



DEPARTMENT OF KINESIOLOGY
MICHIGAN STATE UNIVERSITY

Performance in Motion

Fall 2006

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Even mascots have to exercise to keep fit!!!



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Department of Kinesiology



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Message from the Chair

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A message from the chair – Deborah L. Feltz

We have so much news that we had to change our newsletter format. Instead of our typical 8-page format, we have decided to go with a bigger newsletter for our fall issue and include summaries of our research and outreach projects, more pictures, and a comprehensive list of the year's publications. We hope that you find this format enjoyable to read.

As you can see from browsing the contents, we have been very busy with teaching, research, and outreach. Additionally, we have a new search for an assistant/associate faculty member in exercise physiology and a continued search for an assistant/associate behavioral scientist in physical activity. The exercise physiology position is to replace Dr. Jeff Lemmer, who will be leaving after spring semester. The behavioral position is a new position to help attract federal funding for research and attract more doctoral students who want to bridge the psychological and physiological aspects of physical activity.

This past fall, we had the opportunity to recognize four outstanding educators, who have been associated with our department in some capacity, at the 2006 Crystal Apple Awards Dinner in October: Dr. Dixie Durr, Coach John Narcy, Dr. Jean Netherton and Dr. Maureen Weiss. Dixie, a member of our faculty at one time in the area of dance, was recognized for her creativity in teaching. John Narcy, an associate professor in our department and former diving coach, was honored for his outstanding coaching and encouragement of his students to have faith in their abilities to learn. Jean Netherton and Maureen (Mo) Weiss are alums of the department and both have previously received the department's Professional Achievement Award. They were awarded Crystal Apples for their leadership and scholarship in higher education and for their caring nature for the students they have taught.

Some notables among our faculty and graduate assistants include Dr. Jim Pivarnik's new responsibility as the University's Intellectual Integrity Officer (UIIO) and Dr. Crystal Branta's and graduate assistant, Adam Bruenger's Excellence and Innovation in Teaching Awards from the College of Education. Jim's position, starting spring semester, is a half-time appointment with the responsibility of implementing procedures defined for handling allegations of research misconduct. He will report directly to President Simon. Crystal's award was for her work on a two-course sequence for doctoral students who are interested in learning to teach well. The first course (KIN 980) examines the research on developing critical thinking skills in students and on using cooperative learning strategies to help accomplish educational goals. The second (KIN 981) is a mentored experience in teaching a professional undergraduate kinesiology section. Adam, a doctoral student in biomechanics, was recognized for his innovative *group project* assignment that addresses the naturally occurring interpersonal conflicts and provides ways in which to put the proper checks and balances in place and models for proper conflict resolution. Our congratulations go to all three members of our department.

Lastly, I always report in the fall issue on our enrollment numbers. Our trend continues with our enrollment numbers in the undergraduate major still soaring. Kinesiology currently has 815 students, an increase of over 70 students since last September. In addition, our graduate enrollment is at 112. A figure depicting our enrollment can be found on page 7.



The mission of the Institute for the Study of Youth Sports is to provide leadership, scholarship and outreach that "transforms" the face of youth sports in ways that maximize the beneficial physical, psychological, and social effects of participation for children and youth while minimizing detrimental effects.

Specific Mission Objectives

- Facilitate a paradigmatic shift in the way America judges success in youth sports—place child development before winning.
- Eliminate myths and enhance positive health behaviors in youth sports.
- Lead the nation in ways to develop and advance coaches and youth sports leaders.
- Be America's source of unbiased scientific and best practice evidence on critical youth sports issues.

ISYS: Advancing Knowledge, Transforming Young Lives!

We are very lucky here at Michigan State to house the Institute for the Study of Youth Sports, the only agency of its type in the United States. For almost 30 years we have existed to study the benefits and detriments of sport for children and youth and then based on what we have learned to help practitioners develop programs, provide leadership and influence policy to maximize the benefits of involvement. In essence, our mission is to advance knowledge via conducting cutting edge kinesiology research and, in so doing, transform the lives of young people by maximizing the contributions of sport and physical activity to youth development.

Thanks to the tireless work of a number of kinesiology faculty and students a series of important applied research and outreach projects are being conducted. We thought you would be interested in learning about some of these.

