

Table of Contents

Views from the Department Chair's Chair	1
Walking with Docs	2
Presidents' Message	
AKA Accomplishments in 2014	3
The Better Fitness, the More Life: Elite Athletes Enjoy Greater Longevity.	4
If We Build It, Will They Come?	5
Time for Big-Hole Golf?	6
Editors' Two Cents' Worth	
Do You Really Need a Degree In Kinesiology to Be a Personal Trainer?	7
Update from the Editor in our new home at UNCG	8
100 Citizens program	9
Hoffman to Step Down as KT Editor; Replacement Sought.	10
For the Runner Who Has Everything	11
National Academy of Kinesiology (NAK) to Conduct Third Kinesiology Doctoral Program Review	13
Short Shots	14

Views from the Department Chair's Chair

By Shirl Hoffman, KT Editor

It's been called the worst job in the university and the best job in the university. However one views it, chairing an academic department is one of the most challenging and, in many ways, one of the most interesting jobs in higher education. At some institutions department chairs are considered little more than communication links between central administration and faculty. But in most—research suggests especially so in larger departments—they are arbiters of power who wield considerable influence in important day-to-day operations. Little wonder, then, that the department is considered the core unit of higher education given that a reported 80% of the decisions made in higher education are made at the department level.

Walter Gmelch and Val Miskin, pioneer researchers in higher education, have described the chair's time as being characterized by brevity, variety, and fragmentation. Of these, brevity may be the most important. With a few exceptions department heads are on interim assignment. After serving a term or two (what one university president



Mary Rudisill
Chair of Kinesiology,
Auburn University

**"pretenders
to the chair's
seat need to be
prepared to put
in a lot of hours,
be willing to take
risks, and plan
to put everyone
before you"**

once described to me as "serving their time in the hole"), they return to faculty ranks. According to Gmelch and Miskin, 70% of chairs return to a faculty position having served, on average, 6 years at the helm of the department. (Only 20% move up in the ranks of administration.) This sense of temporality can be a blessing for chairs beset with intractable problems, but it also can make even the boldest of chairs hedge their decisions, knowing that one day they will be back in faculty ranks.

A decade ago the position of department

[Continue on Page 18](#)

Walking with Docs

By Amy Rose, KT staff writer

Columbus Ohio cardiologist David Sabgir told patients repeatedly to get more exercise. He eventually realized his talks weren't making much of an impact. So, he decided to walk the walk instead and asked a patient to join him for a walk on the weekend. The nurse in the examining room thought it was a great idea and asked if she could come too. So began the Walk with a Doc program over 10 years ago. The program now has 150 chapters nationwide. An ongoing sponsorship commitment from Anthem Blue Cross/Blue Shield has been instrumental in starting the program and supporting its growth, Sabgir said. Sabgir, a Mount Carmel clinical cardiovascular specialist, is the volunteer CEO of the program and also leads a weekly Walk

with a Doc program in Columbus, Ohio. "We are trying to dispel the myth that there is nothing you can do about your health or medical history," said Sabgir. "(Our message is) you're in charge and you are the one who is

going to make this happen." Each chapter adapts their program to whatever works for that location, but Walk with a Doc guidelines require that walks be held monthly or weekly and that participation be free and open to the public. Walking programs are hosted by physicians and other health-oriented professionals such as nurses, physical therapists, and physician assistants. Most walks start out with a short talk by a health professional on a health-related topic to educate the participants on health issues plus give encouragement and answer questions. Participants are then encouraged to walk 30 to 45 minutes at their own pace and as far as they'd like. Many sites also offer refreshments and giveaway items provided by sponsors of their program.

Executive director Rachael Habash coordinates the daily operation of the *Walk with a Doc* working with the current programs around the country and assisting startup programs as they get going. The national



Walk with a Doc group, Columbus, OH

office provides insurance coverage, marketing tools, merchandise, a website, and ideas for talking points—just about anything that the local organizers would need to support their efforts. There is an initial membership fee for each new chapter, but Habash said that cost is usually underwritten by sponsorship money. "I absolutely love my job. Knowing I'm making a huge difference globally is so rewarding," said Habash.

One of the most successful chapters is led by Dr. Andrew Freeman, director of clinical



David Sabgir

PRESIDENT'S MESSAGE

AKA Accomplishments in 2014

By Penny McCullagh, AKA President



Penny McCullagh

Well, I cannot believe it, but 2014 is nearly over and my term as president finishes at the end of the year. I will be turning over the reins to Duane Knudson. It indeed has been a busy year, and I think we have accomplished a number of items that will move the association forward. I will highlight some of these:

- After last year's workshop, Online Teaching and Learning, I formed a presidential committee (chair Jason Carter, Misook Kim, and Jim Morrow) to examine the feasibility of AKA establishing a presence on MERLOT (www.merlot.org).

