

# Performance in Motion

## Department of Kinesiology

### College of Education, Michigan State University

#### M e s s a g e f r o m t h e c h a i r

##### Message from the Chair

This has been a difficult year for faculty and staff at Michigan State University, as it has for others across the country. While we have lost faculty and staff to attrition and budget cuts, our class sizes have increased as our undergraduate major in kinesiology continues to be as popular as ever. However, we have been approved to re-open our search for a new tenure-line faculty member in the pediatric kinesiology area.

In the College of Education, the faculty and administrative staff have outlined a plan for program reductions to strategically position the college to better achieve its goals. One program that will be eliminated is our physical education teacher education (PETE) program. The decision to eliminate the PETE program was based on declining applications over the past several years resulting in small enrollments in specialized courses that are required for this teaching major, the lack of a health teaching minor, and the number of other PETE teacher certification programs in Michigan that are producing many physical education teachers. Our students who are currently in PETE will be guided through the program and will be able to finish their degrees.

As part of our strategic planning, we also will carefully review our kinesiology undergraduate program requirements. Currently, we have very little flexibility in the major for students to take elective courses that build on their interests. This fall, we will examine what other benchmark programs require in their programs and what our students need to be marketable in their careers.



Deborah Feltz

Even through these difficult economic times, our faculty continues to be a dedicated group of scholars who have been recognized locally, nationally and internationally. We continue to increase our grantsmanship. Since 2005, we have increased our research expenditures over 800%. Our graduate programs continue to attract highly talented students, and we have continued to increase our research and travel support for them.

As we do each year, our faculty and students are recognized for their achievements over the past academic year at our annual awards banquet. These awards are listed on pages 4-7. We also present a Professional Achievement Award in Kinesiology. This year we were pleased to recognize Dr. James Walton. Please read about his accomplishments on page 3. He has a very distinguished career. Also you will see the other departmental award winners that we are very proud of.

Thank you, again, for your generous gifts of financial support. We will continue to use this support to advance the necessary changes we see as rewarding to our communities. For up to date information on the department, please check our website at: <http://www.education.msu.edu/kin/>

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**Kinesiology Partners with the Crim Fit Youth Program to Fight Obesity**

*Karin Pfeiffer, Ph.D.*

Bobby Crim (former Speaker of the House) created a road race. His intentions were to raise funds for Special Olympics and create community pride and cooperation. Over the years, the race has been highly successful, has gained significant popularity, and today serves as the largest running event in the state. Virtually everyone in the community knows about the race and supports its existence. As the race evolved, so did the organization. The Crim Fitness Foundation is now an official non-profit organization with a board of directors, and many of the foundation's programs serve as best practices in Michigan to combat obesity and its associated health epidemic.

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One of these programs is coordinated through the Flint public schools, and exists at the elementary level. Until the fall of 2009, the program consisted of a walking/running club. The Crim Fitness Foundation recently added an educational curriculum addressing physical activity and nutrition behavior. The Crim Fitness Foundation have engaged in discussions with a research team to better understand how their program affects the participating students and to improve the impact of their programs on the community. Members of the team include Karin Pfeiffer (KIN), Joe Eisenmann (KIN), Jim Pivarnik (KIN), Joe Carlson (KIN), and Kim Maier (CEPSE in College of Education). Members of the research team include Gerald Hurley (CEO) and Erin Lamb (Youth Program Coordinator). Additional members of the team include faculty from the Hurley Medical Center participated in data collection and are part of the research team.

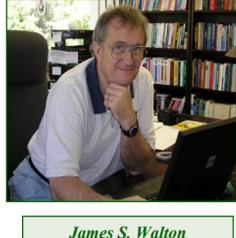
The team created a long-term goal to submit a grant to the National Institutes of Health (NIH) for the October 2010 deadline. In preparation for that proposal, the team conducted pilot work in three of the Flint Community Schools and a charter school. The study took place in March-April of 2010 with the goal of comparing children who participate in the Crim Fit Youth program versus those who do not in terms of health outcomes (physical activity, screen time, dietary behaviors, cardiorespiratory fitness, blood pressure, weight status, waist circumference, acanthosis nigricans [indicator of insulin resistance], academic performance, and psychosocial characteristics).

Approximately 400 children in Grades 1-5 across the four elementary schools participated in the study. Trained graduate and undergraduate students from MSU assisted in taking the physical measures and administered the surveys and physical activity measures, in addition to conducting the fitness test. The Hurley team assisted with blood pressure and acanthosis nigricans assessments.

Funding from the MSU Colleges of Education and Human Medicine was procured in order to make this pilot project happen. Additionally, the project could not have been completed in such a timely and efficient manner without the assistance of the Crim Fitness Foundation. Clearly, there are excellent relationships developed between the Crim and various entities involved in the project (Flint Community Schools, Hurley, MSU, etc.).

Overall, the research team has engaged in a highly successful collaboration, and they remain poised to submit the NIH application in October of 2010.

