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PRESIDENT'S COLUMN

Resilience and Opportunity

By Alan L. Smith, Ph.D., AKA President



Al Smith

It is difficult to fully express how different our lives are today from when we met in Tampa for our incredibly successful 2020 AKA Workshop. We all share the current anxieties and challenges, and

I suspect that you know exactly what I mean even if it is left unwritten. Our attention is necessarily turned to the health of our families and communities, helping our students navigate personal and academic upheaval, and seeking ways to maintain connection in a context of social distancing. We wonder how our lives will come to resume normalcy as well as how our lives will forever change as a result of the COVID-19 pandemic. What will the economy, political life, science, and higher education look like? How will we be tested as professionals, leaders, and human

beings? All of this can be overwhelming to consider, but we have and will continue to demonstrate resilience and a commitment to moving forward.

Though local institutional concerns are of primary importance at this time, our executive committee, board of directors, and committees have pressed ahead with work on behalf of the AKA. I am grateful for this commitment to our association and our unified field of study. Students will receive award recognitions, our work proceeds on a *Kinesiology Review* special issue stemming from our recent workshop, the next Leadership Institute cohort is meeting, and we otherwise are advancing our various initiatives. A critical support team enables this momentum: Kim Scott – our business manager, Gil Reeve – our executive director, and Penny McCullagh – the editor of *Kinesiology Today*. I thank them for keeping our broader team on track during this unusual time.

The American Kinesiology Association (AKA) will hold its annual workshop in Albuquerque, New Mexico from January 28 to 30, 2021. Mark your calendars!

Being that we are in the midst of addressing the threats and challenges of a pandemic, perhaps it is premature to consider what all of this means for Kinesiology. We certainly have larger existential concerns. Yet, an important feature of resilience is seeking and pursuing opportunity when faced with trying circumstances. Arguably this could be a critical time for us to consider what the future holds for Kinesiology. This inspires the theme of our next AKA Workshop, to be held January 28 to 30, 2021 in Albuquerque, New Mexico. We will interact with kinesiology and other leaders about “Leading Through Times of Uncertainty: The Future of Higher Education, Work, and Kinesiology” I hope you will actively participate.

Important institutions that support our field, in particular higher education and the workplace, are experiencing change as we enter what the World Economic Forum has referred to as the Fourth Industrial Revolution (4IR; Schwab, 2015). The 4IR is characterized by ever fading boundaries of the digital, physical, biological, social, and other domains. When you hear discussion about how artificial intelligence, the internet of things, and biotech, as examples, will change the way we live, work, and relate, you are becoming acquainted with this new industrial era. These changes along with other important developments,

such as demographic shifts resulting in fewer high school graduates attending our higher education institutions, behoove us to consider the future of our field. Higher education and the workplace are likely to change radically over the coming decade or two. How can we ensure that Kinesiology not only survives these changes, but also thrives in the new context? We have been spoiled by huge student interest in what we do, but we should take care not to be complacent in our rapidly evolving context. Moreover, the current pandemic could accelerate or modify changes in higher education and the workplace. Can we anticipate the changes to come and position ourselves for even greater success as a field?

We received enthusiastic feedback about this theme when it was shared in Tampa, and the 2021 Workshop Program Committee has begun the planning work. Lanie Dornier, Jeffrey Fairbrother, and Kathleen Williams kindly joined me on this committee, and we received early ideas and support from Lara Duke. I thank them for their efforts to this point, and look forward to working together to refine our workshop subthemes, secure experts to participate, and construct a highly interactive and stimulating workshop experience for attendees. Also we will develop pre-workshop sessions that align with the workshop theme and that focus

on undergraduate program and graduate program issues, respectively. I look forward to sharing greater detail with you in my next newsletter piece. As always, I welcome your thoughts and recommendations about our next workshop and how AKA can best serve the needs of kinesiology departments and our unified field of study.

As you bring closure to the current academic term and head into the summer, please pace yourself, prioritize your health, and find ways to remain connected to the people and institutions that matter to you, even if at a distance. This will model the resilience we seek our students and communities to embody as we traverse this period of uncertainty. And, down the road, our collective resilience will be a resource to draw upon as we consider the future and embrace new opportunities for kinesiology. Thank you for your commitment to AKA and for entrusting me with leading our association.

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Brad Cardinal Recognized as Oregon Scientist of the Year

By Penny McCullagh, Ph.D., KT Editor

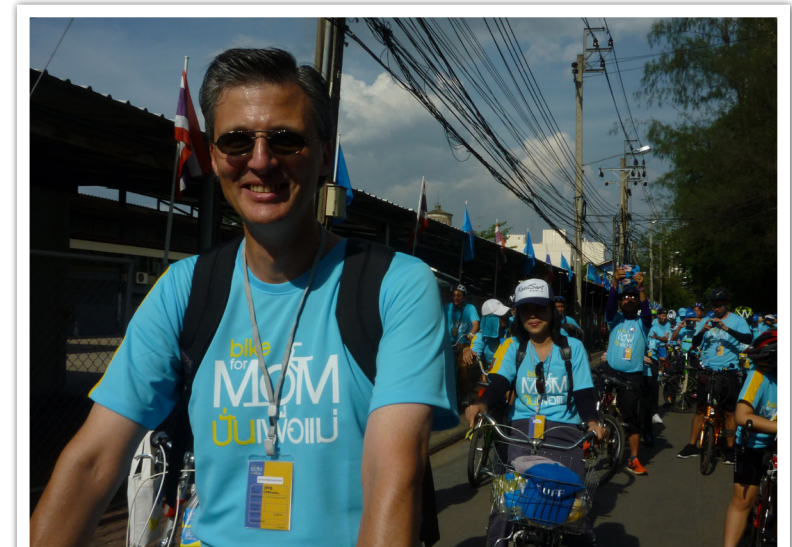
The Oregon Academy of Science (OAS) named Dr. Brad Cardinal, Professor in the Kinesiology program at Oregon State University (OSU), as their 2020 Oregon Outstanding Scientist Award recipient. He was honored for his “considerable contributions to the fields of exercise psychology and kinesiology and exercise science while at Oregon State University.” He is the only person in our discipline to be so recognized. Furthermore, *Synergies*, an OSU publication recognizing teaching, research and outreach in the College of Public Health and Human Sciences noted he is the first person from the college to receive the honor. <http://synergies.oregon-state.edu/2020/cphhs-professor-joins-distinguished-group-of-oregon-scientists/>