MERLOT is a curated collection of free and open online teaching, learning, and faculty development services contributed and used by an international education community. The committee did an excellent job. They remain on the

MERLOT committee now headed by Vanessa Yingling to finalize a taxonomy for kinesiology, and we will be splashing MERLOT at the workshop in January. We hope that this will serve as an excellent resource for faculty in kinesiology to enhance their teaching and perhaps provide research connections.

- A second presidential committee on CIP codes was also formed (chair Mary Rudisill with assistance from Mike Delp). Classification of instructional programs (CIP) codes provide a classification scheme for academic programs. Many universities use CIP codes as a source of funding for programs, and in some programs individuals cannot teach certain classes if their degree was awarded from a different CIP code area. There will be a one-hour conversation led by Mary Rudisill on CIP codes before the workshop. Please sign up when you register for the conference for this session.
- AKA has decided to host a monograph series on leadership and management of kinesiology programs. This series will be led by Gil Reeve and Jerry Thomas and promises to provide an opportunity to assist either new or seasoned department chairs with valuable information to lead their department. Gil Reeve will be holding a pre-workshop symposium titled Leadership in Kinesiology. This may be especially helpful for new chairs, but others may gain great ideas as well.
- The National Physical Activity Plan has a vision: One day, all Americans will be physically active and they will live, work, and play in environments that facilitate regular physical activity. The plan is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. The plan is the product of a private-public sector collaborative. Hundreds of organizations are working together to change our communities in ways that will enable every American to be suf-

Continue on Page 24

The Better Fitness, the More Life: Elite Athletes Enjoy Greater Longevity

by Siv Schwink, KT Staff

From ancient times, man has observed that regular exercise promotes well-being throughout the life span. And mounting research affirms that moderate to vigorous exercise several days a week yields benefits that extend well beyond physical health and stamina. We know that physical fitness is linked to better mental health and mood, improved memory, better academic performance, higher quality of life, greater independence in old age, and longevity.

But is there an upper limit to the benefits of exercise? In other words, is high-frequency super-strenuous exercise even more beneficial or just too much of a good thing?

Biomedical researchers in Spain recently observed long-term benefits associated with intensive training in top athletes, finding that elite athletes live longer on average than the general population. In fact, the study shows all-cause mortality among elite athletes to be fully 33% lower than that of the general population. The researchers further find that elite athletes are 27% less likely to die of causes associated with cardiovascular disease and 40% less likely to die of causes related to cancer.

The results are published in the Septem-

ber 2014 issue of *The Mayo Clinic Proceedings (MCP)*. The team's findings are based on a meta-analysis of extant research on elite athletes and health that include mortality ratios or data for which mortality ratios could reliably be computed. This included a total of 10 studies and 42,807 elite athletes. The athletes included in the studies were all Olympic-level athletes; elite runners or cyclists; or professional soccer, football, or baseball players; only 707 were female.

Alejandro Lucia, MD, PhD, is the corresponding author on the study. Lucia says that healthy adults of all ages should not be discouraged from engaging in strenuous endurance exercise such as marathon running.

"If a volume or intensity threshold exists above which such type of exercise not only stops being healthy but could be harmful, such hypothetical threshold hasn't been identified yet," maintains Lucia. "The higher your cardiorespiratory fitness in adulthood—and this is largely correlated with your levels of exercise—the lower your all-cause mortality, and specifically cardiovascular- and cancer-linked mortality."

The study's authors acknowledge it's



impossible to assess from the data whether greater longevity among elite athletes is solely a function of the intensive training programs they engage in during their com-

[Continue on Page 25](#)

If We Build It, Will They Come?

By Shirl Hoffman, *KT Editor*

Whether it's the \$70 million Recreation and Wellness Center at California State University at Long Beach with its relatively modest 126,000 square feet of physical activity space or Purdue University's recently completed \$98 million overhaul of its student recreation center—expanding it to 470,000 square feet) or Ohio State University's mammoth (574,000 square feet) and expensive (\$140 million) recreation center, college campuses are on a fitness facility construction tear.

Long considered frills for luring new students to the campus, they now are being called into account to show that these gyms, lap pools, vortex pools, hot-water jet benches, massage rooms, bouldering-caving walls, lazy rivers, juice bars, saunas, golf simulators, racquetball and squash courts, weight rooms, yoga rooms, basketball courts, climbing walls, and other facilities actually make important contributions to the well-being of students. Perhaps a hint of what is to come was registered in the title of a recent Wall Street Journal article: "To Justify Fancy Gyms, Colleges Track Student Workouts."

