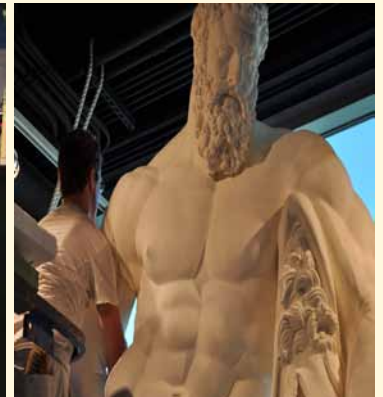


# 2008-2009 ANNUAL REPORT

## DEPARTMENT OF KINESIOLOGY AND HEALTH EDUCATION



COLLEGE OF EDUCATION  
THE UNIVERSITY OF TEXAS AT AUSTIN

**Dear Colleagues and Friends,**

I am always excited to be able to read the events and activities of the Department each year as we ready the annual report for publication. It never ceases to amaze me as to how productive and ingenious our faculty members are. I particularly noted this year the number of educational and service programs the Department has established and the impact these programs have had on The University and our community. Let me just draw your attention to a few of these programs.

Each year we celebrate our department with the Mary Buice & Shorty Alderson Lecture in which we invite a renowned scholar to give a keynote address related to physical and health education. This year Dr. Jack Berryman, Professor in the Department of Bioethics and Humanities in the School of Medicine, University of Washington and a leading sport historian presented the Alderson lecture. Dr. Berryman’s presentation was entitled “Exercise as Medicine: An Historical Overview.”

Since 1932 the Department has provided the summer sports school for young children. This year the program was restructured by Dr. Mike Sanders, the coordinator of our University-wide physical activities program. The new camp emphasizes how to live a healthy and active lifestyle and is called SUCCESS Camp. This stands for Summer University Camp for Cultural Expression and Sports. The campers were provided nutritional information, dietary guidelines, and instruction on calorie counting during meals and exercise. They were informed of how exercise improves their bodies and the benefits of different types of exercises. The campers visited the many cultural wonders The University has to offer. The program was conducted in a fun-filled, game-type atmosphere, and by all accounts was a big hit with the campers and their parents.

The Fitness Institute of Texas (FIT) is not a new program in the Department, but it has undergone some restructuring this past year that has significantly improved its community outreach. With the restructuring, FIT initiated its GET FIT program. This is a 12-week exercise and behavioral health program that provides exercise and nutritional instruction for formally inactive and overweight individuals. The program has become so popular with faculty and staff at The University that extra sections had to be offered to meet demand. Much of the success for GET FIT is due to the creative programming of Mark Faries, Julie Drake and Brittany Crim under the direction of Phil Stanforth, Director of FIT.

A very timely program that has had an ongoing presence in the Department for about four years is the Autism Project. Dr. Jody Jensen and Pam Buchanan direct the program. The program uses physical activity paradigms to connect and interact with autistic children. The program has been so successful in improving the lives of autistic children that Jody and Pam have been asked to provide training to practically all the school districts in the state of Texas.

Finally, I have to mention The H. J. Lutchter Stark Center for Physical Culture and Sport. The Center is divided into the Stark Library, The Joe and Betty Weider Museum of Physical Culture, and the Sports Gallery which will house items from Ben Crenshaw’s golf collection; artifacts from Dr. Kenneth Cooper, the father of Aerobics; and an interactive display on the history of strength and conditioning for athletes underwritten by the National Strength and Conditioning Association. The exhibit areas of the Stark Center will also contain a fine art gallery and four photography galleries. The Center is committed to serving as a resource and research center and educating the public about the history of physical culture and sports. The Center is expected to have an official opening in the spring 2010.

I have elected to highlight five of our programs that serve The University and our community, but there are many more that I have not mentioned in my introduction. I ask you to take the time to peruse our annual report so that you may learn more about these programs and come to appreciate the significant contributions the faculty of the Department of Kinesiology and Health Education make to our University and our field of study.

Thank you for your continued support.

Sincerely,

John L. Ivy, PhD  
Chair, Department of Kinesiology and Health Education  
Teresa Lozano Long Endowed Chair

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## 2009 Hall of Honor Inductees

The Hall of Honor recognizes the achievements and contributions of faculty and former students to the Department of Kinesiology and Health Education at The University of Texas at Austin and to professional fields related to physical activity and health. Induction to the Hall of Honor is the highest honor bestowed by the Department of Kinesiology and Health Education and is based on a demonstration in one or more specific areas of leadership, professional involvement, service, and academic and research achievement.

The 2009 Hall of Honor Inductees were Teresa Lozano Long and Barbara Springer.

### Teresa Lozano Long

1962-1965 - EdD, Kinesiology and Health Education

*Leader of Civic and Professional Organizations*

#### Honorary Awards...

- The UT Distinguished Alumnus Award, 2004
- Thurgood Marshall Legal Society for Commitment to Diversity, U.S. School of Law
- Distinguished Achievement in Leadership and Philanthropy in Higher Education, The Association of Chicanos in Higher Education



Teresa Long with John Ivy, KHE Department Chair

#### Member...

- The University of Texas Commission of 125
- The University of Texas Press Advisory Council
- Executive Committee, University Interscholastic League
- 24 Boards of Directors serving education, governments, the arts (art, music ballet, opera), health, and medical needs community issues

#### Career Highlights...

- Consultant, U.S. Office of Education on Migrant and Health Start Programs
- Research Associate, Staff of the Governor's Committee on Public School Education
- Texas Education Agency, Consultant and Research Assistant
- Advisory Board, National Museum of Women in the Arts
- Member, University of Texas Chancellor's Council
- University of Texas Education Foundation Advisory Council

### Col. Barbara A. Springer PT, OCS, SCS

1999-2002 - PhD, Health Education/Health Promotion

*Exemplary leader of health policy, health promotion and physical therapy programs in the United States Army*



#### Honorary Awards...

- John W. Goldschmidt Award for Excellence in Medical Rehabilitation, 2007
- Excellence in Clinical Education Award, American Physical Therapy Association, 2008 Sports Physical Therapy Section
- Fox News Power Player of the Week (2005, 2006)
- Klein Endowed Graduate Award, The University of Texas, 2001
- Professor of Military Science Medal of Merit, 1985

#### Career Highlights...

- U.S. Army War College, Master of Strategic Studies, 2004-2006
- Chief, Physical Therapy Service, Walter Reed Army Medical Center
- Executive Committee Member, Military Amputee Research Program, Walter Reed Army Medical Center
- Research Coordinator, Physical Therapy Service, Walter Reed Army Medical Center
- Director, U.S. Military Sports Physical Therapy Residency, Keller Army Community Hospital, West Point, New York
- Chief, Physical Therapy Service, United States Military Academy, West Point, New York



Col. Springer with her graduate advisor, Dr. John Bartholomew

## Graduate Program

*John B. Bartholomew, PhD, Graduate Advisor*

*Tan Thai, Graduate Coordinator*

In Fall 2008, we had 188 graduate students - a record for the most students enrolled. The number of applications received for fall admission totaled 265. Of those, 114 (43%) were recommended for admission and 71 enrolled (62% of those admitted). Thus, we maintained both a strong criteria for acceptance and a high yield of targeted students.

	Admitted	Percentage that came to UT
Exercise Physiology	40	75%
Sport Management	33	51.5%
Health Education	15	66.6%
Movement Science	19	58%
General Masters in Kinesiology	6	66.6%
<b>TOTALS</b>	<b>113</b>	<b>63.7%</b>

We would not be able to maintain such a large program without strong financial support for students. We provided teaching assistant (TA) positions to 47 students. The TA provides a stipend, insurance and a tuition waiver for the student along with an extended opportunity to work with undergraduate students as they develop teaching expertise. We had a number of outstanding teachers amongst our students, particularly: Michael Casner (exercise physiology), Christopher Renzi (exercise physiology), Michael Newhouse-Bailey (sport management), and Kelly Welsh (health education), all of whom were awarded Mary Bruice Alderson Scholarships for outstanding graduate teaching. In addition, the department supported 24 students through graduate research assistant (GRA) positions. GRA positions provide the same support as a TA, and allow students to dedicate their time outside of class on research that is often funded by their supervising professor.

Numerous competitions are available at UT-Austin to recognize student achievement. One indication of the strength of our program is our success – across each of our sub-disciplines – in these competitions. In the past year, our students received awards totaling more than \$120,000!

At the Departmental-level, the Long Fellowship is given in honor of former department Chair Dr. Lynn McCraw. It is now in its seventh year of providing approximately of \$5,000 in support. This year it was used to recognize Matthew Bowers (sport management) as an outstanding doctoral student within the department. Likewise, Michael Casner (exercise physiology) received the Professor and Mrs. Karl K. Klein Fellowship. Jill Barnes and Allison DeVan (exercise physiology) received the Mack Brown Endowed Scholarship in Kinesiology. Ann Newstead (movement science) received the Long Graduate Fellowship.

TOTAL ENROLLMENT FOR FALL 2008				
	Masters	Doctoral	Non-Degree	Total
Exercise Physiology	56	20	1	77
Sport Management	29	17	1	47
Health Education	13	23		36
Movement Science	15	10		25
Interdisciplinary Sport Studies		1	15	1
General Masters in Kinesiology	2			2
<b>TOTALS</b>	<b>115</b>	<b>71</b>	<b>2</b>	<b>188</b>

We were also very successful at the College-level competitions for awards. Juan Sebastian Giraldo (sport management), David Hammers (exercise physiology), and Katherine Velasquez (health education) received the Alexander Caswell Ellis Fellowship in Education. Zongtao He (sport management) received the Joseph L. Henderson and Katherine D. Henderson Foundation Scholarship and Sooin Jung (health education) received the College of Education Centennial Endowed Presidential Fellowship.

The most challenging competition is with University-wide awards. Again, the quality of our students shone through as we received three prestigious awards. Three doctoral students were recognized in the university-wide competition for University Continuing Fellowships. Jill Barnes (exercise physiology), Allison DeVan (exercise physiology) and Joel Trinity (exercise physiology) all received Continuing Fellowships that provide full tuition and a large stipend. We also received support for highly qualified applicants. Daniel Sikora (sport management) received the University Pre-emptive Fellowship and Stacy Hunter (exercise physiology) received the Diversity Fellowship.

The success of these students is often based on their ability to produce highly regarded research in collaboration with faculty. In fact, our graduate program is based on training students through an active participation in the research process. In support of these efforts, it is imperative that we support their ability to present their work with faculty at national and international meetings. This brings prestige to both the student and the department and is extremely important to the development of a strong graduate student. Generous support from Dean Justiz (\$8,918) and the Graduate School (\$2,600) enabled 26 graduate students to present their research at national meetings in 2008-2009. In most cases, the faculty supervisor of each student provided additional funds. A complete list of the student presentations, including the name and location of the meetings can be found on page 50.

We are, of course, most proud of our graduates. We graduated 47 masters and 5 doctoral students in 2008-2009. Of the doctoral students, all five were placed in impressive positions:

- Jill Barnes, Ph.D. Kinesiology, accepted a postdoctoral position at the Mayo Clinic.
- Jennifer Loyo, Ph.D. Health Education, accepted a position intervening with and evaluating local Women, Infant, and Children (WIC) clinics.
- Edward Merritt, Ph.D. Kinesiology, accepted a postdoctoral position the University of Alabama Medical School at Birmingham.
- Carol Spaulding, Ph.D. Health Education, accepted a position as Director of Program Evaluation within the Institute for Obesity Research and Program Evaluation at Texas A&M University.
- Matthew Stults-Kolehmainen, Ph.D. Health Education, accepted a position as an Assistant Professor (tenure track) at Northern Illinois University.

In summary, our Graduate program continued to achieve excellence. We continue to recruit high performing students, offer them the support required to achieve success, and graduate them to serve as leaders in the field.

## Degrees Awarded

### Masters Degree

#### *Fall 2008*

Paul Castillo, MEd, Exercise Physiology  
 Alice Davis, MEd, Exercise Physiology  
 Sara Kainer, MEd, General Kinesiology  
 Thomas Tweedie, MEd, General Kinesiology  
 Catherine Funke, MA, Exercise Physiology  
 William Sadler, MA, Health Education

#### *Spring 2009*

Stanley Babbitt, MEd, Sport Management  
 Ethel Garcia, MEd, Health Education  
 Brittany Gleason, MA, Exercise Physiology  
 Zongtao He, MEd, Sport Management  
 Karie Milewski, MEd, Exercise Physiology  
 Roland Robb, MA, Movement Science  
 Cheolhyun Ryu, MEd, Movement Science  
 Frederick Williamson, MEd, Exercise Physiology  
 Paige Abernathy, MEd, Health Education  
 Kimberly Baran, MEd, Exercise Physiology  
 Nadine Radley, MEd, Sport Management  
 Michael Casner, MA, Exercise Physiology  
 Elizabeth Conant, MEd, Sport Management  
 Esther Cory, MA, Movement Science  
 Daniel Ellis, MEd, Exercise Physiology  
 Tameka Jones-Watlington, MEd, Exercise Physiology  
 Krista Kezbers, MEd, Exercise Physiology  
 Kathleen Ladner, MEd, Health Education  
 Richard Ohr, MEd, Sport Management  
 Christopher Renzi, MA, Exercise Physiology

Brian Smith, MEd, Sport Management  
 Brandon Twichell, MEd, Sport Management  
 Shan Yi, MEd, Sport Management  
 Meagan Hogg, MEd, Sport Management  
 Richard Roussel, MA, Movement Science  
 Rozell Jones, MEd, Exercise Physiology  
 Russell Segler, MEd, General Kinesiology

#### *Summer 2009*

Matthew Tierney, MA, Exercise Physiology  
 Adam Daavidoff, MEd, Sport Management  
 Rodrigo Pereira, MEd, Sport Management  
 Beth Stevens, MEd, Sport Management  
 Moses Khan, MEd, Exercise Physiology

### Doctoral Degree

*Carol Spaulding, PhD, Spring 2009*, Health Education  
 “Parent media attitudes and guidance and child media use for a group of preschool children”  
 Dissertation chair: A. Loukas / N. Gottlieb

*Jill Barnes, PhD, Summer 2009*, Exercise Physiology  
 “The effects of acute muscle damage and autoimmune disease on vascula function: the potential role of inflammation”  
 Dissertation chair: H. Tanaka

*Jennifer Loyo, PhD, Summer 2009*, Health Education  
 “Test-retest reliability and validity of the feeding your preschooler questionnaire for low-income hispanic populations”  
 Dissertation chair: C. Holahan / N. Gottlieb

*Edward Merritt, PhD, Summer 2009*, Exercise Physiology  
 “Repair of skeletal muscle transection injury with tissue loss”  
 Dissertation chair: R. Farrar

*Matthew Stults, PhD, Summer 2009*, Health Education  
 “Physiological and psychological recovery from muscle disruption following resistance exercise: The impact of chronic stress and strain”  
 Dissertation chair: J. Bartholomew

## Graduate Student Scholarships

A number of graduate students also received awards at the Alderson Lecture.

### *Alderson Graduate Teaching Scholarship*

Michael Casner  
Christopher Renzi  
Michael Newhouse-Bailey  
Kelly Welsh

### *Mack Brown Endowed Scholarship in Kinesiology*

Jill Barnes  
Allison Devan

### *Alexander Caswell Ellis Fellowship*

Juan Sebastian Giraldo  
David Hammers  
Katherine Velasquez

### *Long Fellowship in honor of Dr. Lynn McCraw*

Matthew Bowers

### *Henderson Foundation Scholarship*

Zongtao He

### *Long Endowed Graduate Fellowship*

Ann Newstead

### *Karl K. Klein Fellowship*

Michael Casner

### *COE Centennial Endowed Presidential Fellowship*

Soojin Jung

### *Pre-Emptive Graduate Recruiting Fellowship*

Daniel Sikora

### *University Continuing Fellowship*

Jill Barnes  
Allison Devan  
Joel Trinity

### *Diversity Fellowship*

Stacy Hunter



Matt Bowers, Long Fellowship recipient, with Joe and Teresa Long



Dr. John Bartholomew with graduate scholarship recipients.

## Undergraduate Program

### *Jan Todd, PhD, Undergraduate Program Coordinator*

The Undergraduate Advisory Committee (UAC), for 2008-2009 consisted of Mike Sanders, Brian Farr, Chris Green, Lisa Griffin, Jason Gentry, Dolly Lambdin, Mary Steinhart, Richard Hogeda, Jessica Silva and Jan Todd, as chair. The committee was gratified to see the new curriculum they'd designed over several previous years begin to be used by undergraduate students during this calendar year and in the group's meetings, most of the business discussed related to final adjustments that needed to be made in terms of course content and the sequencing of classes. The UAC paid special attention to the new specialization tracks that are now an option for undergraduates instead of an out-of-the-department minor. No major changes were made to the curriculum during this calendar year.

### Undergraduate Program Overview

The Department of Kinesiology and Health Education now offers two degrees at the undergraduate level. The Bachelor of Science in Athletic Training is a highly competitive major limited to 45 students at any one time. This means that approximately 15 students are admitted to the major each year. The vast majority of students in our department receive the Bachelor of Science in Kinesiology and Health. Five different majors are given under this degree: Sport Management, Exercise Science, Physical Culture and Sports, Health Promotion, and Applied Movement Science.

The Undergraduate Program is based on the belief that all Kinesiology and Health Education students should have a common core of intellectual knowledge in the field. Five lecture-based classes are now taken by all B.S. in Kinesiology and Health students, regardless of their major. In addition, students must also complete at least three physical activity classes. The new curriculum went into effect with the publication of the 2008-2010 Undergraduate Catalog in the fall of 2008, and so our first majors in the program went on the books in this calendar year.

ALL STUDENTS			
Major	Fall 2008	Spring 2009	Average
Pre-Sport Management	126	136	131
Sport Management	120	120	120
Health Promotion	121	116	118.5
Gen KIN/Exercise Science	304	297	300.5
Teacher Cert/Applied Movt Sci	84	85	84.5
Pre-Athletic Training	37	38	37.5
Athletic Training	45	33	39
Physical Culture & Sport Studies	1	11	6
<b>TOTALS</b>	<b>71</b>	<b>2</b>	<b>188</b>

## Student Numbers

Although the new curriculum is now in place we will continue to have students completing the old degree program for the next several years. However, the distribution of majors during 2008-2009 can be seen in the accompanying chart. The number of graduates for 2008-2009 is reflected in the chart below.

GRADUATES				
Major	Fall 2008	Spring 2009	Summer 2009	Totals
Sport Management	13	23	20	56
Health Promotion	16	6	11	33
Gen KIN/Exercise Science	28	45	6	79
Teacher Cert/Applied Movt Sci	14	0	0	14
Athletic Training	1	11	0	12
Physical Culture & Sport Studies	0	0	1	1
<b>TOTALS</b>	<b>72</b>	<b>85</b>	<b>38</b>	<b>195</b>

## 2009 Alderson Lecture

### *Jan Todd, Coordinator*

One of the Undergraduate Committee's main efforts each year is the planning of the annual Alderson Lecture and the selection of the undergraduate Alderson Scholarship recipients. The Alderson Lecture is presented each year in honor of the late Dr. C.J. (Shorty) Alderson and the late Dr. Mary Buice Alderson, former members of the faculty of the Department of Kinesiology and Health Education and 2007 inductees of the Kinesiology and Health Education Hall of Honor. Few people have had such positive effects on a profession as did the Aldersons. They served a combined 85 years as physical educators, most of which were at The University of Texas at Austin, and their lives touched thousands of individuals through their teaching, service as consultants, and in work in professional associations. Dr. Shorty Alderson came to The University as a student in 1912 and served from 1924 to 1969 in various capacities as a coach and teacher. He continued to be active in his profession until his death in 1970. Dr. Mary Alderson joined the U.T. faculty in 1946 after having taught in the Hillsboro Public Schools, Hillsboro Junior College, and Mississippi State College for Women. She retired in 1973 and passed away December 25, 1993.

### Undergraduate Alderson Scholarship Recipients

On April 14, 2009 the Undergraduate Advisory Committee awarded 21 Alderson scholarships to deserving undergraduates at the evening lecture. Each of these students received a \$1500 award and was publicly recognized for their academic achievement and community involvement. During the program, several other undergraduate awards were presented, including a new award to honor retired professor Charles W. Craven.

