

Department of Kinesiology

20 Years of Performance in Motion!

Message from the Chair



It is hard to believe that this issue marks the 20th volume (and 39th issue) of *Performance in Motion*. It is also hard for me to fathom that this is my last Chair's message as I step down this year, marking 23 years of service to the department. We started this newsletter and the Mentor Society in 1993 as a way to connect with our alumni and friends. The Mentor Society was created as a way for our alumni and friends to honor their mentors and become mentors themselves for our current generation of students by making a contribution to the department. Our membership and development fund have grown substantially over these 20 years. Because of this, our students have benefitted tremendously in fellowships, conference travel, and equipment.

The Department has changed in many ways. In 1993, we were the Department of Physical Education and Exercise Science. We had just restructured our program to be a disciplinary major where students could choose a teacher preparation or non-teaching exercise science major. We had 250 students enrolled back then. Now, as a Department of Kinesiology, we dropped our teacher preparation option, and we have over 900 students majoring in kinesiology and over 160 majoring in athletic training. We have also increased our visibility in research and doctoral education. The National Academy of Kinesiology ranks us as 6th in the country of kinesiology doctoral programs adjusted for faculty size:
<http://www.nationalacademyofkinesiology.org/results>.

We have had a number of faculty and staff changes, as well, over these years. We have seen 15 of our faculty and three specialists and staff retire. Since stepping in as Chairperson, we have hired 16 new faculty and 3 specialists; some have stayed and others moved on. Now, the make up of our faculty and staff will change again with three faculty retirements, two long-time staff retirements, and a new department chairperson. Drs. Crystal Branta, Martha Ewing, and Dianne Ulibarri will be retiring after spring 2013. Summaries of their careers will be highlighted in next year's newsletter. More impending are the retirements of Jan Davenport and Jo Ann Janes, two longstanding and dedicated staff members in the department. You can read about their careers and intended activities upon retirement in this newsletter.

Also, in this issue, we highlight the promotions to associate professor with tenure of two of our faculty members: Dr. Tracey Covassin and Dr. Karin Pfeiffer. They were awarded promotion and tenure last June. We welcome the newest additions to our department, Dr. Lanay Mudd, an assistant professor in exercise physiology, Dr. Al Smith, our new department chairperson, and Ms. Carol Christofferson, our new staff person in the main office.

As I wrap up my final activities as chairperson, I am grateful for the opportunity to lead a talented and dedicated group of faculty, graduate assistants, and staff. The years have brought exciting new opportunities for us as well as many challenges. I thank you for your continuing loyalty and commitment to the Department of Kinesiology. I look forward to my new role as a faculty member in the department and being a part of more opportunities ahead.

-Deborah L. Feltz



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Professional Achievement Award Bonnie Smoak



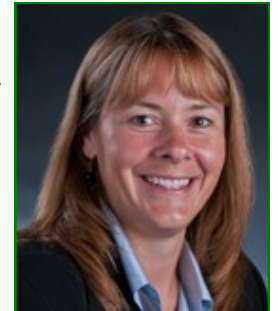
Dr. **Bonnie Smoak** is Chief of the Department of Health Systems, Preventive Medicine Branch, at the Walter Reed Army Institute of Research. She earned her BS in sociology and her MA and PhD in the exercise physiology of kinesiology from MSU. She went on to earn her MD degree from the University of Chicago and her MPH from the Harvard School of Public Health. After serving 26 years in the US Army, Dr. Smoak retired as a Colonel in 2008. Her professional career has focused on emerging pathogens and infectious diseases surveillance systems worldwide. She has conducted research on Rift Valley fever, *Helicobacter pylori*, *Shigella dysenteriae*, hepatitis C, malaria, African tick typhus, and bartonellosis in Africa, Eastern Europe, the Middle East, Southeast Asia, and South America. During deployments to Somalia, Haiti, and Iraq, COL Smoak provided oversight and guidance to the US military's public health surveillance systems. While stationed at the United States

Medical Research Unit – Kenya, she established the DoD Global Emerging Infections System surveillance programs which focused on malaria, enteric pathogens drug-resistance patterns, and viral hemorrhagic fevers.