Some facilities are quite lavish, recipients of architectural awards, but whether or not they have a beneficial impact on the physical

activity behaviors of students has received less attention than publicity about the structures themselves. Scattered research suggests that students who use such facilities earn higher grades, and one soon-to-be-published study at Purdue suggests that use of such facilities may lead less stressful lives. Yet little data have been offered to show that these facilities have a credible payoff in terms of student fitness, surprising in light of the fact that promises of a slimmed-down, well-toned, and healthy student body are often mustered to counter arguments that they are unnecessary luxuries that result in indefensible increases in student fees.

Efforts to meet accountability demands have tended to focus more on participation than outcomes. Even here, participation rates are sometimes closely held, used for internal decision making perhaps, but not



Ohio State Recreation Center
Photo courtesy of Ohio State Student Life Recreational Sports.

widely shared. The best data come from NIRSA: Leaders in Collegiate Recreation (formerly National Intramural Recreation Sports Association). Its forthcoming Member Institution Participation Survey covering the 2012-2013 academic year will report that 75% of students use on-campus recreation facilities or participate in a recreation center's programs and services.

[Continue on Page 26](#)

Time for Big-Hole Golf?

In response to lagging participation and what appears to be an enormous dropout rate, the search is on for ways to boost golf participation. Sales at Dick's Sporting Goods increased last year, but sales at its Golf Galaxy stores fell 10.4%. According to the National Golf Foundation 400,000 players leave the sport each year. Since 2006 the numbers of courses that have closed far outnumber those that have opened.

Major reasons given for the drop in participation are usually time required to play a round, costs, and the difficulty of courses. In a move to address two of these (time and difficulty), TaylorMade and the PGA of America are advocating enlarging the diameter of the hole from 4.25 to 15 inches to reduce difficulty and speed up play and thereby make the game more enjoyable to a broader spectrum of players. The big-hole golf movement is targeted at recreational golf, not high level competition.

The idea stems from "hack golf" (which refers to hack as in computers, not hack as a duffer's swing) touted as a way to identify the definitive list of golf's frustration factors and what makes the entire golf experience

less fun than it should be (www.hackgolf.org/hackathons/golf/our-approach).

Given a big push by TaylorMade's CEO Mark King and PGA of America, the prospects for the larger hole catching on seem reasonably bright. John Paul Newport, who covers golf for the *Wall Street Journal*, played a "big-hole round" at a TaylorMade event in Georgia with a group that included Justin Rose and Sergio Garcia. Newport, who considers himself a golf purist, was impressed:

"In carts, we zoomed around the course, playing tee-to-green as quickly as in a regular round. But we dispensed with the lion's share of the short-game choreography that not only slows down the game but can intimidate newcomers. Among the things we never or rarely did in the round: remove the flagstick; mark our balls; study the line of a putt for more than 15 seconds; wait a long time for someone else to putt, because whoever happened to be ready played next; and agonize over second putts. No one three-putted all day."

Why 15- and not 10- or 12- or 18-inch holes? TaylorMade's King says, "Because it seemed about the right size." Sound



a bit arbitrary? Not a problem when you consider how the traditional size of the hole was determined in 1891. When the rules of golf were drawn up by the Royal and Ancient Golf Club at St. Andrews, it was decided that the size of the hole should be standardized across all courses. The greenskeeper at nearby Musselburgh links had designed the first hole cutter, perhaps out of old pipes lying around the grounds, which happened to be 4.25 inches in diameter. Apparently the R&A liked the dimensions and all courses followed suit.

-SJH

EDITOR'S TWO CENTS WORTH

Do You Really Need a Degree In Kinesiology to Be a Personal Trainer?

By Shirl Hoffman, KT Editor



Shirl Hoffman

The rising costs of college have revived old arguments about whether a college degree is worth the thousands it costs. The pot has been stirred by a number of converging forces: Richard Arum and Josipa Roksa's contention in their blockbuster book *Academically Adrift* that four years of college result in very little learning over the course of four years (critical thinking, complex reasoning, and clear written communication), outrage over relentless increases in tuition, onerous debt incurred by students, and recurring examples of those who seem to have managed quite well without college degrees (Bill Gates and Mark Zuckerberg are the most famous examples).

Most recently a lively conversation bubbled up among computer experts about whether a degree in computer science is really necessary for landing a job as a programmer. In a recent *Wall Street Journal* article, Christopher Mims raised the question,

noting that 14% of the members of some teams at Google lack college degrees and that 67% of the programming jobs in the United States are at non-tech companies where other kinds of experience are more likely to be valued.