According to their website, the OAS (<http://oregonacademyscience.org/>) “promotes scientific research and education in Oregon. The annual meeting acknowledges contributions by outstanding university and K-12 educators demonstrating dedication to the advancement of science education. Additionally, each year the Academy acknowledges an Oregon scientist “who has made outstanding contributions in their

field.” The OAS has existed since 1943 and they began granting this award in 1949. Since 2000, they have honored 22 people in Oregon. Dr. Cardinal is the fifth person from Oregon State University to be so recognized during the past two decades. Three of the other recipients were in Chemistry and one was in Environmental, Ocean, and Atmospheric Sciences. The two-time Nobel Laureate Linus C. Pauling received this exact same award in 1987.

An examination of Dr Cardinal’s vitae, which is available online at OSU, clearly demonstrates why he is worthy of this honor. His scholarly work focuses on physical activity education across the lifespan in an effort to understand why people do or do not engage in physical activity. His work focuses on both individual and societal factors and he aims to bridge the gaps between research, practice, and policy.

Dr. Cardinal received his Ph.D. from Temple University in 1993 and he has been



Cardinal participating in event that made the Guinness World Record book

an active scholar even before completion of his doctorate. His first book “*Physical fitness: The hub of the wellness wheel*” was published along with co-author J.V. Krause in 1989. His first book chapter was in 1989 and his first publication out of nearly 300 (primarily refereed) was in 1986. He has collaborated with colleagues from China, Finland, France, Hong Kong, India, Iran, South Korea, Taiwan, and Thailand.

While the number of his publications is notable, what is particularly impressive is the impact his work has had on policy. He has position statements published by the National Association for Sport and Physical Education and the College and University Physical Education Council. His work has been cited in many research and government reports, including the landmark 1996 Surgeon General's Report on Physical Activity and Health and the 2018 Physical Activity Guidelines Advisory Committee Scientific Report (U.S. Department of Health and Human Services), as well as been widely featured in the popular media.

Dr. Cardinal has also done service to our profession serving on editorial boards, advisory boards, and serving as a mentor to numerous graduate students and international colleagues. Noteworthy are his recent positions as President of the National Academy of Kinesiology, as well as Chair of the President's Council on Sports, Fitness and Nutrition Science Board.

AKA was fortunate to have Dr. Cardinal as a keynote speaker at the January 2020 Workshop in Florida. He delivered a talk on "Promoting physical activity through general education: Looking back and moving forward". I sat glued in the front row to his excellent presentation.

Dr. Cardinal's list of honors and awards

at both the national and international level are impressive and extensive. Including an entry in the Guinness Book of World Records. I will let you find that one! (See photo)

Brad. First of all congratulations on this most recent award. As mentioned above, you have certainly been recognized for numerous professional accomplishments in the past. What does this award given by the Oregon Academy of Science mean to you?

Thank you, Penny. Your comments are gracious, kind, and very much appreciated. Truth be told, while "I" was singled out by the Oregon Academy of Science, that is misleading. Very little of what I do or have done has been done alone. As such, I see this much more as another positive indicator of the coming of age of the discipline of Kinesiology.

Suggestive of this, and as you noted, this award has never been granted to someone in Kinesiology before. In making the announcement, the President of the Oregon Academy of Science made particular mention of this, which further highlighted the significance of the moment for me and all those in attendance. Relative to disciplines such as Biology, Chemistry, Earth Science,

Math, or Physics, which are the disciplines that the vast majority of recipients of the Oregon Outstanding Scientist award have come from, Kinesiology is a "newcomer" and an "outsider." Being recognized by a broad-based, scientific organization such as this does feel different than one coming from our own discipline.

Kinesiology's maturity as a scientific discipline has really taken shape over the past ~60 years, especially during the decade of the 1960s. There were a series of seminal events leading up to this, most notably, perhaps, the Soviet's successful launch of Sputnik in 1957. America was perceived to be falling behind others in the world in the sciences and fields such as ours needed to "scientize" in order to remain in "The Big Tent". Indicative of this was the release of California's Master Plan for Higher Education in 1960, which challenged the scientific and theoretical basis of field's such as ours and, as such, whether or not it was appropriate to be included in the University of California system institutions. Responding to that, as well as James Bryant Conant's (1963) harsh criticism of graduate education in the field, Henry M. Franklin (1964) authored an important essay arguing for the disciplinary and theoretical basis of the field. This was further supported by the "Big

Ten Body-of-Knowledge Project” (Zeigler & McCristal, 1967). Decades of hard work by determined leaders and outstanding scientists lead to the eventual recognition of Kinesiology by the National Research Council in their Taxonomy of Fields during the early part of the 21st century (Thomas et al., 2007). Having an understanding of this history certainly added to the award’s meaning.

You are well aware that many individuals in our field of kinesiology do excellent research related to physical activity. However, it is oftentimes not fully recognized. Why do you think that is and is there anything we can do to ameliorate that omission?

Unquestionably, there are world-class, preeminent scientists trained and working in our field. Some have been recognized by their institutions as Distinguished Professors (or the equivalent), received Honorary Doctorates, prestigious honors and awards (e.g., American Association for the Advancement of Science Fellows, Fulbright Fellows, McArthur Fellows), had buildings and facilities named in their honor, etc. A handful are college or university Presidents or Chancellors. We need to vigorously tout

these accomplishments and recognitions to the broader academic and scientific community and within our own institutions. We need to also nominate and support one another for honors and positions such as these, as well as roles on National Institutes of Health review panels, standing and ad-hoc committees of the National Academies of Sciences, and membership in honorary academies and societies. The more we stand shoulder-to-shoulder with our scientific peers, the better it is for all of us and those who follow us.