Professional Achievement Award—Jim Walton



James S. Walton

James S. Walton is president and owner of 4DVideo, a small business that provides products and services that employ image-based motion measurement and motion reconstruction. In 1968, he received a Diploma in Physical Education and his credential from Carnegie College in the U.K. He received his M.A. in 1970, his M.S. in Applied Mechanics in 1976 and his Ph.D. in Physical Engineering (mechanics) from MSU in 1981.

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From 1979 to 1985 he was employed as a research scientist at General Motors Research Laboratories, in Warren, Michigan. In 1985 he joined the General Motors Corporation, in Santa Rosa, California and served as Vice President of Engineering and as a member of the corporate management team. In 1988, he formed his own small, high-tech startup, 4DVideo, which he owns and manages.

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Dr. Walton has served as a consultant to a wide variety of military, industrial, legal and educational organizations. He has lectured worldwide on high-speed imaging and motion capture techniques, including two invited lecture tours in the People's Republic of China. He has chaired and co-chaired various conferences devoted to high-speed imaging and videometrics, and moderates the International High-Speed Imaging listserver. He is a Fellow of the Society of Photo-Optical Instrumentation Engineers (SPIE) and currently serves as the US national delegate to the International Congress on High-Speed Imaging and Photonics. He has served three terms as chairman of the SPIE Working Group on High-Speed Photography and Photonics, and in 2001, he was formally recognized by SPIE "for his services to the high-speed photography community".

Prior to his time at MSU, Dr. Walton was a competitive gymnast. He placed 10th in the British National Trampoline Championships in 1968, and also competed in Europe. He served as an assistant gymnastics coach under George Szypula during the 1968/69 season. He is actively involved in his community as a Rotarian, and has been recognized by his local school district for his "contributions to education and the youth of the community".

Congratulations Jim!

Outstanding Doctoral  
Student Award  
R.J. Elbin



**Mr. R. J. Elbin** is the 2010 recipient of the Outstanding Doctoral Degree Student Award. R. J. has distinguished himself as a representative of the land-grant philosophy of higher education. He has developed and taught an online/hybrid course entitled Psychology of Sports-Injury. This course has fulfilled a real need for athletic trainers and others who are interested in the psychology of injury. R. J. has provided an array of pedagogical strategies in the course, such as YouTube videos (e.g., psychology of sports injury), online blogs and discussion forums. R. J. has been a teaching assistant in both undergraduate courses (e.g., Introduction to Psychology Education) and graduate courses (Graduate Research Methods). R. J. is willing to tutor to individual students who need help in understanding these courses. R.J.'s research has focused on sport-related topics. His research has resulted in 8 authored or co-authored manuscripts, 2 book chapters, and 1 presentation at national conferences. R. J. received a grant to fund his research from the Michigan Blue Cross Blue Shield. R. J. has found time to also give presentations to high schools on sport-related topics. His advisor described R. J. as "responsible and competent." For his teaching, research, and service, R. J. Elbin is truly worthy of this Doctoral Degree Student Award. **Congratulations R.J.!**

Outstanding Master  
Student Award  
Kimbo Yee



**Mr. Kimbo Yee** is the 2010 recipient of the Outstanding Masters Degree Student Award. During his two years in the masters degree program, Mr. Yee has been actively engaged in numerous research projects, taught two courses in our undergraduate program, namely, Exercise Physiology Lab and Human Anatomy Lab, and served as the laboratory technician for the Human Energy Research Lab. Kimbo has been a very active member of the Spartners for Health Project where he was involved in all aspects of the project from recruiting subjects to data management and analysis. From this research Kimbo has made 6 co-authored presentations at national conferences. He was first author on 3 of the presentations. Kimbo has co-authored 3 manuscripts, one of which was published in BMC Public Health. His advisor described Kimbo Yee as "Mr. Dedication" to the exercise physiology concentration. For his efforts in the classroom and in research which has gone far beyond the ordinary, Mr. Kimbo Yee is truly deserving of this award. **Congratulations Kimbo!**

Outstanding Senior Award  
Lindsey Polinko



A Physical Education Teacher Education major and biology minor, Lindsey's career objective is to create a positive and dynamic environment in education and athletics for her students, by integrating biology, anatomy and exercise physiology into her content areas. She is interested in urban education, and coaching cross-country and track and field. She is a tri-athlete. She has tutored at Pattengill Middle School in Lansing, Michigan, and coached swimming to children three years of age and older, coached track and field for grades six through 12, and volunteers part time at Cole Academy. She was Head Lifeguard and Manager for the Village of Lake Zingst Department. She presented at the 2009 National Council of Teachers of Education Convention, has been an active member of Michigan State's Triathlon Club, and participated in the Run on the Run. She was involved in the Sports Studies in Australia program in 2008. During that time, she continued to set high expectations for herself and her example motivated others to excel in classroom, and training for her masters' degree in exercise science. For her dedication to excellence in leadership and outstanding community service, the Department of Kinesiology is pleased to award the Outstanding Senior Award to **Lindsey K. Polinko**.