**2009 Alderson Apprentice Teacher Scholarship**

Dustin Cox  
William Schott Hartt  
Jesus Mares  
Mariah Kate McAfee  
Aaron Vanecek

**Alderson PETE Recruitment Scholarship**

Kassandra Knapp

**NASPE Student Major of the Year Award**

Mariah McAfee



**Charles Craven Award**

Nick Garcia, Jr., pictured here  
with Charlie Craven



**Lynn McCraw Award**  
Sean Hill



**2009 Alderson Undergraduate Scholarships:** Justin Bielamowicz, Blake Boren, Taylor Gill, Lauren Holt, Scott Howell, Shannon Kincade, Lauren Lichterman, Nicholas Martinez, Jordenne Parker, Erin Seaton, David Self, Kaitlin Starrett, Ross Toungate, Megan Vasquez, Maegan Williams, Anthony Winn

**2009 Alderson Lecture Guest Speaker**

The Alderson lecture and scholarship ceremony was held at the Thompson Conference Center. The 2009 Alderson Lecturer was the **Dr. Jack Berryman**, of the University of Washington Medical School. His title was “Exercise as Medicine: An Historical Overview.”



Dr. Jack Berryman

Dr. Berryman is Professor in the Department of Bioethics and Humanities and Adjunct Professor in the Department of Orthopaedics and Sports Medicine in the School of Medicine at the University of Washington, Seattle. He is a founder and past president of the Pacific Northwest Historians Guild and is past president of the North American Society for Sport History. Dr. Berryman served as editor and managing editor of the Journal of Sport History and was guest editor for a special issue on “Sport, Exercise, and American Medicine” (1987). Because of his pioneering and innovative work in the history of exercise and sports medicine, Professor Berryman was elected Fellow in the American Academy of Kinesiology and Physical Education. He was also invited to present the D. B. Dill Historical Lecture before the American College of Sports Medicine an unprecedented two times, in 1994 and in 2004, and was presented with the Distinguished Service Award for Exceptional Contributions by the North American Society for Sport History and the Distinguished Educator Award by Lock Haven University. In 2001, Professor Berryman became the first historian to be elected Fellow in the American College of Sports

Medicine. He currently serves as chair of the American College of Sports Medicine’s Office of Museum, History, and Archives and is the Official Historian for the College. Dr. Berryman was one of the contributing authors of Physical Activity and Health: A Report of the Surgeon General (U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 1996). He is also author of Out of Many One: A History of the American College of Sports Medicine (Human Kinetics Publishers, 1995), and co-editor (with Roberta J. Park) of Sport and Exercise Science: Essays in the History of Sports Medicine (University of Illinois Press, 1992). In addition he has published more than 90 articles in the most distinguished journals in the field of sport and medical history.

## ACADEMIC PROGRAMS

### ATHLETIC TRAINING EDUCATION PROGRAM

**Brian Farr, Coordinator**

The Athletic Training Education Program (ATEP) was awarded an additional year of initial accreditation by the Commission on Accreditation of Athletic Training Education (CAATE) based on the students' performance, annual reports, and program's success. The Bachelor of Science in Athletic Training (BSAT) degree has been implemented and will replace the previous degree of a B.S. in Kinesiology and Health with a major in Athletic Training. We also continue our agreement with the UT Medical Branch at Galveston's Doctorate in Physical Therapy program whereby three graduates of our program that meet all admission's prerequisites will be admitted to their DPT program on a non-competitive basis.

#### Students

Forty-eight students were enrolled in the ATEP during the 2008-09 academic year. Over 50 students participated in the Directed Observation (D.O.) Program with 21 students being admitted for the fall 2009 semester.

The 2008-09 academic year also saw ATEP students continue their work with area high schools, physicians' offices, the University Health Center, UT RecSports, and St. Edward's University, in addition to UT Intercollegiate Athletics teams as part of their clinical education rotations.

Four ATEP students (Brad Endres, Jeff Schmidt, Jared Hutchens, and Jose Ponce) were selected for NFL internships, one each with the Detroit Lions, the Dallas Cowboys, the Tampa Bay Buccaneers, and the New England Patriots. The UT ATEP was one of only two programs in the nation that had four students selected for internships. Kassi Johnson received a South West Athletic Trainers' Association (SWATA) Scholarship and Kara Miller received a National Athletic Trainers' Association (NATA) Scholarship.

Eighteen students attended the NATA Annual Symposium. These students were recognized by the NATA and SWATA for volunteering for more hours than any other student group. In recognition of their efforts, the SWATA donated \$300 to their student organization fund.



Endres, Yanta, Carrizales, Oh (l to r)

#### Awards

Annual student awards are presented by the Department of Intercollegiate Athletics through the Athletic Training and Sports Medicine staff in conjunction with the Athletic Training Education Program.

This year's award recipients were:

Student Athletic Trainer of the Year: Marissa Carrizales  
Most Improved Student Athletic Trainer: Jun "Danny" Oh  
P.R.I.D.E. Award for Classroom Excellence: Jessica Yanta  
LATSA Inspiration Award Brad Endres

#### Service Awards

Mary Baker, Teryl Boland, Mary Buckner, Marissa Carrizales, Gabby Enriquez, Laforie Gaitan, Amanda Martinez, Danny Oh, Diana Ramirez, Adrianna Rodriguez, Mallory Sitzman, Jessica Yanta

#### Academic Awards

Whitney Anders, Larua Armendariz, Mary Baker, Teryl Boland, Beth Boyington, Mary Buckner, Marissa Carrizales, Kristina Creinen, Brand Endres, Elizabeth Ewing, Lafore Gaitan,

Lorena Gonzalez, Alyce Henley, Jared Hutchens, Christianna Imken, Allison Martinez, Amanda Martinez, JunHo Oh, Rachel Pena, Kiona Pilles, Jose Ponce, Taryn Price, Adriana Rodriguez, Kayla Rusterholtz, Jeffrey Schmidt, Hannah Shoemaker, Mallory Sitzman, Jessica Yanta

#### Graduates

Twelve students graduated in the 2008-09 academic year. Our graduates were employed by Texas A&M International University, Brackenridge Hospital, Whitesboro ISD, and Gold's Gym. Four students obtained graduate assistantships with Texas State University, UT-Tyler, Rice University, and Arizona State University. One student was admitted to Texas Women's University Physical Therapy School. One student is fulfilling his mandatory military



2008-09 ATEP Students

service in his home country of Korea. One student entered the MSW program at UT. Unfortunately, one student became very ill and was hospitalized for several months and is still trying to recover. She plans on attending PT school upon her recovery.

We are proud to announce that we had a 100% passing rate for first time candidates challenging the Texas licensure examination. Average passing rates for first time candidates for the entire state hover around 80%. We also had a 100% passing rate for first time candidates sitting for the BOC examination. The national average passing rate for first time candidates is 50%. UT ATEP graduates have an overall first time passing rate of 65% for the BOC compared to the national average that has varied from 37% to 50% during that same period. UT ATEP graduates have an overall first time passing rate of 93% for the Texas LAT examination compared to the state average of approximately 77%.



2009 Graduates

## Faculty & Staff

The 2008-09 academic year was also the sixth year for Brian Farr, Lecturer and Director of the Athletic Training Major and ATEP. Farr came from the Department of Intercollegiate Athletics, where he served as the Head Athletic Trainer with the Men's Basketball Team. He also designed the curriculum for the current major, coordinated the athletic training student internship program, and taught courses in the Department of Kinesiology and Health Education.

Farr is a nationally Certified Athletic Trainer (ATC), a Texas Licensed Athletic Trainer (LAT), and a Certified Strength and Conditioning Specialist (CSCS). He is active in the NATA and serves as a BOC reviewer for home study continuing education programs. Farr is also a member of the South West Athletic Trainers' Association (SWATA) and serves on the Public Relations Committee and the Student Research Committee.

Farr, along with members of the athletic training staff, also organized the Longhorn Sports Medicine Camp. This summer

camp provides an opportunity for high school students to come to UT for three days of lectures and demonstrations on various athletic training topics. More than 100 students attended the 2009.

Farr is also the faculty sponsor for the Longhorn Athletic Training Student Association (LATSA). The LATSA, open to all UT students that are interested in athletic training and sports medicine, saw its highest membership numbers since it was founded in 2000. The group sponsored "High School Sunday", an event that invites high school students to campus for a tour and orientation to the UT ATEP. This year's High School Sunday was attended by over 60 students, parents, and professionals. The association has plans to raise money that will be used to bring in guest speakers, send student members to athletic training and sports medicine conferences, assist in covering the costs of the licensure and certification examinations, and create a scholarship fund.

Donald Nguyen, who serves as the ATEP Clinical Coordinator and lecturer as well as an assistant athletic trainer with the Athletics Department, supported Brian Farr. A host of clinical supervisors that included athletic trainers and physicians from UT Athletics, the UT Health Center, Texas Sports & Family Medicine, St. Edwards University, Pflugerville High School, Westwood High School, Leander High School, and McNeil High School continue their work with the ATEP.

ATEP faculty members gave presentations at the local, state, and national level including:

- Reaching Today's Athletic Training Students – presented at the College Athletic Trainers' Society Annual Meeting
- Manual Therapy Techniques for the Knee – presented at the Central Texas Athletic Trainers Society Annual Workshop
- Sports Related Concussions – presented at the Texas Private High School Coaches Association Annual Convention
- Manual Therapy Techniques for the Knee – presented at the University of Mary Hardin Baylor Sports Medicine Workshop
- Injury Recognition and Prevention – presented to the UT Air Force ROTC

ATEP faculty also participated in professional service activities including: serving as a session moderator at the NATA Annual Symposium; serving as a CEU program reviewer for the Board of Certification; serving on the SWATA Student Research and Education Committee; serving on the SWATA Public Relations Committee; serving as an invited reviewer for two published textbooks; coordinating the injury prevention section for the Texas DPS Wellness Education Program; serving as a consultant to the UT Athletics Department Sports Medicine Staff; serving as a faculty representative for the College Sports Medicine Foundation's Workshop in Athens, Greece.

## EXERCISE PHYSIOLOGY

### *Roger P. Farrar, Coordinator*

Our group consists of graduate faculty members Dr. John Bartholomew, Exercise and Health Psychology, Dr. Edward Coyle, Exercise Physiology, Dr. Roger Farrar, Exercise Physiology, Dr. John Ivy, Exercise Physiology, and Dr. Hirofumi Tanaka, Exercise Physiology. In addition to this group of Exercise Physiologists and Psychologist we are fortunate to offer clinical applications of exercise to the field of rehabilitation in our undergraduate major of Athletic Training, directed by Brian Farr, and in the areas of fitness assessment and body composition through the Fitness Institute of Texas, directed by Phil Stanforth. We continue to search for an additional faculty member that will complement the existing research expertise of our existing faculty and one that will represent future leadership in our field. Exercise Physiology is integral to addressing national health needs in the areas of obesity, metabolic disorders, aging, inactivity, and rehabilitation from injury and disuse. Our group is actively gathering data that will inform the public, health practitioners, teachers, and the medical and scientific communities as to ways that exercise enhances function and health from early childhood through the lifespan. These studies range from epidemiological alterations in populations in Texas and the nation, cardiovascular changes that occur in vascular structure and function in aging and clinical populations including people with Lupus. We are also determining some of the physiological limits for our military soldiers as they seek to defend us in harsh climatic conditions throughout the world. A variety of research questions are ongoing to determine the metabolic and cardiovascular limitations of these various populations. How can nutrition be modified to optimize resistance to fatigue, enhance muscular force and mass, and restore muscular tissue that has been compromised during activity or through injury? Some of these answers are being actively pursued with modifications in the ratios of protein and carbohydrate in the diet and ergogenic aid supplements and the timing of the administration of these supplements. There are many ergogenic aids that are affective in addressing some of these conditions, but similar benefits are being discovered through ingesting chocolate milk and/or cereals such as Wheaties and low fat milk.

We all experience soreness when overexerting in recreational sports, and research is being conducted that demonstrates that this soreness can be moderated by ingesting pomegranate juice known for its antioxidant constituents.

When muscles are damaged through extreme exercise or accidents remediation from injury may be found through the use of the subject's own progenitor cells, called stem cells, found in bone marrow and adipose tissue.

Our faculty is engaged in research ranging from changes in body composition and function through nutrition and exercise to restoration of tissue through utilization of our own cells to assist

in tissue regeneration. We are eagerly awaiting new vistas and scientific approaches that our new faculty member will bring and compliment existing research expertise present in our current faculty.

### **Dr. John Ivy**

Last year we outlined how Dr. Ivy's research had impacted athletes from weekend worriers to Olympic Gold medalists through his formulation of a new sports drink, PureSport. This drink continues to be distributed through various nutritional and fitness venues and continues to impact optimal performance in these athletes. Proper timing of the ingestion of this combination of carbohydrate and protein has been demonstrated to affect glycogen storage, muscle protein synthesis, reduction in fatigue and increased recovery from prolonged bouts of exercise. This work has been expanded from altered formulation and timing of ergogenic aid drinks and supplements to the utilization of more common foods such as Wheaties with skimmed milk. This work led to Dr. Ivy being asked to serve as a consultant to Wheaties for their new formulation of the cereal. Dr. Ivy was rewarded the ultimate prize of appearing on the Wheaties cereal box. Interested parties should visit the Wheaties web page to observe a series of short videos of Dr. Ivy working with five elite athletes, including Peyton Manning of the Indianapolis Colts professional football team, and Kevin Garnet of the Boston Celtics professional basketball team. While these web-based videos are lighthearted and humorous they also give testimony to the impact that Dr. Ivy's research has had on sport nutrition.



John Ivy's lab group (top to bottom) Yi-Hung "Henry" Liao, "Fish", Zhenping Ding, Bei Wang, Jungyun Hwang, Jeff Bernard, Lisa Stegall, Lynne Kammer-Kerwick, Ho Han

Expanding on this theme Dr. Ivy's laboratory has been studying the affect of chocolate milk as an ergogenic supplement. These studies have a great appeal both to industry, scientists, and the general public. For years we have heard the advertisements of the benefit of chocolate around Valentine's Day. While most of us have sited these adds as a good rationale to eat chocolate, most have focused on the enjoyment rather than the benefits.

If Dr. Ivy's laboratory is successful in demonstrating that chocolate is in fact beneficial prior to exercise or as we recover, we will all thank him as we snack on a chocolate bar after an exercise bout. Currently this work studying the effect of chocolate milk on exercise recovery and training adaptation is funded by a grant from the National Dairy Council.

Driving all of this research is the desire to uncover basic constituents in our diets that will enhance our well being, as well as our athletic performance. In this regard, Dr. Ivy has pursued ways of optimizing exercise and dietary regimes to reduce the incidence and severity of adult onset diabetes. Currently he has two grants from Abbott Laboratories to study the effect of amino acid supplements on glucose tolerance and insulin resistance in young healthy adults, as well as in healthy, overweight adults. His work over the years in rodent models has demonstrated that amino acid supplementation and exercise enhances glucose sensitivity in the muscle and greater glucose clearance. These data have led to these translational studies in humans.

### **Dr. Edward Coyle**

Last year we cited Dr. Coyle's work with the Department of Defense evaluating the effects of elevated environmental temperature, prolonged work bouts and sleep deprivation on optimal physical and psychological performance. As we see thousands of troops deployed to Afghanistan, we realize the importance of this work. Our troops are asked to defend us and reduce the threat of terrorism for the Afghan people and the rest of the free world. Temperatures range from -20 to -30 ° F to extreme heat, 120-130 °F. These changes in temperature and humidity coupled with ranges of high altitude provide extreme physiological stressors for our combat soldiers. When you couple the extremes of environmental stressors with sleep deprivation common during warfare, understanding how these conditions can affect physical and mental function is critical for our fighting troops. Currently Dr. Coyle's laboratory is focused on the limits of cardiac function during periods of prolonged exercise and

fatigue. This research has been funded by a subcontract grant to the University of Texas from the Department of Defense entitled "Sustaining and enhancing high optempo performance".

This past year Dr. Coyle finished up a separate study evaluating the effect of pomegranate juice upon eccentric muscle damage. While this juice does not have the same appeal as eating chocolate, Dr. Coyle's laboratory group has quantified the reduction of delayed muscle soreness through the administration of dietary intake of pomegranate juice prior to bouts of lengthening contractions. These lengthening contractions have been demonstrated to induce micro-tears in the muscle, which result in swelling and damage in the muscle. This damage also reduces maximal force that the muscle can exert, as well as delayed soreness that manifest itself for several days after the bout of exercise. The antioxidants, called phenols, contained in pomegranate juice, act to reduce the damage and subsequent soreness. Pomegranate has been found to contain a specific antioxidant, ellagitannin that has a high potency for scavenging free radicals and reducing muscle soreness.

Dr. Coyle was also invited to present to the International Olympic Committee in Lausanne Switzerland on "Metabolic and Performance Effects of Short-term Fasting". Dr. Coyle directs the Sports Sciences and Nutrition program in our department and has devoted years of study on the effects of nutrition upon elite athletic performance.

### **Dr. Roger Farrar**

Dr. Roger Farrar continues to utilize adult stem cells as a therapeutic modality in the repair of muscular damage. These progenitor cells are found in abundance in bone marrow and more recently in adipose tissue. They may be removed from a patient and expanded in cell culture to clinically relevant quantities. The appeal of these cells is that they can be harvested from a patient and re-infused into the donor patient, reducing chances for a negative immune response. These stem cells have the ability to differentiate into muscle, bone, nerve and blood vessels depending upon the environmental cues provided by the tissue environment in which they are placed. These cues include stiffness of the environment, chemical cues released from the damaged tissue, blood supply and neural supply. This research has been funded by a grant from the Department of Defense entitled "Regeneration of Injured Muscle through Stem Cell Repopulation". Currently the research has been focused on model development in animals, but like Dr. Ivy's translational research Dr. Farrar hopes to adapt these applications to human populations.

The importance of this work is found in the fact that when large portions of muscle are lost, in battlefield or in accidents, the muscle does not have the ability to regenerate across large distances where the void has been created. By placing a decellularized collagen matrix gleaned from muscle and sutured into the defect, the progenitor cells are able to grow in the matrix, differentiate into blood vessels, nerves, and muscle and to fill the



Dr. Coyle testing Leo Manzano, UT NCAA 1500meter champion, before he left for Beijing to compete in the Olympics for the U.S. Track & Field Team.

void. Critical to this model is the fact the collagen matrix also serves to transmit forces between and amongst the remnants of the remaining muscle. The stretch and tension placed on these cells as they grow stimulates regeneration as well appropriate orientation of the muscle cells. This orientation allows for development of meaningful muscular force at the tendons. The first study in a series of studies was recently published from Dr. Farrar's laboratory, demonstrating that this model of repair could withstand the force of load bearing muscles and would over time develop meaningful mass and force to restore the function in this damaged-muscle. A meaningful cosmetic benefit of this regeneration is restored morphology of the muscle, providing an important restoration of appearance as well as function.

Application of stem cells, due to their ability to differentiate into a variety of tissue has great therapeutic potential. Dr. Farrar's laboratory is working with companies including SpineSmith, Theken, and Integra Inc. on a model of spinal fusion. Both stem cells from adipose and bone marrow are being employed along with a bone matrix material to determine if they will accelerate the healing of the vertebrae undergoing spinal fusion. This work is still in the pilot stages, but early results are very promising.

A second form of injury is the bouts of ischemia/reperfusion imposed by tourniquet application. Surprisingly the tourniquet, which provides a bloodless surgical environment for many surgeries, approximately 20,000 per day throughout the world, has been demonstrated to induce damage to the muscular tissue when it is reperfused with blood subsequent to the tourniquet application. Dr. Farrar's laboratory has demonstrated that the ischemia/reperfusion induced by tourniquet application has greater affect in skeletal muscle in older subjects than younger subjects. The older subjects, representing a greater percentage of population experience greater damage and have slower recovery. This model is being examined to determine what interventions can be introduced to lessen the damage and hasten the recovery, especially during the aging process.

### **Dr. John Bartholomew**

Dr. John Bartholomew, an Exercise Psychologist, is involved in research that spans two areas, Exercise Psychology and Health Education. He and Dr. Esbelle Jowers, Research Scientist, are funded through NIH on a grant entitled "Evaluation of the Texas I-CAN Curriculum". His research also has been funded for the last five years by the Texas Department of Health, Diabetes Council for a program entitled Walk Texas. This research program is designed to facilitate populations of people throughout Texas to become engaged in regular walking as a readily accessible form of exercise to reduce the prevalence of adult onset obesity in Texas. Dr. Bartholomew has received an additional \$420,000 from an NIH R21 award to examine the effect of low fat components in the lunch program for elementary and middle school children.

When Dr. Bartholomew was recruited he was brought in to bridge the disciplines of Exercise Physiology, Exercise Psychology and

Health. His formal training was that of Exercise Psychology, focusing on the affects of exercise upon stress and mood, and the effects of exercise upon health and psychological well being. As he worked in these areas, he has explored the attributes of exercise, health and nutrition and melded these three components into a holistic model of healthy living. Importantly he has applied this model in underserved populations to address childhood obesity, nutrition, and activity patterns in the school systems. Due to the epidemic in obesity and particularly childhood obesity, Dr. Bartholomew's research has placed him in a leadership position in this area of research.