As appropriate, we should also work to have press releases issued about the excellent research we have done. This means being prepared to work with the media. When doing so, refer to yourself as a Professor of Kinesiology (vs. an alternative title, such as Professor of Exercise Psychology). This is all part of the discipline’s identity and unification process. As the AKA and other organizations are now promoting, and as acknowledged by the National Research Council, Kinesiology is the name of our discipline. Unfortunately, a multitude of name and name variations still exist within our field, which diminishes the clarity and overall impact of the work we all do.



Cardinal aerobically exercising –every day for 5 years!
He is now at 10.5 years and only missed ONE DAY!

Given your extensive experience, what advice do you have to young professionals in our field surrounding research, teaching and service?

Find your unique niche within Kinesiology and pursue it with a passion. Take pride in who you are and what you do. A reminder

of this is Mark Twain's quote, "*The two most important days in your life are the day you are born and the day you find out why.*" Fortunately for me, my personal and professional identities are intertwined. I try to bring all of what I do to each of the classic triumvirate roles of the professoriate – teaching, research, and service. For me, they are nearly inseparable and highly synergistic.

So many people sacrificed and paved the way for what we do today. We have a duty and responsibility to "*Pass it on*", which is the motto of the National Academy of

Kinesiology, our discipline's highest honorary society. Keeping that in mind, I encourage active involvement in promoting the greater good of Kinesiology (Cardinal, 2013). In all of your interactions remember that you are not only representing yourself, but the discipline of Kinesiology. We all represent something so much bigger than ourselves.

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Photos provided by Brad Cardinal

Wine Marathon

If you enjoy wine and fabulous food and running 26.2 miles, then this could be the one for you. The Marathon Du Medoc (www.marathondumedoc.com) holds its annual event each September. Registration is limited to 8,500 runners, and each year it is a themed event. For the 2020 event, the theme is Cinema. The event was created in 1984 and was built on four pillars: health, sport, conviviality, and fun!

To address health, there is a medical congress before the marathon to provide information on sport-related pathologies. In addition, a number of field studies are conducted on participants. The route is an official marathon distance and is becoming very popular with international runners. The race has been rated as the friendliest marathon in France and each runner is rewarded with a host of gifts upon completion – including a bottle of wine. The fun is created by the entire weekend surrounding the race. The evening before the race there is a dinner (with wine of course). The next morning there is a parade of costumed runners and pre-show entertainment, followed by the start of the marathon with lots of happenings along the way. After the awards ceremony, there is of course dinner with wine tastings, a free show and fireworks. If you have not had enough fun by then – you can join in the Sunday walk in the vineyards. PMc



Exercise May Boost Your Immune System

By Patrick Wade, KT Staff Writer

Immunology may have come into the public consciousness more so within the past few months than ever as people look to protect themselves from the 2019 coronavirus disease. Washing hands, not touching your face and “social distancing” measures are being offered by the Centers for Disease Control as the best protective measures right now – but evidence suggests that exercise may also strengthen the immune system and offer protective benefits for individuals seeking to avoid contracting infectious disease.

Dr. Jeffrey Woods is a professor in the Department of Kinesiology and Community Health at the University of Illinois at Urbana-Champaign, and he was one of the first investigators to be formally trained in exercise immunology. He says that not only



Jeff Woods

is it safe to exercise during a pandemic, but it could have potential immune boosting effects. “We should continue our exercise routines,” Woods said. “This is important not only for physical

health but also mental health. The caveat is that if you are starting a new exercise program you should start slowly and give your body time to adapt so that it doesn’t cause transient immunosuppression.”

Woods and others conducted two studies in the 2000s that offer support to the idea that exercise has immune-boosting benefits. In one of those, the research team found that exercise can help to extend the protective properties of the influenza vaccine in older adults. For the study, the researchers examined 144 sedentary, otherwise healthy seniors of about 70 years old. The seniors were randomized into two groups – one underwent a moderate endurance exercise training regimen for 10 months while the other group engaged in either flexibility or balance training.

While there was no difference in the amount of anti-influenza antibodies in either group early after vaccination, moderate exercise training resulted in a vaccination response that was longer lasting. At 24 weeks after the vaccine had been administered, the exercise group had 30-100% better protection from influenza, depending on the vaccine variant. The group that engaged in flexibility and balance training,

but not moderate intensity exercise, were not as well protected by vaccines after 24 weeks, which was the March to April time period. Although there were no differences in reported respiratory infections, the group that engaged in exercise experienced less severe illnesses and sleep disturbance.

In a nutshell, the results indicate that exercise could extend annual influenza vaccine protection.

“A few other studies have also shown that exercise can improve influenza vaccine responses,” Woods said. “From these data, we can infer that the immune response to the vaccine was increased in exercising older adults.” In a 2005 study, Woods and his team of researchers wondered whether moderate or exhaustive endurance exercise could affect immune response and influenza symptoms. They found that it did, but maybe not in the ways you might expect.

Woods said that the researchers started by infecting mice with the influenza vaccine, and then exercised the mice at a moderate intensity on a treadmill – one group for 30 minutes and another group for two-and-a-half hours. The mice exercised for three more days when symptoms began, and then ceased exercising as they were sick. A third group of

mice were not exercised at all. “In this way, we assessed the influence of exercise on the early development of the immune response to influenza virus,” Woods said.

They found that the mice who exercised for 30 minutes daily had a significantly lower mortality rate as compared to the sedentary control group or the group that exercised for a much longer period of time. There was no difference in mortality between the group that exercised for the longer period of time and the sedentary group, but the long-time exercisers did exhibit a significant increase in symptoms. “We concluded that moderate exercise, when performed during the initial stages of influenza infection (before symptoms) could protect mice from mortality,” Woods said. “More prolonged exercise exacerbated flu symptoms, but did not lead to higher mortality when compared to controls.”

Given the issue at hand today, it is possible that these insights into the immune response to influenza could have parallels with coronavirus. “There are certainly some similarities between influenza and coronavirus. They both attack the respiratory system and lead to some similar symptoms,” Woods said. “If, as we suspect, exercise improves the immune response to influenza and its vaccine, then it should do so for other pathogens.”