COL Smoak was Acting Commander during the US Embassy bombing in 1998 and received the Department of State's Superior Honor Award for her actions. She commanded the United States Army Medical Component-Armed Forces Research Institute of Medical Sciences from 2005 to 2007. During this period, the research budget doubled to 24 million dollars, a BSL-3 lab was built, and quality assurance, biosurety, and biosafety programs were significantly enhanced. Her awards include Army Legion of Merit, DoD Meritorious Service Medal (2), Army Meritorious Service Medal (4), the Army "A" designator for excellence, and the Gorgas medal from the Association of Military Surgeons of the US for her outstanding accomplishments in preventive medicine.

Dr. Smoak is currently leading a team that is working in Kenya, Uganda, Ukraine, Armenia, Azerbaijan and Georgia to enhance their public health infrastructure's abilities to detect, diagnose, and report infectious diseases. This work is supported by the Defense Threat Reduction Agency's Cooperative Biological Engagement Program. In recognition of all of her career achievements, the Department of Kinesiology is proud to honor Dr. Bonnie Smoak with the Alumni Professional Achievement Award.

Dr. **Karin Pfeiffer** was promoted to associate professor with tenure in June 2011. She is a member of the Center for Physical Activity and Health in our department. She is an exercise physiologist with an interest in population-based investigations. Her research focuses on two major areas, both of which are related to physical activity in children and adolescents. Her work spans the age range of preschool through high school (and even addresses college students at times). The first major area of research is measurement of physical activity, which she has been investigating since graduate school. The second major area is interventions to increase physical activity, which she has been investigating since her post-doctoral research position at the University of South Carolina. She has been involved with many school-based studies and is interested in incorporating families and communities into her research. She has also been at the forefront of work examining physical activity in preschool children and plans to continue more research in that area. Currently, she is co-investigator of an NIH-funded R01 grant (principal investigator is Lorraine Robbins, College of Nursing) examining the effects of motivational interviewing with a school nurse and an after-school physical activity club on middle school girls. She is also co-investigator on a federally funded project (principal investigator is Joe Carlson, Department of Radiology) examining the effects of the Spartners for Heart Health physical activity and nutrition intervention for fifth graders. She is principal investigator on a project examining the effects of the CrimFit Youth program on health outcomes in elementary school students, for which she has teamed up with the Crim Fitness Foundation in Flint, Michigan.



Tracey Covassin was promoted to associate professor with tenure in June 2011. She is a certified athletic trainer and the Undergraduate Athletic Training Program Director. In 2008, the undergraduate athletic training education program was awarded the longest accreditation from CAATE of 10 years. Her research focuses on neurocognitive effects and psychological issues of athletes who incur a sports-related concussion. Specifically, she investigates if sex and age differences exist in high school and collegiate concussed athletes. During her time at MSU, she developed a sport-concussion outreach program for high schools in the Mid-Michigan area. She has administered the Immediate Post Concussion Assessment Cognitive Testing (ImPACT) neurocognitive test battery at baseline to approximately 3,000 high school athletes and tracked post-injury recovery data on over 300 concussed athletes at specific recovery intervals. She was co-principal investigator on a national funded grant examining depression symptoms, cognitive impairments, postural stability, and post-concussion symptoms following concussion among male and female high school and collegiate athletes. She was the principal investigator on a CDC funded grant examining the relationship between athletic injury and the symptoms of depression and anxiety among Division I athletes. She has garnered national recognition working as a member of the Sports Medicine Mild Traumatic Brain Injury Common Data Element Working Group, the Michigan Youth Athlete Concussion legislation bill and was an expert CDC grant reviewer for the Injury Control Centers.



Jan Davenport

Jan has worked on the MSU campus for 31 years—the last 26 years have been here in the Kinesiology Department. Prior to coming to MSU, she worked as a program coordinator for Community Education in Colorado for 14 years **and** as the director of extended care programs for latchkey children.

Over the course of 26 years, Jan has had many responsibilities in the department. She has been secretary for the physical activity instructional program and the teacher-preparation program which just ended this spring. She was also the secretary for all of our class scheduling, drops and adds for courses, overrides for courses, independent study enrollments, hiring student employees for such assignments as lifeguarding, research work with faculty, etc., and contract instructors, and she worked with the payroll to pay for these positions, plus providing secretarial support to four of our faculty members. She has helped many a student navigate the override process to getting that special class or to get out of a class for which they did not intend to enroll for.