At the core of the argument is the relevance (or irrelevance) of coursework in professional programs for the skills required on the job. As for computer programming, Mims says that it's time to fess up that programming is really a trade that can be acquired without the heavy baggage and hefty tuition bill required in a college curriculum. In fact, he says, requiring every programmer to have a degree "is like asking every bricklayer to have a background in architectural engineering."

Mims isn't alone. For at least the past four years writers of blogs and media stories have been asking the same question about business degrees, teacher education degrees, and a host of others. Although Mims' sights had narrowed in on computer programming, he seemed willing to ask the same question of nursing as well, claiming that it, like welding, "is something in which a person can develop at least a

basic proficiency within weeks or months and not have to spend a lot of money earning a degree."

One can think of many arguments against Mims' thesis, but it is difficult to deny that such questioning is in the air and that college and university faculty, especially those vested in professional preparation programs, had best take note. Arguments dismissing the importance of a degree-based professional program are tantamount to dismissing the relevance of faculty who teach in them.

All of this got me to thinking about how kinesiology would fare if such questioning were to come our way. Overall, I think kinesiology programs could weather the storm quite well. Particularly safe would be programs (or concentrations) that claim no affiliation with professional practice. The general kinesiology curriculum, sometimes intended as preprofessional training for those aiming for a graduate degree but sometimes a default collection of courses for students who fail to meet requirements for professional tracks, comes to mind. Also safe would be programs that enjoy the political protection afforded by state licensing (teacher education) and respected

Continue on Page 27

WOMEN IN SPORT & PHYSICAL ACTIVITY JOURNAL

Update from the Editor in our new home at UNCG

By Diane L. Gill (dlgill@uncg.edu)



Diane Gill

I am pleased to tell you that *WSPAJ* is open for business in its new home at UNCG.

WSPAJ was founded by Marlene Adrian in 1992 and is affiliated with the National Association for Girls and Women in Sports (NAGWS), which assumed ownership in 2004. In 2013, the ownership of *WSPAJ* was officially transferred to the Program for the Advancement of Girls and Women's Sport and Physical Activity (PAGWSPA) in the Center for Women's Health and Wellness at the University of North Carolina at Greensboro (UNCG), largely through the efforts of PAGWSPA director Donna Duffy.

WSPAJ has an ideal home and shared mission in the PAGWSPA, in a center that focuses on women's health and wellness,

and in UNCG, which was founded as a woman's college and maintains a strong tradition in women's sport and physical activity. As we finalized the change in ownership, we also finalized a partnership with our publisher, Human Kinetics, and *WSPAJ* is now part of the HK lineup at <http://journals.human kinetics.com/wspaj?virtual=1>.

From its beginning *WSPAJ* has been the leading publication for scholarship on women's sport and physical activity. The authors in the first issue in 1992 were a notable collection of leading kinesiology scholars from several disciplinary perspectives: Christine Wells Emily Haymes, Susan Greendorfer, Mary Jo Kane, Ellen Staurowski, and Lynda Ransdell. Moreover, those pioneering scholars have been joined by a new generation of scholars who are contributing to the scholarship of women's sport and physical activity from a variety of perspectives.

As we begin a new phase and publish our first issues of *WSPAJ*, we look forward to continuing to receive and publish high-quality scholarship. Following are our mission and scope:

The *Women in Sport and Physical Activity Journal (WSPAJ)* is a peer-reviewed scholarly journal devoted to advancing our understanding of women in sport and physical activity. *WSPAJ* publishes scholarly articles related to women's sport and physical activity across the range of disciplinary perspectives. Original research using varied methodologies as well as theoretical papers, reviews, practical articles, and commentaries will be considered for publication.

All of us on the *WSPAJ* team at UNCG are committed to keeping *WSPAJ* as the leading scholarly publication on women's sport and physical activity, and I invite all of you to join me. We welcome your contributions as authors, reviewers, and readers. Submit manuscripts at http://mc.manuscriptcentral.com/hk_wspaj. Send your ideas and suggestions for *WSPAJ* to me anytime.

Note: Parts of this article are adapted from a more detailed editorial message appearing in the first 2014 issue of *WSPAJ*.

100 Citizens Program

The 100 Citizens program (fourth year) in San Fernando, California, from the kinesiology department at California State University at Northridge has expanded to three additional parks in Los Angeles. In San Fernando it has expanded its offering to include a modified diabetes prevention program. We weren't getting the attention from the public health folks with our free exercise program. When the conversations began regarding the rollout of the Affordable Care Act, so did conversations of what the country was going to do about the increasing numbers of people with prediabetes who would be identified. There has been awareness of the effectiveness of diabetes prevention programs (DPP) since 2002⁽¹⁾ but implementation of affordable and sustainable programs was the challenge. We decided to modify the CDC NDPP program to what could be offered in a semester and incorporate it into our existing 100 Citizens program.