The caveat, Woods said, is that the

COVID-19 virus is a novel virus against which we have no preexisting immunity. But another study might offer some insight into this problem – in 2008, Woods explored whether exercise could improve the immune response to something that people had not been exposed to before. To find out, they injected a subset of people from the older adult exercise study with a benign protein called keyhole limpet hemocyanin. In the group of these participants who exercised, the researchers found higher antibodies to the protein in the weeks following vaccination, indicating that they mounted a more rigorous immune response.

One of the key things to remember is that, with COVID-19, there are many comorbidities associated with a higher risk of complications that can lead to death. Many of these comorbidities can be mitigated with regular exercise. “The main objective would be to increase the percentage of the world’s population who engage in regular physical activity and exercise,” Woods said. “If accomplished, this would increase the general health of the population and reduce the impact of viral pandemics on morbidity and mortality.”

Above all, Woods said, it is safe to keep exercising through a pandemic, as long as we remember to keep our distance from each other. Just do not overdo it if you are

starting right now, consult your doctor if you are at high risk for exercise participation and follow all public health recommendations regarding viral pandemics. Physical fitness has a lot of benefits now and in the future – and an improved immune response may be among them.

“A follow-up study on COVID-19 patients relative to their physical activity status would be interesting,” Woods said. “My sense is that those who fare better are regular exercisers and are highly physically active, but without data we can’t be certain. A physically fit organism is a highly resilient one, one that can recover from challenges.”

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Get Healthy and Unhealthy At the Game

By Penny McCullagh, Ph.D., KT Editor

Participation in youth sport continues to grow as more and more youth engage. The positive effects of participation include both physical, social and psychological benefits. Parents are highly engaged in helping their children participate by buying equipment, transporting them to games, coaching, helping to organize fund raisers, and even providing snacks at the games. But what sort of snacks are parents providing?

A recent study by Bennion, Spruance & Maddock examined the types of snacks consumed by youth sport athletes. The researchers recognized the benefits of youth sport in helping combat a host of negative health outcomes. They also recognized that many of the snacks and food available at youth sporting events is unhealthy. However, they could not identify any previous research that examined the types of snacks provided to youth athletes as well as their energy expenditure.

For their study, they examined 189 children in Third and Fourth grades in soccer, flag football, baseball, and softball. They assessed both physical activity and the types of food and beverages available.

The observation system followed randomly selected children for periods of four minutes, both on and off the field. Food scans occurred every time the children were provided snacks – most typically at half-time or after the game. Observers were trained to estimate the caloric and nutritional value of the snacks provided.

They found that children averaged about 27 minutes of physical activity per game and the average calorie expenditure per game was about 170. The average calories provided to children was 167 per game. However, some games provided no snacks. When these games were removed from the analysis, the calories provided rose to 213. Surprisingly, 87% of the beverages provided were sugar-based.

The authors concluded that the children were getting less than the recommended one hour of physical activity, and were provided with more calories than they were expending during a game. They also observed that



females expended less energy than males and that snacks and beverages provided were high in sugar.

I was able to contact Lori Andersen Spruance, Assistant Professor in Department of Public Health at Brigham Young University and asked her a couple of questions.

To say the least, the results of your study are of concern. Did you have a mechanism to provide feedback to the youth sport leagues about your findings?

We did communicate with the league we were working with. We developed a flier that communicated our findings that the league could share with their parents. We also did a follow-up study to test the effectiveness of the intervention in changing behavior. Results indicated that we were able to change behavior, to some degree, by significantly reducing the sugar offered at each game. The manuscript is currently under review. The flier we used can be downloaded/viewed [here](#).

This study provided initial data on the topic of snacks and activity levels in youth sport. Are you going to contin-

ue with this line of research and what are your next steps?

We would like to expand this line of research to do some more work with leagues and volunteer coaches and test the impact of video training over the flier—Which is more cost effective? What has the better impact? We would also like to work with additional leagues, including in rural areas and communities that have higher percentages of minority populations. Both of these populations are less likely to have access to healthier food and suffer from health effects related to poor nutrition.

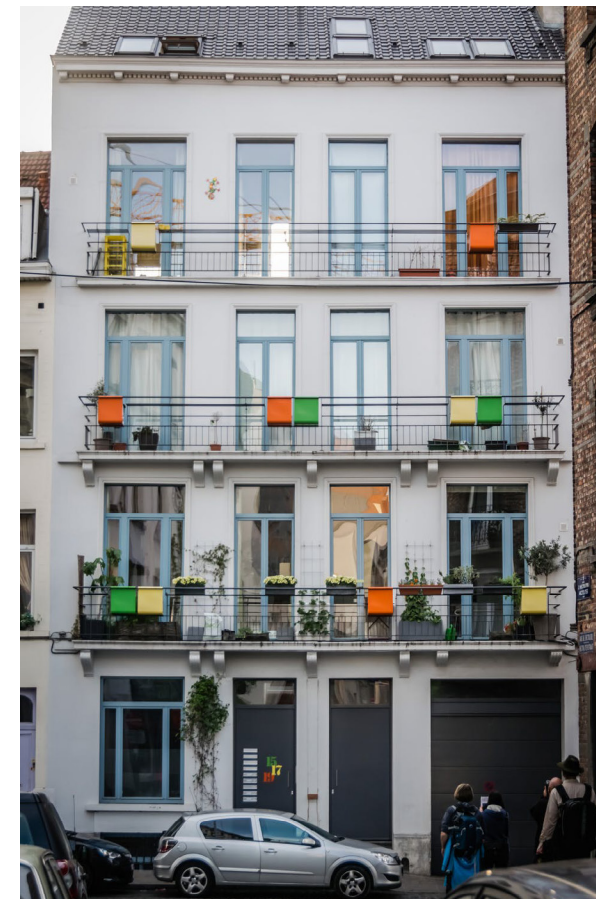
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Marathon on a Balcony

A veteran marathoner, plods on. Elisha Nochomovitz was due to run the Barcelona marathon on March 15, but it was canceled due to the COVID-19 virus. He had been furloughed from his job at a restaurant and wanted to do something positive by paying tribute to the medical professionals who were caring for so many. It took him 6 hours and 48 minutes to complete “his race”, more than twice as long as his best time. His girlfriend provided clean t-shirts and snacks during his run. He tracked the run with a social running app and a running watch. While he had some naysayers to his accomplishment, others were inspired by his dedication to stay at home but still keep exercising. PMc

<https://www.cnn.com/2020/03/23/world/balcony-marathon-trnd/index.html>



Riding for Dollars

By Penny McCullagh, Ph.D., KT Editor

Dan Schmidt, a professor, department co-chair of Kinesiology at the University of Wisconsin-Oshkosh and former board member of the American Kinesiology Association decided to take it into his own “legs” to raise scholarship money for students in his department.