In addition to these duties, Jan took on the responsibility of liaison to publishers for faculty for course textbooks and of librarian for our reference library, editorial assistant for this newsletter, and coordinator of our kinesiology awards luncheons, which we have celebrated for the past for 18 years! She also coordinated our Adopt-a-Family program that helps those in need, especially at holiday times.

Needless to say, Jan will be hard to replace. Some time ago some of the graduate assistants nicknamed Jan “campus mom” and the name has stuck.

Jan will miss most the special relationships that she has developed over the years with other staff, graduate assistants, and faculty. The letters she has received from quite a few of our graduate assistants after hearing about her retirement has made her feel very special.

Jan will continue her volunteer work with the elderly, some traveling with her husband and a lot of time with her 9 grandchildren.

Enjoy your retirement with your family, Jan!



Verna Lyon, JoAnn Janes, Darlene Howe and Jan Davenport, the finest staff Kinesiology could have!

Jo Ann Janes

Jo Ann has served the Department of Kinesiology for 50 years! She grew up in Saginaw, MI., and first joined the department in 1962. She was hired by the late Professor Wayne Van Huss as a laboratory assistant in the Human Energy Research Laboratory (HERL).

When she first started in HERL, Jo Ann assisted the exercise physiology faculty with research projects, but soon afterward, she became the secretary for HERL and the faculty associated with it when the position opened up. In this capacity, she assisted faculty in their teaching responsibilities, research, and grant applications.

In 1992, Jo Ann took on the additional responsibilities of graduate studies secretary for the department. She has served four graduate studies coordinators over two decades in processing student applications, admissions, and tracking academic progress. Her efficient and caring work has greatly helped increase the pool of applicants in our graduate program. And, once students decided to attend our graduate program, Jo Ann helped them settle in to living in the East Lansing area and get oriented to the MSU system. In addition to her HERL and graduate secretary roles, Jo Ann has been involved in fundraising for the department, organizing retirement celebrations, and recycling efforts. In 1994, she was recognized for the excellent work that she quietly and steadfastly displayed with a Jack Breslin Distinguished Staff Award. She was selected to serve on the review committee for this award from 2005 to 2010.

Jo Ann has always taken the initiative, applying her wealth of expertise with a kindness and sincere concern that engenders further productive cooperation and communication within the department. Her heart and soul play a big part in the success of the kinesiology department, and we will greatly miss her smile and enthusiasm.

In retirement, Jo Ann and her husband, George, look forward to travel, gardening, and whatever comes their way. Enjoy your retirement with George Jo Ann. You will be missed.!

*Outstanding Senior
Award
Alaina K. Vince*



Alaina K. Vince has been a research assistant in HERL, and a Professorial Assistant through the Eli Broad Scholar Program. She has worked intensely with Drs. Pivarnik and Pfeiffer on research in a variety of studies including Reliability and validity of physical activity measurement during pregnancy, Longitudinal validity of accelerometry in youth, Associations between resistance training during pregnancy and birth outcomes, Crim Fit, Project FIT, and was involved in the Partnership with MSU KIN and Physical Education classes in the East Lansing Public Schools. She has delivered three abstracts/presentations at Michigan ACSM and Midwest ACSM, gave a presentation at the MSU Undergraduate Research Forum, and was featured on the MSU Undergraduate Research website. She has volunteered in various physical therapy settings, and has numerous University and Community Service experiences ranging from an undergraduate TA in the Gross Human Anatomy Lab, HERL Athlete Testing, Grandparents University, Rouge River Restoration, Bone Marrow Donor Drive Volunteer, presenter at Crossroads Halfway House on diet and exercise, and was a Spartan Ambassador at Career Gallery. Earlier this semester, Alaina received the 2012 Major of the Year Award from the National Association for Sport and Physical Education. Finally, Alaina was accepted into all six Doctorate of Physical Therapy Programs to which she applied, and carries a 3.87 GPA. *Congratulations Alaina!*