### **Dr. Hirofumi Tanaka**

Dr. Hirofumi Tanaka continues in his research focus of the influence of aging and lifestyle modification on cardiovascular function and disease risk in humans, This past year Dr. Tanaka published 12 articles in refereed journals, the majority of which were on the effect of exercise upon arterial structure and function in different elderly populations. Interestingly, he also published on the effects of horseback riding on cardiovascular and metabolic responses. Obviously Dr. Tanaka is integrating his research models to those applicable to Texas culture and active life styles. Recently he was awarded an American Heart Association grant to evaluate the effect of swimming as an exercise intervention upon blood pressure and arterial function. In Austin, blessed with a fitness oriented population, there are many different activity models that can be studied, from the occasional recreational participant to elite swimmers, cyclist, and runners, many of whom compete at the national and international level.

Dr Tanaka sponsored Allison DeVan's NIH R32 pre-doctoral fellowship investigation entitled "Smoking and Exercise on Arterial Stiffness". This funding has allowed Allison to fully devote her time to her research.



Dr. Tanaka with his lab group



l to r: Ed Coyle, Phil Stanforth, Michael Bergeron, Brian Farr, Hiro Tanaka. Dr. Bergeron gave a special lecture as part of the Texas ACSM Fall Lecture Tour

Due to her productivity and research publications, Allison was also awarded the William C. Powers Graduate Fellowship. This fellowship is awarded by the graduate school and is actively sought after by graduate students in all disciplines.

Taka Tarumi, another doctoral candidate of Dr. Tanaka's, was awarded the Educational Centennial Endowed Presidential Scholarship. Both of these fellowships are a testimony to the quality of graduate students that has been molded by Dr. Tanaka's mentorship.

Dr. Tanaka was also invited to present two presentations at the 1 Simposio de Exercício Físico Baseado em Evidência, Porot Alegre, Brazil in July and August this summer.

### **Brian Farr**

Brian Farr is the Head of the Athletic Training program housed within the Department of Kinesiology and Health Education. Brian teaches a majority of the academic classes for these majors, as well overseeing the clinical experience of 30 students each year. These students complete clinical training with the University of Texas Intercollegiate Athletic program, as well as working with the local school districts and their athletic programs. In order to be certified in the state of Texas these students must successfully complete over a thousand hours of clinical experience before they take the board examinations. The Athletic Training program is described in greater detail on page 8.

### **Phil Stanforth**

Phil Stanforth continues to lead the Fitness Institute of Texas, FIT. The institute evaluates roughly 1,500 students per year in a battery of fitness tests. The institute also carries out fitness tests for numerous University of Texas athletic teams, and individuals from the community who come to be evaluated for their work capacity, and body composition. FIT also collaborates with research components on campus and businesses in the community. Phil provides invaluable training each year for 10-15 interns, both graduate and undergraduate students. Phil is also a very popular teacher in his Physiological Basis of Conditioning

class, and Diagnosis and Evaluation of Fitness. Both of these classes emphasize clinical aspects of exercise including body composition, work capacity, and common methods of evaluating these parameters. His hands on approach and clinical expertise is greatly valued and appreciated. The FIT program is described in greater detail on page 31.

### **Research Publications**

The scope of the research is broad reaching and requires our students to receive course work ranging from clinical evaluation of work capacity to biochemical and cellular adaptations to metabolic and mechanical loads placed on heart and skeletal musculature. The research conducted in the various laboratories within Exercise Physiology has resulted in over 20 publications in national and international journals.

### **Teaching Facilities**

The Cullen Education Trust Fund grant was specific to teaching facilities and undergraduate teaching laboratories. The new equipment for the undergraduate Exercise Physiology laboratory will include: electronic analyzers for both CO<sub>2</sub> and O<sub>2</sub>, dry test gas meters to determine gas volumes, Wingate bicycle ergometer.

These component systems will compliment the metabolic cart allowing the students to gain greater understanding of the parameters that determine oxygen consumption and work capacity measures.

In addition the undergraduate Applied Human Anatomy/Athletic training laboratories will be getting additional human plastinated specimens for these core classes. These specimens will greatly enhance the opportunity for learning human anatomy and their application to athletic training.

### **Graduate Fellowships**

Each year approximately 25 new graduate students enter our graduate program in Exercise Physiology. These students come from around the world, and from diverse academic backgrounds. The diversity of cultural and academic backgrounds bring a rich texture to our graduate program. We are very proud of these students and a number of these students received competitive scholarships this past year.

Continuing Fellowships are designated for graduate students in a university wide competition, based on academic records and research productivity. This year we were honored that three of our graduate students received these awards: Allison DeVan (Dr. Hiro Tanaka adviser); Jill Cook Barnes (Dr. Hiro Tanaka adviser); Joel Trinity (Dr. Ed Coyle adviser).

David Hammers (Dr. Roger Farrar adviser) received the Ellis Fellowship in Education from the College of Education.

Mack Brown Fellowships were awarded to Jill Barnes (Dr. Hiro Tanaka Adviser), and Allison DeVan (Dr. Hiro Tanaka Adviser).

## HEALTH EDUCATION

### *Alexandra Loukas, Coordinator*

The 2008-2009 academic year was marked by exciting changes for Health Education:

- Dr. Keryn Pasch joined our faculty in the fall and began teaching our undergraduate Foundations of Health Promotion I and Foundations of Health Promotion II classes. Dr. Pasch earned her PhD in Epidemiology with a minor in Interpersonal Relationships Research at the University of Minnesota;
- The new Health Promotion major was offered to our undergraduate students for the first time in the fall. This new major allows students to delve deeper into health promotion and in this way better prepares them for applied careers and/or entry into a graduate program; and
- Our doctoral program in Health Promotion was streamlined and strengthened to increase our graduates' competitiveness for the careers they wish to pursue.



Dr. Alex Loukas

In addition to these changes, a long-time member of our faculty, Dr. Elizabeth "Polly" Edmundson, resigned her position at The University. Dr. Edmundson played a valuable role in our area, coordinating the Certified Health Education Specialist (CHES) certification for our students and teaching undergraduate and graduate courses in epidemiology and human sexuality. We wish Dr. Edmundson all the best in her future endeavors.

Health Education faculty continued to maintain national leadership and research productivity in health promotion, while offering outstanding instructional programs at both the undergraduate and Masters and Doctoral level.

### **Undergraduate Programs**

At the undergraduate level, we offer the BS in Kinesiology and Health with a major in Health Promotion. Upon graduation, our majors are prepared for careers in community health care settings, corporate and personal wellness centers, government agencies, voluntary health agencies, fitness rehabilitation, and personal training. Many of these students pursue graduate degrees in health promotion or related fields of study such as physical therapy, public health, nursing, nutrition, or counseling. The Fifth Annual Internship and Career Day organized by The College of Education Advising and Career Services Center for our undergraduate students was a great success.

### **Graduate Programs**

The graduate programs in Health Education at UT Austin are interdisciplinary programs that prepare students for academic, research, and applied careers in health promotion. The masters programs prepare researchers and practitioners for leadership roles in higher education, schools, community health care

settings, business, government agencies, and voluntary health agencies. The PhD in Health Education prepares students for academic and research careers with emphasis on health promotion. Research in health promotion is conducted in a variety of settings (e.g., school, community, worksite, health care, university) and addresses health issues across the life span. Over the past five years, all masters' graduates from the Health Education program have passed the national Certified Health Education Specialist (CHES) examination.

### **Faculty**

Our core faculty represents a diversity of interests in health promotion and behavioral health. Dr. John Bartholomew brings an interest in the psychological factors that are associated with physical activity: the psychological response to exercise (stress, mood, etc.) and the psychological factors that promote activity (motivation, self-efficacy, etc.). Dr. Nell Gottlieb, a research professor, focuses on the design, implementation, and evaluation of health education programs. Her current applied public health research includes physical activity, nutrition, and tobacco control in community, worksite, and health care settings. Dr. Carole Holahan studies psychosocial factors in health and well-being across the life span, successful aging, coping with illness, and women's health. Dr. Alexandra Loukas, the HED coordinator, studies adolescent and young adult health, particularly adolescent aggression and tobacco use and cessation in disparate populations, with a special interest in examining how factors from multiple ecological levels (e.g., family, school, culture) interact to protect adolescents and young adults from negative health outcomes. Dr. Keryn Pasch studies the influence of parenting and media on adolescent health behavior, including alcohol use and obesity related behaviors. She also researches the clustering of adolescent health risk behaviors. Dr. Fred Peterson focuses on child, adolescent, and school health promotion, adolescent risk-taking behavior, and global warming education with a focus on teacher health literacy and evidence-based instruction. Dr. Mary Steinhardt's research explores the determinants and methods for building resilience and strength when challenged with change and stressful situations. Current projects include resilience-based diabetes self-management programs for African Americans, reducing teacher burnout, and enhancing the resilience of wives of deployed military servicemen. Dr. Harold W. ("Bill") Kohl III holds a joint appointment at the University of Texas Health Science Center, School of Public Health (Austin Regional campus). Dr. Kohl's research interests include current focus on physical activity, exercise, fitness and health and public health interventions in environment and policy to promote physical activity.

Health Education faculty continue to have a professional national presence. This past year the faculty published, or had accepted for publication, 18 research articles in Addictive Behaviors, The Diabetes Educator, Disability and Rehabilitation, Ethnicity and Health, Health Education and Behavior, The Health Educator, Health & Place, the Journal of Adolescent Health, the Journal of

American College Health, the Journal of the American Dietetic Association, the Journal of the International Society of Behavioral Nutrition and Physical Activity, the Journal of Physical Activity and Health, the Journal of Youth and Adolescence, Medicine and Science in Sports and Exercise, Preventing Chronic Disease: Public Health Research, Practice, and Policy, Research Quarterly for Exercise and Sports, and Teacher Education Quarterly.

The faculty also gave 21 research presentations at national and international conferences, including the annual meeting of the Society for Behavioral Medicine, the American College of Sports Medicine Annual Meeting, the National Conference on Tobacco or Health, the Biennial Meeting of the Society for Research in Child Development, the annual meeting of the International Society of Behavioral Nutrition and Physical Activity, the annual meeting of the Society for Prevention Research, the annual meeting of the American Nutrition Society at the Experimental Biology Society, the annual meeting of the Obesity Society, the American Public Health Association Annual Conference, the American College Health Association Conference, and the American Academy of Health Behavior Annual Conference.

### Grants and Funding

Health Education faculty received a total of \$1,343,426 in external funding for research and development. The grants, contracts, and contributions were from the following: the National Cancer Institute/NIH; the National Institute on Drug Abuse/NIH; the Texas Department of State Health Services; 3M; the Association for Supervision & Curriculum Development; City of Austin/Travis County Health and Human Services Dept.; the Division of Housing and Food Services, UT Austin; the Office of the Vice President of Research, UT Austin; and the University of Arizona, Tucson.



Dixie Stanforth with our student majors who helped conduct the DHFS Wellness Challenge. 1 to r: Cindy McNeel, Kaitlin Starrett, Lorenzo Moreno, Dixie Stanforth, Kara Miller

### Faculty Activity and Honors

Health Education faculty provided important service to the community and made numerous contributions to the field during the past year. Among these, Dr. Holahan served on the American Psychological Association Division 20 (Adult Development and Aging) Student Awards Committee. Dr. Loukas continued her service on the Finance Committee of the Society for Research on Adolescence and Dr. Pasch was elected the Chair-Elect of Early Career Preventionist Network of the Society for Prevention Research. The HED faculty is proud of Dr. Bill Kohl, who was the co-recipient of the Charles C. Shepard Science Award for Prevention and Control from the Centers for Disease Control and Prevention in June 2009.

### Professional Service

The Health Education faculty served on editorial boards and provided reviews for articles in journals such as Addiction, the American Journal of Health Behavior, the American Journal of Preventive Medicine, Armed Forces & Society, the British Journal of Nutrition, Developmental Psychology, Evaluation and Program Planning, Health and Place, the International Journal of Behavioral Nutrition and Physical Activity, the International Journal of Occupational and Environmental Health, the Journal of Adolescent Health, the Journal of Adolescence, the Journal of Family Theory & Research, the Journal of Nutrition Education and Behavior, the Journal of Physical Activity and Health, the Journal of Primary Prevention, the Journal of Youth & Adolescence, Psychology, Psychology of Addictive Behaviors, and Social Science and Medicine.

The faculty also contributed to the university through service on a number of University-wide committees. Dr. Loukas served on the Research Policy Committee and was a member of the Institutional Review Board. Dr. Holahan served on the Women's Faculty Organization Steering Committee. Both Dr. Peterson and



Division of Housing and Food Services employees at the DHFS Wellness Program awards ceremony. The program is partnered with Kinesiology and coordinated by Dr. Mary Steinhardt.

Dr. Steinhardt served on the Bridging Disciplines Program (BDP) Faculty Advisory Panel. Dr. Steinhardt served on the Faculty Council, the Recreational Sports Committee, the Faculty Building Advisory Committee, the UT Cactus Yearbook Goodfellow Award Committee, the Regents Teaching Award Selection Committee, and the University-wide Gender Equity Report Open Forum Panel.

The HED faculty is especially proud of Dr. Mary Steinhardt, who served as Faculty Ombudsperson for The University in the 2008-09 school year.

### **Student Honors**

Several health education students received prestigious competitive awards last year. Karissa Horton received an AAHE/Will Rogers Institute Fellowship, Laruen Grieco received a Professional Development Award from the School of Graduate Studies, Denise Herrera and Katherine Velasquez both received a Long Fellowship and Karissa Horton and Kelly Welsh both received an Ellis Fellowship.

### **Internship Placements**

This year our undergraduate Health Promotion and Fitness Students and MEd Students completed internships in a variety of settings in Austin and elsewhere in Texas, as well as some out-of-state. These included 3M Austin Fitness Center, Active Life Movement, Advanced Rehabilitation, Capitol Metro, Chevron, the City of Austin - Safe Routes, Cooper Fitness Center, Galveston Island Beach Patrol, Hidalgo Independent School District, Hit Center, KidVenture, North Austin Sports Medicine, Planned Parenthood's Teen Clinic, Rising Phoenix Adventures, Round Rock Medical Center, St. David's Medical Center, Seton Medical Center, Sustainable Food Center, Telos Fitness Center, Train 4 the Game, UT Austin's Division of Housing and Food and Recreational Sports, Velocity Sports Performance (West Los Angeles, CA), Well at Dell Fitness Center, and Woodcreek Wellness Center.

### **New Graduates**

We are very proud of our recent graduates. Matthew Stults-Kohlemenian, Carol Spaulding and Jennifer Loyo earned doctorate degrees, while Paige Abernathy earned the M.Ed. degree, and Christian Gloria, Bill Sadler and Katie Faulk earned the MA degree.

## MOVEMENT SCIENCE

### *Lawrence Abraham, Coordinator*

The faculty and students of the Movement Science program focus their study and research on multidisciplinary analysis of human movement, using a combination of biomechanical, neurophysiological, developmental, cognitive, and behavioral approaches. The 2008-2009 year saw our graduate program continue to evolve and grow in several ways. Again this year the program faculty and students were engaged locally, nationally, and internationally in outstanding scholarly and service activities.

Movement Science website: <http://www.edb.utexas.edu/mvmtsci/>

### **2008-2009 Faculty**

Professor Lawrence Abraham – studies the coordination of human movement, with particular emphasis on the interaction of neural and mechanical mechanisms.

Professor Jody Jensen – studies the development of movement skills and changes in movement competence from infancy through older adulthood, with special emphasis on children with autism.

Professor Waneen Spirduso – examines the relationship of health and physical activity to cognitive function in older adults.

Associate Professor Jonathan Dingwell – uses concepts and tools from physics and mechanics to study both basic science and clinical questions related to biomechanics and neuromuscular control of movement.

Assistant Professor Lisa Griffin – investigates how the central nervous system controls muscle force during adulthood and aging and how motor control changes during perturbations such as muscle fatigue, strength and endurance training, and neurological disorders.

### **2008-2009 Graduates**

- Esther Cory, M.A. KIN – Movement Science (Jensen)
- Michelle Garel, M.A. KIN – Movement Science (Dingwell)
- Roland Robb, M.A. KIN – Movement Science (Dingwell)
- Richard Roussel, M.A. KIN – Movement Science (Spirduso/Abraham)
- Cheol-Hyun Ryu, M.Ed. KIN – Movement Science (Spirduso)

### **2008-2009 Graduate Students**

**Masters:** Nicole Bohnsack (Abraham), Ester Cory (Jensen), Jillian DeLaTorre (Jensen), Michelle Garel (Dingwell), Landon Hamilton (Spirduso), Joseph Hernandez (Spirduso), Ana Leandro (Jensen), Kristen Madl (Abraham)

**Doctoral:** Rebecca Behling (Jensen), Mike Decker (Griffin/Abraham), Trena Herring (Spirduso/Abraham), Amy Lam (Abraham), Patricia M. McAndrew (Dingwell), Joni Mettler (Griffin), Ann Newstead (Jensen), Christie Powerll (Jensen), Yesha Parmar (Griffin), Roland Robb (Dingwell), Rick Roussel



Dr. Waneen Spirduso was presented the Science Honor Award - President's Council on Physical Fitness by Rear Admiral Penelope Slade-Sawyer, Acting Executive Director of the Council

(Spirduso/Abraham), Cheol-Hyun Ryu (Spirduso), Shawn J. Scott (Dingwell), Rutvi Shah (Jensen), Kena Shah (Griffin, Tamanna Shaikh (Griffin), Lindsay Slater (Jensen), C.J. Stanfill (Jensen), Ashok Subramanian (Griffin), Anckit Wadhwa (Griffin), Renate Van Zandwijk (Jensen).

### **Scholarship**

The Movement Science group's reputation is built on its strong foundation of research and in 2008-2009, the scholarly productivity of our group continued to gain both national and international recognition.

Much of this increased activity in recent years has been due to our continued success at attracting both federal and non-federal funding. This year Jon Dingwell began work on his 2-year \$141,849 NIH grant titled "Changes in Control of Movement Timing and Stability With Muscle Fatigue" and continued work on his two-year \$399,119 NIH grant to study the effects of large and small perturbations on the dynamic stability of human walking. Also, Lisa Griffin completed the final year of her 3-year \$213,864 NIH grant, "Motor Unit Activity and Force Steadiness Changes with Aging".

In 2008-09 our faculty and graduate students published 13 scientific articles in national or international peer reviewed research journals and 2 papers in refereed proceedings of international meetings. Our faculty and students additionally gave a total of 18 scientific presentations on their research, including 17 at eleven different national and international conferences, from State College, PA and Las Vegas, NV to Burnaby, BC and Malaga, Spain.

Jody Jensen gave the Senior Scholar lecture at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity.

Waneen Spirduso completed a revision of her popular book, "Reading and Understanding Research" (Sage), with her co-authors Steve Silverman and Larry Locke.

Jody Jensen, with colleague Pamela Buchanan, continued to build her research focus on children with autism under the auspices of The University of Texas Autism Project (UTAP), which includes collaboration with UT Medical Branch at Galveston, Dell Children's Medical Center, and the Austin Independent School District.

## Teaching

Over the course of 2008-09 a reorganization of the core courses in the masters and doctoral degree programs, designed to reflect the current expertise and interests of the faculty and to best prepare students for research and clinical careers, was implemented. In addition, a new undergraduate biomechanics course, KIN 320 Applied Biomechanics, was offered for the first time to supplement the longstanding KIN 326K Biomechanical Analysis of Movement. We are also proud of the nearly 200 undergraduate students who were sponsored this year in independent study coursework, which provided them with hands-on experience in research and clinical settings.



The Non-linear Biodynamics Lab studies effects of training and fatigue on the consistency of repetitive motion such as running.

## Service

The members of our group have also provided significant scholarly service over the past year. Jon Dingwell served as a consulting Editor for the Journal of Motor Behavior and the Journal of Biomechanics and as a proposal reviewer for the annual national Health Research Awards grant competition of Ireland. Our faculty members were active manuscript reviewers for a collective total of 17 scholarly journals. Additional external reviewing service was provided by Jody Jensen (reviewer for promotion: at the University of Northern Illinois) and Jon Dingwell (Health Research Board of Ireland awards grant competition).

As an activity of the Autism Project, Jody Jensen (with Pam Buchanan) organized 17 professional development workshops for teachers and parents titled "Working with children with Autism – Sensory and Motor Integration" on the UT campus and represented UTAP at the Dell Autism Family Symposium.