He started teaching at Oshkosh in 1997 and about 20 years ago began riding his bike for exercise because he enjoys the wonderful landscape in Wisconsin and the activity enables him to keep fit. He currently bikes about 20-25 miles, four to five days each week during the summer months. To raise money he decided to bike 150 miles over three days from LaCrosse to Oshkosh – across the state of Wisconsin. He really wanted to raise scholarship money for kinesiology students who do not have much access to funding and many of the students in the program work outside of school to help pay their expenses.

Dan did most of the ride solo but was met by the Chancellor for a 15-mile stretch (Wautoma to Redgranite) on the second day of the ride. The third day ended with a ride into campus with a police escort for student opening day ceremonies.

I wanted to learn more about Dan's ride and see if he had any insight on how other programs could do such activities to help their own students.

Do you feel as though your first attempt to raise money for your students was successful and how will you modify it in the future to raise even more funds? Did you get assistance from your development office?

Absolutely. I'll never raise as much money as I would like but I was pleased with the support we received. We were able to award our first round of scholarships this spring. I had great support from our development office on campus. They were responsible for the publicity I received from radio interviews to an article in the state's largest newspaper the Milwaukee Journal Sentinel.

I am planning to do it again this year, from Eau Claire to Oshkosh (198 miles on Google Maps) and the plan is to have some Kinesiology students join me for the last 25-30 mile stretch. With the students



Dan Schmidt (L) with Chancellor Andrew Leavitt (R).

also seeking pledges, I believe we can raise more scholarship money than me working alone.

Describe the most memorable experience you had on your ride.

It was just plain peaceful. I stayed off the main roads for obvious safety reasons and the backroads gave me a whole new appreciation for the Wisconsin farmland and countryside. Spending my first night in the Necedah Public Safety building, eating pizza, and getting to know two very kind EMT's was also fun and memorable.

Can you share some thoughts from students who might benefit from this event? (OR provide a quote)

We hear the phrase “those millenials” a lot these days and the description that follows is not always very flattering...that's just plain wrong. One of my favorite quotes comes from US Navy Retired Seal, Admiral William McRaven in his book, “Sea Stories: My Life in Special Operations.”

“From the battlefields to the classrooms, I have seen the young men and women of this generation, the oft-maligned millenials. They are supposed to be pampered, entitled, and soft. I found them anything but. They are as courageous, heroic, and patriotic as their parents and grandparents before them. Those who fought and died or were wounded in Iraq and Afghanistan



Opening day of Schmidt's scholarship ride.

are the same young Americans who are building our bridges, finding the cures, and teaching our youth. They are the men and women who are volunteering to wear the uniform, fight the fires, and protect the people. They are not like my generation. *They are better.* They are more inclusive. They don't see color, or ethnicity, or orientation. They value people for their friendship and their talents. They are more engaged. They will not stand by and watch bad things happen to good people. They are more questioning. They want to know why. Why are we going to war, why are we increasing our debt, why can't we do something new and different? They are risk takers, entrepreneurs, givers of their time and

energy. Above all, they are optimists-and as challenging as the times may seem right now, this generation believes that tomorrow will be a better day. I am convinced that history will someday record that these young Americans were the greatest generation of this century, and I know, beyond a shadow of a doubt, that we will all be *just fine.* ”

Do you have other ideas for other programs that may want ot do similar events?

Asking people for money is never easy... until you let them know what your cause is all about. I will do a better job of this movng forward.

(Photos provided by Dan Schmidt)

Warrior Research Center: Protecting Those Who Protect Us

By Amy Rose, Staff Writer

The Warrior Research Center, operated within the AKA member School of Kinesiology at Auburn University, has a mission to assist the United States Armed Forces to maximize readiness through improved Warrior health and wellness, improved physical and technical performance and innovative vehicles and equipment in order to fight and win in a complex world.

The center not only serves military personnel, but also first responders, such as firefighter, police officers and emergency medical service personnel. Their clients are referred to as tactical athletes and they all have unique demands and circumstances that require specialized research and solutions.

JoEllen Sefton, Ph.D., ATC, and professor in the Auburn University School of Kinesiology serves as the Director of the Warrior Research Center. Sefton says the Center developed out of a program she was asked to develop to provide sports medicine for the military to



JoEllen Sefton

help reduce soldier injuries. This program gave her access to all battalions at Fort Benning, Georgia. The experiences with the soldiers at Fort Benning was an important part of the success of the program, according to Sefton. “Involvement of military people from day one was crucial. It helps make our solutions practical to their needs. I know how important their time and training is to them,” Sefton said.

The Warrior Research Center was created ten years ago to achieve the objective to “serve as a center of collaboration between researchers, the military, and tactical athletes to further the development and implementation of new knowledge in human factors. Work to improve performance, resiliency, and health and wellness while providing leadership through research, education, training, and implementation of new knowledge in order to better serve our Warriors, Veterans, tactical athletes, families, and the community”, according to its website (www.education.auburn.edu/warrior-research-center).

