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Virginia Governor Vetoes Bill Increasing Physical Education Requirement, Thanks to Opposition From Education and Government Critics

Kinesiologists cheered when a bill mandating increased physical activity in school children passed both houses of the state legislature. Bill SB699 was sponsored by Virginia State Senator and pediatric neurosurgeon Ralph Northam and House Delegate and neurosurgeon John O'banon, both outspoken advocates for physical activity as a way of controlling childhood obesity. The bill would require schools to offer 150 minutes of physical education per week to school children in grades K-8 by the 2014 school year. Fewer than 10 percent of schools in Virginia currently meet this mark even though, according to a 2007 survey by the Annie E. Casey Foundation, 31 percent of Virginians ages 10-17 are overweight or obese. The bill specifically excluded recess (a familiar loophole in such legislation) from counting as part of the physical education requirement.

Then, a wet blanket was thrown over celebrations when state government and educational agencies weighed in, and they were far from enthusiastic. Even those originally favoring the bill beat a hasty retreat after number-crunchers determined that the requirement would entail costs, costs which school districts said they couldn't afford. Opposition groups claimed that, while they supported efforts to improve student health and reduce childhood obesity, the bill would require hiring more teachers, extending the school day, and reducing time currently devoted to art or music classes and to core academics. (Proponents of the bill questioned the math.) According to the opposition's calculations the requirement would cost Fairfax County Public Schools \$18 to \$24 million per year, Chesterfield County, \$6.9 million, and Pittsylvania County \$800,000 per year

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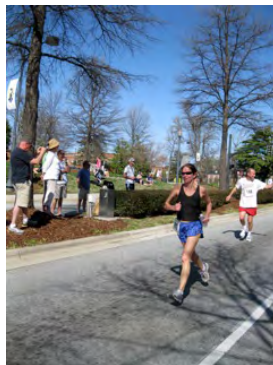
Exercise Addiction: When a Healthy Habit Becomes Unhealthy Behavior

By Amy Rose, Kinesiology Today Writer

Brigitte Chauvigne exercises regularly to keep her body healthy, maintain her slender figure and relieve daily stress. She admits to being obsessed with her exercise routine of running, cycling and yoga for 2-3 hours a day, but she stops short of calling herself an exercise addict. And according to most experts, she's probably right. Exercise addiction is much more than loving to run, bike, or pump iron in the gym.

"It's a big jump from committed exerciser to an exercise addict," says Gloria Balague. Balague is a professor of psychology at the University of Illinois at Chicago and a consultant with USA Track and Field. "It's not so much that they (exercise addicts) love to exercise, but they feel bad if they don't exercise." Several studies show that the presence of withdrawal- like symptoms is major factor in determining a high-level of exercise dependence.

Addiction has become a hot news topic in recent years as reporters have



Brigitte Chauvigne runs in The 5-mile Beerrun to benefit Special Olympics.

identified runners, weightlifters and others who seem unable to control their attraction to physical activity. The story of Jordan Waxman and his wife, Caren, in a recent Wall Street Journal article, exemplifies the toll exercise obsession can take on a marriage and family relationships. Mr. Waxman is an Ironman triathlete and often sacrifices family time for his exercise routine. He is up for his runs before his family rises in the morning and often comes home after his three children have eaten dinner. Due to his early start and hard work, he's also tired and ready for bed before anyone else in the house. After a family intervention pleading with Waxman to cut down on his exercise time, he tries to honor some new rules like family dinners every Friday night and a date night with his wife on Saturday. "Exercise is getting more and more couples into my office," says Karen Gail Lewis, a marriage and family therapist.

Chauvigne, a 53-year old single mother with three sons, a stressful career and a grandchild, says her exercise routine has slowed down recently, but she still plans her workouts every day. "I wake up in the morning thinking about how I'm going to fit

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Mergers and Acquisitions Aren't Limited to Wall Street

Department at Howard in Cross-Hairs of Restructuring Plan

Howard University recently announced recommendations following a year and a half of review of its academic programs. The exercise was undertaken with an eye toward reducing the range of undergraduate, graduate and professional programs in order to strengthen what administrators consider to be stronger growth areas. The final version of the restructuring plan issued by the Presidential Commission on Academic Renewal recommends eliminating or modifying 71 of 171 programs. The plan calls for the elimination of the Department of Health, Human Performance and Leisure Studies, and consolidating part of the program (leisure studies and sport management) in the management program in the College of Business. The masters of science program within the existing unit would be terminated and the plan calls for exploring a reorganization of the degree within the College of Medicine, the Graduate School and the College of Business.

According to Doris Corbett, chair of the department, the Masters of Science

program has had steady (but admittedly small) increases in enrollment over the past five years. In addition, faculty have attracted nearly \$2 million in external funding over that period of time, an amount which exceeds that attracted by some of the STEM programs on campus. The department's formal response to the commission's report outlines the advantages that would accrue to the university by continuing the masters program as part of a more comprehensive, interdisciplinary doctoral program in health communication, nutritional science, business, sociology, and physiology.

Also targeted for elimination was the university general education requirement in physical education. Currently all students are required to take a community health course, two physical activity courses, and one swimming course. The general education program services more than 6,500 students annually. The department has challenged the recommendation by pointing to the importance of health as a component of a well-rounded education, the national publicity currently being given to the need for

increased physical activity, and the alarming obesity rate among African Americans.

"It's been quite an experience for the past year and a half," says Corbett. It has consumed a lot of energy. I remain confident that our department will remain in some form." She anticipates the final shake out of the recommendations to be publicized sometime between April and September.

Kinesiology at UNCG Moves to New School

A year-long planning and restructuring effort at the University of North Carolina at Greensboro, led by AKA charter board member and Executive Vice Chancellor and Provost Dave Perrin, has culminated in the formation of a new School of Health and Human Sciences that will include the Departments of Kinesiology, Nutrition, Public Health Education, Human Development and Family Studies, Communication Sciences and Disorders, Social Work, Recreation and Gerontology, and the Program in Genetic Counseling. Kinesiology

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INSIGHT

Strategies for Countering Mergers and Acquisitions Behavior

Susan Petersen, The College at Brockport



Susan Petersen

Our department made a curricular change several years ago, moving from an historically based liberal arts major and four concentrations to five stand-alone majors. At the same time, the college was undergoing a restructuring effort. The department's curricular change had huge implications for our place in the restructuring effort.

Knowing that we might be vulnerable to a number of mergers or acquisitions during restructuring, we made a concerted effort to have the department chair get a seat at the table (i.e. be appointed to the restructuring committee).

Because physical education teacher education (PETE) is the historical backbone of the department with the largest enrollment of the five majors, there was considerable pressure to merge this unit with a newly formed School of Education and Human Services. After all, NCATE prefers to see a School of Education in which the entire professional education unit resides.

However, we made the case that our Department was poised on the verge of significant growth in four other areas that were not associated with education: Athletic Training, Exercise Physiology, Kinesiology, and Sport Management. Had we succumbed to the pressure to join the School of Education or had our PETE faculty not had the best interests of the entire department in mind, we might easily have been "acquired" by the School of Education and much of our current identity would have been lost.

Such a move could have also left us vulnerable to "hostile takeovers" of programs that really didn't "fit" in a School of Education - say, by the School of Business who might like to have seen Sport Management merge with their program, or Biology, who might like to have acquired Exercise Physiology as part of their program.

Having a core kinesiology curriculum from which all five majors draw helps us maintain our central focus on physical activity and unites the five majors. Without that core curriculum, we are simply five unrelated majors who are vulnerable to numerous mergers and acquisitions.

Having a seat at the restructuring table was critical; it allowed the case to be made for a new school of Health and Human Performance, in which our five majors fit nicely, along with departments of Health Science, Nursing, and Recreation and Leisure Studies.

With the change in curriculum and possible move to a new school, the department changed its name from "Physical Education and Sport" to "Kinesiology, Sport Studies and Physical Education". Again, moving away from an emphasis on Physical Education made it easier to put forth a rationale for not being in a School of Education.

Making all these changes with a united and strong faculty voice was essential. (Of course, being one of the two largest majors on campus with 1000+ students and 35+ united faculty members also made us hard to ignore.) Breaks in faculty unity and political infighting make departments extremely vulnerable to being broken up.

In the past month, the Department has been further recognized as one of four "programs of distinction" at the College. As such, the Department's programs will be

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PRESIDENT'S COLUMN

It's Spring Time: Take Advantage of It!