Research Projects

Hazing in high school sports. Thanks to the generosity of Carol and Larry Rearick's sponsorship of the Wohlgamuth fellowship, doctoral student Sarah Carson studied the hazing practices occurring in high school sports. This is a practically relevant topic given consistent media accounts of outlandish hazing practices that have been reported around the country in recent years. Sarah interviewed former high school athletes about any hazing incidents they had experienced in their high school years. In addition to identify common forms of hazing experienced, Sarah found that freshman and underclassmen who were new to a team were more likely to be hazed. While hazing was done for what were thought to be constructive reasons (e.g., build team unity), negative outcomes (e.g., rift between team members, emotional distress) also arise. The role of the coach in helping reduce such practices was identified as critical.

The role of parents in junior tennis success. Drs. Larry Lauer, Dan Gould and a number of ISYS students conducted a three phase project examining the role that parents play in junior tennis success. Sponsored by a US Tennis Association Sport Science grant the study was conducted in three phases. Phase 1 involved focus group interviews with 24 highly experienced junior tennis coaches, Phase 2 a national survey of junior coaches and Phase 3 in depth interview with 8 young professional players, the parent most involved in their tennis and a coach who was involved in their developmental years. We found that 3 of every 10 parents are perceived by coaches to do something (e.g., hold unrealistic expectations, place too much emphasis on rankings) that interferes with their child's development. At the same time, parental support was found to be essential for tennis success and that the parents of the most successful and well-adjusted players focused on practices such as teaching core values to their children versus focusing on winning. They also provided tremendous amounts of emotional, logistical and financial support. Most interesting was the notion of optimal parent push that was identified, where parents give their children the ultimate authority to choose or not choose to play, while at the same time reminding and making them live up to commitments and essential values needed for success.

P.R.E.P.A.R.E. sports first aid online course evaluation. Former MSU doctoral student and now assistant professor at Georgia Southern University, Dr. Mary Barron, conducted one of the first evaluations of the effectiveness of a national youth sport injury prevention program, *P.R.E.P.A.R.E.* Sponsored by a Wohlgamuth research fellowship, Mary found that while the program had some effect in reducing injuries during the season right after the program was taken, some concerns were raised relative to the participants longer term retention of key injury prevention information. This suggests that a refresher course may need to be included to insure retention of key information. Not only was this study critical in helping provide information about how to improve *P.R.E.P.A.R.E.*, but it is one of the first efforts to evaluate of the growing numbers of online youth sport leader education programs.

Michigan High School Athletic Association (MHSAA) stakeholder needs assessment. Many ISYS staff members have been involved in an ongoing research study to identify the most pressing issues facing those involved in high school sports in Michigan. Over the last two years, focus group interviews were conducted with key stakeholders in high school sports: student athletes, parents of student athletes, coaches, athletic directors and principals. While respondents reported numerous benefits to participation and overall favorable impressions, some troubling concerns were raised. Concerns identified across all groups included: (1) increased expectations and pressure placed on athletes; (2) ramifications from declines in program funding; (3) single and early sports specialization; and (4) an overemphasized outcome focus with too much emphasis on winning. Additional issues identified as important included increasing concerns with inappropriate parental behavior, poor sportsmanship and inappropriate attitudes, and the balancing of an increasing number of multiple sport and non sport activities by student athletes. Surveys will begin in Spring of 2007 in an effort to determine the scale and scope of these concerns.

Injury and injury prevention in youth football. Thanks to a grant from USA Football, John Powell and his athletic training graduate students' have been able to continue their longitudinal study of injuries in youth football this fall. In addition to collecting important data on injuries and factors associated with injuries in football for youth ages 8-14, this project also provides athletic trainer coverage to several local football leagues. Finally, not only is essential injury incidence data being collected on a population seldom studied in the past, but a pre-season coaches' education and conditioning intervention has been carried out to determine if the game can be made even more safe for those young people involved.



Larry Lauer with his hockey study

Teaching teenage ice hockey players to control emotions. Dr. Larry Lauer evaluated an intervention designed to teach teenage ice hockey players to play "tough but clean" hockey. Assessing individual players across a season, Dr. Lauer found that they could be taught sport psychological techniques for helping them control their emotions and reduce penalties and potentially dangerous acts (e.g., slashing). For example, players were taught emotional control skills such as using controlled breathing, centering, and thought restructuring and developing refocusing routines to use on ice. We are also very proud to note that the quality of Larry's work was nationally recognized by the American Alliance of Health, Physical Education and Dance (AAHPERD) 2006 Outstanding Sport Psychology dissertation award.