The Center receives funding from the Department of Defense, corporations, government agencies and various other

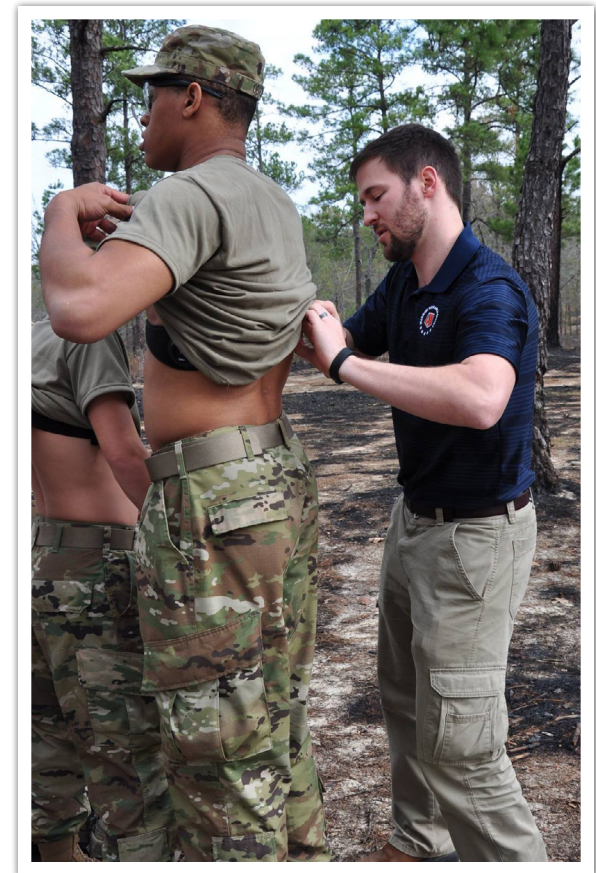


Photo provided by Auburn University and the Warrior Research Center

sources. Sefton says this funding has helped them “build a team with expertise to solve specific problems. That makes us creative and successful”. They also work with other

agencies and research who request their help on a small specific piece of the overall project that they can help with. A board of directors that includes active and retired military helps to guide the activities of the Center.

The main focus of the Warrior Research Center has always been on injury reduction and performance enhancement. “We hope to add to available knowledge and find a better way ahead,” said Sefton. She said the most rewarding part of the program is helping the individuals be safer and healthier. “They serve us and don’t ask much. You may be keeping them alive,” she said.

Some of the most notable projects that have led to new policies, innovations and equipment redesign are:

- * Black Hawk Helicopter Seating- Soldier legs and feet were going numb on long flights. The research discovered it was neurological and not blood flow. This led to a redesign of the seats which helped solve the problem.
- * Soldier Refueling – They studied how and what soldiers ate, along with energy expenditure levels. They discovered there were many different reasons soldiers were underfed, but any sort of supplement made a positive difference. The military

implemented the recommendations of the research and developed a fueling protein bar for soldiers and adjusted the amount of time given to eat, when possible.

- * I-PREP Study- Initial Entry Training Physical Resiliency Enhancement Program (I-PREP) helps reduce injury and improves trainee fitness for new recruits. It has also resulted in significant saving in medical and recruitment costs, as well as training time.

The Warrior Research Center provides a unique educational experience for many Kinesiology students at Auburn. Sefton said currently 15-20 undergraduates, five to six Master students and four doctoral students work on research at the Center. There is also one Doctoral Fellowship position available. Kaitlin Lyons is a doctoral student currently in her fourth year working at the center. She has always had a passion for working with tactical athletes and the center at Auburn was a perfect match for her. Her husband just finished eight years in the Army and she has younger brothers currently serving in the Reserves and ROTC. “Dr. Sefton lets us do a lot of the hands-on work in all aspects of research. It has given me a wealth of experience in the laboratory and in the field,” Lyons said. Her

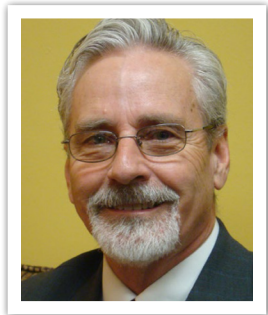
current project is working with a team that is studying the impact of heat and exercise on functional movement, physiology and recovery of firefighters. She is hopeful their findings will lead to the implementation of positive changes in firefighting protocol. Thanks to her experience at the Warrior Research Center, XXX has landed her dream job working with the Army Public Health Command in their Injury Prevention Division. “I will be working on preventing injuries. It will be very similar to my work here,” Lyons said. Sefton said the national and international recognition of the Center helps students with new career opportunities and it also helps bring awareness and recognition to the School of Kinesiology and Auburn University.

The Warrior Research Center is hosting a Tactical Athlete Human Factors Summit on October 20-21. According to the website, the conference is the intersection of health, technology, and innovation for our U.S. Armed Forces, academia, and government all come together to share novel ideas and report key findings to optimize tactical athlete performance. The summit is also offered virtually. Please check the website (link to: <http://www.education.auburn.edu/tactical-athlete-human-factors-summit/>) for details and any updates as a result of the current health crisis.

EXECUTIVE DIRECTOR'S COLUMN

AKA Membership Update: Two Significant Changes

By T. Gilmour Reeve, Ph.D., Executive Director



T. Gilmour Reeve

Established in 2007, the American Kinesiology Association (AKA) is among the newest kinesiology-related professional organizations. AKA promotes kinesiology as a unified field of study and its workshops, webinars, and support programs address those important issues that are relevant to all areas of kinesiology in higher education. AKA's annual workshops focus on critical and emerging issues in higher education that impact our member academic units (departments and schools with kinesiology programs). Webinars, held each semester, provide an opportunity to explore specific higher education topics. AKA's Leadership Institute (LI) is a highly selective, year-long educational program for early career department chairs and faculty interested in pursuing administrative appointments in kinesiology. The quality and contributions of these programs are evident in the positive feedback and enthusiasm for our

annual workshops and other programs.

When AKA was established, three decisions were made regarding membership in the organization. The first decision was that AKA membership would be held by the academic unit. That is, faculty would not need to individually join AKA. If the academic unit had membership in AKA, then all faculty would be eligible to participate in AKA events and programs. With this type of membership, the faculty members were not asked to join another organization. Most faculty are already members of two or more professional organizations. AKA does not recruit individual faculty to join AKA. Also, in one real sense, it's the academic unit as a whole that benefits from AKA's membership, so the academic unit should hold the membership.

The second decision was that the academic units would be allowed to join AKA at any time during the year. This encouraged academic units to sign up immediately, with their renewal dates thereafter being 12 months from when they originally joined AKA. This decision facilitated the rapid growth of AKA. But as the organization grew, AKA was constantly engaged in

invoicing members for their renewals. It has become a monthly task to manage memberships. Also, for some departments, the month when they originally joined AKA wasn't actually the best time to pay for membership renewal.