T. Gilmour Reeve, AKA President



T. Gilmour Reeve

Spring Semester always begins in the cold of winter but ends in the “lovely month of May.” The last weeks of Spring Semester are among the busiest with the ending of classes, upcoming final exams, and the annual college

and departmental award receptions and banquets. I have the privilege to attend many of these events and always enjoy meeting the students, faculty, staff and alumni who are being honored. However, I've realized that not every department or every college hosts such events. What is missed in these college/departments is an opportunity not only to recognize outstanding individuals but also to increase awareness and appreciation for what your department has accomplished over the past year.

Given the current financial conditions on campus, many departments can't justify hosting expensive banquets; and even nicely done receptions are costly. But every

department should participate in some form of award ceremony; whether that ceremony is hosted by the department or part of a larger event in the college or university.

Here are some suggestions to ensure that your department is making the most of your annual spring time events:

1. In January or February, department chairs often get a rush of requests for nominations for annual awards. We often get desensitized to the call for nominations, skeptical of the process, or fail to identify who should be nominated. But nominating individuals for awards is the first step. Departments may use committees which are charged with screening potential candidates, matching the individual with the correct awards, and facilitating the submission of the nomination materials.
2. Search out other appropriate awards that are offered by associations representing the disciplines in your department. AKA now offers Undergraduate and Graduate Scholar

Awards and a Scholarly Writing Award. Did you submit your nominees for these awards?

3. For many highly competitive awards, departments experience recurring “failures” in that their nominees aren't selected. But that's the wrong attitude. The department should still recognize the individual as the department's nominee for the award and use the opportunity to highlight the caliber of individuals (students, faculty, and staff) associated with the department.
4. And if your nominee does receive the award, be sure to promote it through your own outlets; that is, don't just rely on the awarding organization to announce the winners. You can create an announcement on your web page or include it in your Newsletter. If the individual received the award at a national conference, then hold an on-campus event to recognize the individual among her/his colleagues. The more prestigious the award the more “press” it deserves. But in each

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Clark Named ADVANCE Professor at Maryland



Jane Clark

Dr. Jane Clark has been selected for the position of ADVANCE Professor in the Department of Kinesiology in the School of Public Health. The ADVANCE Program for Inclusive Excellence

aims to transform the institutional culture of the University by facilitating networks, offering individual mentoring and support, and offering information and strategic opportunities for women faculty in all areas of academia. Through initiatives funded from a five year, multi-million dollar grant from the National Science Foundation, the ADVANCE Program aims to produce

academic environments with assumptions, values and beliefs, policies and practices that support and generate professional growth and excellence for all faculty.

American Association of University Professors Releases Salary Data

The AAUP has published its annual salary report for 2009-2010. Salary compression continues to afflict salary scales as the paychecks of newly hired faculty in many disciplines are nearly the same as resident faculty with many years of experience. Some of the results:

<u>Doctoral Institutions</u>	Professors	Associate Professors	Assistant Professors	Instructors
	\$127,296	\$84,686	\$72,893	\$48,812
<u>Masters Institutions</u>				
	\$91,998	\$72,469	\$61,056	\$45,336
<u>Baccalaureate Institutions</u>				
	\$87,835	\$68,042	\$56,425	\$46,475

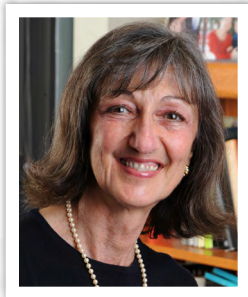
Full report at: <http://www.aaup.org/AAUP/comm/rep/Z/ecstatreport09-10/TOC.htm>

Summary data: Faculty Experience Doesn't Always Pay, The Chronicle of Higher Education, April 15, 2011.

Infant Treadmill Opens Door to Line of Applied Research at Michigan School of Kinesiology



Dale Ulrich



Bev Ulrich

It's not often that a piece of experimental equipment designed for research in basic science opens the door to vast new area of applied research, but it happened in the University of Michigan School of Kinesiology. The equipment, a mini-treadmill for use with infants, was originally designed and built for use in bilateral coordination studies with infants being conducted by Bev Ulrich and Esther Thelen in the late 1980's. For the past decade, it has been used by Dale Ulrich and colleague Rosa Angulo-Barossa in experiments aimed at accelerating walking in Downs Syndrome (DS) infants.

Bev Ulrich and Esther Thelen at Indiana University originally used the equipment in a series of experiments to ask fundamental questions about how infants develop bilateral coordination. As part of that research they discovered that infants develop the ability to perform alternate stepping very early in life (3 to 4 months) and can easily adapt their gaits when supported on a treadmill. Even when on a split-belt treadmill with each belt moving at different velocities, infants could adapt their alternate leg movements quite well.

Bev and Dale teamed up to conduct a randomized trial to see if the treadmill might work as an intervention in helping to reduce the significant delay in learning to stand, walk with help, and walk independently in infants with DS. The equipment enables walking speeds as low as ½ mile per hour and is small enough and light enough (about 40 pounds) to be transported easily in vans or car trunks, an important consideration given that in their studies, the treadmills are used for training DS infants by parents in their own homes.



Bev Ulrich works with an 18 month old child on a specially designed mini-treadmill.

The results have been encouraging. In their first paper published in *Pediatrics* in 2001 they reported that infants who engaged in a regular routine of stepping on the treadmill (supported by their parents) learned to walk sooner than infants given only the standard physical therapy. Treadmill training for eight minutes five days per week (in addition to normal physical therapy) reduced the time to walk on average from on 24-28 months to just 20 months. Physical therapists have long contended that attempting

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EXECUTIVE DIRECTOR'S CORNER

Thinking About Kinesiology and Public Engagement

Amelia Lee, AKA Executive Director



Amelia Lee

As a new player on the AKA Leadership Team, I have taken considerable time to become acquainted with strategies used to achieve our vision of promoting kinesiology as a unified field of study.

In reading President's Reports by current President Gil Reeve and Past President Jerry Thomas, it is clear that the AKA, through the dedication of a small group of leaders working together has made major progress toward promoting the discipline of kinesiology. While both presidents have highlighted the impressive accomplishments, several challenges threatening higher education in general, and kinesiology in particular, have been brought to our attention.

One of the more significant issues is designing strategies to overcome the problems associated with the economic crisis in the country and the subsequent possibility of losing kinesiology programs such as the PETE program at Florida State. In striving to

"I recommend that all kinesiology departments make community engagement and the civic mission a priority."

be more economically efficient universities have downsized, eliminated, and merged programs that upper administrators view as being weak because of low enrollments or having limited connection to the central mission of the institution. So, it appears that a huge issue for the AKA to address over the next few years is to design strategies that will ensure that kinesiology is viewed not only as central but also essential to the mission of the university.

Beyond the budget crisis, higher education in the 21st Century has in general lost the public trust and many have called for a redefinition of the college experience. Support has eroded and across the country state legislatures, business executives, private organizations and the general public are

claiming that universities are not responsive to the needs of society. In response to these criticisms many universities have become more interested in preparing students for active engagement in the improvement of communities and society. Students are being given opportunities to gain knowledge, learn skills, and acquire habits that will solve economic, social and health problems. So, at a time when universities are focusing more attention on the civic mission and seeking to solve some of the public problems of society, kinesiology is in an excellent position to explore important issues related to helping our students develop a lifelong interest in being engaged in activities that will contribute to the common good.

We in kinesiology are well aware that physical inactivity drives a host of health problems and the United States has taken an initial step to effectively address this as one of the 21st century's greatest public health problems. In 2010 a National Physical Activity Plan was developed and launched with overall goals to achieve population improvements in physical activity through broad scale policy change. Providing leadership in the health of society and providing

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New Journals to be Published

AKA and NAK to publish Kinesiology Review

A new electronic journal, *Kinesiology Review*, will be published in a joint effort by American Kinesiology Association, the National Academy of Kinesiology, and Human Kinetics. The journal was ushered through the planning stages by Jerry Thomas and Steve Silverman who represented AKA and Barbara Ainsworth and Diane Gill who represented NAK, and Rainer Martens of Human Kinetics. The journal will publish reviews of research and applications across the entire breadth of kinesiology. In addition to meta-analytic and narrative reviews KR also will publish theoretical papers and critical analyses of significant issues. Some issues will be thematic with invited reviews and evaluative summaries. Others will be unsolicited manuscripts from scholars around the world. There are high hopes for the journal. Jerry Thomas pointed out that this will be the first

journal in kinesiology to focus on review papers. "Review papers," he said, "are extremely important to advance the field as they tend to reach more generalized conclusions about the study of physical activity, are often the basis for development of a new theory, and are frequently cited by scholars and practitioners." The first issue is planned for release in February, 2012.