What's Forthcoming: New Research Projects

ISYS students and staff have begun several new research projects. These include:

- ***A study of early sports specialization in young athletes.*** Dr. Marty Ewing and doctoral student Bridgette Laskey have received a grant from the AAHPERD to study issues involved in the growing trend of early sports specialization in children. Interviews will be conducted with coaches, parents and young athletes who have specialized at a young age to determine how young athletes cope with involvement, the impact on the family and how coaches are involved in the process.
- ***MSU Legends in coaching project.*** Drs. Bob Benham, Larry Lauer and Dr. Dan Gould and doctoral student Kevin Blue, have begun a study designed to conduct in-depth interviews with some of MSU's most successful coaches of all time. These elite sport coaches will not only be interviewed about how they organized and conducted practices from a pedagogical perspective and their psychology of coaching practices, but will be asked for recommendations concerning sport for children and youth. Results will not only have scientific value but will be used as models in various ISYS coaching education efforts.

Quality of coaching/athlete life skills development. Doctoral student Sarah Carson and Dr. Dan Gould have begun data collection on a study that examines the relationship between high school athlete life skills development (e.g., initiative, goal setting, emotional control) and the behaviors and actions that their coaches emit.

Outreach and Community Engagement Efforts

ISYS is not only committed to discovering new knowledge, but to disseminating that knowledge to those outside the university who can most use it. They do this by partnering with major organizations, developing products, and writing articles for mass consumption in the sporting world. Some of our major outreach efforts include:

National Coaching Educators' Conference. In June ISYS partnered with the MHSAA to host the USA Coaching Coalition's National Coaching Educators' Conference here at MSU. Over 100 participants from such organizations such as the US Olympic Committee, Pop Warner Football, US Swimming and the US Tennis Association attended and discussed innovations in coaching education, the latest research on the science of coaching, and research on coaching education. Numerous members of the ISYS staff were involved, as well as Kinesiology graduate students.



MHSAA Coaching Advancement Plan curriculum development. Dr. Larry Lauer, ISYS Director of Coaching Education and Engagement, has led a two year effort to partner with the MHSAA to develop their coaching education program, the Coaching Advancement Plan (CAP). A number of ISYS students and faculty have written modules on such topics as resolving conflicts in athletics, preparing for success, and controlling emotions in pressure situations. ISYS graduate students also serve as clinic instructors for the program.



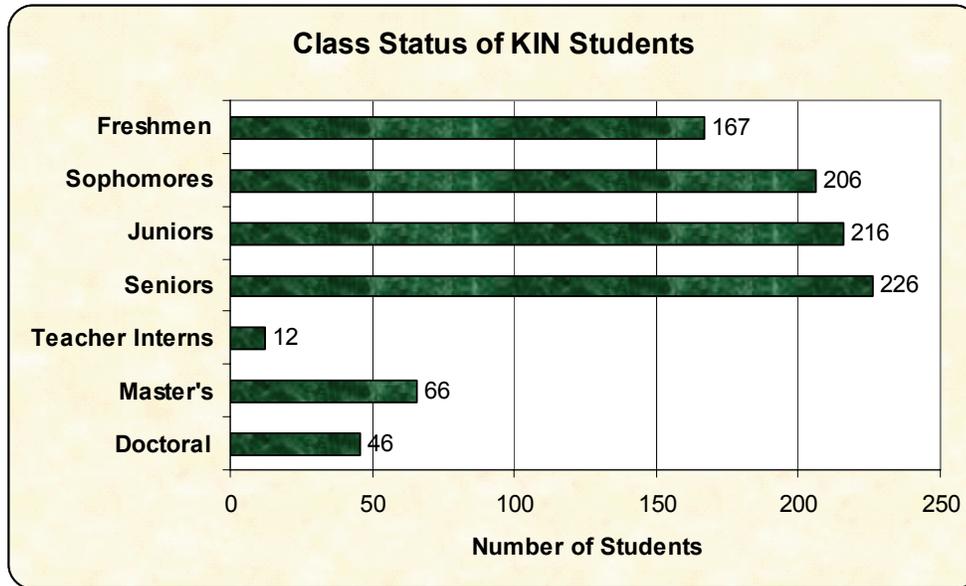
Think Detroit/Police Athletic League IMPACT leadership training program development. Our partnership with Think Detroit/PAL, an exemplary youth sports program in Detroit that provides sport opportunities for 11,000 youth, ages 4-18, has continued. The program is committed to developing youth through sport. Dr. Larry Lauer and members of the ISYS staff play three roles with TD/PAL. ISYS staff serve as general consultants on youth development through sport, help develop their coaching education program, and will evaluate the program's success.