The third decision was to assess different membership rates depending on the degree programs offered within the academic unit (associate, bachelor, master, and doctoral degrees). The basic notion was that the units with more comprehensive programs (e.g., more degree levels) would provide more support for the organization. Academic units joined individually, even when there may be two or more other kinesiology-related units on the campus. So, in many cases, there are campuses with two kinesiology-related units, but only one unit is a member.

These three decisions have been central to management of AKA. However, over the past two years, the Board of Directors discussed alternatives to AKA membership rules. The major discussions focused on how to make membership renewal more efficient and how to attract more academic units from campuses that have two or more kinesiology-related academic units. These

discussions have resulted in two significant changes: (1) the fixed-year membership; and (2) membership rates for multiple academic units on the same campus.

The Fixed-Year Membership. The AKA Board of Directors approved a change in its By-Laws to establish a common 12-month period for all AKA member units. Effective September 1, 2020, the 12-month membership will be from September 1 to August 31. Renewals will be due in September each year for all current members. This change provides significant efficiency in the task of preparing invoices, and collecting membership fees. The AKA Membership Committee will now be able to focus promotional materials, send reminders regarding members fees being due, and follow-up if an academic unit doesn't renew in September. September was selected because it is at the beginning of the academic year and it ensures that a member unit has renewed prior to participation in AKA's workshop, webinars, and other AKA programs and services. New academic units may join at any time during the academic year, but their initial membership will be set to end on August 31 and their first year fee is prorated based on the number of months remaining in the current membership year.

Membership Rates for Multiple Academic Units on the Same Campus. Historically, many kinesiology academic units were divided into different academic units on a campus or as new areas of the study of physical activity developed new units were established. Often when two academic units are on a campus, these units are not in the same college on the campus. In most cases, only one of the two (or more) academic units has been a member of AKA. This is unfortunate because AKA promotes kinesiology as a unified field of study, even if different programs in kinesiology are managed in different academic units. Based on discussions by the Board of Directors and then with the Board's approval, a policy was established to set a combined rate if two or more academic units from the same campus join AKA together. This rate is set at 60% of the total membership rate if the two units joined separately. Thus, the total membership fee received for the two units is greater than that received if only one unit had joined but both units get a reduced rate. One way to consider this approach is that the membership fee received from the institution is greater when two units join together than would be received if only one of the units had joined. The multiple

units' membership rate goes into effect on September 1, 2020. The AKA Membership Committee will be promoting this new rate for those campuses that have two or more kinesiology-rated academic units.

Taken together, these two changes in AKA membership policy will create a more efficient renewal process and attract more academic units to participate in AKA's events, programs, and services. If you want additional information about these changes, please contact me via email (tgreeve@americankinesiology.org).

Staying Active While Staying At Home

By Patrick Wade, KT Staff Writer

It is tough to get moving when you are ordered to stay at home, but with millions of Americans sequestered during the COVID-19 global pandemic, it may be more important now than ever to stay active. Of course, that means you might have to modify your workout a bit, but kinesiologists say that staying active through challenging times is important for everyone's physical and mental well-being.

That is especially true for children who get a majority of their activity from physical education classes and after-school sports. "I think they're going through the same thing we're going through. Maybe a little more magnified for them because they're kids," said Cindy Kuhrasch the Physical Education Teacher Program Coordinator in the Department of Kinesiology at the University of Wisconsin-Madison.

Kuhrasch said that kids' lives have been shrunk down to one area – their homes. They are probably missing their friends, missing their teachers, missing their church communities and missing their coaches. "It's just like everyone else," Kuhrasch said.

For physical educators, trainers and coaches, it is important to provide parents

with resources to keep their children active at home, Kuhrasch said. And while parents may feel a lot of pressure to fill those voids, they do not necessarily need to be a teacher for their kids – just a playmate. "Just talk to your kids about it and play with them," Kuhrasch said. "Enter the activity as a playmate instead of having this weight on your shoulders as a teacher."

Kuhrasch has tried to assist in this process by posting a series of "P.E. At Home" videos on YouTube. They cover topics such as batting a balloon back and forth with a partner, striking bubbles with a flyswatter, and playing a classic game of 500 by throwing a ball up on the roof and catching it when it rolls off. "We're so limited right now because we're all just having to be home with each other," Kuhrasch said. "But I do think that incorporating play into our time together is going to reduce some of this anxiety we're feeling and this cabin fever."

The games Kuhrasch recommends are not simply intended to be playful – they have an educational purpose. Kids are kinesthetic learners, she says, and the movement during play helps them enter a three-dimensional space where they learn

about their bodies. Children learn about balance by being on a bike, for example. Physical movement enhances cognitive learning, she said. There is also a strong social component to play. By playing with a friend, brother, sister or parent, you can add a social component to physical activity at home.

Staying active is important for adults too. The physical benefits are obvious, but the mental health benefits are also hugely important while lives are being significantly disrupted. "Humans were built to move," said John Mercer, professor and acting chair of the Department of Kinesiology and Nutrition Sciences at the University of Nevada, Las Vegas. "So continuing to move during the stay-at-home recommendations is important." With many gyms and fitness centers closed during the pandemic, that can be difficult.

"Fortunately, there are a lot of creative ways that I am seeing people use to be active while following the social distance concept," Mercer said. "People are accessing YouTube exercise routine videos, sharing exercise ideas on social media platforms, and fitness gyms are offering online exercise

classes that you do in your home. There are also different software programs like Zwift and Rouvy that allow cyclists to connect their indoor bike trainers to the internet in a way that people can train and race each other – but while in their own home.”

The changes in workout routines for many may be a disruption to their social interactions. Working out with a friend, walking with a group of people or going to a yoga class may be a big piece of someone’s day that has been eliminated. But there are some interesting tech-based solutions there as well – web-based platforms like Strava and Garmin Connect help users share their workouts with a social group. “Programs like these are in essence Facebook for endurance athletes and can be helpful to stay motivated to exercise,” Mercer said.