*Community Service
Award
McKayla P. Hanson*



McKayla P. Hanson has been a teaching assistant in KIN 465, a customer service representative for Wright and Filippis, and a Physical Therapist Aide. She has volunteered 100+ hours at Sparrow Hospital, both on the inpatient rehab floor, and also in the pediatric unit, has been involved with Colleges Against Cancer, the MSU Student Cancer Support Network, a Wright and Filippis camp counselor at “CAMP YES I CAN”, and recruited those who are physically challenged to participate in physical activity through the Challenged Athletes Foundation in San Diego, CA. She knows what it means to make a positive difference in the lives of others, and she has made sure that those who have to deal with cancer get the support that they need. While at MSU, she has participated in Relay for Life as Survivorship Co-Chair, as well as a cancer survivor. McKayla has strived in her academic career by maintaining a 3.0 cumulative GPA while being a member of the MSU Pre-Physical Therapy Association. She has been an Athlete with Disabilities Network Scholar, and took first place in the National Extremity Games competition (2009) in rock climbing, and in 2011 won first place in her division for the Crim 10 mile race. McKayla will obtain a Masters in Science for Prosthetics and Orthotics at Eastern Michigan University, and then plans to pursue a Doctorate in Physical Therapy. *Congratulations McKayla!*

*Outstanding Master
Student Award
Gregory Immink*



Gregory Immink is the 2011 recipient of the Outstanding Masters Student Award. Although Greg has been at MSU less than a year, he has been a “kid” in a candy store! He has been active in community service where he has worked at basketball clinics and strength and conditioning clinics for youth. He has started his own basketball training business where he applies many of the Positive Youth Development best practices that he learned through his coursework at MSU. Greg has been actively engaged in a research project that looks at coaches’ views of the challenges they face in working with the Millennial student-athletes. He has offered much insight into the analyses from his own experiences as a professional basketball player and coach in Europe. From his work on this project he has made one presentation at the Midwest Sport and Exercise Psychology Symposium. Greg was called upon to teach tennis, volleyball, and weight training courses where his innovative ideas were well received by his students. As one student said, “The group exercises at the end of the class was [sic] a good idea. I would never have done any of that otherwise.” In every class, the students rated his teaching as excellent. Gregory Immink, through his efforts in service, research, and teaching, has clearly distinguished himself as the Outstanding Masters Student in 2011. *Congratulations Greg!*

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

Undergraduate Awards

Alaina K. Vince	- Outstanding KIN Senior Award , and NASPE Major of the Year Award
McKayla P. Hanson	- KIN Community Service Award
Jacob Waldron	-Thomas W. Smith Endowed Scholarship in Kinesiology
Amy Coleman	-Michael A. Clark Endowed Scholarship
Brandon Decker	-Janet Wessel Award in Adapted Physical Activity
McKayla Hanson	-Janet Wessel Award in Adapted Physical Activity
Chris Hagan	-Janet Wessel Award in Adapted Physical Activity
Aubrey Jabour	-Janet Wessel Award in Adapted Physical Activity
Nick Thompson	-Janet Wessel Award in Adapted Physical Activity
Drew Parkhurst	-NASPE Major of the Year Award
Douglas Harger	-David O. Hough Memorial Scholarship in Athletic Training
Kelly Sherman	-Ronnie Barnes Student Ath. Trainer Service & Leadership Award
Chase Rogowski	-Ronnie Barnes Student Ath. Trainer Service & Leadership Award
Casey Madden	-Ronnie Barnes Student Ath. Trainer Service & Leadership Award
Drew Parkhurst	-Michael Straus Student Ath. Trainer Academic Excellence Award
Sharon Frank	-Michael Straus Student Ath. Trainer Academic Excellence Award
Gavin Page	-Michael Straus Student Ath. Trainer Academic Excellence Award
Jennifer Moeller	-Michael Straus Student Ath. Trainer Academic Excellence Award
Rachel Reed	-Michael Straus Student Ath. Trainer Academic Achievement Award
Casey Madden	-Michael Straus Student Ath. Trainer Academic Achievement Award
Drew Parkhurst	-Ray J. Saltzman Outstanding Student Athletic Trainer Award
Rachel Reed	-Ray J. Saltzman Outstanding Student Athletic Trainer Award