APA Division 47 to publish Sport, Exercise and Performance Psychology

The Publications and Communications Board of the APA along with Division 47 (Sport and Exercise Psychology) have also announced the founding of a new journal. The first issue of *Sport, Exercise and Performance Psychology* will appear in Spring 2012. Jeff Martin, of AKA member department Wayne State University, will

serve a five-year stint as inaugural editor. The driving force behind the journal, says Martin, came under Ed Acevedo's leadership when he was president of Division 47. "Several other journals cover sport psychology," said Martin, "but *Sport, Exercise & Performance psychology* will be the first to include a focus on performance psychology, or the study of how to enhance performance on the job, in sport and fitness and in the performing arts. Performance psychology is brimming with exciting possibilities, he says, such as research on how physical activity can help firefighters, police officers and military personnel perform their jobs better, or how these groups use mental strategies similar to those athletes rely on to maintain their focus and composure." Manuscripts are now being accepted for review. Address manuscripts to Jeffrey Martin, Wayne State University, 265 Mattheaei Bldg., Detroit, MI 48202. Electronic manuscripts may be submitted to: <http://www.apa.org/pubs/journals/spy>.

Design and Implementation of New Army Fitness Tests Headed By Leaders With Background in Kinesiology

The US Army is pilot testing a wholesale revamping of its Army Physical Fitness Test (APFT) at nine different sites. The revamped test called the Army Physical Readiness Test (APRT) will bring it more in line with the physical work soldiers are required to do on the battlefield. For over 30 years the Army has relied on a twice-a-year test which included two minutes of push-ups, two minutes of sit-ups and a two-mile run as an indicator for battle readiness.

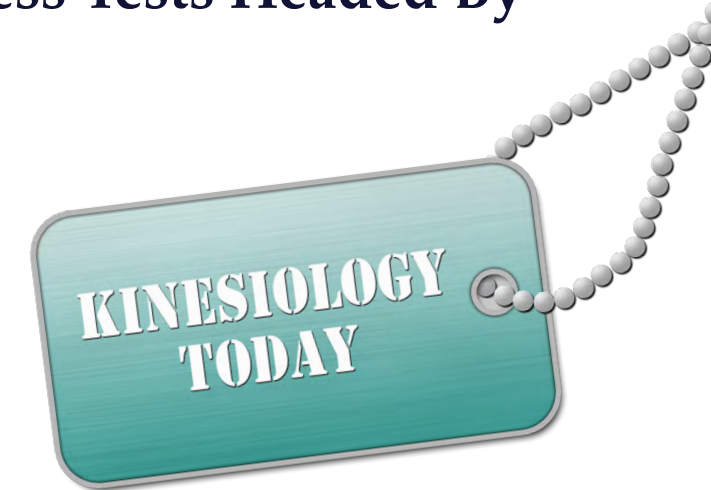
Lt. General Mark Hertling who is leading the project told the *Huffington Post* that the current test “does not adequately measure components of strength, endurance, or mobility,” or predict how well a soldier would do under fire.” The APRT eliminates sit-ups, increases the pace of push-ups, and replaces the long distance run with shorter, faster runs. The five events include: 60-yard progressive shuttle run, one-minute rower, standing long-jump, one-minute push-up, and a 1.5 mile run.

The Army believes these events will more accurately test a soldier’s anaerobic and

aerobic endurance while reducing the risk of injuries. The need for changes in testing and training was long recognized but little was done until Hertling took the bull by the horns. “Right after Vietnam, some of the fitness mavens, like Ken Cooper, sold the military on aerobic training. But this isn’t necessarily the way we do things in combat,” said Hertling.

All soldiers and officers, including those over age 60, will be required to take the tests as often as twice a year. Their performance will be evaluated using normative gender and age standards that are currently under construction.

Also new is the Army Combat Readiness Test (ACRT) designed to test “warrior tasks and battle drills.” Since much of soldiering involves carrying 40 to 70 pounds of gear, the new ACRT will require soldiers to run 400 meters dressed in full combat gear while carrying a weapon, dragging a 180-pound sled to test their readiness to pull a fallen comrade out of danger on the battlefield, running an obstacle course carrying and aiming a weapon, and performing an “ammo



cannister sprint”---transversing a balance beam wearing a helmet and carrying a weapon and a 30-pound ammunition canister in each arm, plus an agility sprint. Gone is outdated training using bayonets (the modern military rifle doesn’t accommodate them) and in is more training in hand-to-hand combat. “This is about training smarter, not just training more,” Hertling said.

Hertling is a veteran of Desert Storm and wars in Iraq and Afghanistan. He has a masters degree in exercise physiology from Indiana University and formerly taught in the physical education department at West Point. Designing the training curriculum for

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EDITORIALLY SPEAKING...

Our Vincible Ignorance of the Placement of Our Graduates

Shirl J. Hoffman, *Kinesiology Today* Editor



Shirl Hoffman

Earlier this month, a young man stood at a busy intersection in my home town holding a large sign that read: "Recent College Graduate with BS in Sport Management Looking for a Job in a Related Field. Resumes in Hand." Having invested four years of his life studying sport management at a local college he was finding it difficult to find work in his field. It was a creative approach to a job search; apparently he had attracted the attention of some prospective employers.

Yet, for those of us in departments that prepare students for careers in kinesiology, that sign-toting young man put his finger on an issue that most of us would rather not think about: What is the relationship between the supply of students we usher into the work force each year and the demand for their professional services? Are kinesiology departments producing too many, not enough or just about the right numbers of graduates?

Data collected in the 2009 survey by AKA and another study on graduates from state universities in California, plus anecdotal evidence from AKA member departments paint a fairly clear picture of the supply side. We appear to be producing very large numbers of graduates. We hear reports from department heads, for example, telling us that kinesiology majors at some departments represent nearly 10 percent of their student body. But whether or not these graduates are large relative to the demand for their services is anybody's guess.

While it is encouraging to think that market demand drives supply, it is unlikely that students' career choices are based on that critical variable. Studies have shown, for example, that students enrolled in speech pathology and nursing programs rarely cite the market demand for the services of therapists and nurses as a reason for choosing their career track.

Universities have never devoted much attention to regulating the supply side by monitoring the numbers of students they enroll, graduate and see employed. For example, students continue to flock to law



Photo by Alexa Milan, Courtesy of the News & Record.

schools even though the market for new lawyers is, at best, tepid. (The National Association of Legal Professions reports that in 2010 law schools turned out 40,000 lawyers for 29,000 available full-time jobs.)

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AKA Leadership Workshop Blitzed By Ice Storm But Still A Success

The annual leadership workshop, “Managing Growth While Maintaining Discipline Focus” was held in Dallas at the Solana Marriott January 30-February 1. At a primary session participants considered whether or not increased enrollments in kinesiology departments due to students interested in careers in physical therapy and other health-related professions should be regarded as a threat or a boon. A second session asked whether or not kinesiology was losing its monopoly as a unique discipline devoted to the study and teaching of physical activity. The workshop included formal presentations followed by panel discussions, case study analyses, and informal roundtable discussions. As is the case in all AKA workshops the emphasis was on maximum participation by attendees.

Few expected the Dallas area to be hit with an ice storm, but it came, and came with a vengeance. Temperatures were the lowest to hit Dallas in twenty years. The threat of cancelled flights led to many early evacuations and, for many of those who stayed, the trip home would take up to

two days. A panel scheduled for the final day of the workshop to discuss the role of professional and academic societies in the professional development of faculty was cancelled, but an impromptu session featuring seventeen die-hards proved enlightening. Here are some gleanings from some of the participants:

Penny McCullagh, California State University, East Bay.

“There is no doubt that the allied health fields have caused a boom for Kinesiology enrollments. It seems critical that Kinesiology maintain a broad based core that ranges from the humanities to social/behavioral sciences to life sciences. It is also critical that Kinesiology cooperate with other disciplines – especially on their own campuses – to elevate the study of human movement to the highest level. Kinesiology does not own physical activity. While physical activity is the primary focus of our discipline – other disciplines are also interested in this topic.”

