical space needs as we continue our growth trajectory, developing our connections with other units on campus, and searching for new faculty colleagues with expertise in developmental disabilities and youth sport, respectively. In short, a lot of exciting things are happening in Kinesiology.

Successfully elevating our culture of high performance will also require your energy and active support as loyal alumni. Your professional networks, talents, wisdom, and financial contributions are essential to supporting student and faculty achievement, and in turn the broader communities that benefit from our work. Please consider actively connecting with us, in whatever way you can, to help us fully realize our potential. I am eager to meet you, and can be reached at alsmith@msu.edu or 517-355-4731.

Go Green!
Do you think that keeping in shape is an uphill battle? Try staying fit in space, where living quarters are cramped and prolonged exposure to weightlessness withers muscle and bone.

That’s the challenge a group of Michigan State University researchers will address with a new three-year, $1.2 million grant from NASA’s National Space Biomedical Research Institute. Their goal is to keep astronauts motivated to exercise during multi-year exploratory missions.

“You could give astronauts the best exercise regimen there is, but if you can’t get them to stick to it, it isn’t going to help,” said project leader Dr. Deborah Feltz, University Distinguished Professor of Kinesiology at MSU.

Based on Feltz’s previous findings that virtual partners can improve a person’s motivation to exercise, the researchers will create and test software to see what type of computer-generated workout partner is most effective.

The project is part of a broader NASA effort to help space crews work together effectively and maintain their health during the multi-year exploratory missions the agency plans for the coming decades. A manned flight to Mars, for instance, has moved from the pages of science fiction to the national science agenda; NASA aims to have astronauts orbit the red planet in the early 2030s.

The psychological benefits of exercise will be particularly important for a crew flying millions of miles through space in a home about the size of a moving van.

“In addition to the physical and performance benefits of exercise, many crew members report it helps with psychological stress as well,” said project partner Dr. Lori Ploutz-Snyder, NASA’s lead exercise physiologist at the Johnson Space Center and a former MSU post-doctoral fellow.

“The crew will need to exercise in the same room on the same equipment every day for up to three years,” she added. “There is an obvious need to make this exercise fun and challenging, and to keep the crew motivated under these unusual circumstances.”

Also working on the project are Dr. Norbert Kerr, professor of psychology at MSU; Dr. James Pivarnik, MSU professor of Kinesiology and Epidemiology; and Dr. Brian Winn, co-director of MSU’s Games for Entertainment and Learning Laboratory.
The Institute for the Study of Youth Sports (ISYS) and the Think Detroit Police Athletic League (TDP) have trained coaches and volunteers, evaluated programs, and produced measurable outcomes for thousands involved with youth sports in the City of Detroit. The partnership has now been recognized by MSU with the 2013 Outreach Scholarship Community Partnership Award.

The collaboration seeks to serve young people who are not involved in any after-school activities. Built around such key values as helping youth understand and develop integrity and a sense of purpose, the partnership provides a unique training curriculum, specifically for volunteer coaches working with youth in underserved urban environments, to facilitate the development of life skills through sports participation. ISYS developed TDP’s coaching education program and then evaluated the program to learn what strategies and practices best fostered positive youth development and character among the young people that TDP serves. Currently, ISYS and TDP are co-developing a mentoring component for their program.

The ISYS–TDP partnership has reaped numerous benefits for both parties. ISYS has provided research-based expertise and knowledge on sports and positive youth development to TDP—both at the onset of programs and as part of post-program, research-based assessments. This has helped TDP ensure that they are meeting their goals of helping often-marginalized youth develop to their full potential.

Concurrently, TDP has provided ISYS with material and data to expand its research on the relationship between sports involvement and positive youth development, adding tremendously to this growing body of research knowledge. The partnership of ISYS and TDP resulted in a number of studies that have identified best practices for facilitating positive youth development through sport in underserved communities.

Dr. Dan Gould is widely recognized for his research-to-practice approach on critical issues in youth sports and is on the cutting edge in bringing youth sports research to underserved areas. His scholarly efforts have resulted in more than 150 publications and more than 100 dissemination-service publications.

Mr. Daniel Varner is CEO of Excellent Schools Detroit and was CEO of TDP at the initiation of the partnership; Mr. Tim Richey currently serves as the CEO of TDP. Both men are passionate about improving the lives of vulnerable children in Detroit and have devoted their lives to achieving this service goal.