Graduate Awards

Jedediah Blanton	-William Wohlgamuth Memorial Fellowship
Marita Gilbert	-KIN Endowed Fellowship, and AGEP Award
Brandon Irwin	-American Kinesiology Assoc. Nat'l. Assoc. Graduate Scholar Award
Alex Montoye	-William W. Heusner Endowed Graduate Fellowship Award and -The Graduate Academic Conference Oral Presentation Award
Yume Nakamura	-Ken & Kirsten Zisholz Outstanding Graduate Athletic Trainer
Melissa Potts	-Janet Wessel Award in Adapted Physical Activity
Veronica Son	-American Kinesiology Assoc. Nat'l. Assoc. Student Writing Award
Carl Stocklin	-2012 Ruth Abernathy Presidential Scholarship from AAHPERD
Larissa True	-KIN Endowed Scholarship
Dana Voelker	-2012 Ruth Abernathy Presidential Scholarship from AAHPERD
-Moe Machida	-KIN Outstanding Doctoral Student Award
-Greg Inmink	-KIN Outstanding Master Student Award

Outstanding Doctoral Student Award
Moe Machida



Moe Machida is the 2011 recipient of the Outstanding Doctoral Student Award. Moe has been actively involved in research since arriving in our program. She has four published articles in peer-reviewed journals and three more that are currently “in review.” She has obtained funding for her research project on women’s leadership development among college coaches from the National Collegiate Athletic Association, and has presented at both national and international conferences. Through her service, Moe has been a very active contributor to the department as well as to professional organizations. Moe was elected as a student representative of the Association for the Advancement of Applied Sport Psychology (AASP) where she served on the Executive Board and the conference planning committee. In a rare accomplishment, Moe was selected to serve as a student editor of AASP’s new online journal, *Sport Psychology in Action*, and was invited to review a manuscript for the *Journal of Applied Sport Psychology*. In an attempt to better inform undergraduate students about the field of sport psychology, Moe became a leader of the Proactive Peer Undergraduate Mentoring Program that is sponsored by AASP. The program has been very well received across the country. Teaching is also important to Moe and she has availed herself of courses and multiple workshops on teaching that were presented by MSU. Her strong instructor evaluations reflect the effort that Moe has put into teaching. Moe Machida has truly distinguished herself as the Outstanding Doctoral Student in 2011. *Congratulations Moe!*

Faculty /Staff Awards

- Deborah Feltz, Distinguished Professor Award
- David Carrier, Sally Nogle and John Powell have received the Great Lakes Athletic Trainers’ Association Outstanding Educator Award (GLATA).
- John Powell & Sally Nogle will be inducted into the Hall of Fame (Class of 2012)
- JoAnn Janes, 50 years of dedicated service to Kinesiology

Sara Sherman, one of 12 seniors MSU selected to 2012-13 Homecoming Court, is a Kinesiology Student

Sara Sherman, of St. Louis, Mo., is the daughter of Steve and Laura Sherman. She is majoring in kinesiology – exercise physiology in the College of Education, with a specialization in health promotion.

Michigan State University has named 12 outstanding senior ambassadors to its [2012-13 Homecoming Court](#). Ambassadors, who were nominated by an individual or an organization, were chosen through a highly selective process. Nominees were evaluated based on leadership, community involvement, academic excellence and Spartan pride. A group of MSU faculty, staff, alumni and students conducted personal interviews with students to select the final 12 court ambassadors. The students will begin their duties as ambassadors this summer, as they will represent the MSU student body at various alumni, community and university engagements. They will continue their commitment through the 2012-13 school year.

"The Homecoming Court represents and honors the learning, leadership, service and myriad of experiences that contribute to the excellence of MSU students," said Jane Olson, Homecoming Court co-advisor. "Representing their peers is a humbling experience for the court." During homecoming week, Oct. 8-13, ambassadors will attend many functions, including the parade on Oct. 12 and the football game on Oct. 13. Visitors can learn more about the Homecoming Court ambassadors, as well as follow along with their journeys, by checking out the [Homecoming Court blog](#). Leading up to homecoming, two ambassadors will be profiled each week. "Being nominated and selected to represent MSU on the Homecoming Court is an incredible honor," said Michelle Gaunt, 2012-13 Homecoming Court ambassador. "I feel so fortunate to have this opportunity and I am so excited to share my experience and love for MSU with others."

Welcome (back), Dr. Lanay Mudd!