Wojtek Chodzko-Zajko

University of Illinois-Urbana-Champaign

“As departments have incorporated a deeper and broader study of the scientific basis of the relationship between physical activity, sport, and health, this has led to an explosion in career choices for our graduates in Kinesiology. While the expansion of knowledge about the benefits of physically active lifestyles has led to an increased market demand for individuals with a background in Kinesiology, it has also led to a significant increase in the amount and diversity of knowledge, skills, and abilities graduates of Kinesiology programs will be expected to acquire. Increasingly graduates are being asked to function in an interdisciplinary environment that emphasizes a multifaceted approach to health, sports and wellness. This new interdisciplinary approach to Kinesiology provides both opportunities and challenges for our future graduates.”

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Short Shots

Sports Injuries On the Rise

NFL Injuries

According to a report released on January 26, 2011 (*Dangers of the Game of Football*) by the NFL Players Association injuries increased from 3.2 per week per team in 2009 to 3.7 per week per team in the 2010 season. The report pegs the percentage of players injured during the season at 63 per cent in 2010 compared to 59 per cent the prior year. Thirteen percent of all injuries required players to be placed on the injured reserve list this season compared to an average of 10 percent over the eight-year span from 2001-2009. The report shows sharp rises in the number of players placed on the injured reserve list, and the number of players suffering at least one concussion (from approximately 2.2 percent to approximately 3.8 percent) between the period of 2002-2006 and 2007 to 2010.

An earlier, more comprehensive study conducted by the NFLPA (September 6, 2010) had shown sharp rises in the past two years in disability applications. There were 16,552 injuries recorded between 2004 and 2009. Rate of injuries are highest during pre-season and lowest during post-season competition, but severity of injuries rises as the season progresses. Twenty-one percent of all injuries were classified as "severe;" 10 percent required surgery. Concussions were the most common specific type of injury. According to the report an NFL player has a 10 percent chance of suffering a mild traumatic brain injury each season. Brain trauma incidents were calculated at 0.25 per team per game. Frequency of concussions rises as the season progresses.

<http://www.esquire.com/cm/esquire/data/Dangers-of-the-Game-Report-Esquire.pdf>

Earlier draft (September 6, 2010) of the report is at:
<http://www.esquire.com/cm/esquire/data/Dangers-of-the-Game-Draft-Esquire.pdf>

Football Injuries in Young People

In the January issue of *Clinical Pediatrics* investigators from the Center for Injury Research and Policy at Nationwide Children's Hospital report the findings of a first ever survey of football injuries that includes those incurred during informal as well as organized play. Using the National Electronic Injury Surveillance System of the US Consumer Product Safety Commission the researchers examined a sample of the estimated 5,252,722 football injuries requiring treatment by emergency departments that occurred between 1990 and 2007 among 6 to 17-year olds. Injuries were categorized by body region, diagnoses and disposition of cases from the emergency departments. The number of injuries increased 26.5% in the 18-year period. The annual rate of injury was 6.2 injuries per 1000 which did not change over the study period. Upper extremities were most often injured (49%) followed by lower extremities (26%) and injuries to face,

Short Shots

head and neck (16%). The most common diagnosis was fracture or dislocation and in 97% of the cases the players were released from the hospital. Concussions, compared to all other types of injuries were most likely to lead to hospitalization.

Source: Nation, A. et al. (2011) Football-related injuries among 6- to 17-year olds treated in US emergency departments, 1990-2007. *Clinical Pediatrics*, 50(3), March, 200-207

Running Injuries in Children

A recent study examined running-related injuries among children and found that an estimated 225,244 injuries were treated in emergency departments between 1994 and 2007, an average of 16,000 each year. The majority of injuries were sprains and strains in the lower extremities. Younger children ages 6 –14 were more likely to have been injured in a fall while running at school; older children 15-18 were more likely to sustain injuries while running at a sports or recreation facility. The annual number of cases rose 34% over the study

period. The authors conclude that while “running is a common activity in physical education class and the availability of running events and clubs continues to grow”...formal, scientific guidelines are needed and should consider the various locations and conditions in which running for exercise takes place among young runners”

Source: Mehl, A., et al. (2011) Running-related injuries in school-age children and adolescence treated in emergency departments from 1994 through 2007. *Clinical Pediatrics*, 50(2), 126-132.

Pre-run Stretching Found Not to Prevent Injuries

A recent study presented at the Annual Meeting of Orthopaedic Surgeons and reported in *Science Daily* found that pre-run stretching neither prevented nor caused injuries in a group of experienced runners. Over 2700 runners who ran more than 10 miles each week were randomized into stretch and non-stretch groups. The stretch

group participated in 3-5 minute bouts of stretching concentrated on the hamstrings, quadriceps, and gastrocnemius/soleus muscle groups. Significant risk factors for running included history of chronic injury in the last four months, higher BMI, age, and switching from their normal pre-run routine of stretching or not stretching. Specifically, “runners who typically stretch as part of their pre-run routine and were randomized not to stretch during the study period were more likely to experience an injury than those who did not switch...”

Source: *Science Daily*: <http://www.sciencedaily.com/releases/2011/02/110218083422.htm>

Short Shots

Exercise Found to Have Positive Effect on Cognitive Function and Achievement in Overweight Children

A recent study raises expectations that regular physical activity may improve cognitive functioning in overweight children and also improve academic achievement. Catherine Davis, a clinical health psychologist at Georgia Prevention Institute and her colleagues studied the effects of 20 minutes and 40 minutes per day of exercise on overweight 7 to 11 year olds. Tests measured cognitive abilities such as planning (executive function) and achievement (math and reading) as well as MRI analyses of brain function. They found dose-response benefits of exercise on executive function and mathematics achievement (but not reading), even though mathematics was not taught during the experiment. The increased prefrontal cortex activity and reduced bilateral posterior parietal cortex activity induced by exercise was similar to what other investigators have observed in adults. The authors concluded that “besides its importance for maintaining weight and reducing health

risks during a childhood obesity epidemic, physical activity may prove to be a simple, important method of enhancing aspects of children’s mental functioning that are central to cognitive development. This information may persuade educators to implement vigorous physical activity.”

Source: Davis, C. (2011) Exercise improves executive function and achievement and alters brain activation in overweight children: A randomized, controlled trial. *Health Psychology*, Vol 30(1), Jan 2011, 91-98

New CPR Equipment Provides Improved Blood Flow to Brain and Heart

Newly developed CPR equipment has been found to increase long term survival rates with good brain function after cardiac arrest. In an article in *Lancet*, a team of researchers at University of Minnesota Medical School report that a new device caused heart and brain to be furnished with almost three times more blood flow in each compression-decompression cycle compared to the standard

CPR method. They are recommending the method as a new standard to the American Heart Association. The method incorporates two devices, the ResQPump which is a suction cup that attaches to the patient’s chest and a second device (ResQPOD) which prevents air from rushing into the lungs while the ResQPump raises the chest. The resultant vacuum created in the chest pumps more blood to heart and brain. Keith Laurie, one of the researchers told *Science Daily*: “We are moving from prehistoric times -- relying only on our hands -- to modern times, implementing tools to treat victims. This advance is a product of collaboration between emergency medicine specialists, cardiologists, anesthesiologists, neurologists, and countless other professions. A multidisciplinary environment was absolutely necessary for our success.” “New CPR Method Increases Survival Rate by 50 Percent, Study Suggests” *Science Daily*, March 1, 2011

Article at: <http://www.sciencedaily.com/releases/2011/03/110301111507.htm>

Short Shots

Are Leaders Born, Not Made?

A review of research on leadership by the past editor of *The Leadership Quarterly* points up some interesting results. While leadership flows in part from the competencies the leader brings to the situation at hand--- intelligence, divergent thinking, extraversion, and self-efficacy---specific leadership roles usually make specific demands that are not always critical to other aspects of performance. These include skill in planning, forecasting, and “sensemaking.” Wisdom, along with the ability to reason and case-based, experiential knowledge also are important in influencing others and social systems to attain certain objectives. Research has also shown pro-social behaviors such as trust, justice, humbleness and positive interpersonal affect to be critical to good leadership, but, notes the author, “however desirable these positive interpersonal behaviors, leaders often cannot, and often do not, behave in a pro-social fashion.” Why? Personal traits such as narcissism, errors in cognitive processing, and mental models that people apply when thinking about leadership problems.