After a pilot project last summer (2013), we implemented an undergraduate-delivered DPP program in the spring of 2014. Effectiveness was defined as a weight loss of 5 to 7% of initial body weight, which

research has indicated reduces the risk for type 2 diabetes by 58%.⁽¹⁾ Twenty-one participants (20 Latino, 1 Caucasian) completed the program, defined as 75% attendance. There was a significant decrease in weight (3.5 kg, $p < 0.005$) and body mass index (BMI) (32.1 to 30.6, $p < 0.005$), and 47.6% ($n = 10$) achieved the weight-loss goal of 5%. The results are comparable to other diabetes prevention programs but accomplished with *zero funding and zero cost to the participants*. The importance of developing a public health model capable of delivering a diabetes prevention program with exercise that is effective, accessible, sustainable, affordable, replicable, and culturally appropriate cannot be understated. We are repeating the program this fall and in the spring will be delivering the DPP in the three additional parks in Los Angeles. Our students have empowered themselves with this park and diabetes program expansion to create an outreach program to the other California state universities. Their goal is to empower kinesiology students at the other 20 CSUs to have a 100 Citizens program in one park in their community by fall of 2015 with our CSU Northridge students

providing guidance, advice, and a manual for success. Their attitude is "We did it and so can you." They have embraced John F. Kennedy's words and they are showing what kinesiology can do for our country.

-SJH

Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA, Nathan DM: Diabetes Prevention Program Research Group: Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002, 346(6):393–403.

Data collected on hundreds of thousands of men from 15 European countries showed a marked increase in their standing heights over a hundred-year period. For British men, the average height at 21 rose from 5 feet 5 inches in 1871-1875 to 5 feet 10 inches in 1971-75.

Oxford Economic Papers

Hoffman to Step Down as KT Editor; Replacement Sought

Long-time editor of *Kinesiology Today*, Shirl Hoffman, has decided to step down after many years in the role. The AKA is currently seeking a successor to head up this important online publication and is issuing an open call for applications. Applicants should be experienced and knowledgeable in the field of kinesiology; be respected by

kinesiology faculty who work with the editor on articles; have a record of published peer-reviewed articles; have experience in serving on editorial boards or as a journal editor; have good writing and editing skills; have a broad and balanced perspective of the field; have a record of meeting deadlines; and be willing to take time to lead,

solicit, and research articles important to the field of kinesiology. The new editorship will begin July 1, 2015. The AKA provides the editor with a modest stipend.

Applicants are encouraged to send a cover letter and CV via e-mail to Kim Scott at KimS@hkusa.com no later than February 1, 2015.

AKA Workshop



The Intersection of Physical Activity and Public Health: Opportunities for Kinesiology

January 25-27, 2015

Renaissance Charlotte South Park Hotel, Charlotte NC

Key Themes:

- Career Opportunities in Physical Activity and Public Health
- Preparing Students for MPH Programs
- Preparing Students for the ACSM Physical Activity in Public Health Specialist Certification
- Outreach and Engagement Programming to Promote Physical Activity
- The Role of Kinesiology Departments in the 'Exercise is Medicine' Movement
- The philosophical shift of kinesiology into public health roles

Register online at www.americankinesiology.org/aka-workshop

TECHNOLOGY

For the Runner Who Has Everything

Sleek, futuristic smart shoes that can help runners find their way as well as record calories burned and distances run have hit the market, peddled by an Indian startup (Ducere Technologies). The wireless-enabled shoes are called the Lechal shoe—Hindi for “take me along”—and have sensors in the insoles that enable them to send and receive Bluetooth signals, providing a link to Google Maps. The designers say this enables runners to keep on their intended path (vibrations in the left shoe indicate turn left, vibrations in the right shoe indicate turn right). In addition to supplying online information

about caloric expenditure and distance traveled, the shoes keep you on pace by buzzing your feet if you start to flag.

Didn't Exercise Today? Now That's Shocking!

Now that wrist bands that can track exercise and sleep patterns have flooded the market, the time has arrived for one that can help motivate you to exercise. Convinced that negative reinforcement can prompt exercisers to maintain their commitment to a goal, an emerging high-tech outfit called Paklock has developed an electronic wristband that delivers a shock to users who don't keep to their exercise schedules. The price for the wristband delivers its own shock. It will be available in April 2015 for a projected cost of \$249.99.

See promotion for crowd funding [here](#).