Collaborative biomechanical research with the Center for the Intrepid at Brooke Army Medical Center investigates motor performance of military amputees with prosthetic limbs

On our campus, the Movement Science Faculty also provided exceptional service. Jody Jensen chaired the UT Institutional Review Board for her second year, served on the search committee for the Director of the Office of Research Support and co-chaired the UT System IRB Taskforce to draft policy changes to reduce regulatory burden on researchers and institutions related to human subject research. Larry Abraham was appointed Associate Dean of the School of Undergraduate Studies and continued as the education Co-Director for the nationally acclaimed secondary math and science teacher preparation program UTeach Natural Sciences, including overseeing the replication of the UTeach teacher certification program across the United States. Dr. Abraham also continued to serve on the University Faculty Council, the Faculty Rules Committee, the Committee for Undergraduate Program Review and the Faculty Advisory Committee for the Budget, and chaired the Faculty Educational Policy Committee. Jon Dingwell served on the Executive Committee of the Biomedical Engineering Graduate Studies Committee and on the UT Faculty Council. Lisa Griffin served on the Graduate Studies Committee for both the UT Institute of Neuroscience and the Department of Biomedical Engineering.



The Aging Motor Behavior Lab investigates effects of exercise, age and neurological disability on precision control in the hand.

Within our department, Jody Jensen again chaired the Kinesiology and Health Education Graduate Studies Committee.

### **Faculty Honors**

In February 2009 Jody Jensen was a keynote speaker at the American Physical Therapy Association annual meeting. In June 2009 she gave the Senior Scholar keynote address at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Dr. Jensen was also elected President-Elect of the North American Society for the Psychology of Sport and Physical Activity.

Larry Abraham was a Fellow in the Spence Professorship in Education; held a Dean's Fellowship in the Fall 2008 semester, and was elected Chair of the Biomechanics Academy of the National Association for Sport and Physical Education.

Jon Dingwell and Lisa Griffin both held Faculty Fellowships in the Lee Hage Jamail Regents Chair in Education. Dr. Griffin received word that she would be promoted to Associate Professor with tenure, effective in Fall of 2009.

We are extremely proud of Waneen Spirduso, who in addition to serving as the Vice President of American Kinesiology Association received, in the spring of 2009, the Science Honor Award from the President's Council on Physical Fitness.

### **Student Fellowships, Grants, and Honors**

Deanna Gates, a doctoral student in Dr. Dingwell's laboratory, received a \$2500 UT Endowed Graduate Fellowship from the UT Department of Biomedical Engineering and a \$25,000 UT Continuing Fellowship.



Dr. Lisa Griffin (2nd from left) in the Neuromuscular Physiology Lab with graduate students (from left) Tamanna Shaikh, Yesha Parmar, and Kena Shah



The Developmental Motor Control Lab studies biomechanical changes in movement patterns throughout child development

## PHYSICAL EDUCATION TEACHER EDUCATION (PETE)

*Teresita Ramirez, Coordinator*

The goal of the Physical Education Teacher Education (PETE) program is to prepare physical educators who empower youth with the skills, knowledge, habits, and desire to be physical active for a lifetime. One of the preeminent goals of the Department of Kinesiology and Health Education is to educate citizens in the knowledge, skills, desire and habits needed to make physical

**We  
Move  
Texas!**

activity a regular part of their lives. As indicated in the Physical Activity Guidelines for Americans and the Healthy People 2010 report, physical education in the schools is the one delivery system that can influence the lives of every child and family. Public school physical education impacts our entire society – not just those who are fortunate and have the resources to join health clubs or the guidance and encouragement to participate in youth sports. Texas Senate Bills 19, 42, and 530 reinforce the need for schools to take a prominent role in providing daily physical activity for all elementary, middle and high school students. To prevent and reduce the epidemic of cardiovascular disease, obesity, and Type II diabetes, significant changes needs to occur in the American lifestyle. Teaching citizens to care for their bodies is fundamental in school physical education and preparing teachers to meet this challenge effectively is vital and important work. Each physical educator touches several hundred youth each year and thousands of individuals over the course of his/her career.



Back row: Bob Haugen, Geoff Rich, Don Crowley, and Kim Tyson. Middle row: Mike Sanders, Louis Harrison, Xiaofen Keating, Campbell Miller and Pam Buchanan. Front row: Tere Ramirez, Fran Rush, Dolly Lambdin and Kim Beckwith

## PETE Faculty Search

Dr. Ivy's directive to hire a tenure track faculty member for the PETE program was approved by the College of Education and The University and the department initiated a faculty search fall 2008. The faculty search team was led by Dr. Larry Abraham and the members of the search committee included: Dr. Jody Jenson, Dr. Dolly Lambdin, Dr. Mary Steinhardt, Tere Ramirez, and Dustin Cox (undergraduate PETE student) from the Department of Kinesiology & Health Education, and representing the Department of Curriculum and Instruction were Dr. Xiaofen Keating, Dr. Louis Harrison, and Brian Dauenhauer (PETE graduate student).



Dr. Darla Castelli

Dr. Darla Castelli, associate professor from the University of Illinois Champagne-Urbana was recommended by the committee and accepted the offer from Dr. Ivy and will begin in August 2009. Dr. Castelli's research examines the effects of physical activity on cognitive performance in children.

## PETE Graduate Program

The PETE graduate program in the Department of Curriculum and Instruction is in its second year of existence. The program began with two PhD students and in 2008-2009 the enrollment grew to three PhD students and three masters students.

The PETE program prepares expert teachers, curriculum developers, and instructional leaders in the field of Physical Education. The graduate physical educators will be leaders in the field of physical education and have the knowledge, skills, cultural competency and commitment necessary to guide youth in the process of becoming healthy lifetime participants in physical activity. This program has a unique focus on developing cultural competency and utilization of new technology in physical education through an array of courses offered in the program.



PETE Graduate Faculty: Dr. Louis Harrison, Program Coordinator, Dr. Xiaofen Keating, and Dr. Dolly Lambdin



Fitness Education Team during summer work session. (l to r) Willy Rotich, Janice Wallace, Brian Dauenhauer, Dolly Lambdin, Tere Ramirez, Louis Harrison and Xiaofen Keating.

### Program Projects and Activities

#### ***NASPE \$17,000 Grant: National Scope and Sequence for Fitness Education K-16***

The Physical Education Teacher Education received a NASPE 2 year grant for \$17,000. The Fitness Education Project was designed to create for NASPE an instructional scope and sequence for fitness education from elementary school through college. The results of the project will help improve fitness education at all educational levels and aid in increasing knowledge and physical activity levels among youth (and eventually adults) resulting in a decline in obesity in our society.

#### ***PETE Exergaming Lab***

Coming soon is an Exergaming Lab. Dr. Dolly Lambdin received College of Education Vision Plan Funding: Physical Activity Technology Lab in Spring 2008. The lab will be located in room 39 in Anna Hiss Gymnasium. Included in the Exergaming Lab will be Wii, Wii Fit, gamebikes (where the students ride exercise bikes and are participating in a videogame) Eyetoy, and DDR. The lab will be used with teacher education courses for students



Willy Rotich, PETE graduate student, demonstrates DDR

to become familiar with Exergaming equipment so that they can help teachers introduce it in the schools. The lab will also be used by participants in the FIT exercise programs as an option for ways to exercise on days they do not have FIT class. Research on the various exergames including physiological measures, perceived exertion, and effects on cognitive function are in planning stages.

#### ***PETE Round-up***

The third annual PETE Round-Up was held on September 23, 2008 and was a huge success. 46 students, 16 faculty, 4 alumni, and 13 friends for a total of 79 attended the festivities. The goal of the Round-Up is to advise interested and new students about the PETE program and to

meet and greet faculty and students who are already in the program. The PETE faculty offered three group academic advising sessions that were held throughout the day and then culminated with a social. The social began with "The Alumni Games." Texas Exes attended and lead some activities. The alumni modeled quality instruction and the students participated in and learned active and fun games. Students also participated in several physical challenges lead by the apprentice teachers. Students enjoyed refreshments and food and went home with some great prizes. The Round-Up was supported by Apple, Run Tex, and Department of Kinesiology and Health Education.



The Champ Line: Junior and Senior students send freshmen and sophomores through the champion line congratulating them for choosing the PETE program!

#### **PETE Faculty and Students attend press conference: Fit Kids are Smart Kids!**

On March 9, 2009 Dr. Kenneth Cooper, Gov. Rick Perry, and Senator Jane Nelson had a press conference at the State Capitol to announce findings of a study of more than 2.4 million Texas Students who participated in the FitnessGram. Dr. Cooper reported that students who are physical fit are more likely to do well on the state's standardized test and have good school attendance. He also reported that Fit students are also less likely to have disciplinary referrals.



Dr. Kenneth Cooper explains findings to State officials and the media at press conference at the Capitol.

**Faculty Accomplishments and Awards**

Bob Haugen, Summer USTA Coach in Naples, Florida

Dolly Lambdin, 2009 NASPE Physical Education Teacher Education Honor Award

Campbell Miller, Awards at National Dance Competitions: 1st Place, Strictly Blues at Lonestar Championships, Jan09; 1st Place, Strictly Blues at Enter the Blues, Feb09; 1st Place, Blues Jack and Jill at Enter the Blues, Feb09; 1st Place, Champions Jack and Jill at Blues Shout! May09

Tere Ramirez, Texas Parks and Wildlife, Golden Award

**Student Achievements**

*Alderson Apprentice Teacher Scholarship Recipients*



Dustin Cox, Scott Hart, Jesus Mares, Mariah McAfee, Aaron Vanecek

*Alderson Undergraduate Scholarship Recipients*



Blake Boren, Erin Seaton, Megan Vasquez



*2008-2009 National Association for Sport and Physical Education (NASPE) Outstanding Major Award*

Mariah McAfee

*TAHPERD Outstanding Students of the Year*

Students are recognized for their commitment to physical education: James Do, Danielle Fuqua, Scott Hayes, Aaron Vanecek, Erin Seaton

*Wadi Sports Camp, Cairo, Egypt*

Dustin Cox was invited to work as a camp counselor at the Wadi Sports Camp in Cairo, Egypt this summer. The camp's focus is teaching young adults values and character development through team sports.



*Texas Parks and Wildlife Angler Education Program* welcomes new instructors: Dustin Cox, James Do, Danielle Fuqua, Nick Garcia, Ashley Glenn, William Scott Hart, Scott Hayes, Jose Hernandez, Marc Hernandez. Richard Latzel. Jesus Mares. Dustin McComas, Nina Moreno, Katy Perlberg, Daryl Rentfro, Andrea Rodriguez, Erin Seaton, Aaron Vanecek, Anna Walter.



Ann Miller, Aquatic Education Coordinator with Texas Parks and Wildlife, shares fishing expertise within the angler education instructor program



**National Archery in the School Program** welcomes new instructors: Buddy Adams, Michell Anderson, Viviana Bonilla, Blake Boren, Matt Buck, Kayla Cecotti, Leanne Cowey, Vanessa de Luna, Eddie Ford, Adam Frazer, Danielle Fuqua, Greg Gonzales, Aprial Guerra, Antoine Hight, Ariel Kattan, Riley Litherland, Dani Peebles, Kati Pelbreg, Andrea Rodriguez, Jessica Smith, Rhiannon Stracener, Rebecca Trower

***Apprentice Teachers Fall 2008***

Apprentice teachers are students in the final semester of the Professional Development Sequence (PDS) and are supervised in an elementary and secondary teaching practicum for fourteen weeks.



Back row: Barb Brantner, University Facilitator, Jennifer Diaz, Hondo Gonzalez, Arthur Leon, Joe Riojas, Angie Helvey, Chris Cantu, Heather Jim, and Fran Rush, University Facilitator. Front row: Dolly Lambdin, coordinator, Anthony J. Villanueva, William Potthoff, Sarah Mark, Evan Dye, Stephanie Kolaczowski, Ashley Glenn, Brittany Fox, Cris Benitez, Micheal Garcia and Tere Ramirez, coordinator.

***Student Interns Spring 2009***

Interns are students who are in their first semester of the Professional Development Sequence (PDS). The Professional Development Sequence includes all the professional education classes for students who are studying to be physical education teachers.



***Student Interns Spring 2009***

Back row: William Scott Hart, Casey Garcia, Mariah McAfee, Dustin Cox, and Scott Hayes. Front row: Aaron Vanecek, Dustin McComas, James Do, and Jesus Mares

***PETE students begin teaching careers.***

Cris Benitez, Lyndon B. Johnson Middle School, Pharr, Texas  
 Christopher Cantu, Wiesbaden MS, Wiesbaden, Germany  
 Brittany Fox, PE teacher assistant, Highland Park Elementary, Pflugerville ISD

Ashley Glenn, McReynolds Middle School, Houston, Texas  
 Hondo Gonzalez, Hector Garcia Middle School Northside ISD, San Antonio, Texas

Angie Helvey, Kirby Hall School, Austin, Texas  
 Arthur Leon, Small Middle School, Austin ISD  
 Sarah Mark, Run Tex and St. Gabriel's School, Austin, Texas  
 William Potthoff, Substitute PE Teacher, Pease Elementary, Austin ISD

Joe Riojas, Taft Middle School, Taft, Texas  
 Anthony J. Villanueva, Anson High School, Anson, Texas

***PETE student is accepted to graduate school.***

Jennifer Diaz, Graduate School, Texas State University

***Service Learning Placements for Kinesiology Classes***

Teachers from area school districts contribute significantly to the teacher preparation program. Students enrolled in classes participate in early field experiences where they observe and serve as assistants in a variety of physical education classes and programs. These school districts include Austin, Pflugerville, Round Rock. Other schools and programs which also contribute are Dell Jewish Community Center, Texas School for the Blind and Visually Impaired and Youth Interactive.

***2008 – 2009 Public School Cooperating Teachers***

Each year we depend on public school teachers for their leadership and expertise in training future physical education teachers during the internship and teaching practicum. Cooperating teachers spend numerous hours guiding interns and apprentice teachers, reviewing unit and lesson plans, and providing feedback on their teaching performance.

## **Austin Independent School District**

*Elementary Schools:* Jennifer Barnes, St. Elmo Elementary; Patty Brauss, Gullett Elementary; Marcia Casas, McBee Elementary; Karen Clark, Casey Elementary; Aimee Edwards, Davis Elementary; David Edwards, Overton Elementary; Judy Howard, T. A. Brown Elementary; Lynda Levis, Bryker Woods Elementary; Tracy Lord, Cowan Elementary; LuAnn Patrick, Mills Elementary; Theresa Ponzoha, Zilker Elementary; Cindy Samok, Casis Elementary

*Secondary Schools:* Clarissa Alvarado, Paredes Middle School; Janiece Beardslee, Lamar Middle School; Josh Brevard, Small Middle School; Letti Garza, Small Middle School; Karen Guerra, Martin Middle School; Melissa Hernandez, Small Middle School; Joe Mendoza, Paredes Middle School; Dale Potter, Lamar Middle School; Jenny Petkovsek, Garcia Middle School

## **Round Rock Independent School District**

*Elementary Schools:* Terry Condrasky, Great Oaks Elementary; Kelli Page, Blackland Prairie Elementary; Frank Tighe, Canyon Creek Elementary; Deena Wolfe, Great Oaks Elementary

*Secondary Schools:* Eric Azios, Canyon Vista Middle School; Jennifer Howell, Chisholm Trail Middle School; Nichole Hunt, Canyon Vista Middle School; David Rice, Canyon Vista Middle School; Melonie Milner-Mills, Chisholm Trail Middle School; Tracy Williams, Canyon Vista Middle School

## **Community Service Learning**

The Physical Education Teacher Education faculty coordinated thousands of student volunteer hours for events in the Austin area community. Students enrolled in various classes in the Department of Kinesiology and Health Education (KIN 314, 360, 119s, 219s, EDC 370E and EDC 370S) have served as volunteers in special programs in area school districts, community as well as assisted teachers in their classrooms.

Our students gain valuable experience as they work these events which included: AISD/AAPER Cross Country Run, AISD Volleyball PlayDay, Explore UT, Field Days in the Austin and Round Rock Independent School District, Jump Rope for Heart, Marathon Kids' Kick Off Mile and Final Mile, Texas School for the Blind and Visually Impaired and Youth Interactive.

### ***Explore UT Volleyball Playday***

The Department of Kinesiology and Health Education, UT Division of Recreational Sports and the Austin Association of Physical Education and Recreation (AAPER) sponsor the Volleyball Playday for 5th grade students in the Austin Independent School District. School teams come to The University for a fun filled day! Students play a developmentally appropriate game of volleyball and participate the biggest open house in Texas – Explore UT. This year there were 3,200 visitors including players, coaches, volunteers and spectators. 43 elementary schools participated.



Dr. Eduardo Sanchez, Director of the Institute for Health Policy in The University of Texas School of Public Health at Houston, and Austin ISD elementary students run the ceremonial Final Mile lap.

### ***Marathon Kids! The Kick-Off Mile***

Marathon Kids promotes a healthy and physically active lifestyle through an incremental fitness program. KIN and PETE students and faculty volunteer at the annual Marathon Kids Kick Off Mile at the Mike Myers Track Stadium and the Marathon Kids Final Mile at Toney Burger Center.

### ***Fall 2008 Graduates***



Front Row: Sarah Mark, Jennifer Diaz, Brittany Fox, and Heather Jim. Back Row: Hondo Gonzalez, Arthur Leon, Joe Riojas, Angie Helvey, Will Potthoff, Ashley Glenn, Chris Cantu, and Stephanie Kolaczowski. Not pictured: Anthony Villanueva, and Evan Dye.

## PHYSICAL EDUCATION DIVISION

### *Michael T. Sanders, Director*

The Physical Education Division is dedicated to promoting an improved quality of life for all university faculty, staff, and students through increased appreciation of the human body as well as understanding of the relationship between positive lifestyle choices and long-term improvements in health and well being. The purpose of division programming is to serve as a catalyst for all participants to learn, play, compete and achieve an active balanced lifestyle.

Participation in physical activity offers a broad range of benefits, including the prevention of obesity, improved self confidence, and an overall sense of well-being. The Physical Education Division provides a structured atmosphere in which to incorporate physical health activities and ideally develop healthy habits for life. Studies indicate that promotion of a healthy lifestyle taught in physical education classes can influence long-term health benefits such as reduced rates of obesity, heart disease, high cholesterol, diabetes, and high blood pressure.

The division faculty and teaching assistants are committed in providing participants with a diverse and broad educational foundation to make healthy choice selections and a personal self evaluation system. Divisional course offerings are a direct result of providing the university faculty, staff, and students with opportunities that cater to the participant's interests, experiences and background.

To accommodate more faculty, staff and students, class size enrollments have been increased and additional sections have been added. The 2008-2009 Physical Education Division Statistics are as follows:

### **Courses Offered**

- Team Sports (Basketball, Softball, Volleyball)
- Individual and Dual Sports (Aerobics, Conditioning, Fencing, Golf, Handball, Martial Arts, Racquetball, Tennis, Weightlifting )
- Ballroom Dance (Beginning, Intermediate)
- Aquatics (Swimming, Scuba Diving)

### **Enrollment Summary**

- Fall 2008, 124 sections, 3,490 students
- Spring 2009, 128 sections, 3,595 students
- 243 varied course offerings
- 11,500 hours instruction

Additional courses will be added 2009-2010 and include Advanced Golf (2 credit class), Advanced Scuba Diving (2 credit class), and Soccer.



### **Instructional Staff**

#### *Faculty*

Pictured above: Pete Tyson, Don Crowley, Peter Oliver, Julee Guinn, San Yoon, Mike Sanders, Kim Beckwith, Geoff Rich, Campbell Miller.

Not pictured: Dave Baron, Bob Haugen, Rob Mack, Terri Mitchell, Randy Oehrlein, Paul Schimelman, Kim Tyson.

#### *Teaching Assistants*

James Casler, Michael Casner, Phillip Doerner, Erik Gnagy, Lauren Grieco, Michael Groth, Joni Mettler, Tammy Metzger, Michael Newhouse-Bailey, Tolga Ozyurtcu, Rick Roussel, C.J. Stanfill, Tamanna Shaikh, Kyle Tarp, Justin Trombold, Brandon Twichell.

### **Kinesiology and Health Education Specializations**

The Physical Education Division faculty serve as a vital component in the newly approved (by Undergraduate Committee) Kinesiology and Health Education Specializations. Kim Tyson serves as Director of the Specializations Program, Dr. Kim Beckwith-Strength and Conditioning Coaching Specialization, Dr. Michael Sanders-Coaching Specialization and Kim Tyson Aquatics Specialization. In addition the Undergraduate Committee has approved the recommendation that all KHE majors can count three hours of Physical Education Division classes in their respective majors.