Article at: Mumford, M.D. (2011) A hale farewell: The state of leadership research. *The Leadership Quarterly*, 22, 1-7.

Pickled Partisans

Sports spectators---especially those who bare their chests in below freezing weather--- have long been suspected of over-drinking. Now comes data showing just how correct those suspicions have been. A new study published in the online journal *Alcoholism: Clinical and Experimental Research* found that 40% of fans attending selected football and baseball games had positive blood alcohol levels and almost 8% were legally drunk. Darin Erickson at University of Minnesota, lead investigator on the project, admitted that their sample size was small (362 attendees at 13 baseball games and three football games) although very much in line with similar studies conducted by others. Attempting to recruit subjects and collect data on fans streaming by exit gates in a narrow window of 15 minutes imposed serious limitations. “But, they write, If our sample were representative of individuals

attending professional sporting events, this means that, on average, approximately 5,000 attendees leaving one NFL game would be above the legal BAC limit for driving.”

Erickson also found that fans under 35 years of age were nine times more likely to have blood alcohol levels above 0.08. Nearly one in four spectators who tailgated consumed five or more alcoholic drinks while doing so. Spectators at night time games had significantly higher odds of having a mid-range blood alcohol level (below 0.08) but were not more likely to have a blood alcohol above the legal limit.

Source: Erickson, D. et. al. (2011) Can we assess blood alcohol levels of attendees leaving professional sporting events? January 11.

<http://onlinelibrary.wiley.com/doi/10.1111/j.1530-0277.2010.01386.x/full>

Short Shots

Physical Education Teachers Demonstrate for Jobs in India

A poor job market for physical education teachers turned to violence in Lucknow, the capital of Uttar Pradesh a state of 180 million people in northern India. Hundreds of physical education graduates from different parts of Uttar Pradesh who were unable to land teaching jobs marched en masse on the state assembly. When blocked by police they turned violent, trashing government vehicles and vandalizing a post office. Violence stemming from teacher demonstrations is nothing new in Lucknow. Last year at least 30 people, including senior police officers, were injured as hundreds of temporary teachers in several government-run primary schools demanded full-time appointments and salary increases.

Source: <http://www.zeenews.com/news690311.html>

“Academically Adrift” Shakes Up the Academy

Shock waves continue to sweep over academe in the wake of Richard Arum

and Josipa Roska's eye-opening book *Academically Adrift*. Whether or not the book, with its dismal report on the ineffectiveness of undergraduate programs in teaching critical thinking, leads to any substantive changes in the way professors go about their work is an open question, but it clearly has made tongues wag. The study followed 2,300 undergraduates through four years of college, periodically measuring critical thinking using the Collegiate Learning Instrument. No significant gains in critical thinking, complex reasoning and written communication were observed in 36 percent of students over four years of college. No gains were observed in 45 percent of the students over two years.

Now critics are weighing in. At a recent meeting of the Association of American Colleges and Universities for example, questions were raised about the instrument used to assess critical thinking and about important questions not asked in the survey.

Inside Higher Education assembled a group of education experts to identify causes for the embarrassing results. (January 19, 2011 issue). The conclusions were far from startling: “In general, students aren’t studying enough; faculty members

aren’t demanding enough of students; administrators aren’t paying attention to student learning outcomes; and the federal government isn’t awarding grant money to figure out why students aren’t learning, even as it calls for more completion.”

We shouldn’t be surprised at the findings, says Lloyd Armstrong, University Professor and Provost Emeritus at University of Southern California on his blog, “Changing Higher Education.” He notes that earlier studies by Derek Bok (*Our Underachieving Colleges*) and Ernest Pascarella and Patrick Terinzini (*How College Affects Students, Volume 2*) found essentially the same thing. Armstrong is just as dubious about how much content students learn in four years as he is about their critical thinking skills. “In my own field of physics, tests given to students at hundreds of institutions ranging from community colleges to the best research universities show that students who have finished a physics course on average think less like experts than when they started the course. There is a “universal result, valid across institutional size and quality, size of class, etc. that students on average understand less than 30% of the

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concepts that were taught in their class, even though they might answer traditional test questions quite well.”

Read at: <http://www.changinghighereducation.com/2011/01/index.htm>

Rebooting the EdD

Add this to the category of things worth reading: Jon Wergin's article "Rebooting the EdD" in the recent issue of *Harvard Educational Review*. The professorate has long considered the Ed.D. a "PhD lite," a term coined by Lee Shulman, former president of the Carnegie Center for the Advancement of Teaching, or as Art Levine, former president of Columbia University Teachers College called it, "a back door for weak education colleges to gain doctoral granting authority." Levine argued for termination of the degree category, unlikely given that at last count there were 250 EdD programs in the country. "Not so fast," says Wergin. There clearly is a place for rigorous, scholarship-based EdD programs that not only teach administrators how to operate in an educational

environment but teach them how to change that environment. He argues for a more expansive view of the EdD, not simply as a degree for public school administrators, but as an effective force for disrupting, challenging, and transforming, a host of cultural settings. Further Wergin discourages conceptualizing the EdD as a modification of the PhD, (a PhD less something) "but a course of study having distinct purposes and learning outcomes, culminating in a capstone assessment that reflects practice expertise." The EdD, says Wergin, should be the terminal practice degree for educators just as the MD degree is the terminal practice degree for medicine, and it should have a purpose and rigor wholly different from the PhD.

Source: Wergin, J. (2011) Rebooting the EdD. *Harvard Educational Review*, 81(1), 119-139

Faculty Pay at Colleges and Universities Flat-line: Kinesiology Faculty Data Remain Obscured

Data released in early March by the College and University Professional

Association for Human Resources show faculty salaries at public colleges to have plateaued for the second year in a row. The association reports that faculty salaries at all institutions have grown just slightly more than the rate of inflation. Highest average salaries for professors were in law schools (\$134,162), engineering (\$114,365), business (\$111,621), and computer and information services (\$101,985). Lowest professor salaries were in theology (\$74,267), visual and performing arts (\$79,768), parks, recreation and fitness studies (\$80,366), and English (\$80,545). Salaries for associate and assistant professor levels in parks recreation, leisure, and fitness studies were relatively higher.

Once again, salary data have been organized in categories designed by the National Center for Educational Statistics' Classification of Instructional Programs (CIP). The result is what surely is incomplete and possibly misleading information. Kinesiology faculty are grouped with faculty in parks, recreation, tourism and health education. The CIP taxonomy reveals little about the large group of faculty who teach and conduct research in such fields as exercise physiology, biomechanics of physical activity,

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history, philosophy and sociology of sport, motor learning, development and control, fitness studies, and physical education teacher education. Whether or not salaries for athletic training and exercise physiology faculty have been included is anybody's guess since these sub-fields are grouped under separate CIP classifications.

The only specific data on salaries for kinesiology professors were collected in the 2009 limited sample survey by AKA. In that survey (available at www.american-kinesiology.org) professors earned a mean salary of \$93,683; associate professors, \$69,573; and assistant professors \$57,556. AKA's efforts to convince NCES to reposition kinesiology in their taxonomy so that such data can be clearly interpreted have been largely ignored to date.

Source: <http://www.cupahr.org/surveys/files/salary2011/NFSS11ExecutiveSummary.pdf>

Average Faculty Salary By Field and Rank,
Chronicle of Higher Education, March 7, 2011.