Sections of this article are provided by Carla Hillis from the The Engaged Scholar and an online publication at http://msutoday.msu.edu/news/2013/2013-outreach-scholarship-community-partnership-award/
Dr. Clarence Underwood, retired MSU athletic director, was honored with the Alumni Professional Achievement Award at the 2012-2013 Kinesiology Awards Luncheon. He was born in Gadsen, AL in 1933 and went on to serve in the US Army 82nd Airborne Division for 2 years at Fort Bragg, NC. He received his Bachelor of Science degree majoring in physical education in 1961. Dr. Underwood served as a physical education teacher in East Lansing, MI while earning his Master's degree in physical education and counseling from MSU in 1965. He received his Ph.D. in administration and higher education from the College of Education at MSU in 1982.

While working on his Ph.D., Dr. Underwood was hired as assistant athletic director for academic support. He is credited with supporting many black athletes in their academic pursuits. From 1982-83, Dr. Underwood was associate alumni director and then took a position as Deputy Commissioner of the Big Ten conference from 1983 to 1990. As Deputy Commissioner he was the liaison with each school’s director of athletics, he initiated the Big Ten SCORE program (Success Comes Out of Reading Everyday) for inner city children, promoted the Big Ten Advisory Commission to give voice to minority/equity issues, and established higher standards in the area of academic advising and institutional compliance. Dr. Underwood returned to MSU in 1990 as Assistant Athletics Director for Compliance, implementing the University’s first formal compliance program. In 1994, he was appointed Senior Associate Athletic Director for student-athlete welfare issues. Following this role, Dr. Underwood was MSU’s Director of Intercollegiate Athletics from 1999 to 2002. His accomplishments are many, and bring much pride and inspiration to the Kinesiology family.

Dr. Dawn Anderson-Butcher gave the inaugural Kristen Marie Gould Endowed Lecture on Sport for Children and Youth on September 6, 2013. Dr. Anderson-Butcher is a Professor in the College of Social Work at Ohio State University. She is widely known for conducting impactful, community-based work addressing positive youth development and school-family-community partnerships, using sport as a vehicle for promoting well-being. She shared highlights of the LiFE Sports Initiative that she directs at Ohio State University. This initiative has been an important effort to close the gap between young people's needs in Columbus, Ohio and the social systems in place to meet those needs. Her talk was well received by community members, students, and university faculty, offering a very successful start to the academic year and annual lecture series. We are grateful to Dr. Dan Gould and Mrs. Deb Gould for establishing this endowed lecture in honor of their late daughter, Kristen Marie.
Congratulations Retirees!
Martha “Marty” Ewing received her B.S. from Kansas State University and M.S. and Ph.D. from the University of Illinois at Urbana-Champaign. Dr. Ewing joined the MSU faculty in 1983, after working in the Survey Research Laboratory at the University of Illinois. Her previous work experience also involved several coaching and physical education teaching positions. Since graduate school, Dr. Ewing’s research interests have revolved around motivation for involvement in youth sport and psychological and social issues surrounding youth sport participation. Her commitment to these areas has been so strong that in addition to her research agenda, she has been involved with an extensive amount of outreach to youth sport participants, parents, and coaches, particularly through the Institute for the Study of Youth Sports at MSU. She served as president of the Association for Applied Sport Psychology (AASP). She has provided sport psychology counseling to many athletes and teams and has supervised the training of new sport psychology professionals seeking AASP certification. Dr. Ewing is a Fellow in AASP and has served on the editorial boards for The Sport Psychologist and the Journal of Sport Psychology in Action, a new journal for practitioners.

In retirement, Marty will play copious rounds of golf, travel, and continue to enjoy cheering on Spartan athletics, particularly men’s and women’s basketball.

Jo Hartwell received her associate degree in Nursing from St. Bartholomew’s Hospital, her Bachelor of Education degree in Physical Education and English from Nottingham University and her M.A. in Higher, Adult and Lifelong Education (HALE) from MSU. She became an academic advisor for Kinesiology students in 2002. Jo has impacted the lives of hundreds of Kinesiology students. Known for her “tough love” and “straight talk,” dozens of students have taken the time to express their appreciation to Jo. Recent comments include, “Jo Hartwell is wonderful! Arguably the best advisor at MSU!” and “Jo has always been very helpful. She is very knowledgeable and I feel that with her help I have been set up for success both here at MSU and in grad school.”