### **U.S. Ryder Cup and Play Golf America University**

Justin Leonard, former University of Texas Student-Athlete, donated \$90,000 to Kinesiology and Health Education Department on April 2009. Michael Ray, Executive Director Southern Texas PGA Section made the presentation at the Alderson Lecture on behalf of Justin Leonard to The University of Texas, Kinesiology and Health Education Department, Dr. John Ivy, Department Chair, to support its Play Golf America University program. Play Golf America University, formerly GOLF: For Business & Life, is a PGA of America college and university golf program, designed to teach and engage students in the game of golf through PGA professional instruction and other golf programs.



Michael Ray, Executive Director-Southern Texas PGA, presented Dr. John Ivy with a \$90,000 check from the PGA on behalf of Justin Leonard.

Since its conception, The PGA of America has distributed more than \$6.1 million to 65 participating colleges and universities throughout the United States on behalf of members of the U.S. Ryder Cup Teams as a means to support this initiative. To date, PGA Professionals have provided instruction to more than 24,000 college students through this program.

### S.U.C.C.E.S.S Camp

What's the best way to create healthy, fit adults? Educate them on nutrition and physical fitness when they are children.

With that goal in mind, the College of Education's Department of Kinesiology and Health Education conducted summer camps – aptly called SUCCESS camps (Summer University Camp for Cultural Expression and Sports) as a means to introduce children to health facts in a fun, game-filled, non-threatening setting. In addition to teaching health basics, the camps built leadership skills and self-confidence, and introduced the students to the



S.U.C.C.E.S.S. Camp participants

university's cultural gems. The camps were open to boys and girls 7-14 years old and ran for two weeks in June 2009. Students were placed in groups of five or six, with four graduate students from the department acting as group counselors. Students received education on health and fitness, with the instructors providing the participants with sound nutritional advice.

Campers were given nutritional information for the foods that they eat each day, as well as dietary guidelines, with a daily nutrition analysis sheet that showed the number of calories burned during various physical activities. At the end of each day the students tabulated and recorded in their own journal how many calories they took in and how many they expended. The camp was all about physical activity and it served as positive experience for the students because many of the activities are built around games, including structured and unstructured play.

The students learned how to make the "right" choices and were able to see the consequences those choices have on their caloric intake and output. As an example campers were given a pedometer and at the end of each day they had to report the number of steps they had taken and how many calories they expended.

The camps not only introduced children to the ingredients of a healthy lifestyle but also to The University of Texas at Austin campus, providing tours of cultural offerings like the LBJ Library and Texas Memorial Museum.

### Faculty Accomplishments and Activities

Dr. Kim Beckwith is area coordinator for Weight Training and Conditioning in the PED program as well as coordinator of the Strength and Conditioning Specialization sequence for undergraduates. The PED program includes 22 sections of Weight Training and Conditioning. Dr. Beckwith also teaches an Advanced Weight Training class for the Kinesiology Department.

Mr. Don Crowley is actively involved in curriculum development and expansion for Kinesiology and Physical Education classes, these areas include aquatics, recreation, education and competition. His professional participation is focused aquatics safety instruction for American Red Cross and National Drowning Prevention Alliance.

Ms. Julee Guinn was awarded an undergraduate and master's degree from Baylor University. Ms. Guinn is area coordinator for Aerobics and Conditioning. A marathoner and former coach, Ms. Guinn brings tremendous amounts of experience and the increasing enrollment in her classes is further testimony to quality instruction.

Ms. Campbell Miller, new faculty member, has made an immediate impact for both the Kinesiology undergraduate curriculum and Physical Education Program. A graduate of Stanford University (Computer Science) Ms. Miller has studied under world-renowned Richard Powers at Stanford. Richard Powers is an expert in American social dance. Ms. Miller's innovative pedagogical techniques have led to improvements in the curriculum delivery and her classes are always in high demand.

Mr. Peter Oliver continues both internal and external professional involvement in the area of Scuba. Continued curriculum revision and addition of KIN 213 Advanced Scuba has improved the quality of program delivery. In addition his external participations extend to the following publications: Co-Author: Public Safety Diving Instructor Guide. Expected Publication 2009. Editor: NAUI Wreck Penetration Diving Instructor Guide. Expected Publication 2009.

The new area coordinator of team sports, Mr. Geoff Rich, brings over ten years of experience in sports camps as well as direct involvement in coaching numerous team and individual sports. Certified as a Youth Sports Coach, Mr. Rich also has certifications with other Recreation and Sport Certification organization. Internationally Mr. Rich has developed sports camps in Costa Rica and Egypt.



Julee Guinn (red shorts) pictured with her aerobics students.



Peter Oliver's SCUBA class is popular among UT students.

Newly named Director of the Physical Education Division, Dr. Michael Sanders also teaches classes in Kinesiology and is coordinator of the Coaching Specialization Sequence. In addition he is Director of the S.U.C.C.E.S.S. Camp. His professional interests are concerned with physical performance and its parameters. Recent publication includes: Sanders, M.T. & Sanders, B.R. Principles of Resistance Training. In W.A. Bandy and B.R. Sanders (Eds.), Therapeutic Exercise for Physical Therapist Assistants, 2nd ed. Baltimore: Lippincott Williams & Wilkins, 2008.

Internationally recognized as an expert in Martial Arts, Master San Yoon serves as a technical consultant to the World Hosin-Hapkido Federation. In addition his 2nd edition of "Hosin-Hapkido" is respected as an excellent source of technical information for the martial arts.

Respected as an expert in Aquatics Safety, Mr. Kim Tyson has authored numerous American Red Cross Safety Manuals. Serving as a national and international consultant for water safety, Mr. Tyson brings this expertise as Director of the new Kinesiology and Health Specializations Program and also serves as the Aquatics Specialization Program Coordinator.

Holding numerous positions in The National Handball Association, Mr. Pete Tyson's reputation and time involvement in handball was instrumental in bringing the 2010 United Sate Handball Association National Open Championships to The University of Texas. Over 500 players competing in 48 divisions will attend representing Canada, Ireland, Mexico and the United States.

## SPORT MANAGEMENT

### *Laurence Chalip, Coordinator*

Each year the Sport Management program faculty review the program to determine how they can improve the research that they do, the research that students do, and the curriculum that students are provided. This year was a year of significant changes and substantial enhancements. Along the way, the program's faculty continue to be invited to consult and to take leadership roles. Sport Management faculty also served on committees throughout the Department, the College, and the University.

### Teaching

Substantial improvements were made to Sport Management teaching at all levels. In the undergraduate program, a new lower division survey course in sport management was added for all students in the department. Consequently, the department's undergraduates are now all taught the fundamentals of managing sport and physical activity. The course was taught for the first time this year.

The Masters program was substantially revised. The growth of graduate elective courses and students' requests for opportunities to build industry-relevant foci caused the faculty to realize that it would now be possible to provide more flexibility and better structure to the program. Following a review of the curriculum and current course offerings, it was noted that the old core of seven courses could be streamlined to five. Strategic Management for Sport was brought into the core as a capstone course, while Facility Management became an elective, and students being given the option to choose either Legal Issues in Sport or Ethics in Sport. (They can still take both if they so desire.) On top of the core, students can now choose one of five specializations, each was which is built from two required courses and two courses selected from a list. A non-specialist option through which students can tailor a specialization is also provided. The Graduate Studies Committee approved the new curriculum for implementation beginning the next academic year. The five specializations are:

- Sport Marketing
- Management of Sport
- Facility and Event Management
- Sport Development
- Research in Sport Management

The new Masters core also enabled some streamlining of the doctoral curriculum, as the number of required courses has been reduced by two while also requiring all doctoral students to complete the Strategic Management



Faculty and students at the North American Society for Sport Management conference

for Sport course. Thus, all doctoral students are trained to integrate management, marketing, and finance and to apply those strategically.

In order to further the internationalization of our curriculum, the sport management program offered for the first time a 6-credit summer course in cooperation with Florida State University in London, England and Paris, France. The program ran from June 25th to August 7th and 5 of the 19 students enrolled were from the University of Texas. During their stay they visited sport events such as Wimbledon, the British Open of Golf and the Tour de France. They also toured sport facilities such as the Wembley Stadium, Lord's Cricket Ground, the Chelsea Stadium, the Roland Garros tennis facility, and the Emirates stadium among others. Speakers from the British Olympic Committee, Birkbeck College, and Populous Facility Design gave presentations to the students. The program was sufficiently successful that it will be enhanced and offered in future summers.



Sport Management students organized a duathlon

Finally, during the year, a new undergraduate major was implemented specifically for students who wish to specialize in the humanities and social sciences as they apply to sport. This enables undergraduates to focus on historical, philosophical, and social issues in sport. The new major is called “Physical Culture and Sport.” It shares a number of core courses with the Sport Management major, so it is consequently administered through the Sport Management group.

Throughout the year, students also did substantial work with the sport industry. For example, students completed internships with organizations as diverse as the United States Olympic Committee, the Dallas Convention and Visitors Bureau, the Houston Astros, the Byron Nelson Classic the Austin Sports and Social Club, the University Interscholastic League, Sportstar Relocation Services, New Zealand Tennis, Austin TurfCats, Houston Dynamo, and the Centre for Olympic Studies (just to name a few). In addition students completed class projects for several local sports organizations, including University of Texas Athletics and Austin Duathletes.

In order to enable this enhanced level of teaching, three new faculty joined the Sport Management group during the year:

Dr. Bob Heere was hired as an assistant professor, filling the line previously held by Dr. Carla Costa. Dr. Heere completed his doctorate at Florida State University, and subsequently held faculty positions at the Auckland University of Technology (in New Zealand), the Cruyff Institute (in the Netherlands), and Florida State University. His research examines the uses of sport for community building. Dr. Heere is also spearheading our new summer international program.

Dr. Thomas Hunt was hired as a Lecturer to contribute to delivery of the new undergraduate major in Physical Culture and Sport. Dr. Hunt earned his JD from Baylor University, and is a member of the bar. He also earned an interdisciplinary Ph.D. from the University of Texas. His research examines the historical roots of contemporary sport policy issues. During the year, he was hired to begin the following year as an Assistant Professor.



Students Stacy Warner and Matt Bowers, presenting their research at the NASSM conference



Texas Sport Management students participating in the summer study in Europe program, shown at the Place Concorde

Dr. Brianna Smith was hired as a part-time Lecturer to enable the program to deliver its new lower-division survey course. Dr. Smith was previously a post-doctoral fellow with the Sport Management program. Prior to that, she was Research Director for Youth InterACTIVE. Dr. Smith’s research focuses on the development and management of sport systems.

In addition to our new faculty, the program attracted two visiting scholars from Korea, one from China, and a pre-doctoral fellow from China. These scholars have helped to broaden and to further internationalize the program’s curriculum.

Excellence among our teaching assistants was also recognized as doctoral students Mike Newhouse-Bailey and Joyce Olushola won Alderson teaching awards.

### Scholarship

As is always the case, University of Texas faculty continued to publish extensively and to present their work nationally and internationally. This included fourteen journal articles, two book chapters, and a monograph. Four of these publications included graduate students as co-authors. A full list of publications appears elsewhere in this report. It is noteworthy that our faculty published in leading journals in the field: *Iron Game History: The Journal of Physical Culture*; *Journal of Olympic History*; *Journal of Sport Management*; *Journal of Sport & Tourism*; *Journal for the Study of Sports and Athletes in Education*; *Sociology of Sport Journal*; *Sport Management Review*; *Sport & Strategie*; *Women in Sport and Physical Activity Journal*.

Sport Management faculty gave twenty presentations at national or international conferences. Nine of these were with graduate students. One of those was an entire session at the Annual Conference of the North American Society for Sport Management, which was devoted to the international study of sport participation and community which was conducted jointly by faculty and students through the Sport and Life Quality Lab.



Bob Heere receiving first research grant ever awarded by the North American Society for Sport Management, presented by NASSM President Ming Li.

This is only the second time that the North American Society for Sport Management has allowed a session to be fully devoted to a research project conducted by a single lab. (The previous occasion was also for work conducted by UT Sport Management faculty and students.) Doctoral student Stacy Warner was runner-up in the NASSM student research competition with her paper, “Developing a Sense of Community among Student-Athletes.” She also won a continuing fellowship from the university.

To support their work, Sport Management faculty won three new grants (listed elsewhere in this Annual Report). It is noteworthy that one was co-authored by Stacy Warner, who is a Sport Management doctoral student, and the grant awarded to Bob Heere was the first research grant ever given by the North American Society for Sport Management. In addition, Jan Todd (working with Terry Todd) raised over \$3 million to support development of the H.J. Lutcher Stark Center.

### Service

Sport Management faculty continue to serve on a wide array of Department, College, and University Committees. The program has also continued to be represented on the Steering Committee for the Graduate Portfolio Program in Dispute Resolution. In addition, the program has provided substantial service to the community and to the profession in the form of projects for local organizations and service on various local boards and community groups.

Needless to say, the high quality of research that has been undertaken by Sport Management faculty has also led to a substantial number of requests for Sport Management faculty to take on editorships, to serve on editorial boards, and to provide ad hoc reviews. Sport management faculty served on the following editorial boards:

- European Sport Management Quarterly
- International Journal of Culture, Tourism, & Hospitality Research
- International Journal of Sport Management
- International Journal of Sport Policy
- International Journal of Sports Marketing & Sponsorship
- Journal of Contemporary Athletics
- Journal of Issues in Intercollegiate Athletics
- Journal of Sport Management
- Sociology of Sport Journal
- Sport Management Review
- Tourism Review International

In addition faculty from the program had editorial responsibilities for high profile journals in the field:

- International Journal of Event and Festival Management (Laurence Chalip, North American regional editor)
- Iron Game History: The Journal of Physical Culture (Jan Todd, editor)
- Journal of Sport History (Thomas Hunt, journal surveys editor)
- Journal of Sport & Tourism (Laurence Chalip & Chris Green, associate editors)
- Sport Management Education Journal (Marlene Dixon, case study editor)
- Sport & Strategie (Bob Heere, “Global Section” editor)

Sport Management faculty also served as ad hoc reviewers for:

- Event Management
- International Journal of Hospitality Management
- International Journal of Sport Management and Marketing
- Leisure Sciences
- Tourism Management

Given the program’s high level of leadership, it is not surprising that its members are often appointed or elected to leadership roles in professional associations. Laurence Chalip served on the Selection Committee for the North American Society for Sport Management’s highest award: The Earle F. Zeigler Award. Marlene Dixon was elected to the Executive Council of the North American Society for Sport Management.

### The Future

To further the ongoing excellence of the Sport Management program, the sport management faculty met each month to review the program’s progress, and to plan for the future. Manuals and procedures are reviewed and revised on an ongoing basis; curricula are revised and updated; procedures to further enhance the program’s research culture are devised. The Sport Management faculty are not content to rest on the achievements that have made the University of Texas program a world leader; the faculty seek to make it better each year.

## COMMUNITY OUTREACH PROGRAMS

### FITNESS INSTITUTE OF TEXAS

#### *Philip Stanforth, Director*

In its 8th year of operation, the Fitness Institute of Texas (FIT) continued making strides in enhancing the quality of lives through research, service, training, and educational programs in physical activity, nutrition, and health. Significant staff additions and new and improved programs and services highlighted 2008-2009.

#### **Staff**

Julie Drake joined FIT as Operations Director in January. A 1999 UT Kinesiology and Health Education (KHE) graduate, Julie's initial primary responsibility was to direct the GET FIT Program. The ~400% increase in GET FIT participation since her hiring is a tribute Julie's skills and expertise. In addition, Julie's 10 years of experience working with clients and supervising staff and interns in the St. David's Fitness Center has helped FIT improve both its program quality and its student training.

Brittany Crim, a PhD student in Behavioral Health in KHE under Dr. John Bartholomew, joined FIT in August 2008 as a half time Graduate Assistant. With her B.S. and M.S. degrees in Clinical and Human Nutrition and as a Registered and Licensed Dietician, Brittany has enabled FIT to expand and add nutrition-based options for participants. Another team member, Mark Faries is a second year FIT Graduate Assistant and PhD student in Behavioral Health. Mark with his extensive fitness-related education and experience, has contributed to the development, implementation, and growth of GET FIT, the training of undergraduate students, and other outstanding projects benefitting both FIT members and students.

Business Director Leeann Rountree continued to lead marketing and business development effort. She secured and managed an \$8,000 contract with Academy.com, an industry leader in e-training for companies and corporations. In this project, FIT staff wrote the physical fitness and health portion (12 short chapters) of a comprehensive on-line training course covering health, fitness, and nutrition.

Phil Stanforth, in addition to his duties teaching in the undergraduate program, continues to lead FIT. He is involved in all aspects of FIT from day-to-day operations to development. This past year Phil was elected President-elect of the Texas Chapter of the American College of Sports Medicine and he served as a co-author on five research manuscripts submitted for publication.

Helping students gain valuable practical experience continues to be a core component of FIT's mission. During 2008-2009, FIT provided a training ground for graduate student culminating experiences and projects (3), undergraduate interns (1) and fieldwork students (19). Since it's beginning, FIT has played a significant role in the training and education of almost 200



Front row: Leeann Rountree, Adam Hughes, Julie Drake  
Back row: Phil Stanforth, Brittany Crim, Mark Faries

students. These former students now serve in fields such as education, law, physical therapy, performance coaching, and personal training.

#### **Improved Programs**

The major success story of 2008-2009 is GET FIT, a 12-week exercise and behavioral health program started in the summer of 2008. The launch of GET FIT connected the Institute with one of its primary target markets: inactive and overweight individuals. GET FIT participants start with an average body fat of ~32% (men) and ~41% (women), but have experienced dramatic changes, losing an average of 5.5 lbs of fat mass and gaining 1.0 lb of muscle during the 12 week program. Response to the program has been tremendous, and positive word of mouth has resulted in increased numbers from about 25 participants per session in the three initial 12 week sessions to an almost 400% increase in the 4th session during the summer of 2009, with 123 participants attending.

#### **New Programs and Projects**

FIT started two new nutrition programs: Nutrition FIT and Lunch and Lose. Nutrition FIT is a personalized dietary assessment and plan tailored to match individual lifestyles, goals, and nutritional needs. Lunch and Lose is a 12 week nutrition and behavior change program developed specifically for individuals who want to lose weight. A pilot Lunch and Lose program, offered in the summer of 2009, filled two classes to capacity. A total of 46 individuals participated and they lost an average of 3.0 lbs per person.

#### **Continuing Programs and Research Support**

Fitness testing continues to be an important part of FIT, with over 1,900 fitness evaluations conducted during 2008-2009.

The purpose of the fitness testing varies from testing students in activity classes, student athletes, community members or as part of research projects. FITs research support included work for Dr. John Bartholomew's I Can study, Dr John Ivy's Abbott and Dairy Council studies and Dr. Jeanne Freeland-Graves Body Image study.

### **University and Community Support and Involvement**

In addition to programs and testing offered to faculty, staff, and students, FIT supported the University community by participating in Explore UT, health fairs offered by University Health Services, and ongoing education through lectures in the College of Nursing and the Office of the Registrar. Within Austin, FIT participated in Austin High's Career Day, assisted with the UT Elementary School 5K run and the Austin Duathlete 6.5 mile Buddy Du, gave presentations to the Hill Country Trail Runners and to Rogue and Zen training groups and conducted minimum weight testing for the wrestling teams at the Texas School for the Deaf and Pflugerville, Hendrickson, and Connally high schools. On the state-wide-level, FIT provided Activity Breaks for the Diabetes Summit, hosted in Austin, TX, in September, February, and June. At the national level, FIT performed testing for the USA Taekwondo Association during their national age group tournament in Austin, TX, in July.

### **Financial Report**

FIT increased its non-University support revenue by 40% to \$100,000 and its total revenue by 7% to \$167,000 in 08-09. Expenses were \$161,000 giving FIT proceeds of \$6,000.

### **Looking Ahead**

FIT anticipates continued growth and development as current programs and services are strengthened and more programs and services are developed. Future goals for growth will focus on expanding GET FIT and Lunch and Lose within and outside of UT, offering more corporate services, working more closely with the medical community, and developing new programs for diabetes and childhood.