Minimizing the Decline Effect

It has long been recognized that statistical effects reported for research tend to decline over time. Some have explained it as a function of regression to the mean or a correction of originally exaggerated outcomes. Such a hypothesis is difficult to test because scientists don't have access to negative outcomes (since most never are published). Now Johnathan Schooler, a psychology professor at the University of California, Santa Barbara, has suggested a solution. What is needed, says Schooler is "an open-access repository" for all research findings. Such a repository would enable scientists to log their hypotheses and methodologies before beginning their experiments, and enter their findings afterwards. In addition, says Schooler, such a system "could also address other shortcomings of the current scientific process,

including the regular failure of scientists to report (findings) that are inconsistent with their hypotheses; the addition of removal of participants and variables to generate statistical significance; and the probable existence of numerous published findings whose non-replicability is shrouded because it is difficult to report null results." A data repository for research on classroom learning, similar to what Schooler is recommending for science at large, has been established by the Pittsburgh Science and Learning Center (PSLC) at University of Pittsburgh. (<https://pslcdatashop.web.cmu.edu/>)

Source: Schooler, J. (2011) "Unpublished results hide the decline effect. *Nature News*, on-line, February 23, 470, 437

<http://www.nature.com/news/2011/110223/full/470437a.html>

CONFERENCES AND MEETINGS OF INTEREST

United States Conferences**American College of Sports Medicine
58th Annual Meeting and 2nd World
Conference on Exercise is Medicine**

May 31-June 4, Denver Colorado
Advance program and registration
Information at: [www.acsm.org/
annualmeeting](http://www.acsm.org/annualmeeting)

**North American Society for Sport
History Annual Conference**

H.J. Lutchter Stark Center for Physical
Culture and Sports
May 27-30 2011, University of Texas at
Austin
Information at: <http://www.nassh2011.org/>

**National Athletic Trainers'
Association, 62nd Annual Meeting
and Clinical Symposia**

June 19-June 22, New Orleans
Information at: <http://nola.nata.org/>

**National Strength and Conditioning
Association, 34th National
Conference and Exhibition**

July 6-9, 2011, Las Vegas, Nevada
Information at: [http://www.nsca-lift.org/
NatCon2011/](http://www.nsca-lift.org/NatCon2011/)

**North American Society for the
Psychology of Sport and Physical
Activity Annual Conference**

June 9-11, 2011, Burlington, Vt.
Information at: [http://www.naspspa.org/
about-the-conference](http://www.naspspa.org/about-the-conference)

**Association for Applied Sport
Psychology Annual Conference**

September 20-24, 2011, Waikiki Hawaii
Sheraton Honolulu, HI
For information:
<http://appliedsportpsych.org/conference>

International Conferences**39th Annual Conference of the
International Association for the
Philosophy of Sport (IAPS)**

September 8-11, Hyatt Regency Hotel
in Rochester, New York
Host: The College at Brockport, State
University of New York
For information: [http://iaps.net/
conference/iaps-conference-2011/](http://iaps.net/conference/iaps-conference-2011/)

**7th Annual International Conference
on Kinesiology and Exercise
Sciences, Athens Institute for
Education and Research (ATINER)
Kinesiology and Exercise Sciences**

27-30 June 2011, Athens, Greece
Information at: [http://www.atiner.gr/
docs/2011Conferences.htm](http://www.atiner.gr/docs/2011Conferences.htm)

**Sport as a Mediator Between Cultures
First International Israeli-German
Conference: Peace Education,
Conflict Resolution, and Cultural
Awareness Through Sport**

September 15-17, 2011, Pre-conference
Workshops Sept 13-14, 2011
Ministry of Sport and Culture, Israel
Federal Ministry of the Interior, Germany
Information at: ddumon@icsspe.org
Tel: + 49 30 36 41 88 50

**International Society of Biomechanics
23rd Congress**

July 3-7, 2011, Registration closes June
15. Brussels, Belgium
Information at: [http://www.isb2011.org/
welcome.html](http://www.isb2011.org/welcome.html)

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Virginia Governor Vetoes Bill ...

Liz Payne, Fairfax County's coordinator for health and physical education, told the *Washington Post* that the legislation would "mean elementary students will have to more than double their physical activity. But, she said, it will not affect middle schools, where students take more than 150 minutes of physical education a week."

Letters poured into the office of Governor Robert F. McDonnell urging him to veto the bill. Even educational associations typically supportive of physical education lined up as dissenters in the debate. Fearful of cuts in its own programs, the Virginia Music Educators Association issued a call to action on its website urging its members to "block the physical education requirement legislation now forwarded to the Governor." A coalition of educational and governmental organizations including the Virginia Educators Association, the Virginia Association of School Superintendents, the Virginia School Boards Association, The Virginia Association of Counties and the Virginia Municipal League also wrote a letter pointing out that the bill imposed a substantial unfounded mandate on schools and localities and that it posed "very significant instructional and practical problems."

The group also told the governor that substantial capital funds would be needed to meet the requirement since most elementary

schools in Virginia "do not have gymnasiums or other facilities sufficient to meet the requirements of this bill." Four northern Virginia delegates piled on very late in the game claiming that "it is often low-income children who are most academically at risk and to take academic time away from them would do the most harm. While they can find other avenues for physical activity, they have fewer choices for academic challenges outside of the classroom

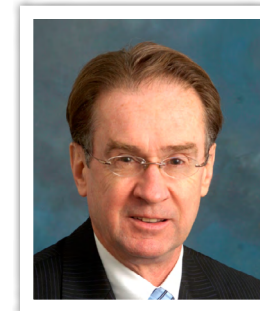
In late March the intrigue escalated. So sensitive had the issue become in the political arena that it was difficult for KT to find anyone in a position of authority who would go on record to discuss the matter. Everyone seemed fearful to speak out against their school board's venomous opposition to the bill. Some were betting that the governor would sign the bill if only because his wife frequently speaks out on the issue of childhood obesity. Others were doubtful given Republican McDonnell's past criticism of federal mandates and big government.

On March 24 the suspense ended when the governor vetoed the bill. McDonnell told the *Washington Post*: "While I strongly agree that we must encourage exercise and physical activity, I oppose unfunded mandates, whether they come from Washington or Richmond," And he added: "In the fight against childhood obesity and preventable disease, we all have a role to play. Government cannot just pass legislation and make this problem go away." He instructed his staff

to look for "creative and innovative" ways to get children more physically active.

Sources: Kumar, Anita, Fairfax urges McDonnell to Veto PE Requirement for School Children, *Washington Post* February 25, 2011

http://www.washingtonpost.com/local/politics/virginia-gov-mcdonnell-vetoes-pe-bill/2011/03/24/ABzY8USB_story.html



Russ Pate

And a Comment on the Virginia Decision from Russ Pate...

Russ Pate, Professor of Exercise Science and Director of the Children's Physical Activity Research Group at University of South Carolina says the Virginia experience "demonstrates just how difficult it will be to increase our children's exposure to school-based physical education. The costs of increased exposure are real and substantial but often ignored in discussions of expanding physical education programs."

Still, Pate sees some light at the end of the tunnel. "If our goal is to increase children's daily physical activity levels, there are at least two important ways in which PE can contribute right away, without increasing overall PE time. First, PE can strive to meet the oft-stated goal of insuring that each student will be physically active for at least 50% of class time. Most programs fall far short of that goal. And second, physical educators can prioritize their role in linking their students to extracurricular and community-based after school and weekend programs in which they can receive substantial doses of physical activity... The fundamental issue is this – will physical education, as a profession, really commit its existing resources to providing and promoting physical activity in its students. Or will it stand pat, largely overlook this goal, and hope that increased PE time will be funded by state legislatures."

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Exercise Addiction: When a Healthy ...

my run in," she says. And if she doesn't? "Sometimes I feel guilty. I know that's not rational. There's not a reason for it."

Such guilty feelings may be a warning sign, but researchers have found that it takes more than one type of criteria to signal a true problem with exercise addiction. The Exercise Dependence Scale, developed by exercise psychologists, Heather Hausenblas and Danielle Symons Downs, measures a subject's dependence on exercise using the following criteria:

Tolerance : either a continual need for increased amounts of exercise or whether they experience a diminished effect with the same amount of exercise.

Withdrawal: either withdrawal symptoms from exercise or increased amount of exercise are required to relieve or avoid withdrawal symptoms.

Intention Effect: done in larger amounts or over a longer period of time than intended

Lack of Control: unsuccessful in efforts to cut down or control exercise.

Time: an extraordinary amount of time is spent in exercise activities

Reduction in Other Activities: social, occupational or recreational activities

are given up or reduced because of exercise.

Continuance: exercise is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely caused or exacerbated by exercise.

According to Hausenblas, Director of the Exercise Psychology Laboratory at the University of Florida, a client experiencing three or more of these criteria would be classified with a high level of exercise dependence. She once worked with a student who could not make it through a class without getting up and running around the building to relieve his anxiety. "Most people won't think that they have a problem," Hausenblas said. The subject sees it as a healthy and beneficial habit rather than an impairment to their life. Unfortunately, grant funding sources are reluctant to fund research into exercise dependence/addiction issues for similar reasons. They are often more interested in supporting studies that motivate people to exercise more rather than less, Hausenblas says.