You Aren't the Only One Monitoring Your FitBit Data

In the first known case of Fitbit data being used in a court case, a young woman who claimed to be injured in her job as a personal fitness trainer is arguing that because of her injury, her level of physical activity has fallen below the baseline for someone of her age and profession, thus making her eligible for compensation. Her attorneys are using data from her Fitbit and monitored by Viametrica, which claims to have determined from a vast amount of Fitbit data what is a “normal” level and “healthy level” of physical activity. This data are being compared to the plaintiff’s activity.

The Atlantic.com

National Academy of Kinesiology (NAK) to Conduct Third Kinesiology Doctoral Program Review

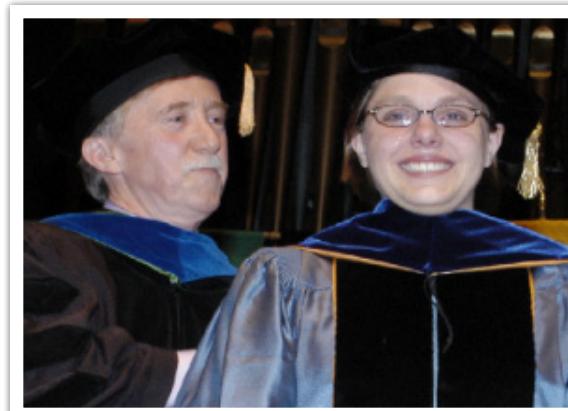
The NAK Wants You!

If you are part of a U.S.-based doctoral program in kinesiology, we invite you to participate in the upcoming 2015 review and rankings of doctoral programs. Data to be collected will cover the calendar years 2010 to 2014. Invitations to participate were sent to administrators in November 2014. Deadline for submitting requested data is March 2, 2015. Administrators who do not receive an invitation to participate should contact the NAK Business Office (Kim Scott, kims@hkusa.com). Data collected, including information on numerous descriptive categories, will be summarized and published.

The goal of this effort is to share with the public (prospective students, faculty, and others) information that can help people identify the best match between individual programs and their interests and needs. We also hope results will enable programs themselves to benchmark their performance and use it as a tool in their ongoing efforts

to improve the quality of programs.

Results for the second review, along with definitions of types of data collecting and weightings, are available on the NAK website and in the following publication: Spirduso, W., & Reeve, T.G. (2011). The National Academy of Kinesiology 2010 review and evaluation of doctoral programs in kinesiology. *Quest*, 63, 411-440.



On days when their team plays in the World Cup, men are 3.26 times more likely to have a heart attack, according to a German study of hospitalizations for the 2006 World Cup. For women it is 1.82 times higher. Watching the games produces stress in rabid fans, but it is also associated with lack of sleep, overeating, consumption of junk food, excessive ingestion of alcohol, and smoking.

New Republic

A new study shows that peeing in the pool can be dangerous, at least for others. Uric acid in pools mixes with chlorine to produce two toxic by-products, the former of which has been linked to respiratory problems and the latter to harmful effects on the lungs, heart, and central nervous system.

The Week

Short Shots

Time for a Gut Check

According to a recent study in *JAMA*, waist sizes of Americans are on the rise. In tracking data from the National Health and Nutrition Examination based on 32,816 adult men and women, researchers discovered that the overall waist circumference of the population increased from 37.6 inches in 1999-2000 to 38.8 inches in 2011-2012. Whereas 46.4% of the population was “abdominally obese” (40.2 inches in men and 34.6 inches in women) in 1999-2000, 54.2% met that criterion in 2011-2012. Waists of white women ages 40 to 49 increased 2.6 inches while the waists of black women ages 30 to 39 increased 4.6 inches.

Ford, E.S. et al. 2014. Trends in mean waist circumference and abdominal obesity among US adults, 1999-2012. *Journal of the American Medical Association*, 312(11): 1151-1153.

And You Thought That Face Was Made for Kissing

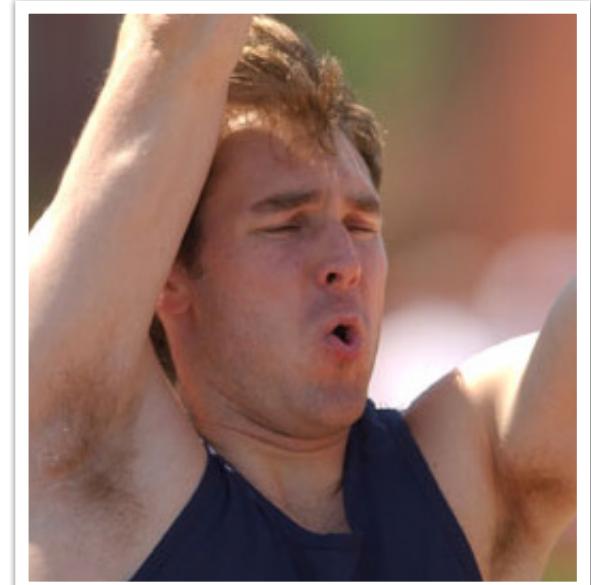
In an earlier issue of *KT* we reported on a study that suggested the human hand evolved for fighting. Now, the same evolutionary biologists are suggesting that the face of males (more robust jaws, cheeks, and molars) evolved for protection from fighting. According to the study reported in *Biology Reviews*, frequent fighting for food, mates, and other resources caused males to develop a protective bone structure. “It turns out that the parts of the face that became stronger were the parts of the face that most frequently break when modern humans fight,” study author David Carrier, professor of biology at the University of Utah, told *Live Science*. Based on data showing that 83% of fractures incurred in fights are facial fractures, the authors theorize that as hominids evolved, their cheekbones became larger and thicker and the bones surrounding the eyes and nose became thicker. Not all paleoanthropologists agree with Carrier’s theory, instead suggesting that that facial changes likely occurred as a result of diet.