High school captain's leadership conferences. Under the direction of Dr. Marty Ewing, ISYS graduate students took part in the MHSAA and Michigan Association of Secondary School Principals high school captain's leadership conferences. Designed to give young people involved in sport leadership training to better equip them to be team captains, presentations were made on effective leadership, resolving conflict, stress management, and nutrition. Two conferences were held in 2006 and six are planned for February of 2007.

High school sport parent distance learning program. Drs. Bob Benham, Dan Gould, and Larry Lauer along with doctoral student Angie Fifer are involved in a project to develop an online or distance learning sport parent education program. Funded from an MSU Families and Communities Together (FACT) grant, focus groups are currently being conducted with MHSAA member school parents, coaches, and athletic directors to determine education needs, suggested content, and the best form of delivery. The technological platform for the program is under development and a version of the program will be pilot tested and evaluated in 2007. The goal is to use the latest advances in distance learning to make a valuable tool that high school coaches and administrators can use to better educate parents about the role of educational athletics and how they can make their child's school sport experience an educational one.

Profile of Kinesiology Students

Kinesiology continues to be a popular major at MSU, with current enrollment data showing 815 undergraduate students, 12 post-BS teacher interns, and 112 graduate students.



Undergraduate students:

40% male – 60% female

80% Caucasian – 20% ethnic minority

6% athletic training, 7% physical education/teacher education, 87% exercise science

Post-BS teacher certification students:

50% male – 50% female

100% Caucasian

Graduate students:

55% male – 45% female

82% Caucasian – 18% ethnic minority

Psychosocial aspects of sport and physical activity ($n=32$), sport administration ($n=20$), exercise physiology ($n=17$), athletic training ($n=16$), coaching ($n=13$), biomechanics ($n=6$), growth and motor development ($n=5$), adapted physical activity ($n=3$), student-athlete development ($n=1$).

Student News

Drew Stanton, a senior in kinesiology and MSU quarterback (and currently a M.S. student), received an Academic All Big Ten Award, for which he is a three time award winner. He was also named team CoSida Academic All-American. Big-Ten Honor.

Melanie Grove and **Lisa DeBuck**, undergraduate seniors, were nominated for the MAHPERD Outstanding Senior Award for 2006. These awards were presented in the fall at the annual MAHPERD conference.

FROM THE PEK.....



PEK members at Home Coming Parade

It has been an impressive semester for Phi Epsilon Kappa! In the 2006/2007 school year, PEK has increased its membership to 74 members, which is quite an improvement from the last couple of years. The current e-board has the dedication and enthusiasm that is needed for this organization to succeed. The time that we have put forth is noticeable in what we have all accomplished as a fraternity.

It is obvious that our major involves the love of movement because PEK certainly has had a busy and packed semester! In October, there were 15 members who walked in the Homecoming Parade, representing not only PEK, but also the Kinesiology Department. Handing out suckers might have not seemed like the healthy choice, but having the kinesiology definition tied to the suckers with green and white ribbon did get a lot of attention.

The Midwest Regional American College of Sport Medicine conference was held in Mt. Pleasant this year, and PEK/Kinesiology Department had the opportunity to send six members! Attending conferences and going to a luncheon, the members had a chance to socialize with kinesiology graduate students and also bring back interesting information to the rest of the group at the meeting following the conference. Phi Epsilon Kappa is always striving to extend the knowledge for its members, and the MWACSM was a great opportunity.

In October, many PEK members volunteered at the Adaptive Sports Festival held on the MSU campus. It was an all day event held at the IM West building focusing on nine sport activities that were organized by the disability community from the State of

Michigan. This event stressed the importance of different activities for persons with disabilities. It not only affected the community of Michigan State University, but it also impacted our volunteers.