In retirement, Jo intends to spend more time in her garden, resume her artwork, and continue her participation in choir and bell choir and finishing a miniature doll house hidden away in her basement for nearly twenty years.

V. Dianne Ulibarri received her B.S. from the University of New Mexico, M.S. from Purdue University, and Ph.D. from the University of Connecticut. She joined the Kinesiology faculty at MSU in 1975 and later received a joint appointment in the College of Osteopathic Medicine, after a career coaching collegiate softball and field hockey. Under the direction of Dr. Ulibarri, the MSU softball team won the Association for Intercollegiate Athletics for Women (AIAW) National Championship in 1976.

Dr. Ulibarri’s research interests are in the area of biomechanics, specifically gait analysis. She has published her findings in books, book chapters, and research articles. She also presented research nationally and internationally. Her commitment to undergraduate education and university service is particularly noteworthy. She served as the coordinator of Kinesiology undergraduate studies for 11 years and was the faculty advisor for the Phi Epsilon Kappa professional Kinesiology fraternity. She served on the University Hearing Board, Academic Council, and several department and college level committees. Additionally, she organized study abroad programs in Australia and the United Kingdom.

In retirement, Dianne will continue her ministry activities, tend to her feline family members, and travel.
Kinesiology students volunteered at the 2013 Teddy Bear Pic- nic, sponsored by the MSU Federal Credit Union and Network for Healthy Kids. Held at the Michigan 4H Children's Garden, children brought their teddy bear or favorite stuffed animal for repairs by the teddy doctors. The event helps children feel more comfortable about check-ups and hospital visits. It also offers a great opportunity for community members to meet MSU faculty and students from pediatrics, radiology, sports medicine, ophthalmology, orthopedics and nursing – and learn how they help everyone stay healthy. Over 500 children visited the sports medicine booth, which encouraged physical activity and offered advice to parents on proper nutrition.

Tshepang Tshube received a 2013 IOC postgraduate award. His research targets the role of the entourage (i.e., parent, coach, spouse) on elite athlete development and post-sport career transition. Tshube will work with Olympic retired athletes from Botswana, South Africa, Namibia and Zimbabwe. A former Botswana national sprinter, his study was inspired by his athletic experiences.

In spring 2013, the Department of Kinesiology was awarded the MSU Federal Credit Union Dean’s Choice Grant. Coordinated by Mr. George Harnick and Dr. Matthew Pontifex, the $2500 grant enabled an undergraduate student competition to develop an infographic poster about the benefits of physical activity on academic achievement. Two Kinesiology students, Adriel Egner and Alex Wietrick, won the competition with the infographic poster seen on page 9. They distributed their poster to each of the public academies and school districts in Ingham County. This was a great way to share how a simple, enjoyable strategy (such as providing children regular opportunity for physical activity) can be used in schools to benefit educational and health outcomes.
EXERCISE TO IMPROVE TEST SCORES!

How does exercise help your brain?

- Decision Making
- Neuromotor Development
- Cognitive Control
- Reaction Time
- Memory

Just 20 minutes of exercise improves cognitive skills, especially in children with ADHD.

20:00


Active County #1
- 80% ACTIVE
- 12/12 MEAP subjects tested were at or above State of Michigan MEAP averages.

Active County #2
- 81% ACTIVE
- 6/6 MEAP subjects tested were at or above State of Michigan MEAP averages.

Active County #3
- 81% ACTIVE
- 6/6 MEAP subjects tested were at or above State of Michigan MEAP averages.

Inactive County #1
- 67% ACTIVE
- 5/12 MEAP subjects tested were below State of Michigan MEAP averages.

Inactive County #2
- 68% ACTIVE
- 6/7 MEAP subjects tested were below State of Michigan MEAP averages.

Inactive County #3
- 69% ACTIVE
- 10/12 MEAP subjects tested were below State of Michigan MEAP averages.
1995  Dr. Melissa Chase (PhD; ’91 MA) was promoted to full professor at Miami University.

1997  Brian Jones (MS) received the Ohio Athletic Trainer of the Year Award.

2001  Richard Pojeta completed his teaching internship in 2012 and now teaches Science at Regina High School in Warren, MI.