Live Science. www.livescience.com/46216-male-faces-evolved-for-fighting.html.

Can Exercise Raise Your Tolerance for Pain?

Although it has been established that intense exercise can dull pain for up to 20 minutes postexercise, now scientists at the University of New South Wales and Neuroscience Research Australia report that moderate exercise (riding stationary bicycles at a moderate rate in 30-minute sessions 3 times per week for 6 weeks) can elevate tolerance for pain up to 6 weeks after the exercise bout. The study, published in *Medicine and Science in Sport*

[Continue on Page 14](#)



Short Shots

and Exercise, suggests that exercise may offer help for those dealing with chronic pain. After recording pain responses (point at which they indicate a stimulus is painful) and pain tolerances (amount of time they could continue an activity once indicating it was painful), the exercise group rode stationary bicycles at a moderate rate for 30 minutes 3 times a day for 6 weeks with the load increasing gradually over days. The controls were told to continue their lives as they had before visiting the lab. Six weeks after, no changes in pain response or pain threshold were observed in the control group, and, while no changes in pain response were observed in those in the exercise group, they did display markedly higher levels of pain tolerance. Because the tests for pain response and tolerance targeted the arms while the exercise involved the legs, investigators hypothesize that the phenomenon is based on central rather than peripheral mechanisms.

Jones, M.D., et al. (August 2014). Aerobic training increases pain tolerance in healthy adults. *Medicine and Science in Sports and Exercise*, (8), 1640-7.

Are Youth Sports Good for Youths?

According to Rachel Jewett and her colleagues at the University of Toronto's faculty of kinesiology and physical education, the answer is an unqualified yes. She and her team surveyed 850 students from 10 Canadian schools in each grade during the 5 years of secondary school and again 3 years after graduation. The first part of the survey questioned them about their participation, and the postgraduation survey asked them to rate their mental health (1 to 5) and respond to questions about their general mental states, including frequency of depressive symptoms and stress in their lives. Participation in sports during the teenage years was significantly



associated with reduced symptoms of depression, lower stress in their lives, and higher overall ratings of mental health. Although the mechanisms are not clear at this point, the authors suggest that sport participation may boost self-esteem and self concept. They also leave the door open to the possibility that "the competitive nature and high intensity of certain sports trigger neuroprotective effects that counteract or prevent poor mental health."

Jewett, R. et al. (In press). Sport participation during adolescence and mental health in early adulthood. *Journal of Adolescent Health*.

Exercise: Bad for the Teeth?

Sports medicine, make way for sports dentistry. After reports associating high levels of training in elite athletes with tooth erosion and others showing exercise-induced decreases in salivary flow rates, a team of investigators examined 35 triathletes and 35 nonexercising controls. The clinical study included oral exams, assessments of dental caries and erosion, saliva during rest, and a self-administered questionnaire about eating, drinking, and oral hygiene. Athletes showed an increased risk for dental erosion; no differences were found with regard to prevalence of cavities and salivary parameters. But among athletes,

[Continue on Page 15](#)

Short Shots

they found a significant correlation between prevalence of cavities and cumulative weekly training time. Among 15 athletes who took part in an incremental field test, they observed a decrease in saliva flow rates and an increase in saliva pH. They conclude that their findings underscore the need for risk-adaptive preventive dental concepts in sport dentistry.

Frese, C. et al. (2014). Effect of endurance training on dental erosion, caries, and saliva. *Scandinavian Journal of Medicine & Science in Sports*. doi: 10.1111/sms.12266.