Initiation was held at the Michigan Athletic Club on November 19th. Over 40 members were initiated at the candlelight ceremony. We were also pleased to have a few of our kinesiology faculty members come and support the new members at initiation. Following the ceremony, PEK members stayed and socialized over refreshments and snacks.

The biggest fund-raiser for PEK is the apparel sale that is held once in the fall, and another sale in the spring. To bring in a little more revenue, we added a bake sale along side the clothing being sold. The goal was for people to walk away with a shirt on their back and their stomachs full! With their own money and time, PEK members baked goodies and sold them the last week of November.



As the semester was winding down and the holidays approaching, we focused on the Adopt-a-Family through the Haven House that we support each year. The Kinesiology Department, along with the PEK members, gave gifts and \$600.00 in gift cards to several needy families this year.

I do want to say a quick thank you to all the faculty and staff that have supported us this year; a lot of our success this semester was due to your hard work and all the small things you did for us! We plan to enhance what we have accomplished this fall semester by involving ourselves even more in PEK activities this spring session to keep us a strong, recognizable force on campus.

We have accomplished a lot during the fall semester, and we have even more planned for the spring session.

Rachel Berent
President of Phi Epsilon Kappa



Jeanne O'Brien Making a Difference!

Jeanne C. O'Brien, a 2005 Kinesiology graduate, and a 2006 PETE (Physical Education Teacher Educator) intern, has already made a substantial impact at her new elementary teaching job in the DeWitt, MI community. Having completed the MSU Fifth-year teaching internship, Jeanne was offered three different job opportunities in the summer of 2006. She accepted a position at David Scott Elementary School and immediately went to work on creating a positive physical education program that would meet the needs of all students. Upon meeting young Katie Frayer, who is challenged by arthrogyriposis (a disability characterized by joint contractures and muscular weakness), Jeanne began to explore ways to provide Katie with the equipment and support she needed to make her physical education experience successful. Jeanne took the initiative to contact Katie's mother in advance in order to collaborate on adapting her classroom environment. She then modified many of the sport equipment/implements to suit Katie's needs, thus keeping her as active as the other children in her class.

Says Jeanne, "Katie's willpower would just blow your mind. I mean her character is amazing. We're playing ultimate Frisbee right now with deck tennis rings. Hers is lighter and decorated with a different color, and she loves it. She wears a body brace and can only lift a few pounds with her arms. She uses a walker to get around."

Beth Frayer, Katie's mother, commented, "Jeanne is awesome. She has been so great about making sure that Katie is very active in her class. Jeanne is the first physical education teacher to really show interest in improving the level of participation of the special needs kids in our school. She actually contacted me before I even had to contact her, which never happens, to see what she could do to help Katie out. It is really nice to see the positive impact (MSU) has had on her."

Jeannie also conducted research and has written one successful grant application to the DeWitt Community Foundation which will enable her school to acquire \$2,000.00 worth of in-line skating equipment. She continues to seek grant monies for adapted equipment for Katie and others.

Not one to take all the credit for her success, Jeanne remarked, "What is so amazing about Katie is her tremendous willpower and effort to stay actively involved in my class. She is a very strong young lady. She is in choir, cheerleading, swimming at MSU, and girl scouts too."

Alumni News

Mary Barron (Ph.D. 2006) accepted a job offer from Georgia Southern University as undergraduate program coordinator and assistant professor of sports medicine/athletic training in the Department of Health & Kinesiology.

Lynette Craft (Ph.D. 2002) moved from a postdoc position at Boston University to accept a position as assistant professor in preventive medicine at Northwestern University.

Anthony Kontos (Ph.D. 2000) moved from the University of New Orleans to a faculty position at Humboldt State University.

Chris Kovacs (MS 1994), currently at Western Illinois University, was elected to serve as an executive committee member of the Sport and Exercise Psychology Academy, one of the National Association for Sport and Physical Education's Research Academies.

Linda Lyman (Ph.D. 1996) and **Barbara Meyer** (Ph.D. 1991) both worked at the 2006 Olympic Winter Games in Turin in sport consulting capacities.

Leps Malette (Ph.D. 2000) has been appointed Deputy Director in the new Office of International Education & Partnerships at the University of Botswana to set up faculty and student exchange programs for the University.

Peggy McCann (Ph.D. 2005) accepted the assistant professor position in Sport Management at Siena Heights University.