2003  Dr. Sian Beilock (PhD) was inducted into The National Academy of Kinesiology (NAK) at its 82nd annual meeting in September, 2013. The NAK is an honorary organization composed of Fellows who have made significant and sustained contributions to the field of kinesiology through scholarship and professional service. Dr. Beilock is a leader in understanding body and brain mechanisms that give rise to choking under pressure (i.e., performing more poorly than expected in stress-filled situations). She currently holds research grants concerning performance and stress from the National Science Foundation (including a CAREER award) and from the US Department of Education.

2008  Dr. Todd Gilson (PhD) was promoted to associate professor with tenure at Northern Illinois University.

2009  Kelly Mattran is now the Physical Activity Coordinator for the Georgia Department of Public Health.

2010  Aaron Mc-Laurin (MS) is presently a member of the Minnesota Vikings coaching staff as assistant strength and conditioning coach. He makes his NFL debut after working in college athletics for the past 4 years at Michigan State and Colgate.

2011  Amanda Mc-Cristal is now a Physical Education instructor for the Okemos, MI Public Schools.

2012  Brandon Irwin is presently an Assistant Professor in the Department of Kinesiology at Kansas State University.
In May of 2013, Dr. Larry Lauer, Institute for the Study of Youth Sports (ISYS) Director of Coaching and Coaching Development, accepted a position as head of mental training for the United States Tennis Association (USTA). He is working at the USTA National Training Center in Boca Raton, Florida.

A highly regarded educational sport psychology specialist, Dr. Lauer was recruited by the USTA to provide direct consultations with top players and coaches in the US. He also will help coordinate their sport psychological coaching education efforts, assist in the development of tennis parent education programs, and help formulate player development policies and programs. Additionally, he will help the USTA implement applied research projects.

While those at ISYS hated to lose Dr. Lauer, everyone is extremely happy for him. He has a wonderful opportunity to make a difference nationally and in the world of tennis. Larry came to ISYS in 2004 after completing his PhD focusing on applied sport psychology at the University of North Carolina Greensboro.

Dr. Lauer’s influence at MSU and ISYS has been immense. He has been integral to every major ISYS project over the last 9 years: the USTA studies on sport parenting, the NFL youth football program evaluation, the development of the revised coaching education curriculum for the MHSAA, the development of the Detroit PAL IMPACT coaching education program, the National Wrestling Coaches Association Leadership Academy, the USTA 10 and under tennis studies. He also coordinated the ISYS interns. If ISYS had a most valuable player award, Larry would have won it hands down. In fact, last Spring he was awarded the ISYS Crystal Apple for leadership in youth sports.

We are excited for Dr. Lauer and his family as they pursue their bright new future in Florida. This said, Larry’s presence will be missed. He made a real difference at ISYS. We thank him for all his contributions and wish him well in his new position.

“Dr. Lauer’s influence at MSU and ISYS has been immense.”

- Dr. Dan Gould

IN MEMORIAM

Dr. Herbert W. Olson, a long-time faculty member, peacefully passed on August 28, 2013 at the age of 86. After serving in the US Navy during World War II, Herb enrolled in Michigan State College in 1949. He subsequently became a graduate student and in time a full professor in our department. Dr. Olson spent his entire career at Michigan State, beginning as an instructor in 1954. Over the years 1965-1990 he was coordinator of Instructional Programs, Assistant Chairperson, and Coordinator of Registration and Scheduling. Dr. Olson co-authored numerous books, including the now classic Physical Activity in Modern Living, which pioneered much of the fitness culture as we know it today. He also wrote dozens of journal articles and served as editor of The Physical Educator. Herb retired from Michigan State University in 1990, leaving a rich legacy. He taught and mentored hundreds of undergraduate and graduate students and formed many lifelong friendships at Michigan State, a place he dearly loved.

Dr. Thelma Bishop passed away November 1, 2013 at the age of 97. Dr. Bishop retired from Michigan State University in 1975 after being a Professor in our department as well as Dean of Women’s Physical Education. While at MSU, Dr. Bishop spent many years working with the International Women’s Olympic Committee, taking her around the entire United States as well as overseas. Later she became a member of numerous Farm Bureau and Land Conservation groups.
CALL FOR NEWS:

We want to hear from you! Tell us news about you and other alums, including family events, transitions, promotions, publications, honors and awards.

Please send updates, information, and comments to alsmith@msu.edu or call 517-355-4731.

THANK YOU...

...for your generous gifts of financial support. We will continue to use this support to offer our students a superior education and to advance our world-class research and outreach initiatives.

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