### **2008-2009 Student Assistants**

Front row: Julie Drake-Operations Director, Shelby Bowden, Adam Hughes, Melissa Brown, Lorin Grant, Heather Boyce  
Back row: Alysee, Travis Hanover, Kelley Schall, Anthony Gobe, Michael Siler, Mark Faries

# Autism Project

*Jody Jensen and Pam Buchanan, Program Directors*

One girl's parents keep wind chimes on her bedroom door so they know when she wanders at night. Another mother knows that taking her children to the neighborhood pool will end in stares and insults. The mother of two teenagers posts step-by-step instructions in the shower. An 11-year-old is talented with musical instruments but can't blow her nose. Most of these children struggle with social interaction, public tantrums and



Children, parents, UT volunteers mingle at the start of the Autism Project event.

making friends. Parents describe it as raising a baby who never grows up and help can be hard to come by. The public schools do what they can. There are private schools, treatment centers and psychiatrists for those who can afford them. Even then, waiting lists can be long and finding services often requires traveling out of state. Now,

families have another option. The Autism Project, an initiative of the Department of Kinesiology & Health Education, is a unique hub in Central Texas dedicated to the study and treatment of autism with research focused on understanding the behaviors and the biology of autism.

Fact: "The use of early intensive behavioral Intervention services would save Texas \$208,500 per child across eighteen years of education, a total savings of \$2.09 billion" (Journal of Child and Family Studies, 2007). All children learn through practice and



Meeting a new furry friend. Trying a new life skill. All a part of the Autism Project experience.

repetition and children on the autism spectrum are no different. The headlines emphasize the devastation of the autism diagnosis. We tend to lose track of the fact that contemporary research shows that with early and intensive education, up to 25% of children diagnosed on the spectrum will ultimately lose the diagnosis.

These children are not cured, rather they have learned the adaptive and functional skills important for living in today's world. Donna Williams-Jones, guardian to a 7-year-old niece with autism comments that life with autism is about misconceptions in addition to the manifestations of autism spectrum disorders. "People underestimate how quickly autistic children can learn, says Williams-Jones. "Our kids are smart," says Betsy Harris, whose 8- and 13-year-old sons have autism, "Our kids can do things." At the Autism Project, we help children experience and practice these essential skills and we work to identify the best teaching techniques.



Tools of the mind - conceive it, plan it, build it.

This past year the Autism Project offered 15 different programs. Haircuts, cooking classes, adventure camps, and giant slumber parties – these are all part of the 'curriculum' of the Autism Project. Cindy Maciel-Reyes has two children with autism, a 16-year-old daughter and an 18-year-old son. The Autism Project's spa weekend gave her daughter her first chance to spend the night away from family – she learned to put on makeup. Families say Autism Project social activities give their children a chance to enjoy the activities that their peers do.

The Autism Project's most visible efforts may appear local, but we are also part of the state leadership in developing autism resources. We are participating with agencies across the state in the development of the Texas Autism Research and



Resource Center. Our research agenda is ongoing with current research projects involving the investigation of the efficacy of behavioral interventions, family dynamics, and social skills development. Stay current with our activities and our accomplishments by visiting [www.edb.utexas.edu/utap](http://www.edb.utexas.edu/utap).

## OTHER PROGRAMS

### KINESIOLOGY CLUB

#### *Richard Hogeda, Staff Advisor*

With its 11th year in existence and 6th as a university-sponsored organization, the UT Kinesiology Club continued its growth and mission during the 2008-2009 academic year. The Kinesiology Club is a social and service organization that promotes professional development in all aspects of Kinesiology for its members through various interactions between students, faculty, and professionals in the community. Membership is open to all students at the university, especially those majoring in Kinesiology and Health Education or who have an interest in Kinesiology or related areas.

#### **2008 – 2009 Officers & Advisor**

President – Sean Hill  
Vice President – Lauren Post  
Secretary – Ericka Vargas  
Treasurer – Lauren Lichterman  
Volunteer Coordinators – Sarah Franey and Kimberly Tymrak  
Intramural Coordinators – Michael Taylor and Nick Garcia Jr.  
Historian – Lauren Kesterson  
Social Chair – Michele Knoles  
Staff Advisor – Richard Hogeda

#### **Volunteer Events**

Kinesiology Club participated in several volunteer events during the academic year. Some of the usual events included Marathon Kids, 40 Acres Fest, Faculty Appreciation, Explore UT Volleyball Playday, and the Alderson Lecture. Kin Club also took part in two new events. Instead of participating in the annual Longhorn Halloween event put on by the university, Kin Club decided to reach out to the kids in the community by participating in the Lanier High School Halloween Party. At this event Kin Club members volunteered to the many kids dressed up in their favorite costumes by setting up decorations, orchestrating games and booths, and serving dinner. This new venture had great

impact as the club's assistance with the event was well received. Also, Kinesiology Club began a new project called the Adopt-a-Family project, in which the club helped a struggling, local family enjoy a fulfilling Thanksgiving and Christmas. The club helped the family enjoy the holidays by taking donations from the Kinesiology and Health Education department to provide the family with gifts, clothes, and even Thanksgiving dinner. The family was extremely grateful and the project was a success. Due to its impact the club hopes to continue this project in the future, reaching out to other families in need.



MiE Tailgate. Top row (l to r): Andrew Tweedell, Michael Taylor, Rene Ramirez, Jon Cervantes, Nick Garcia. Bottom row: Adriana Rivas, Sean Hill, Katie Niemec

#### **Social Events**

With adding the new officer position in the social chair, Kinesiology Club aimed at providing more social events for its members. These events included a bowling night, going to a haunted house, a ladies' night out, Fall Festival, a Murder Mystery End of Semester Party, and numerous games nights. Kinesiology Club also took part in the MIE Tailgate an event put on by its fellow College of Education student organization, Minorities in Education. This event helped unite the CoE Student Orgs in fun-filled games and food before the big football game. The tailgate was a contest between the student organizations with the prize being the CoE Apple. Kinesiology Club dominated the events such as flag football, water balloon toss, and the egg relay-race to win the 1st annual MIE Tailgate prized apple.

#### **Intramurals/Sports Challenge**

Kinesiology Club continued as a prominent figure in intramurals, participating in sports such as Flag Football, Volleyball, Basketball, and Softball. The club qualified for the post season in Co-Ed Football and Co-Ed Basketball. The biggest accomplishment of the year was the club winning the Holiday Basketball Tournament in December, the club's 2nd intramural championship. Kin Club also traveled to College Station to take



2008 Lanier HS Halloween. l to r: Leigh Murray, Tayler Gill, Andrew Tweedell, Adriana Rivas, Sean Hill, Lauren Weatherly

on Texas A&M's Aggie Coaches and Kinesiology Teachers (ACKT) in the annual Sports Challenge. The challenge is a series of events that ultimate lead to a champion and the champion possessing the Sports Challenge trophy. Kin Club beat ACKT in basketball and dodgeball to win the series and reclaim the trophy.

### **Summary**

Overall the club enjoyed a successful year. Not only did the club's membership grow, but also did the club's prominence on campus. Kinesiology Club continues it work towards servicing the community by taking advantage of new volunteer opportunities and helping students interested in Kinesiology connect with each other, their faculty/staff, and professionals in the Kinesiology field.



2008 Kin Club vs. ACKT Sport Challenge. Top row: Jeff Davis, Michael Taylor, Wesley Ply. 3rd row: Rachael Lunsford, Shauna Mennis, Kelsey Davis, Matt LaFont, Garrick Gonzales, Dominic Maneen, Andrew Tweedell, Rene Ramirez. 2nd row: Michael Garcia, Ericka Vargas, Haley Luedke, Jenn Reha, Gynthia Villareal, Michele Knoles, Nick Garcia Jr, Anmol Agrawal. Bottom row: Sean Hill

## THE H.J. LUTCHER STARK CENTER FOR PHYSICAL CULTURE & SPORTS

### *Jan Todd, Co-Director*

After nearly two years of planning, construction began on the H.J. Lutchter Stark Center for Physical Culture and Sports on November 4, 2009. Because of the large scale of the project (more than 27,500 total square feet), the Stark Center was envisioned, from the first, as a three stage construction project:

Phase One included the construction of the outer walls, the windows, the nine staff offices, the 100-foot-long reading room, the main entrance and lobby, a small photography gallery, and our archival storage area and work room. Phase One was officially designated as “substantially completed” on August 26, 2009 and we opened the library to researchers on September 15, 2009.

Phase Two, which is still on-going as this Annual Report goes to press, involves the construction of our fine art gallery (completed), and the more than 11,000 square feet of exhibit space included in the Joe and Betty Weider of Physical Culture, three additional photography galleries, and the Sports Galleries.

Phase Three will involve installation of the museum displays and various artifacts in the exhibit areas. The Stark Center’s exhibits are being designed by the Douglas Group of Houston, Texas and it is expected that this part of the project will be completed in the spring of 2010.

### **Nelda C. and H.J. Lutchter Stark Foundation Pledges Additional \$2M**

We are deeply grateful to the Nelda C. and H.J. Lutchter Stark Foundation for their willingness, in April of 2009, to award an additional \$2 million to this project. The Stark Board had previously awarded \$3.5M toward the construction of Phase One. However, when the actual construction budget went above that figure, the Foundation agreed to an additional \$2M pledge which has allowed us to move forward with the construction on Phase Two, described above. In appreciation of this second gift, the Stark Center’s conference room has now formally been named in honor of W.H. Stark, Lutchter Stark’s father, and a former member of the University of Texas Board of Regents.



Moving Day



Stark Center co-directors: Terry Todd and Jan Todd

### **Moving Into The Center**

Throughout the spring semester of 2009, our contractors, The Browning Company, of San Antonio, Texas, kept our project pretty much on schedule and advised us that we could begin moving into our offices at the end of May. So, we scheduled our move from our old quarters in Anna Hiss Gym for June 10th and 11th, and then watched happily as 30 men, using five trucks, moved what was formerly known as the Todd-Mclean Collection across campus and into its new home.

However, no sooner had we started settling into our offices than we discovered that there was a problem with the recently-stained concrete floors. Whenever water dropped on the floor, white spots developed in the floor finish, and they would not wipe away. So, to our great disappointment, we had to move back out of the offices and into the unfinished part of our space, remove all the furniture that had been put in our offices and wait while the contractors searched for a solution to this unexpected problem. The process of finding a cure to our floor problems took more than eight weeks. However, while the Stark staff we had to camp out for two months around folding tables in an unfinished part of the Stark Center, we were, nonetheless, able to make progress on unpacking the collection, sorting and organizing the various materials, and getting some of the books and other items up on the shelves. Because this work was able to go forward, we were able, once we were allowed to move back into our offices and reading room in late August, to open the library portion of the Stark Center on September 15, 2009 to researchers.

### **Staff Hires**

In addition to the move into our new facility, the 2008-2009 academic year also marked the first time that we have had paid staff to work with our collection. Thanks to the generosity of Adelyn and Richard Hoffman, of Dallas, we were able to hire Cindy Slater--formerly the director of the USOC library in Colorado Springs, Colorado—as our Associate Director for Library Operations at The Stark Center. The Hoffman’s had previously donated to the Center approximately 1800 books on



Stark Center staff (l to r): Cindy Slater-Head Librarian, Andy Miller-web designer, Peter Ullman-grad assistant, Scott Jedlicka-grad assistant, Cody Hart-undergrad assistant, Dr. Kim Beckwith, Steven Perez-undergrad assistant, Diandra Davila-undergrad assistant, Derek Kramolis-undergrad assistant, Alex Davenport-undergrad assistant, Nicole Garcia-undergrad assistant, Geoff Schmalz-archivist. Not pictured: Stacy Metzler-Office Manager, Matt Bowers-grad assistant, Esther Odamah-undergrad assistant

golf that belonged to the late Edmund Hoffman, and donated an additional \$108,000 in 2008 to support a librarian. Slater, who is herself an avid golfer, spent more than 20 years building and overseeing the operations of the USOC's library and we feel very fortunate that she is now directing the organization of The Stark Center library. Archivist Geoffrey Schmalz, a recent graduate of the UT School of Information Science, whose position is also being funded through private funds, joined our staff in August. Schmalz is working on creating finding aids for our various archival collections.

In addition to our two new full-time librarians, The Stark Center also employs recent Texas A & M graduate Stacy Metzler, who oversees our student volunteers and serves as our office manager. We also have two half-time student employees, one of whom is UT graduate and football letterman Peter Ullmann, who's working on our museum exhibits related to the history of strength and conditioning with funding from the National Strength and Conditioning Association. Our other paid student worker is web designer, Andy Miller. Andy has dramatically improved the site—and it now contains a regular blog written by Terry Todd about events at The Stark Center. You can see it at [www.starkcenter.org](http://www.starkcenter.org).

### The Compact-Shelf Project

Thanks to the generosity of a law firm in Dallas, we installed a donated set of “high density compact shelves” into our work room to hold some of our books and magazines during Phase One of construction. High density shelving units are metal shelves, set on rails in the floor, which move apart at the push of a button or the turn of a mechanical handle and allow staff to access



Stark Center Reading Room

materials. Because the shelves normally stand touching each other they can store twice as much material as can regular library shelving.

This summer, however, we realized that that our regular bookcases simply couldn't hold all of our books and other materials. We needed more compact shelves. But they're very expensive and we had no budget for them. So we contacted Troy Menchofer, a former student of ours who now runs the Southwest Solutions Office in Austin, and explained our situation. Troy, a serious weight trainer, told us that our timing could not have been better as Scott & White Hospital in Temple, Texas, had digitized its medical records and no longer needed their high density shelving. Troy then contacted the hospital, donated \$10,000 to Scott & White Hospital and convinced them to donate two miles of their almost-new shelving to us. So, in October of 2009, we finished the installation of 11,000 linear feet of compact shelving in our archives area. Even with the donation of the shelving units, we had to pay approximately \$75,000 for the installation and the extra electrical outlets needed to power the units. Had we purchased new compact shelves, however, they would have cost about \$400,000.

### **Hercules**

We also installed our statue of Hercules in the front window during the summer of 2009. It is the only such copy in the United States. Our copy was made in Brussels at Belgium's National Museum of Art and History. The museum has a mold, made over a hundred years ago, of the original statue—which now stands in one of the great halls of the National Archaeological Museum in Naples. We ordered the statue last year and it arrived by boat and truck in Austin late last spring. In early August, the two artisans who supervised the construction of our Hercules in Brussels came to Texas and spent almost a week with us reuniting its four sections and placing it on the low pedestal we had built to hold it. This was quite a job, and at times we had 12 to 15 people there helping the Belgians put the pieces in place. Our Farnese Hercules is 10'6" high and weighs approximately 2,000 pounds.

For updates on our progress and activities at the Stark Center, please go to: [www.starkcenter.org](http://www.starkcenter.org) or call 471-4890.



Terry Todd and Jack Berryman with Hercules statue replica.



## 2009 McCraw Lecture Series



The Department of Kinesiology and Health Education initiated its departmental seminar series in the Fall of 1998. The seminar series was named in honor of Dr. Lynn W. McCraw to recognize his many contributions to the department through his distinguished teaching, scholarship and professional service.

His contributions to the profession were recognized with election to membership in the American Academy of

Kinesiology and Physical Education, Phi Delta Kappa, and Phi Kappa Phi, and by being the recipient of the Texas, Southern District and National Honor Awards of AAHPERD. Texas AAHPERD also bestowed upon Dr. McCraw its PEPI Award, Scholarship Award, and David K. Brace Award. In 1984 the students in the Department of Kinesiology and Health Education created the Lynn W. McCraw Excellence Award to be given annually to the outstanding student in the department. In 1985, Dr. William Cunningham, President of The University of Texas appointed Dr. McCraw Professor Emeritus.

### General Information

The seminars are open to the public and are held in Belmont Hall room 962 from 12 noon to 1 pm the last Friday of each month during the academic year.



Dr. Bill Kohl gave a presentation on "Outbreaks, overload, epidemics, and specificity--Physical activity and public health" in March 27.

## 2008-2009 Schedule

September 26 - "The Work Family Interface in Sport: A Multilevel Perspective" by Marlene Dixon, PhD, Assistant Prof, Dept of Kinesiology and Health Education, UT Austin

October 31 - "Size Matters: Muscles, Drugs and Sport" by Jan Todd, PhD, Prof, Dept of Kinesiology and Health Education, UT Austin

November 21 - "Technologies of Gendered Athleticism in Twentieth Century, U.S. Womens Sports" by Jaime Schultz, PhD, Assistant Professor, Dept of Kinesiology, Univeristy of Maryland

January 31 - "Racial Influences in Sport Physical Activty" by Louis Harrison, PhD, Associate Professor, Dept of Curriculum and Instruction, UT Austin

February 27 - "Current Advances in the Neurobiology of Autism Spectrum Disorders" by Dilip Karnik, MD, Dell Children's Hospital

March 27 - "On Outbreaks, Overload, Epidemics, and Specificity-Physical Activity and Public Health" by Bill Kohl, PhD, Research Professor, Dept of Kinesiology and Health Education, UT Austin and Professor, UT School of Public Health-Austin Campus

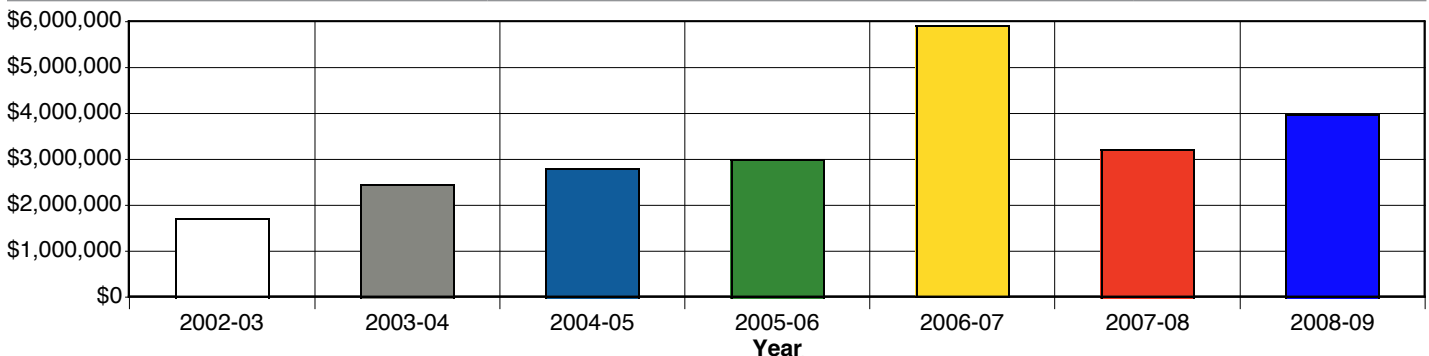
April 24 - "Promoting Resilient and Thriving Stress Responses" by Christyn Dolbier, PhD, Dept of Psychology, East Carolina University



Dr. Christyn Dolbier (pictured with Dot Lovett) was presented with the 2nd Annual Dorothy Lovett Distinguished Alumni Award after her lecture on April 24. Dr. Dolbier graduated from UT-Austin in 2000 with an interdisciplinary degree in Health Education and Psychology, and is currently an Associate Professor at East Carolina University.