Eva V. Monsma (Ph.D. 1999) was awarded tenure with promotion to associate professor at the University of South Carolina.

Craig Paiement (Ph.D. 2006) received a presentation award from the Research Consortium of AAHPERD for his paper, "Youth Sport Coaches: Factors that Predict Satisfaction With the Coaching Experience," based on his dissertation. His award will be presented at the 2007 AAHPERD Convention in Baltimore on March 14th.

Brenda Reimer (Ph.D. 1995), currently at Eastern Michigan University, was elected to serve as an executive committee member for the Sport Sociology Academy of the National Association for Sport and Physical Education.

Adapted Physical Activity Update

Everyone CAN

Dr. Gail Dummer is collaborating with Drs. Luke Kelly (University of Virginia), Janet Wessel (Professor Emeritus, MSU), and Tom Sampson (adjunct faculty, Olivet College) to develop and publish the *Everyone CAN* physical education curriculum for K-5 students.

Everyone CAN consists of a methods textbook based upon the ABC curriculum model and a CD-ROM with 70 objectives and related instructional materials. The materials for each objective include teaching ideas for large and small groups, instructional games for large and small groups, posters of skill focal points, assessment score sheets, and disability accommodations. The anticipated publication date by Human Kinetics is 2008.

The *Everyone CAN* project has its roots in the *I CAN* curriculum developed by Dr. Wessel and her students in the 1970s. While *I CAN* focused on physical education for students with cognitive disabilities, *Everyone CAN* is designed for an inclusive setting where students with and without disabilities are educated together.

Service to Special Olympics



Gail Dummer and Alex DeNato at Special Olympic National Games

KIN faculty and students contribute extensively to Special Olympics, especially in the sport of swimming. During the past year, we co-hosted the Area 8 (Ingham & Eaton Counties) swim meet, conducted an aquatics coach certification program, and sent 27 swimmers from the Sports Skills

Program to the Area 8 swim meet and 18 swimmers to the Michigan Summer Games.

Dr. Gail Dummer served as head coach for Michigan's swimmers at the 2006 USA Special Olympics National Games, and she was selected as an assistant coach for the USA swimmers who will compete at the 2007 World Special Olympics Games in Shanghai, China. Lissa Alexander (KIN PhD student) and her husband Marv have started a Special Olympics soccer team, the first such program in the Lansing area.

Sports Skills Program

The Sports Skills Program is the lab for KIN 465 – Adapted Physical Activity, an undergraduate course required of all KIN majors. KIN students provide coaching in swimming, basketball, volleyball, soccer, elementary gymnastics, dancing, bowling, and developmental sports to persons with disabilities from the greater Lansing area. Everybody benefits! Participants acquire sports skills and improve physical fitness. MSU students learn about human ability and improve their teaching and coaching skills. Faculty and students have opportunities to conduct research related to physical activity and disability. During the past year, the Sports Skills Program served about 100 persons with disabilities and about 200 MSU students. Check out the web site at <http://edweb6.educ.msu.edu/spp>. New participants are always welcome!

Grandparents University

MSU will conduct its 2nd annual Grandparents University on June 27-29, 2007. Grandparents and grandchildren spend three days and two nights exploring and learning together at MSU. They live in the Holmes Hall dorm, enroll in four 90-minute courses, and enjoy evening social and cultural programs. KIN professor Gail Dummer and doctoral student Lissa Alexander will offer a course on soccer for children with and without disabilities. Children will learn soccer skills, and grandparents will help coach, all with expert advice and supervision from soccer coaches. Go to <http://grandparents.msu.edu/> for more information.



Janet Wessel with TAs at her Lake Michigan home

**Thanks,
Janet!**

Professor Emerita, Janet Wessel, continues her support of the adapted physical activity program by helping to fund stipends for undergraduate and graduate students who serve as teaching assistants in the Sports Skills Program. Since the 1992-1993 academic year, Dr. Wessel has provided support to 70 students! TAs for the 2006-2007 academic year include Lissa Alexander, Drew Barbeau, Eric Bean, Steve Chmielewski, Marty Douglas, Maria Feldpausch, Angela Glossop, Alexia McClarkin, Kyle Morrison, Amy Schmidt, Darijan Sutton, and Madalyn Weber.

Sparty Visits the Sports Skills Program

Where Are They Now?