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Community Service Award  
Kelly Montgomery



An exceptional student and leader in and outside the classroom, Kelly demonstrates excellence. Professors describe Kelly as being professional, enthusiastic, and committed to excellence in her career path and academics. Kelly sets the bar high for herself, encourages those with whom she works to excel, and in doing so, elevates the performance level of the group. Her commitment to excellence, perseverance, and participation in classes spill over into life. Kelly has volunteered at local, state and national levels. As President, Vice President and Activities Chair of Phi Epsilon Kappa (PEK), our professional Kinesiology fraternity, her leadership skills were put to the test. She helped build its membership and place in the MSU community, into what it is today, a vibrant organization. Kelly is a member of the Human Energy Research Lab, and is Survivorship chair for both the Colleges Against Cancer (The "Colleges Against Cancer" is a group formed by different colleges on campus) and Relay for Life. Kelly is an intern with The (S)Partners for Heart Health Project where she handles research management tasks, including data management and evaluations, and presented research findings at the University Undergraduate Research and Arts Forum in April. Kelly has volunteered at Sparrow Pediatric Rehabilitation Clinic and at Ingham Regional Medical Center, and has been a personal caregiver for a severely handicapped child. She will be a masters' student in exercise physiology under Dr. Joey Eisenmann in the fall. For her dedication to excellence in leadership and outstanding community service, the Department of Kinesiology is pleased to award the Community Service Award to **Kelly A. Montgomery**.

We wish to recognize the outstanding accomplishments of all of our students, faculty and staff. The following are honors and awards for the 2009-2010 academic year.

**Undergraduate Awards**

<b>Lindsey Polinko</b>	<b>-Outstanding Kinesiology Senior Award, MAHPERD</b>	<b>Page Title</b>
	<b>-and Henry J. &amp; Betty Montoye Endowed Scholarship</b>	<b>Page Title</b>
<b>Kelly Montgomery</b>	<b>-Kinesiology Community Service Award</b>	<b>Page Title</b>
Laura Vielbig	-MAHPERD Outstanding Senior	<b>Page Title</b>
Laura Gibson	-Lawrence Sierra Award	<b>Page Title</b>
Laura Vielbig	-American Kinesiological Award	<b>Page Title</b>
Jillian Stewart	-Thomas W. Smith Endowed Scholarship in Kinesiology	<b>Page Title</b>
Amanda McCristal	-Walter C. & Patricia J. Mack Endowed Scholarship	<b>Page Title</b>
Emily Fahrer	-Janet Wessel Award in Adapted Physical Activity	<b>Page Title</b>
Elyse Hahn	-Janet Wessel Award in Adapted Physical Activity	<b>Page Title</b>
Gem Sabolboro	-Janet Wessel Award in Adapted Physical Activity	<b>Page Title</b>
Alison Seidelman	-Janet Wessel Award in Adapted Physical Activity	<b>Page Title</b>
David Whisenant	-David O. Hough Memorial Scholarship in Athletics	<b>Page Title</b>
John Mucovich	-Ronnie Barnes Student Athletic Trainer Service & Leadership Award	<b>Page Title</b>
Jillian Rubin	-Ronnie Barnes Student Athletic Trainer Service & Leadership Award	<b>Page Title</b>
Ashley Rudolph	-Michael Straus Student Athletic Trainer Academic Achievement Award	<b>Page Title</b>
Lisa VanHoose	-Ray J. Saltzman Outstanding Student Athletic Trainer Award	<b>Page Title</b>

**Scholar-Athlete Awards:** - Jordan Jackson, Women's Swimming & Diving  
 - Christine Milliken, Women's Tennis

**Graduate Awards**

Clemens Drenowatz	-William W. Heusner Endowed Graduate Fellowship Award
Alex Nichols	-Janet Wessel Award in Adapted Physical Activity
Dana Voelker	-Kinesiology Endowed Fellowship
Meredith Whitley	-Kinesiology Endowed Fellowship
Ryan Flett	-Kinesiology Research Fellowship
Yusuke Nakayama	-College of Education Research Development Fellowship
Missy Wright	-College of Education Research Development Fellowship
Moe Machida	-Summer Research Fellowship
Darijan Suton	-Summer Research Fellowship
Katie Rapking	-Ken & Kirsten Zisholz Outstanding Graduate Athletic Trainer
Meredith Whitley	-William Wohlgamuth Memorial Fellowship and -David S. Evans Memorial Scholarship
<b>R.J. Elbin</b>	<b>-Kinesiology Outstanding Doctoral Student Award</b>
<b>Kimbo Yee</b>	<b>-Kinesiology Outstanding Master Student Award</b>



**Performance in Motion**

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Work Phone ( ) _____	Email Address _____	_____	<b>Page Title</b>

*News about you and other alums: (memberships, publications, promotions, hono*

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Editorial Office: 134 IM Sports Circle  
Telephone: (517) 355-4730; Fax: (517) 353-2944  
E-Mail : davenp37@msu.edu  
Website: <http://www.educ.msu.edu/kin/>

Editor: **Deborah L. Feltz**  
Editorial staff: **Jan Davenport**