**GRANT AND GIFT INCOME**

<b>RECIPIENT</b>	<b>FUNDING SOURCE</b>	<b>AWARD</b>
John Bartholomew	Tx Dept of State Health Services	221,965
John Bartholomew	DHHS-Natl Inst of Health	198,500
Pam Buchanan	Various Donors	2,490
Pam Buchanan	UT Autism Project	10,745
Edward Coyle	POM Wonderful LLC	25,000
Jonathan Dingwell	DHHS-Natl Inst of Health	253,865
Marlene Dixon	Natl Collegiate Athletic Assn	5,000
Roger Farrar	Spinesmith Partners LP	40,000
Roger Farrar	Theken Spine LLC	40,000
Nell Gottlieb	Tx Dept of State Health Services	1,033,000
Nell Gottlieb	General Mills	10,000
Bob Heere	North Amer Society for Sport Management	1,540
Carole Holahan	DHHS-Natl Inst of Health	51,411
John Ivy	Abbott Labs	33,030
John Ivy	Abbott Labs	84,073
John Ivy	Cullen Trust for Higher Education	50,000
John Ivy	Alderson Endowed Lecture Series	449
Alexandra Loukas	Tx Dept of State Health Services	150,000
Fred Peterson	Assn for Supervision & Curr Development	500
Mike Sanders	Summer Sports Program	16,994
Phil Stanforth	Adult Fitness Program	126,958
Mary Steinhardt	3M	16,500
Mary Steinhardt	Resilience Education Modules	21,456
Mary Steinhardt	Housing & Food Wellness Project	40,566
Hirofumi Tanaka	Yoga Care Foundation	1,000
Jan & Terry Todd	Weider Foundation	800,000
Jan & Terry Todd	Natl Strength & Conditioning	34,000
Jan & Terry Todd	Journal of Physical Culture	3,716
Jan & Terry Todd	Nelda C. & H.J.Lutcher Stark Foundation	700,000
		<b>\$3,972,757</b>



## **2008-2009 FACULTY AND STAFF**

### **Tenured & Tenure Track Faculty**

Lawrence D. Abraham, EdD, Professor, Movement Science  
John B. Bartholomew, PhD, Associate Professor, Exercise Physiology, Health Education  
Laurence Chalip, PhD, Professor, Sport Management  
Edward F. Coyle, PhD, Professor, Exercise Physiology  
Jonathan B. Dingwell, PhD, Assistant Professor, Movement Science  
Marlene Dixon, PhD, Assistant Professor, Sport Management  
Elizabeth Edmundson, PhD, Associate Professor, Health Education  
Roger P. Farrar, PhD, Professor, Exercise Physiology  
Nell H. Gottlieb, Ph.D., Research Professor, Health Education  
Christine Green, PhD, Associate Professor, Sport Management  
Lisa Griffin, PhD, Assistant Professor, Movement Science  
Bob Heere, PhD, Assistant Professor, Sport Management  
Carole Holahan, PhD, Professor, Health Education  
John L. Ivy, PhD, Dept Chair, Professor, Exercise Physiology  
Jody Jensen, PhD, Professor, Movement Science  
Harold “Bill” Kohl, PhD, Research Professor, Health Education  
Alexandra Loukas, PhD, Associate Professor, Health Education  
Keryn Pasch, PhD, Assistant Professor, Health Education  
Fred Peterson, PhD, Associate Professor, Health Education  
Waneen Spirduso, EdD, Professor, Movement Science  
Mary Steinhardt, EdD, Professor, Health Education  
Hirofumi Tanaka, PhD, Associate Professor, Exercise Physiology  
Janice Todd, PhD, Associate Professor, Sport Management, PETE  
Pete Tyson, MEd, Associate Professor, Physical Education

### **Non-Tenure Track (Roster) Faculty**

David Baron, BS, Specialist, Physical Education  
Kimberly Beckwith, PhD, Lecturer, Physical Education  
Barbara Brantner, MS, Specialist, PETE  
Pamela Buchanan, MA, Lecturer, PETE  
Loretta Clarke, PhD, Lecturer, PETE  
Don Crowley, BS, Specialist, Physical Education, PETE  
Janice Drost, BS, Specialist, PETE  
Brian Farr, MA, Lecturer, Athletic Training  
Julia Guinn, Specialist, Physical Education  
Robert Haugen, MS, Lecturer, Physical Education, PETE  
Thomas M Hunt, PhD, Lecturer, Sport Management  
Dorothy Lambdin, EdD, Clinical Professor, PETE  
Ting Liu, PhD, Lecturer, Movement Science  
Rob Mack, BS, Specialist, Physical Education  
Campbell Miller, BS, Specialist, Physical Education

Terri Mitchell, BA, Specialist, Physical Education  
Donald Nguyen, MSPT, Athletic Trainer Program  
Randy Oehrlein, MEd, Lecturer, Physical Education  
Peter Oliver, MA, Specialist, Physical Education  
Phong Pho, BS, Physical Education  
Teresita Ramirez, MEd, Lecturer, PETE  
Geoff Rich, MA, Specialist, Physical Education  
Fran Rush, MEd, Lecturer, PETE  
Michael T. Sanders, EdD, Physical Education  
Paul Schimelman, BS, Lecturer, Physical Education  
Brianna Smith, PhD, Lecturer, Sport Management  
Dixie Stanforth, MS, Lecturer, Physical Education  
Philip Stanforth, MS, Lecturer, Exercise Physiology  
Kim Tyson, MS, Lecturer, Physical Education, PETE  
Julian Woolf, PhD, Lecturer, Sport Management  
San Yoon, MSS, Specialist, Physical Education

### **Administrative Support Staff**

Jan Buchanan, Administrative Associate  
Julie Campos, Administrative Associate  
Patty Coffman, Administrative Associate  
Julie Drake, Program Coordinator  
Serena De Leon, Administrative Associate  
Zhenping Ding, Research Engr/Sci Asst  
Raffaela Garcia, Administrative Associate  
Dolores Groves, Administrative Assistant  
Richard Head, Tech Staff Asst II  
Traci Laird, Administrative Associate  
Charles Lenk, Administrative Assistant  
Stacy Metzler, Office Assistant  
Mary Ann Ortiz, Administrative Assistant  
Sharon Philips, Administrative Associate  
Mina Rathbun, Executive Assistant  
Leeann Rountree, Program Coordinator  
Geoffrey Schmalz, Library Assistant III,  
Tan Thai, Graduate Program Coordinator I

### **Research Support Staff**

Gina Akin, Sr. Program Coordinator  
Robin Atwood, Project Director  
Catherine Cunningham, Soc Sci/HRA IV  
Ashley Flowers, Soc Sci/HRA IV  
Jennifer Greenberg-Seth, Soc Sci/HRA IV  
Karol K. Harris, Research Fellow  
Esbelle Jowers, Research Associate  
Jennifer Krueger, Soc Sci/HRA IV  
Tara Ray, Soc Sci HRA IV  
Trina L. Robertson, Field Trainer/Analyst  
Gail Sneden, Project Director

## **DEPARTMENT COMMITTEES**

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### **Sport Management**

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### **Graduate Studies Committee**

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### **Faculty Teaching Award**

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### **Scholarship**

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### **Post-Tenure Review**

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Alexandra Loukas, PhD  
Jan Todd, PhD

### **Subvention Fund**

Edward F. Coyle, PhD  
Marlene Dixon, PhD  
Carole Holahan, PhD  
Fred Peterson, PhD

### **Student Travel Awards**

Christine Green, PhD  
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Fred Peterson, PhD  
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### **Sub-PAFAC**

Roger P. Farrar, PhD  
Michael Sanders, EdD

### **Undergraduate Advisory**

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Mary Steinhardt, EdD  
Janice Todd, PhD  
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Pete Tyson, MEd

### **Undergraduate Major Advisory Committee**

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#### **Sport Management**

Laurence Chalip, PhD  
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Christine Green, PhD  
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#### **General Kinesiology**

John B. Bartholomew, PhD  
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#### **Teacher Certification**

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#### **Physical Activity Curriculum**

Kenneth (Pete) Tyson, MEd  
Roger P. Farrar, PhD  
Robert Haugen, MS  
Randy Oehrlein, MEd  
Kim Tyson, MS

## FACULTY PUBLICATIONS

### John Bartholomew

Jowers E. J., Bartholomew, J.B., & Lasky, K. J. (2009). The effects of gender and ethnicity on absolute vs relative preferences for low-fat elementary school lunch entrées. *Maternal and Child Health, 5* 368-376.

Grieco, L. A., Jowers, E. M., & Bartholomew, J. B. (2009). Physically active academic lessons and time on task: The moderating effect of BMI. *Medicine and Science in Sports and Exercise, 41*, 1921-1926.

### Laurence Chalip

Chalip, L., Hums, M., & Kaburakis, A. (2008). Sport governance. In J. Borms (Ed.), *Directory of sport science* (5th ed.). Berlin: ICSSPE.

Taks, M., Chalip, L., Green, B.C., Kesenne, S., & Martyn, S. (2009). Factors affecting repeat visitation and flow-on as sources of event strategy sustainability. *Journal of Sport & Tourism, 14*, 121-142.

Warner, S., Chalip, L., & Woolf, J. (2008) Fan development strategy: The Austin Wranglers' game plan. *Sport Management Review, 11*, 309-330.

Xing, X., & Chalip, L. (2009) Marching in the glory: Experiences and meanings when working for a sport mega-event. *Journal of Sport Management, 23*, 210-237.

### Edward Coyle

Trinity, J., Pahnke, M., Sterkel, J., Coyle, E.F. (2008). Maximal power and performance during a swim taper. *International Journal of Sports Medicine, 29*(6): 500-506.

Joyner, M.J. & Coyle, E.F. (2008). Endurance exercise performance: The physiology of champions. *Journal of Physiology*, (London) 586 (1): 35-44.

Martinez, V. & Coyle, E.F. (2009). Sleep, pre-game fatigue, and game performance in female college soccer players. In T. Reilly and F. Korkusuz (eds) *Science and Football VI: The Proceedings of the Sixth World Congress on Science and Football*. Routledge Press.

Coyle, E.F. (2008). Physical fatigue during intense exercise: integration and compensation of physiological systems. *Proceeding of Conference on Sustaining Performance Under Stress*.

### Jonathan Dingwell

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Gates, D.H. & Dingwell, J.B. (2009) Comparison of different state space definitions for local dynamic stability analyses, *Journal of Biomechanics, 42*(9): 1345-1349.

Song, M., Segala, D., Dingwell, J.B., & Chelidze, D., (2009)

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Kang, H.G., & Dingwell, J.B. (2008) Effects of walking speed, strength and range of motion on gait stability in healthy older adults. *Journal of Biomechanics, 41*(14): 2899-2905.

### Marlene Dixon

Dixon, M.A., Warner, S., & Bruening, J. (2008). More than just letting them play: The enduring impact of parental socialization in sport for females. *Sociology of Sport Journal, 25*, 538-559.

Dixon, M.A. (2009). From their perspective: A qualitative examination of physical activity and sport for working mothers. *Sport Management Review, 12*, 34-48.

Tiell, B., & Dixon, M.A. (2008). Roles and tasks of the Senior Woman Administrator: A role congruity perspective. *Journal for the Study of Sports and Athletes in Education, 2*, 339-362.

Warner, S., Dixon, M.A., & Schomann, C. (2009). A program evaluation of GoGirlGo in a camp setting. *Women in Sport and Physical Activity Journal, 18*, 28-41.

### Roger Farrar

Matheny, R.W., Merritt, E., Zannikos, S.V., Farrar, R.P., & Adamo, M.L. (2009) Serum IGF-I-deficiency does not prevent compensatory skeletal muscle hypertrophy in resistance exercise. *Experimental Biology and Medicine* (Maywood), 234(2), 164-70.

### B. Christine Green

Taks, M., Chalip, L., Green, B.C., Kesenne, S., & Martyn, S. (2009). Factors affecting repeat visitation and flow-on as sources of event strategy sustainability. *Journal of Sport & Tourism, 14*, 121-142.

### Lisa Griffin

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### Bob Heere

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Kim, C.Y., & Heere, B. (2009). Basketball zonder grenzen: Levensruimte voor de NBA. *Sport & Strategie*, 3(3), 14-15.

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### **Carole Holahan**

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Velasquez, K.S., Holahan, C.K., & You, X. (2009). Relationship of perceived environmental characteristics to leisure time physical activity and meeting recommendations for physical activity among Texas men and women. *Preventing Chronic Disease: Public Health Research, Practice, and Policy*, 6 (1).

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### **Thomas Hunt**

Dimeo, P., & Hunt, T.M. (2009). Leading anti-doping in the IOC: The ambiguous role of Prince Alexandre de Merode. *Journal of Olympic History*, 17, 20-22.

### **John Ivy**

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Kerksick, C., Harvey, T., Stout, J., Campbell, B., Wilborn, C., Kreider, R., Kalman, D., Ziegenfuss, T., Lopez, H., Landis, J., Ivy, J.L., Antonio, J. (2008). International society of sports nutrition position stand: nutrient timing. *Journal of the International Society of Sports Nutrition*, 5: 17 (1-12).

### **Bill Kohl**

Ham, S.A., Martin, S., Kohl, H.W. III. (2008). Changes in the percentage of students who walk or bike to school – United States, 1969 and 2001. *Journal of Physical Activity and Health*, 5, 205-215.

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### **Dolly Lambdin**

Keating, X.D., Harrison, L., Chen, L., Xiang, P., Lambdin, D., Dauenhauer, B., Rotich, W., & Castro, J. (July 2009). An analysis of research on student health-related fitness knowledge in K-16 physical education programs. *Journal of Teaching in Physical Education*, 28(3), 333-349.

### **Alexandra Loukas**

Loukas, A., Ripperger-Suhler, K.G., & Horton, K.D. (2009). Examining bidirectional relations between school connectedness and early adolescent adjustment. *Journal of Youth and Adolescence*, 38, 804-812.

### **Keryn Pasch**

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### **Fred Peterson**

Wyatt, T. & Peterson, F. (2008). Promoting social and health advocacy in the classroom through service learning. *The Health Educator*, 40(2), 77-81.

### **Brianna Smith**

Smith, B.L. (2009). *ACTIVE Like Me: An analysis of children's knowledge, attitudes, and behaviors*. San Antonio: YMCA.

Smith, B.L. (2009). Team Power3: Building the market for a multisport organisation. *Sport Management Review*, 12, 101-112.

#### **Mary Steinhardt**

Steinhardt, M.A., Mamerow, M.M., Brown, S.A. & Jolly, C.A. (2009). A resilience intervention in African American adults with type 2 diabetes: A pilot study of efficacy. *The Diabetes Educator*, 35, 274-284.

#### **Hirofumi Tanaka**

Dhindsa, M., Barnes, J.N., DeVan, A.E., Nualnim, N., & Tanaka, H. (2008). Innovative exercise device that simulates horseback riding: cardiovascular and metabolic responses. *Equine and Comparative Exercise Physiology*, 5(1): 1-5.

Sugawara, J., Komine, H., Hayashi, K., Yoshizawa, M., Yokoi, T., Maeda, S., & Tanaka, H. (2008). Agreement between carotid and radial augmentation index: does medication status affect the relation? *Artery Research*, 2: 74-76.

Tanaka, H. Nutrition and arterial stiffness (in Japanese). (2008). In "New Ways to Assess Blood Pressure and Arterial Waveform: Manual". Ozawa, T. (ed). *Medical View*, Tokyo, Japan. pp193-195.

Cortez-Cooper, M.Y., Anton, M.M., DeVan, A.E., Neidre, D.B., Cook, J.N., & Tanaka, H. (2008). The effects of strength training on central arterial compliance in middle-aged and older adults. *European Journal of Cardiovascular Prevention and Rehabilitation*, 15(2): 149-155.

Dhindsa, M., Sommerlad, S.M., DeVan, A.E., Barnes, J.N., Sugawara, J., Ley, O., & Tanaka, H. (2008). Inter-relationships among noninvasive measures of postischemic macro- and microvascular reactivity. *Journal of Applied Physiology*, 105: 427-432.

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Tanaka, H. (2008). Role of regular exercise on vascular health in aging women. In Allerton, L.T., and G.P. Rutherford (eds.). *Exercise and Women's Health: New Research*. Nova Science Publishers, Hauppauge, NY, pp1-4.

Kagaya, A., Yoshizawa, M., Maeda, S., & Tanaka, H. (2008). Comments on point:counterpoint: exercise training does/does not induce vascular adaptations beyond the active muscle beds. *Journal of Applied Physiology*, 105: 1009-1010.

Seals, D.R., DeSouza, C.A., Donato, A.J., & Tanaka, H. (2008). Habitual exercise and arterial aging. *Journal of Applied Physiology*, 105: 1323-1332.

Sugawara, J., Hayashi, K., Yokoi, T., & Tanaka, H. (2008). Age-associated elongation of the ascending aorta in adults. *Journal of the American College of Cardiology: Cardiovascular Imaging*, 1: 739-748.

Tanaka, H. (2009). Habitual exercise for the elderly. *Family and Community Health*, 32(Supplement 1): S57-S65.

Sugawara, J. & Tanaka, H. (2009). Arterial path length measurements required for the pulse wave velocity (letter to the editor). *Journal of Hypertension*, 27: 1102-1105.

#### **Jan Todd**

Todd, J. (2009). Sex! Murder! Suicide! New revelations about the "Mystery of Minerva." *Iron Game History: The Journal of Physical Culture*, 10(4), 7-21.

Todd, J. (2009). Katie Sandwina and the construction of celebrity. In G. Gorla (Ed.), *Sport and Gender Matters in Western Countries: Old Borders and New Challenges* (pp. 97-110). Nordrhein-Westfalen, Germany: Academia Verlag.

#### **Jules Woolf**

Warner, S., Chalip, L., & Woolf, J. (2008) Fan development strategy: The Austin Wranglers' game plan. *Sport Management Review*, 11, 309-330.

## ***FACULTY PRESENTATIONS***

### **Lawrence Abraham**

Russell, P.J., Abraham, L. & Satern, M.N. Biomechanics at AAHPERD: Past & Future Contributions. Annual meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, April 2009.

Abraham, L., Marder, M., Walker, M., Walkington, C., Arora, P., Allen, K., Gordon, J. & Ihorn, S. UTOP analysis of beginning math and science teachers: The first three years. Annual Robert Noyce Scholarship PI Conference, National Science Foundation, July 2009.

### **John B. Batholomew**

Bartholomew, J.B., Jowers, E.M., Grieco, L.A., Smith, S.E. Texas I-Can! Is the increase in step count during physically active academic games similar across ethnicity, gender, and BMI? Annual meeting of the Society of Behavioral Medicine, Montreal, CA, 2009.

### **Pam Buchanan**

Autism and Development, Austin Area Speech Language Pathologists, June 2009

APE: New Take on an Old Topic, Corsicana ISD, August 2009

APE: New Take on an Old Topic, Palistine ISD, August 2009  
Presentation of over 17 UTAP Programs on the UT campus for children, parents, educators and clinicians.

### **Laurence Chalip**

Kessler, S.A., & Chalip, L. Sport development for adolescents: The barrier of adult agendas. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Lee, H.J., Lee, S., Green, B.C., & Chalip, L. Five senses! How do they affect spectators' stadium experience and intention to revisit. Annual Conference of the North American society for Sport Management, Columbia, SC, May 2009.

Lee, S., & Chalip, L. Factors affecting purchase of licensed products. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Smith, B.L., Chalip, L.C., & Ivy, J. The relative contributions of endorsement and scientific evidence on athletes' product preference. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

### **Edward F. Coyle**

Metabolic and performance effects of short-term fasting. International Olympic Committee; Sports Nutrition Working Group. Lausanne, Switzerland, April 2009.

### **Jonathan B. Dingwell**

Dingwell, J.B., John, J., & Cusumano, J.P. Stochastic control models explain how humans exploit redundancy to control stepping variability during walking. 2009 Annual Meeting of

the American Society of Biomechanics, Pennsylvania State University, State College, PA, August 2009.

John, J., Dingwell, J.B., & Cusumano, J.P. Passive sensitivity determines goal-level variability in a shuffleboard task. 2009 Annual Meeting of the American Society of Biomechanics, Pennsylvania State University, State College, PA, August 2009.

Dingwell, J.B., & Cusumano, J.P. Re-interpreting detrended fluctuation analyses of the stride-tostride variability in human walking. 2009 Annual Meeting of the American Society of Biomechanics, Pennsylvania State University, State College, PA, August 2009.

Dingwell, J.B., John, J., & Cusumano, J.P. Sub-optimal stochastic control models explain how humans exploit redundancy to control step-to-step variability during treadmill walking. 2009 Dynamic Walking Meeting, Simon Fraser University, Burnaby, BC, Canada, June 2009.

Dingwell, J.B., John, J., & Cusumano, J.P. Do humans optimally exploit redundancy to control step variability during walking? 2009 Annual Meeting of the Gait & Clinical Movement Analysis Society, Denver, CO, March 2009.

Dingwell, J.B., Scott, S.J., & Wilken, J.M. Walking on gravel affects variability and dynamic stability differently in non-impaired subjects and traumatic amputees. 2009 Annual Meeting of the Gait & Clinical Movement Analysis Society, Denver, CO, March 2009.

Cusumano, J.P., John, J., & Dingwell, J.B. How humans exploit redundancy to control step variability: The structure and performance of neuromotor control in human walking. 2008 Penn State Milton S. Hershey Medical Center Neuroscience Research Day, Hershey, PA, November 2008.

Cusumano, J.P., John, J., & Dingwell, J.B. Experimental stability analysis of human locomotion: limitations, paradoxes, and new directions. (Invited Keynote Presentation), 2008 ASME International Mechanical Engineering Congress and Exposition, Boston, MA, Oct–Nov 2008.

Dingwell, J.B. & Kang, H.G. Local and orbital dynamic stability of walking in healthy young and older adults. (Invited keynote presentation), 45th Annual Meeting of the Society of Engineering Science, Urbana-Champaign, IL, October 2008.

Cusumano, J.P., John, J., & Dingwell, J.B. Stability and goal equivalence in inter-stride fluctuations of treadmill walking. (Invited Keynote Presentation), 45th Annual Meeting of the Society of Engineering Science, Urbana-Champaign, IL, October 2008.

### **Marlene Dixon**

Bowers, M., & Warner, S., & Dixon, M.A. Dynamics of team cohesion: A social network perspective. Annual Conference of the American Alliance for Health, Physical Education, Recreation, and Dance, May 2009.