The three most recent PhD graduates in adapted physical activity are employed in their dream jobs. The new faculty members are Aaron Moffett (PhD 2005) California State University San Bernardino, Bomjin “BJ” Lee (PhD 2004) Silla University in Korea, and M. Kathleen Ellis (PhD 2001) University of Rhode Island.

Graduate Student Research

Recent alum Aaron Moffett (PhD 2005) demonstrated the efficacy of a sports and life skills intervention for youth with physical disabilities in his dissertation research. Current doctoral student Lissa Alexander is extending that work to youth and young adults with cognitive disabilities, focusing on social skills and assertiveness. Both research projects employ a positive psychology approach to improving life skills and quality of life for persons with disabilities.



Genevieve Gourlay and Seth Rutherford enjoy a visit from Sparty to the Sports Skills Program

The participants in the Sports Skills Program *love* Sparty! So, everyone was thrilled on November 28 when Sparty paid a visit to one of our gym sessions. Sparty helped to lead aerobics, played various sports and activities, and posed for photographs with participants. Sparty won big points when he tried wheelchair basketball!

The Center for Physical Activity and Health, or CPAH,

The Center for Physical Activity and Health, or CPAH, was founded in 2003 as a collaboration between the Department of Kinesiology in the College of Education and the Department of Epidemiology in the College of Human Medicine and is directed by Dr. Jim Pivarnik. The mission of CPAH is to study the effect of physical activity on human health and well being throughout the lifespan. Our aim is to position MSU as a leader for impacting the lives of Michigan and U.S. citizens in terms of appropriate physical activity intervention strategies.



Many CPAH projects reflect the overall KIN Departmental emphasis on physical activity in youth. Some of their current work is an outgrowth of the Michigan Action for Healthy Kids initiative.

With funding through the United Dairy of Michigan, Dr. Pivarnik and his team were able to develop and pilot test a physical activity and nutrition behavior survey (Adolescent Health Survey) for middle and high school students. Data were obtained on over 2000 students in Williamston and Fowlerville school districts. The CPAH group presented preliminary results at the 2006 American College of Sports Medicine meeting in Denver, CO. One interesting finding was that students enrolled in physical education were more likely to meet current recommendations for youth physical activity (>60 minutes per day), regardless of their sports participation profile. Other findings of note were that physical activity was strongly and inversely related to soda pop consumption and TV watching during students' leisure time. More detailed analyses of these pilot data are ongoing.

The Adolescent Health Survey project has grown into an exciting collaboration with the MI Department of Community Health. The CPAH group modified the survey over the past year, and we renamed it the Student Health Survey (SHS). Through some funding from the MSU Families and Children Together program, they were able to get the SHS online this fall. This new survey provides an exciting opportunity to develop a large database that can be evaluated over time, to see the effects of changes in physical education offerings and after school intervention programs. So far, over 300 middle or high schools have signed on and completed the survey. More information

about the SHS can be obtained on the Internet by using the following link:

<http://www.mihealthtools.org/studenthealthsurvey/>

In addition to a full research agenda, CPAH has collaborated with a number of organizations for service projects. Of note is a collaborative effort between CPAH and the East Lansing school district.

Since 2005, CPAH has performed health fitness testing on East Lansing students, in order to determine their baseline values prior to, and after an intervention funded by a Department of Education Physical Education Program (PEP) grant. In addition to some program modification, the PEP intervention includes adding physical activity equipment and space for the students to use during and after school.



Last, but certainly not least is a recent paper published in *Medicine and Science in Sports and Exercise*. The lead author was one of our former PhD students, Dawn Coe, currently an Assistant Professor at Grand Valley State University. Dawn's research showed that 6th grade students who met or exceeded Healthy People 2010 recommendations for physical activity had math, science, English, and world studies grades that were 10% higher than those of students who performed little to no vigorous physical activity. Although most teachers might agree that their students respond better in school and are more focused when they have an opportunity for physical activity, few studies have shown this link when academic grades are used as the outcome measure.

CPAH plans to extend their recent physical activity research focus on children. The addition of new KIN faculty member Karin Pfeiffer to the team will add strength to this effort, as she has significant experience in school-based physical activity interventions. In addition, Jim Pivarnik will be extending his work with pregnancy and physical activity into evaluating how maternal physical activity might affect offspring behavior and development, particularly with respect to cardiovascular disease risk. This is an exciting new way to combine some of the genetic and environmental factors that affect children's overall health, and the role played by both maternal and offspring activity behaviors.