Neglect of other important obligations is not the only negative side effect of exercise addiction. A wide array of physical prob-

lems can be caused by over-exercising as well, such as upper respiratory infections and unusual soreness, weight loss, anxiety, lethargy, menstrual irregularities, appetite loss and an increase in resting heart rate. Some more serious health issues cited by psychologist Edward Cumella in *Behavior Health Management* include stress fractures, spinal scoliosis, osteoporosis and heart arrhythmias. These serious side effects can erase the positive physical benefits associated with more moderate exercise routines.

Distinguishing exercise addiction from a rational commitment to physical activity isn't easy says sport psychologist Tom Raedeke, at East Carolina University. There is a fine line between exercise as a healthy passion and letting it get out of control says Raedeke. "If it controls you, then it's turned the corner into addiction," he says. In Raedeke's research on body image, he often sees exercise addiction as a secondary condition to eating disorders. People with eating disorders use exercise as another way to control their bodies and their weight. Exercise addiction has also been connected to individuals with an obsessive-compulsive personality or used as a substitute for another addiction.

Studies have shown that exercise addiction rarely stands alone as a behavioral

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Exercise Addiction: When a Healthy ...

addiction in individuals. Curiously, it is very rarely found in professional or Olympic-caliber athletes, those who are striving towards excellence and an overall performance goal. Excessive exercise can however, lead to psychological burn out in this level of athlete, if they are unable to detach from the sport outside of training and competition, according to Raedeke.

Like other addictions, Balague says, "Exercise is a way of coping with other negatives issues. Exercise keeps the negative feelings at bay." If a runner takes a break

from running, they may find that they are depressed. According to Balague, the depression was probably there all along and exercise was just being used as a mechanism to cover up the runner's depression in the first place. She recommends treating the underlying issues involved, so exercise becomes something the person loves to do and not something they have to do. The exercise addict tends to attribute a value to exercise that is above other physical, social and emotionally important commitments. Therefore, Balague says the addict must

change their relationship with exercise. She suggests mixing up their activities, which is better physiologically anyway, and exchanging solo activities with more social group activities. Kicking the exercise habit, can be tough especially since the person has probably been engaging in this activity for several years by the time it gets to an addiction level. As with most things in life, finding a balance and using moderation is the key to restoring a healthy exercise routine in order to gain the most physical, emotional and psychological benefits from regular exercise.

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Strategies for Countering Mergers ...

heavily marketed outside the local region for their "uniqueness" and their ability to help bring the College closer to its goal of becoming a "nationally recognized comprehensive master's institution". That's quite a reversal from what might have been if we had been merged or acquired during re-structuring.

In summary, I recommend that departments consider the following ideas in the face of consolidation pressures:

- When possible, be sure someone in the department has a seat at the table when re-organization decisions are being made.
- Present a strong and united front of faculty who are not problems to administrators.
- Use a core kinesiology curriculum that is shared and supported by the department.
- Avoid being subsumed by other departments or schools who do not have the same mission as kinesiology related areas.
- Publicize the department's accomplishments. We developed a "Points of Pride" flyer for distribution around campus, in admissions, at Open Houses, etc.
- Use the name "kinesiology" to help bring attention to your unique mission and content.

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Mergers and Aquisitions ...

formerly resided in the School of Health and Human Performance which has been eliminated. The new school is expected to be established by July 1, 2011, with a permanent dean in place by July 1, 2012.

"We are very pleased to be a department in the new School of Health and Human Sciences," says Joe Starnes, chair of kinesiology. The new alignment is a strong statement that UNCG places a high priority on programs supporting health, wellness and quality of life across the lifespan. Since our department's mission is consistent with such a focus, we are expecting the realignment to significantly facilitate the accomplishment of our goals and create new opportunities. Also, it was a very nice coincidence that the approval of the new school was announced on the day that we hosted Steve Blair who gave a campus-wide lecture entitled "Physical Inactivity: The Biggest Public Health Issue of the 21st Century?"

Department at Canisius Reorganized

Jeff Lindauer reports that Canisius College has consolidated what formerly was the Department of Physical Education, Health and Sport Studies and the Department of Sport Medicine, Health and Human Performance into a single Department of Kinesiology. Jeff is the chair of the new department. The merger was encouraged by the Dean of the School of Education, but rather than act quickly as the Dean wanted, Jeff and the faculty of both departments decided to take time to sort out concerns such as territorial matters, course assignments and other issues before plunging into the reorganization. All in all it has gone smoothly, thanks to the cooperation of the faculty. "People naturally tend to put blinders on when faced with plans for a new organizational structure. We are tempted to think only about our own program and courses. But by discussing the various issues involved the faculty were able to see that they and their programs are part of a larger picture."

Kinesiology at Purdue Moves to New School of Health and Human Services

For the first time in 50 years, Purdue University has reorganized some of its colleges, an operation which has moved the Department of Health and Kinesiology from the College of Liberal Arts to a new College of Health and Human Sciences. The new college was formed by bringing together nine academic units that had been spread across three different colleges including the College of Pharmacy, the College of Nursing and Health Sciences, and the College of Liberal Arts. Departments within the new school include Health and Kinesiology, Nursing, Speech, Language and Hearing Sciences, Hospitality and Tourism Management, Psychological Sciences, Foods and Nutrition, Consumer Sciences and Retailing, and Child Development and Family Studies. An inaugural dean has been appointed for a two-year term. Bill Harper, chair of the Department of Health and Kinesiology reports that the transition to the new school has gone very smoothly.

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It's Spring Time: Take Advantage of It!

case, you have an opportunity to recognize the individual and promote the quality people in your department.

5. Increase and extend the recognition of the award winner by using multiple approaches. Last year, our department had three AKA Scholar award winners. Their awards were highlighted on the university's homepage (high exposure, limited time), announced through the college's outlets (focused exposure), and then posted in a showcase in the department's hallway (limited exposure, but most relevant audience and extended time). For the showcase presentation, we made a copy of each student's AKA certificate of award and included that in the showcase.
6. Other noteworthy activities occur throughout the academic year. It's easy to let these slip by and soon be forgotten. Most departments are required to prepare an annual report. Use the annual report to recap all the accomplishments and awards received by students, faculty, staff, and alumni. The report becomes

the archival record of these awards and an important history of the department.

You may wonder why I've used my allotted space to discuss how to promote the outstanding individuals in our departments. AKA is dedicated to promoting kinesiology as an academic discipline. One part of that is to encourage our member departments to do what they can to establish their academic reputation on their own campus. National recognition for our students, such as the AKA Scholar Awards, is critical in creating a positive impression among our academic peers. Each department must take advantage of these awards to the fullest extent possible to enhance the department's reputation in the university. So have a great spring and use this time of year to promote the academic excellence of your department!

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Thinking About Kinesiology and Public ...

students with an understanding of the big picture when thinking about our country's inactivity-related health and social problems can help kinesiology be accepted as a major player in higher education's quest for strengthening the civic mission and promoting community engagement. This can be done by challenging students to use their talents, knowledge and skills to promote physical activity in all settings and population sub-groups. Many departments already have this as a major goal. I recommend that all kinesiology departments make community engagement and the civic mission a priority. Through partnerships and more collaboration with medical groups, business and industry, community parks, recreation units and public health departments, kinesiology can be one of the most politically engaged units on campus and this might be the formula we need to stay in the mainstream.

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Infant Treadmill Opens Door to Line ...

to induce walking at an early age in such infants would harm their walking gait, but, said Ulrich, “once we published the walking gait data that demonstrated improved walking gait resulted from the treadmill stepping practice, many therapists now are very supportive of this training protocol. I get an email every week from a parent of an infant with DS somewhere in the world asking me if I know where they can find a PT who uses the treadmill training or where they can access a small treadmill.”

When Bev Ulrich was hired as Dean in the School of Kinesiology at Michigan, Dale teamed up with colleague Rosa Angulo-Barrosa in a follow-up study in 2008 to test the effects of increasing the intensity of the treadmill experience by adding ankle weights, increasing speed of the treadmill, and increasing the daily duration of the treadmill as the infants progressed in their stepping performance. They found that infants in the individualized, higher intensity training group increased their stepping more dramatically and reached most of the motor milestones at an earlier age. (Increasing levels of intensity were individualized by basing them on the child's stepping performance and, in the case of ankle weights, on the basis of the child's

calf size.) “One of the interesting things we found was that infants can adapt to individualized levels of intensity—increased weight, increased velocity, and increased time of walking-- without interfering with their step pattern.”