Dixon, M.A., Warner, S., & Bruening, J. The enduring impact of parental socialization in sport for girls. Annual Conference of the American Alliance for Health, Physical Education, Recreation, and Dance, March 2009.

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Newhouse-Bailey, M., & Dixon, M.A. An investigation of the Fair Labor and Standards Act and social identity. Annual Conference of the North American society for Sport Management, Columbia, SC, May 2009.

Schenewark, J., & Dixon, M.A. A dual model of work-family conflict and enrichment in collegiate coaches. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Roger Farrar**

Mechanical loading as a stimulus for muscle regeneration. Experimental Biology, New Orleans, April 2009

The use of extracellular matrix seeded with bone marrow or adipose derived stem cells for muscle regeneration. Institute for Surgical Research, Ft. Sam Houston, TX, April 2009.

Mesenchymal stem cells as a therapeutic modality in muscular regeneration. Institute for Gene Therapy, Tulane Medical School, April 2009

#### **B. Christine Green**

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Lee, H.J., Lee, S., Green, B.C., & Chalip, L. Five senses! How do they affect spectators' stadium experience and intention to revisit. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Ogura, T., Chung, K.S., & Green, B.C. Attracting new fans: The role of live event experiences. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Seo, W.J., Lim, S.Y., Green, B.C., & Sung, J. China and the Beijing Olympics: Effects of pre-event media on host nation, host city, and sport event image. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Bob Heere**

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Walker, M., & Heere, B. Social responsibility and the Olympic Games: The mediating role of consumer attributions. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Xing, X., & Heere, B. BOCOG's road to success: How national identity, organization identity and perceived event benefits committed BOCOG employees to success for building the Beijing Olympic Games. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Carole Holahan**

Kenney, B., Holahan, C. J., Pahl, S., North, R., & Holahan, C. K., Cronkite, R., & Moos, R. Depression and tobacco smoking in adulthood. Annual meeting of the Society for Behavioral Medicine, March, 2009.

Pahl, S., Holahan, C., North, R., Kenney, B., Holahan, C. K., Cronkite, R., & Moos, R. Depressive symptoms and physical illness across 10 years. Annual meeting of the Society for Behavioral Medicine, March, 2009.

#### **Thomas Hunt**

Hunt, T.M. Doping and the Olympic Games: Historical lessons for contemporary policymakers. Pennsylvania State University Kinesiology Colloquium Series, State College, PA, October 2008.

#### **John L. Ivy**

Training session feedings to enhance muscle adaptation: Importance of timing and nutritional selection. 6th International Conference on Strength Training. Colorado Springs, Colorado, October 2008.

Exercise training and insulin resistance: What we have learned from animal models. School of Public Health, Brownsville, Texas, March 2009.

PureSport, sport drinks for champions. Colloquium: My Research as Commercialization, The IC2 Institute, University of Texas, Austin, Texas, September 2008.

#### **Jody L. Jensen**

Workshop presenter for full day conference on Autism and Development, Austin Area Speech Language Pathologists (June, 2009)

Keynote Speaker: American Physical Therapy Association (Feb, 2009)

Senior Scholar Lecture – North American Society for the Psychology of Sport and Physical Activity (June, 2009)

#### **Bill Kohl**

Fitzgerald, S., Barlow, C., Willis, B., Haskell, W., Kohl, H. III. Physical activity and cardiorespiratory fitness: Does the 2:1 concept hold true? American College of Sports Medicine Annual Meeting, Seattle, WA, May 2009.

Barlow, C.E., Fitzgerald, S.J., Willis, B.L., Kohl, H. III, Haskell, W.L. Dose-response relation of physical activity volume and cardiorespiratory fitness in men. American College of Sports Medicine Annual Meeting, Seattle, WA, May 2009.

Kohl, H.W. III, Fitzgerald, S.J., Willis, B.L., Barlow, C.E. Weekend warriors and cardiorespiratory fitness: is it frequency or intensity? American College of Sports Medicine Annual Meeting, Seattle, WA, May 2009

Physical activity guidelines development: making sense of the committee report. American College of Sports Medicine Annual Meeting, Seattle, WA, May 2009.

Texas state physical activity planning. Texas Active Living Network, Austin Texas. Invited Speaker, June 2009.

#### **Dorothy D. Lambdin**

Dauenhauer, B.D., Rotich, W.K., Harrison, L., Keating, X.D., & Lambdin, D.D. Health-related fitness and physical activity of elementary minority students. Annual meeting of the American Alliance of Health, Physical Education, Recreation and Dance, Tampa, FL, April 2009.

Dauenhauer, B.D., Rotich, W.K., Lambdin, D.D., Harrison, L., & Keating, X.D. Body mass index and physical activity of elementary minority students. Annual meeting of the American Alliance of Health, Physical Education, Recreation and Dance, Tampa, FL, April 2009.

Keating, X.D., Chen, L., Lambdin, D., Harrison, L., & Ramirez, T. Important health-related fitness knowledge domains for university students. Annual meeting of the American Alliance of Health, Physical Education, Recreation and Dance, Tampa, FL, April 2009.

Lambdin, D., Keating, X., Harrison, L., Ramirez, T. Fitness Education: A national Sequence Project. Texas Secondary and Elementary Administrators (SEA) Conference, South Padre, TX, June 2009.

Aim High. Invited keynote address presented at the New York State Central Western and Western Zone Annual Conference, Rochester, NY, March 2009.

Grid Teaching. New York State Central Western and Western Zone Annual Conference, Rochester, NY, March 2009.

Lambdin, D. & Ramirez, T. AIM High Assessment Instrument. Preconvention meeting Texas Association of Health, Physical Education, Recreation and Dance's 85th Annual convention,

Corpus Christi, TX, December 2008.

#### **Alexandra Loukas**

Loukas, A., & \*Horton, K.D. (June, 2009). Stress, depressive symptoms, and cigarette use in vocational school students. Poster presented at the National Conference on Tobacco or Health, Phoenix, AZ.

Horton, K.D., & Loukas, A. (June, 2009). Discrimination, religious coping, and current tobacco use among vocational school students. Poster presented at the National Conference on Tobacco or Health, Phoenix, AZ.

Loukas, A. (April, 2009). Peer victimization and school connectedness: Examining a mediational model. Poster Presented at the Biennial Meeting of the Society for Research in Child Development, Denver, CO.

#### **Keryn Pasch**

Pasch, K.E., Klein, L., Nelson, M.C., Velazquez, C.E., Lytle, L.A. Weight perceptions and risk behaviors: Do over-estimators engage in more risky behaviors? Annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Lisbon, Portugal, June 2009.

Pasch, K.E., Lytle, L.A., Samuelson, A., Farbaksh, K., Kubik, M., Nelson, M.C., Heitzler, C.D. Are U.S. schools meeting the Institute of Medicine guidelines for food and beverage vending? Annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Lisbon, Portugal, June 2009.

Lytle, L.A., Hearst, M.O., Fulkerson, J.A., Pasch, K.E., Murray, D.M., Klein, E., Martinson, B. Examining the relationship between positive family meal practices and BMI status of youth and adults. Annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Lisbon, Portugal, June 2009.

Hearst, M.O., Lytle, L.A., Fulkerson, J.F., Scherwood, N., Pasch, K.E., Klein, E. Parental perceptions of and concern for their adolescent's weight status. The Etiology of Childhood Obesity (ECHO) study. Annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Lisbon, Portugal, June 2009.

Pasch, K.E., Komro, K.A., Perry, C.L., Staras, S. Risks associated with having older friends among urban young adolescents. Annual meeting of the Society for Prevention Research, Washington DC, May 2009.

Lytle, L.A., Pasch, K.E., Farbaksh, K., Nelson, M. The relationship between sleep and weight in a sample of adolescents. Annual meeting of the American Nutrition Society at the Experimental Biology Society, New Orleans, LA, April 2009.

Nelson, M. C., Pasch, K. E. Lust, K., Story, M, Ehlinger, E. Weight related behaviors among 2-year and 4-year college students. Annual meeting of the Obesity Society, Phoenix, AZ, October 2008.

**Fred Peterson**

Peterson, F. & Welsh K. Connecting the dots between global warming and youth health promotion, American Public Health Association Annual Conference, San Diego, CA, October 2008.

Welsh, K., Loukas, A., & Peterson, F. Communication Skills-Risk & Learning in Action, American Public Health Association Annual Conference, San Diego, CA, October 2008.

Peterson, F. and Welsh, K. Integrating Global Warming Education and Environmental Health Literacy Into College Health Promotion, American College Health Association Conference, San Francisco, CA, May 2009

**Teresita Ramírez**

Ramirez, T. Knotting matters: Knot tying basics for the beginner. Texas Outdoor Education Association, Annual Conference, Leakey, TX October 2008.

Lambdin, D. & Ramirez, T. Assessment tools: AIM high observation tool. 3rd Annual K-12 Administrators Pre Convention Workshop, Corpus Christi, TX, December 2008.

Lambdin, D., Keating, X., Harrison, L., Ramirez, T. Fitness education: A national scope and sequence project. Secondary and Elementary Administrators for HPERD Conference, South Padre Island, TX, June 2009.

**Brianna Smith**

Smith, B.L. Managing a confederation of rivals: Lessons from triathlon. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Smith, B.L., Chalip, L.C., & Ivy, J. The relative contributions of endorsement and scientific evidence on athletes' product preference. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

**Mary Steinhardt**

Steinhardt, M.A., & Kruse, J. R. Developing a culturally competent diabetes self-management program for African Americans, American Academy of Health Behavior Annual Conference, Hilton Head, SC, March, 2009.

**Hirofumi Tanaka**

Academic research opportunities in the US and other countries: recommendations for young investigators, postdoctoral fellows, and graduate students. Annual meeting of the Japanese Society of Physical Education, Health and Sport Sciences, Tokyo, Japan, September 2008.

Use of athletic performance records to study functional capacity. Kinesiology Seminar at Penn State University, University Park, PA, November 2008.

Habitual exercise and senile arteriosclerosis. Noll Physiology Seminar Series at Penn State University, University Park, PA, November 2008.

Exploring the Investment hypothesis: aging, habitual exercise, and cardiovascular function. American College of Sports Medicine meeting, Seattle, WA, May 2009.

Measures of arterial stiffness and compliance. American College of Sports Medicine meeting, Seattle, WA, May 2009.

Developing an independent extramurally-supported research program. Annual Summer Research Institute sponsored by the Center for Health Promotion and Disease Prevention Research in Underserved Populations (CHPR), Austin, TX June 2009.

Habitual exercise and arterial wall function. 1 Simposio de Exercício Físico Baseado em Evidência, Porto Alegre, Brazil, July 2009.

Role of regular exercise on preventive gerontology. 1 Simposio de Exercício Físico Baseado em Evidência, Porto Alegre, Brazil, August 2009.

**Jan Todd**

Todd, J. Before musclebound: The early history of strength training for athletics. Annual Conference of the North American Society for Sport History, Ashville, NC, May 2009.

**Julian Woolf**

Woolf, J. Managing bodies: The role of sport managers in the training of athletes. International Sport Symposium, Seoul, Korea, November 2009.

Woolf, J. Development of communication strategies to prevent steroid abuse among high school athletes. International Sport Symposium, Seoul, Korea, November 2008.

Woolf, J. High School baseball players' attitudes, opinions, and knowledge of anabolic steroids: Guidelines for the development of an anabolic steroid intervention program. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Woolf, J. Local residents' perceptions of an Arena Football team: Effects of moving up to the premier league, or down to the minor league. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

## STUDENT PUBLICATIONS

### Karissa Horton

Loukas, A., \*Ripperger-Suhler, K.G., & \*Horton, K.D. (2009). Examining bidirectional relations between school connectedness and early adolescent adjustment. *Journal of Youth and Adolescence*, 38, 804-812.

### Chi Young Kim

Kim, C.Y., & Heere, B. (2009). Basketball zonder grenzen: Levensruimte voor de NBA. *Sport & Strategie*, 3(3), 14-15.

### Luo Li

Li, L., & Heere, B. (2009). Chicago dankzij Obama favorite voor de Olympische Spelen van 2016. *Sport & Strategie*, 3(1), 16-17.

### Madonna Mamerow

Steinhardt, M.A., Mamerow, M.M., Brown, S.A., & Jolly, C.A. (2009). A resilience intervention in African American adults with type 2 diabetes: A pilot study of efficacy. *The Diabetes Educator*, 35, 274-284.

### Kenneth Ripperger-Suhler

Loukas, A., \*Ripperger-Suhler, K.G., & \*Horton, K.D. (2009). Examining bidirectional relations between school connectedness and early adolescent adjustment. *Journal of Youth and Adolescence*, 38, 804-812.

### Katherine Velasquez

Velasquez, K. S., Holahan, C. K., & You, X. (2009). Relationship of perceived environmental characteristics to leisure time physical activity and meeting recommendations for physical activity among Texas men and women. *Preventing Chronic Disease: Public Health Research, Practice, and Policy*, 6 (1).

### Stacy Warner

Warner, S., Chalip, L., & Woolf, J. (2008) Fan development strategy: The Austin Wranglers' game plan. *Sport Management Review*, 11, 309-330.

Warner, S., Dixon, M.A., & Schumann, C. (2009). A program evaluation of GoGirlGo in a camp setting. *Women in Sport and Physical Activity Journal*, 18, 28-41.

## STUDENT PRESENTATIONS

### Jill Barnes

Barnes, J.N., Trombold, J.R., & Tanaka, H. Eccentric muscle damage and macrovascular function: stiff muscles and stiff arteries? American College of Sports Medicine meeting, Seattle, WA, May 2009.

Nualnim, N., Barnes, J.N. & Tanaka, H. Regular swimming exercise and central artery compliance. American College of Sports Medicine meeting, Seattle, WA, May 2009.

### Brennan Berg

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

### Matt Bowers

Bowers, M.G., Kilduff, M.J., & Tsai, W. Network evolution and strategy development: A multi-level analysis. Advanced Institute of Management, London, UK., May 2009.

Bowers, M.G. The President's Council on Physical Fitness and the systematization of children's play in America. North American Society for Sport History Conference, Asheville, NC, May 2009.

Bowers, M., & Warner, S., & Dixon, M.A. Dynamics of team cohesion: A social network perspective. Annual Conference of the American Alliance for Health, Physical Education, Recreation, and Dance, May 2009.

Bowers, M.G., Kilduff, M.J., & Tsai, W. Network evolution and strategy development: A multi-level analysis. Academy of Management Conference, Chicago, IL, August 2009.

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

### Kyo Soo Chung

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Ogura, T., Chung, K.S., & Green, B.C. Attracting new fans: The role of live event experiences. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Juan Sebastian Giraldo**

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Lauren Grieco**

Grieco, L.A., Jowers, E.M., Smith, S.E., Bartholomew, J.B. School and class-level intra-class correlations for pedometers in 3rd grade children. American College of Sports Medicine meeting, Seattle, WA, May 2009.

#### **David Hammers**

Hammers, D.W., Adamo, M.L., Walters, T.J., Farrar, R.P. Evidence of apoptosis in skeletal muscle of young and old mice following ischemia-reperfusion injury. Experimental Biology, New Orleans, LA, April 2009.

#### **Karissa Horton**

Loukas, A., & Horton, K.D. Stress, depressive symptoms, and cigarette use in vocational school students. Poster presented at the National Conference on Tobacco or Health, Phoenix, AZ, June 2009.

Horton, K.D., & Loukas, A. Discrimination, religious coping, and current tobacco use among vocational school students. Poster presented at the National Conference on Tobacco or Health, Phoenix, AZ, June 2009.

#### **Seth Kessler**

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Kessler, S.A., & Chalip, L. Sport development for adolescents: The barrier of adult agendas. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Chi Young Kim**

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation

and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Jennifer Kruse**

Kruse, J.R., Steinhardt, M.A., Brown, S.A. Resilience-based diabetes self-management education (RB-DSME): feasibility study for African American adults with type 2 diabetes, Center for Health Promotion and Disease Prevention Research in Underserved Populations, The University of Texas, February, 2009.

#### **Hyun Jae Lee**

Lee, H.J., Lee, S., Green, B.C., & Chalip, L. Five senses! How do they affect spectators' stadium experience and intention to revisit. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Seunghwan Lee**

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Lee, H.J., Lee, S., Green, B.C., & Chalip, L. Five senses! How do they affect spectators' stadium experience and intention to revisit. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Lee, S., & Chalip, L. Factors affecting purchase of licensed products. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Luo Li**

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Soyoun Lim**

Seo, W.J., Lim, S., Green, B.C., & Sung, J. China and the Beijing Olympics: Effects of pre-event media on host nation, host city, and sport event image. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Michael Newhouse-Bailey**

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation

and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Newhouse-Bailey, M., & Dixon, M.A. An investigation of the Fair Labor and Standards Act and social identity. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Toshi Ogura**

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

Ogura, T., Chung, K.S., & Green, B.C. Attracting new fans: The role of live event experiences. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Joyce Olushola**

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Tolga Ozyurtcu**

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Chris Renzi**

Renzi, C., J. Sugawara, and H. Tanaka. The impact of lower limb blood flow restriction on hemodynamics during low intensity aerobic exercise. American College of Sports Medicine meeting, Seattle, WA, May 2009.

#### **Won Jae Seo**

Seo, W.J., Lim, S.Y., Green, B.C., & Sung, J. China and the Beijing Olympics: Effects of pre-event media on host nation, host city, and sport event image. Annual Conference of the North American Society for Sport Management, Columbia, SC, May 2009.

#### **Tae J Song**

Song, T.J., Farrar, R.P. Acute resistance exercise effects on IGF-1

signaling cascade downstream pathway. Experimental Biology New Orleans April, 2009

#### **Matt Stults-Kolehmainen**

Stults-Kolehmainen, M. A., Bartholomew, J.B., Seifert, J., Ciccolo, J. T., Portman, R. S. Age-Related Changes in Motivation to Exercise Among Highly Active Individuals. Annual meeting of the Society of Behavioral Medicine, Montreal, CA, 2009.

Ciccolo, J. T., Stults-Kolehmainen, M. A., Bartholomew, J.B., Seifert, J., Portman, R. S. Relationship between body weight and health related quality of life amongst a large group of highly active individuals. Annual meeting of the Society of Behavioral Medicine, Montreal, CA, 2009.

Lutz, R. S., Stults-Kolehmainen, M. A. & Bartholomew, J. B. (2009). I'm Stressed! I Must/can't Exercise Today! Effects Of Stage On Physical Activity And Stress. American College of Sports Medicine meeting, Seattle, WA, May 2009.

#### **Takashi Tarumi**

Sugawara, J., T. Tarumi, and H. Tanaka. Mind-body interaction: effects of laughter on central artery compliance. American College of Sports Medicine meeting, Seattle, WA, May 2009.

Tarumi, T., J. Sugawara, and H. Tanaka. Does laughter improve endothelium-dependent vasodilatation? American College of Sports Medicine meeting, Seattle, WA, May 2009.

#### **Matt Tierney**

Tierney, M.T., Merritt, E.K., Le, L., Sarathy, A., Walters, T.J., Farrar, R.P. Identification of regenerating myofibers within an extracellular matrix seeded with bone marrow-derived cells. Experimental Biology, New Orleans, April 2009

#### **Chung-Hsiang Wang**

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L., Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American society for Sport Management, Columbia, SC, May 2009.

#### **Stacy Warner**

The student-athlete experience: Understanding their communities. NCAA Research Committee Annual Meeting, San Diego, CA, November 2008.

Bowers, M., & Warner, S., & Dixon, M.A. Dynamics of team cohesion: A social network perspective. Annual Conference of the American Alliance for Health, Physical Education, Recreation, and Dance, May 2009.

Dixon, M., Heere, B., Green, B.C., Chelladurai, P., Chung, K., Ogura, T., Olushola, J., Wang, C., Berg, B., Kim, C., Lim, S., Newhouse-Bailey, M., Bowers, M., Giraldo, J., Kessler, S., Li, L.,

Ozyurtcu, T., Warner, S. Understanding adult sport participation and community: A Multi-national inquiry. Annual Conference of the North American society for Sport Management, Columbia, SC, May 2009.

Dixon, M.A., Warner, S., & Bruening, J. The enduring impact of parental socialization in sport for girls. Annual Conference of the American Alliance for Health, Physical Education, Recreation, and Dance, March 2009.

**Kelly Welsh**

Welsh, K., Loukas, A., and Peterson, F. Communication Skills-Risk & Learning in Action , Presented at the American Public Health Association Annual Conference, San Diego, CA, October 2008.

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