SPARTAN PROFILE

Karin Allor Pfeiffer

Dr. Karin Pfeiffer is originally from the state of Michigan. She is a graduate of Grand Blanc High School, and she completed her Bachelor's degree in Kinesiology (Movement Science) at the University of Michigan in 1994. An undergraduate research experience in exercise psychology led her to pursue her Master's degree in the area of Sport and Exercise Psychology in our own Department of Kinesiology at Michigan State. Although she originally wanted to study motivation related to returning to sport after injury, she completed her master's thesis (with Marty Ewing) in the area of motivational factors that influence children's physical activity.

She went on to pursue her doctorate in Exercise Physiology with Jim Pivarnik. During her doctoral program she was involved with many studies examining children's fitness and physical activity and its correlates. She completed her dissertation "Running economy and perceived exertion in adolescent females" and her doctoral program in the summer of 2001. Throughout her graduate studies at Michigan State, Karin was a regular on the basketball court. After finishing her degree and getting married, Karin (and husband Matt) moved to Columbia, South Carolina, to complete a post-doctoral fellowship in the Department of Exercise Science, Arnold School of Public Health, at the University of South Carolina.

During her post-doctoral work, Karin studied physical activity interventions in children and adolescents, and she worked with one of the most well-known experts in the area, Russ Pate. She worked on three different NIH-funded studies. The first was a physical activity intervention for high school girls, the Lifestyle Education for Activity Program (LEAP). Although the intervention itself was complete prior to her arrival, Karin was able to help

conduct a follow-up round of data collection. Second, she served as the Measurement Coordinator for a multi-center study, the Trial of Activity for Adolescent Girls (TAAG), which was a physical activity intervention for middle school girls. The study involved six field sites all across the country (MN, MD, LA, CA, AZ, SC) and a coordinating center (NC). Third, Karin helped write the grant and conduct the funded project for the Children's Activity and Movement in Preschool Study (CHAMPS). CHAMPS is an observational study of physical activity of children in the preschool setting.

The post-doctoral fellowship was a three-year position, and two major events occurred during the last few months of the position. The first event was the birth of son Judd in January 2004. The second event was obtaining a position as Research Assistant Professor in the Department of Exercise Science. She held the position for two years, and she wrote many grants and published manuscripts related to children's physical activity, fitness, sports participation, and measurement of physical activity during that time.

The Pfeiffers returned to East Lansing in the summer of 2006, and Karin is in the process of re-joining her former basketball teams. She is just getting her research agenda started at Michigan State, and she plans to conduct studies related to the use of accelerometry as a measure of physical activity in children and adolescents and school- and family-based interventions for improving physical activity and dietary behaviors. She also plans to examine the role of sport participation in physical activity of children and youth. In addition, she has kept her affiliation with the South Carolina research group and plans to publish more data from her previous investigations.

Faculty Publications in 2006

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Do you recognize any of these people from the 2006 AASP Miami Conference?



Student Publications and Presentations

Bruenger, A. J., Smith, S. L., Sands, W. A., & Leigh, M. R., (2006), Comparison of an encoder based bar tracking system to standard kinematic analysis. Presented at the National Strength and Conditioning Association National Conference in Washington, D.C., July 2006.

Gilson, T. A., Chow, G., & Ewing, M. E. (2006, September). The definitions of success for five achievement goal orientations in collegiate athletes who strength train. Paper presented at the Association for the Advancement of Applied Sport Psychology (AAASP), Miami, FL.

Gilson, T. A., Chow, G., & Ewing, M. E. (2006, February). Exploring achievement goal orientations amongst collegiate athletes in strength training. Paper presented at the Midwest Sport and Exercise Psychology Symposium, Oxford, OH.

Hedstrom, R. A., **Laskey, B., Gilson, T. A.**, & Ewing, M. E. (2006, September). The developing coach: A season long investigation of efficacy, feedback, and practice behaviors. Paper presented at the Association for the Advancement of Applied Sport Psychology (AAASP), Miami, FL.

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Paule, A.L. (2006, March). Has Title IX Increased Opportunities for African American Women? Presented at The Drake Group Conference; College, Sport, and the Academy: Getting Beyond the Problems and Finding Solutions, Indianapolis, IN.

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