But perhaps the most critical finding was yet to come. In a later study that looked at the effects of high intensity individualized training on infant voluntary physical activity outside of the home, the researchers attached accelerometers to the infants in order to sample their levels of physical activity at home. The research, published in *Infant and Behavior Development*, found that DS infants who received the higher levels of individualized training of the treadmill had higher mean levels of general physical activity outside the lab than did infants receiving a lower level of intensity training used in the original study. Six months after the treadmill training ended infants in the experimental group were still more physically active than infants who had received a lower intensity training protocol. “I think the research showing how general physical activity level was positively impacted was the most innovative given the problems we are seeing in very early onset of obesity in infants and toddlers without Down syndrome.”

What now for Dale Ulrich and his colleagues at Michigan? “I will be working with a nutritionist and a pediatrician here at Michigan to submit an NIH grant to begin testing the applications of this research with infants who are at risk for rapid weight gain during the first 6 months of life and early onset of obesity by 24 months of life. Infants at high risk of infant obesity include those whose mothers were obese during pregnancy, had gestational diabetes, infants who had rapid weight gain in the first six months, and infants with a family history of obesity by early childhood.

Note: A video featuring the work at the Michigan laboratory can be found on the *Science Daily* website at: http://www.sciencedaily.com/videos/2009/0102-baby_treadmill.htm

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Design and Implementation of New ...

those who will lead physical training falls to Frank Palkoska, civilian Director of the Army Fitness School at Ft. Jackson, South Carolina and his staff of 14. Like Hertling, Palkoska formerly taught in the physical education department at West Point. He began his career as a health and physical education major at Murray State.

“The challenge in constructing the APRT,” said Palkoska, “was to develop a generic test that could be used to assess 209 different Army occupation specialties. Designing individual fitness tests for each occupation would have been impossible.” Writing training guides required translating scientific concepts into usable terms that the fitness leaders who may not have had a college education, can understand. “This meant a fundamental change in the way we approached our task,” said Palkoska.

“Formerly we made fitness leaders ‘book smart’ by making their heads spin with two intense weeks of exercise physiology which they usually dumped once they got back to their work. We were failing to adequately prepare them to lead exercises. Now the emphasis is on practical application rather than theory.”

In constructing the new test the Army was aided by exercise physiologists and exercise psychologists, and relied on guidelines by the American College of Sports Medicine and National Strength and Conditioning Association . (Palkoska has been invited to give a presentation at the upcoming NSCA conference.). The new fitness battery is being field tested at a number of sites including West Point.

According to an Army information bulletin, “implementing the new tests is the

final step in the Soldier Athlete initiative to better prepare Soldiers for strenuous training and the challenges of full-spectrum operations. To counter societal changes, the Soldier Athlete Initiative combines physical readiness, performance nutrition, and injury prevention to better prepare Soldiers for strenuous training and the difficulty of the battlefield.”

Videos of soldiers performing the tests are at:

http://www.youtube.com/watch?v=A9_FpPHDya0

For more on the test see:

http://www.huffingtonpost.com/2011/03/01/army-fitness-tests_n_829870.html

<http://www.military.com/news/article/general-drop-bayonet-from-army-training.html>

<http://www.nwguardian.com/2011/03/10/9702/army-fitness-test-gets-an-overhaul.html>

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Our Vincible Ingornance of the Placement ...

Still, law schools continue to expand their enrollments and facilities. Our colleagues in the humanities, painfully aware of the extraordinarily limited career opportunities for their history and english Ph.D. graduates, nevertheless continue to admit and graduate students whose quest for jobs seems more an expression of faith than knowledge of the facts on the ground.

Is it the responsibility of academics to worry about the employability of their graduates? I think it is. If it is indeed the case that the numbers of students graduating from kinesiology departments each year vastly outstrip the demand for their services, kinesiologists would seem ethically bound, if not to limit their enrollments, at least to inform students (as well as their parents) about the difficulty the student may face in landing a job as a coach, athletic director, sports marketing

specialist, physical education teacher, fitness director, or full-time athletic trainer.

Of course, knowing little about the supply-demand ratio, we can't honestly provide that kind of information. If students or their parents ask whether the chances of finding employment are good, fair or poor, we are left to our own devices, none of them based on hard data.

In a way, not knowing the truth is our salvation when faced with such questions, but this hardly absolves us of the professional obligation to find out. Often, said philosopher Aldous Huxley, we are guilty of *vincible* ignorance, that is "we don't know because we don't want to know." *Vincible* ignorance of the supply-demand ratio in kinesiology, especially when we haven't made efforts to determine it, hardly exempts us from guilt for continuing to behave as though employment prospects in our field are limitless.

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AKA Leadership Workshop Blitzed By ...

Rafer Lutz, Baylor University

"I found the exchange of ideas quite interesting. In the end, my feelings about the potential threats posed by students with pre-allied health interests majoring in kinesiology were lessened. While I feel there is still vigilance required, it seems that our programs are mostly benefiting from recent trends. One thing is clear, no Kinesiology Department deals with this issue in exactly the same way, but it does appear that most have found a way to benefit from the increase in majors with pre-allied health interests. Wojtek (I believe it was he) remarked that "these individuals who become medical professionals, physical therapists, and who will go into other health-related professions will change those disciplines as a result of having been trained in Kinesiology Departments." Hopefully, this is true. If we retain a strong disciplinary core and can communicate the passion we have for physical activity and sport, then this is more likely to become reality."

Duane Knudson, Texas State University

"The discussion of collaboration and academic identity of Kinesiology programs explored the challenges to disciplinary uniqueness in higher education, and consequently the opportunities for advancement of Kinesiology. One challenge is the long history of a lack of agreement on the terminology and primary purpose of our field. Besides Kinesiology, several terms (physical activity, exercise, sport, and human movement) serve as the purposed domain or uniqueness of our field. Our weak recognition as leaders in these fields was readily apparent by reviewing the department homes of PI's for active grants from NIH and NSF. Kinesiology faculty are PI's for between 2 and 16% of the funded work in physical activity, exercise, sport, and human movement. Another challenge was leadership in interdisciplinary teaching and research initiatives that address the utility of physical activity as a significant strategy to promote public health. Kinesiology needs to do a better job with public relations,

creating recognition or public victories for discoveries in our field and nurturing scholars who can serve as spokespersons. We need our own Carl Sagan to share with our higher education peers and the public what Kinesiology research can do for people and society."

Deb Feltz, Michigan State University

"In terms of the undergraduate curriculum in kinesiology, I don't see why a basic disciplinary core curriculum has to change just because the "users" of the curriculum (students pursuing careers in health-related professions after graduation) may have changed. The faculty control the curriculum, and if pre-professional students want a kinesiology degree to help them prepare for physical therapy, medical school, etc., that is what they should get. In his presentation Howie Zelaznik claimed that we have "sold our intellectual souls." That is our own fault. We are not forced to hire faculty from outside kinesiology (though Franklin Henry was from outside physical education). Who we hire is our own fault, if we use poor judgment."

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Conferences and Meetings of Interest

Canadian Society for Psychomotor Learning and Sport Psychology Annual Conference

October 13-15, 2011
Winnipeg, Canada

Information at: <http://www.scapps.org/conference/>

British Association of Sport and Exercise Sciences Conference

September 6-8, 2011
University of Essex

Information at: <http://www.essex.ac.uk/conferences/bases2011/>

The 2012 International Convention on Science, Education and Medicine in Sport (ICSEMIS 2012) Pre Olympic Conference

July 19-24th 2012
Scottish Exhibition and Conference Center, Glasgow, Scotland

Nominations being accepted for parallel sessions (i.e. Symposium, Debate, Workshop, Meet the Expert, Master Class, Round table etc.) by 1st May, 2011. Submissions should be a maximum of 750 words including a title, brief synopsis of the session and full details of all proposed speakers. Decisions will be returned by 1st July, 2011.

Contact: gregwhyte27@yahoo.co.uk

Information at: <http://www.icsemis2012.com/parallel-sessions/>

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Welcome New AKA Members

Northern Kentucky University
Department of Kinesiology and Health

Rockford College
Physical Education Department

Stetson University
Department of Integrative Health Science

University of Texas – San Antonio
Department of Health and Kinesiology

For a complete list of AKA members, go to www.americankinesiology.org.

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