Dr. Mudd holds a dual doctoral degree in Kinesiology and Epidemiology from Michigan State University. After completing a post-doctoral fellowship in Epidemiology at MSU, she joined the faculty at Appalachian State University (in Boone, NC) for two years. Her primary area of research interest focuses on the benefits of exercise during pregnancy, including cardiovascular and metabolic outcomes. She will serve as an excellent bridge between the departments of Kinesiology and Epidemiology; she also will collaborate well with several individuals within our department. She has received over \$40,000 in external funding as principal investigator and over \$3.8 million as co-investigator. She has 13 papers published or in press and 31 research presentations. Beyond this, she will fulfill needs in teaching several undergraduate and graduate courses in the exercise physiology area. Lanay likes to run, play tennis, and watch sports in her free time. She is also an avid dancer. Kinesiology faculty, staff, and students are thrilled to welcome her back to MSU this August.



Meet our Incoming Department Chairperson Dr. Alan L. Smith



Dr. Smith studies the impact of physical activity involvement on youth psychosocial development as well as how social relationships are associated with sport and physical activity motivation. He is particularly interested in the structure of children's sport peer relationships and the interactive contribution of social agents (e.g., peers and parents) to youth sport and physical activity motivation. He also is interested in understanding physical activity as a means of addressing childhood attentional and behavioral problems. Recently completed projects have examined youth sport friendship quality, "burnout" in adolescent swimmers, self-presentational concerns in physical education settings, factors associated with adolescent physical activity behavior, and physical self-perceptions of children with ADHD. More information will follow in his first edition of *Performance in Motion* this coming year. We welcome Al to the Department of Kinesiology!

Congratulations to our doctoral Students who defended this year.

Gould presented research on Olympic athlete performance in London

Keke Yang, PhD -5/6/11

Kinetic, Kinematic, and Electromyographical Analysis of Incline and Decline Push-Ups with Different Cadences. (Brown/ Branta) Graduated US11

Holmes, Megan E., PhD - 11/3/11

Physical Activity and Fitness: Moderators of the Stress-Metabolic Syndrome Relationships? (Pivarnik) Graduated FS11

Irwin, Brandon, PhD - 4/20/12

Increasing Physical Activity in Free-Living Conditions: An Examination of the Kohler Motivation Gain Effect. (Feltz)

Machida, Moe, PhD - 4/12/12,

Examining a Model of Career Advancement of Female and Male Assistant Coaches. (Feltz)



With the 2012 Summer Olympics just months away, Michigan State University Professor [Daniel Gould](#) traveled to London this week to present his research on the psychology of Olympic excellence.



An internationally known expert on coaching, Gould has mentally trained Olympic champions and conducted a series of studies for the U.S. Olympic Committee. He gave a keynote address and talked with British sports coaches during the 2012 Annual Meeting of the [British Psychological Society](#) (BPS), April 18-20.

“I am delighted to be in London during the year of the Olympics and to share what I have learned along the way,” Gould said. “I have been lucky enough to be on the U.S. Olympic coaching committee for a number of years, and work with Olympic athletes and coaches as a performance enhancement consultant.”

When the public watches the Olympic Games they see performance factors influencing an athlete’s outcome, but many other factors play out behind-the-scenes. Gould’s research has shown how issues such as a snoring roommate, attending the opening Olympic ceremonies, transportation hurdles and family concerns can play a major role in the final results.



We want to welcome our newest staff person, Carol Christofferson to the department. Carol comes to us from the College of Education where she was the coordinator for the academic outreach program. We are happy that she has accepted the position that we offered her. So if you are in the area, please stop by and introduce yourself.

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Kinesiology Department
308 W. Circle Drive
Room 134
Michigan State University
East Lansing, MI 48824-1049**

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Position/Title _____
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City _____ State _____ Zip _____ Home Phone () _____
Work Phone () _____ Email Address _____

News about you and other alums: (memberships, publications, promotions, honors, awards, etc.)

Performance in Motion

**A newsletter distributed to members of the
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enriching and enhancing our success as a unit at
Michigan State University,
alumni and friends of Kinesiology**

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Editorial Office: 308 W. Circle Drive, Room 134
Telephone: (517) 355-4730; Fax: (517) 353-2944
E-Mail : davenp37@msu.edu
Website: <http://www.educ.msu.edu/kin/>**

**Editor:
Editorial staff:**

**Deborah L. Feltz
Jan Davenport**