One of the unique aspects of the COVID-19 pandemic is how quickly it has changed our lives, Mercer said. In just a matter of weeks, people are now working remotely or have lost their jobs. Some may have left their jobs to take care of children who cannot go to school. In a rapidly changing world, exercise may offer some mental relief and maybe a distraction from the news. “Regular schedules have changed so rapidly for so many – it is important to recalibrate and create a sense structure,”

Mercer said. “Exercise can play a role in providing that structure.”

The benefits of physical activity are well-documented, and he says there are a lot of online resources with ideas to get people moving inside their homes. “I see people being creative and using cans of food or bottles of water for weights,” he said. “Any type of movement that you can do for even 10 minutes that increases how fast your heart is beating is good physical activity.”

It is important to remember that the exercise does not need to be extremely hard and physically exhausting. It is more important to get regular physical activity throughout the week, Mercer said, instead of trying to be a “weekend warrior” and only exercising hard for one or two days per week. This could also be an opportunity to try something new or try something for which you previously did not have the time.

“Many people who were regularly exercising are struggling to find the motivation to continue with exercise now that their goal event has been cancelled or postponed,” Mercer said. “It is important that these people take the time to recover from their regular training plan and recalibrate their approach to regular exercise.”

PE At Home YouTube videos:
<http://bit.ly/PEathome>

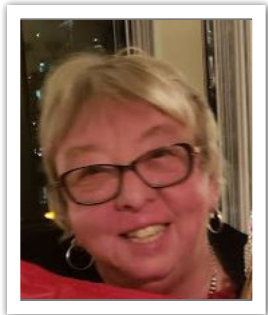


Cindy Kuhrasch, the Physical Education Teacher Program Coordinator at the University of Wisconsin-Madison, is shown in one of her YouTube videos demonstrating a game she calls “Backward Hangman.” Kuhrasch has published a series of videos depicting games that children can play at home to stay active while schools are closed.

The American College of Sport Medicine (ACSM), a leading authority on exercise, has provided some ideas about how to exercise at home.

<https://www.acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic>

EDITOR'S ONE CENT'S WORTH

The Tough Get Going!*By Penny McCullagh, Ph.D., KT Editor*

Penny McCullagh

“When the going gets tough – the tough get going!” Words from my mother as I was growing up. Apparently she was not the only one to use the phrase and since we were living in Canada not sure

where she got it from. Some attribute the phrase to Joseph Kennedy, it was made popular in a Billy Ocean Song, Bluto in Animal House used the phrase, as did numerous coaches in the 1950's. Well that was when my mother was using the phrase – she maybe made it up! The going is as tough as most of us have ever seen, and the tough folks are going after it, with all their might.

Being an active member of professional organizations has been a highlight of my professional career. I have served in numerous leadership roles including President of four different organizations, including AKA, and all of these experiences have given me the opportunity to interact with top professionals in our field. We are at a

difficult time. Major conferences are cancelling, or moving to virtual formats. The American Educational Research Association was to hold their national conference in San Francisco in April of 2020. They had over 7,200 submissions and pushed to move the conference to a virtual format. Trying to turn a negative into a positive, they were going to make the conference open-access with free viewing for anyone all over the world. After careful consideration, they totally canceled the conference because they did not want to put undue pressure, on such short notice, on their members, who were already adapting to extreme situations.

Organizations within our field have canceled their Spring meetings as well. NASPSPA (North American Society for the Psychology of Sport and Physical Activity), NASSH (North American Society for Sport History), the American College of Sports Medicine (ACSM), and our colleagues in Europe are in the same boat.

These decisions are difficult, especially for smaller organizations. Associations sign contracts with hotels, oftentimes years in advance, to secure sleeping rooms and

meeting room space. They often also promise the hotel that they will spend considerable money on food and beverage at the hotel and secure audio-visual services. For many organizations, the registration fees charged for attendance are what cover the costs for these services. If an organization cancels, without just cause – then they can owe considerable fees that may well bankrupt the organization. In this recent crisis – unless certain circumstances were met – the contracts were still viable. Some organizations were able to get released, others depending on the timing, were not.

My current role in AKA, is Editor of KT. While I am not a voting member of the Executive Committee, I do participate in the meetings and see the dedication of our leaders. They are working tirelessly to try and maintain connection with member institutions and continue to offer programs. The pandemic may have a huge impact on how we offer programs to our students and AKA is attempting to have an eye for the future, so we can be positioned to maintain our strength. I refer to you President Smith's message about the vision for the 2021 workshop. I also serve as a mentor in the

AKA Leadership Institute, and in the month of April, a webinar will focus on the impact of COVID-19 on kinesiology programs. I was impressed with some of the conversations I have heard already and the deep concern

that our leaders have for our students. The impact on many of our students, faculty and staff will be devastating.

As we move forward in these difficult times, I urge you to take care of yourself,

your family and loved ones, and continue to make contributions to your professional organizations in the best way you are able.

NPAP Plan Update

(Information was taken from NPAPA announcement)

The effort to develop a U.S. National Physical Activity Plan began in 2007. (<https://www.physicalactivityplan.org>). A public-private partnership was established as an informal coalition of health-related organizations, and numerous individual experts were invited to serve on sector-based panels. The American Kinesiology Association has been an organizational member of the National Physical Activity Plan since 2015. The first National Plan was released in 2010, and it included over 250 strategies and tactics organized around eight societal sectors. In 2016, a fully updated National Physical Activity Plan was released

In June, 2019, representatives of numerous organizations, including NPAPA, met in



Washington, DC to discuss ways in which the physical activity field could become more effective in advancing important initiatives aimed at increasing the physical activity level of the U.S. population. As a follow-up to that meeting, three organizations, the National Physical Activity Plan Alliance (NPAPA), the National Coalition on Promoting Physical Activity (NCPAPA), and the National Physical Activity Society (NPAS) initiated discussions about development of a collaborative relationship.

The new organization will be named the PHYSICAL ACTIVITY ALLIANCE, and the organization's logo will include the tagline MOVE WITH US. The role of AKA within this new alliance has yet to be determined.



2021 AKA Workshop – January 28 to 30 – Albuquerque, New Mexico

“Leading Through Times of Uncertainty: The Future of Higher Education, Work, and Kinesiology”



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