Stand Up For Longer Life

Shortening of telomeres—caps on the ends of DNA—have been linked to premature aging and early death. Scientists at Sweden's Uppsala University wanted to find out if exercise will lengthen them and possibly lead to a longer life. They took blood samples from 49 68-year-old overweight men and women and measured the length of their telomeres. Half then participated in a moderate exercise program and half continued their normal lives. Six months later the telomeres of the latter group had shortened as expected

but those in the intervention group generally had grown longer. But more detailed analysis showed that the telomeres hadn't lengthened because of the exercise; in fact, the telomeres of those in the intervention group who worked out the most actually had lengthened the least and in some cases had shortened. The key to longer telomeres was the amount of time spent standing up. The less time participants reported sitting over the 6-month period, the more their telomeres grew over the course of the study.

Sjogren, P. et al. (2014). Stand up for health—avoiding sedentary behaviour might lengthen your telomeres: Secondary outcomes from a physical activity RCT in older people. *British Journal of Sports Medicine*, 48:1407-1409.

Professional Courtesy by Faculty Influenced by Gender and Ethnicity

A report from the Social Science Research Network suggests that professors are much more likely to respond to an e-mail inquiry from a white male prospective graduate student than to the same letter sent by a female or minority student. Researchers sent the same e-mail (signed alternatively with names normally associated with mixes of

gender and ethnicity) to over 6,500 faculty members across a variety of disciplines. Only in the fine arts were e-mails signed by "white men" less likely to receive a response. Faculty in business answered 87% of e-mails from "white males" but only 62% from "minorities and women." Education had the next worst response gap (86% vs. 65%). The largest differences in response rates were for e-mails with names suggesting they were Asian. Only 67% of all such e-mails received a faculty response.

Faculty at public universities were more likely than faculty at private institutions to respond to e-mails from nonwhite men. Asked by *Inside Higher Education* to explain, lead author Katherine Milkman suggested that because professors at public institutions, on average, earn less than those at private schools, they may have "different values." No comment.

Milkman, K.L. et al. (July 11, 2014). What happens before? A field experiment exploring how pay and representation differentially shape bias on the pathway into organizations. *Social Science Research Network*.

Short Shots

New Technology Offers Glimpse Into Forces Impacting Skaters

Competitive ice skating can be hard on the body, especially given that some jumps entail loads as much as six times the skater's body weight. Injuries are commonplace. Efforts to improve the design of ice skates in order to ward off injuries have been hampered by limited knowledge about the interplay of forces exerted on the feet. It has been difficult, for example, to read the impact forces involved in jumps from a typical force plate without interfering with the skater's performance. Now, researchers have designed an instrumented figure skating blade consisting of strain gauges, Wheatstone bridge circuit boards, and a data acquisition device. The entire device fits in the space under the boot.

Acuna, SA., et al. (2014). Instrumented figure skating blade for measuring on-ice skating forces. *Measurement Science and Technology*, 25 (12).

Cyclist's Fears About Infertility Calmed, But Prostate Cancer Remains a Threat

Male cyclists have often heard from scientists and others that biking compresses the prostate and neurovascular structures, which can lead to urogenital abnormalities such as infertility. Numerous studies have reported a link between cycling and erectile dysfunction. Now data from the largest study to date (5,282 bikers) by researchers at the department of epidemiology and public health at the University of London suggest that such fears may have been



unwarranted. Data were analyzed for risk of self-reported ED, physician-diagnosed infertility, and prostate cancer as a function of time spent cycling. They found no association between time spent cycling and ED or infertility. Still there is room for concern. They did find a dose-response association between cycling time and risk of prostate cancer for men over age 50. The association was particularly evident in those who cycled over 8.5 hours per week. The investigators were careful to point out that data from the cross-sectional study do not confirm causality, nor do they rule out the possibility that cycling over long periods can lead to infertility and ED.

Hollingworth, M., et al (2014). An observational study of erectile dysfunction, infertility, and prostate cancer in regular cyclists: Cycling for Health UK study. *Journal of Men's Health*, 11(2).

[Continue on Page 17](#)

The Badminton World Federation has provisionally suspended Lee Chong Wei for an apparent violation of an anti-doping regulation. Wei was the world's number-one-ranked badminton player for 199 consecutive weeks from 2008 to 2012.

Badminton World Federation

Short Shots

Physicians Lax in Counseling Overweight and Obese Firefighters

According to recent data, 70% of firefighters in the United States are overweight or obese, exceeding the national average for adults. Not only does this place limitations on their performance, say public health experts, but it is a major threat to their health and safety given the relationship between obesity, high blood pressure, and cardiovascular disease. Nearly half of the on-job deaths of firefighters are due to cardiovascular events. National guidelines recommend that health care professionals calculate BMIs and advise patients who are overweight to reduce their weight. A recent study of more than 1,000 cases looked at

how compliant health care workers were in giving male firefighters such advice. Ninety-six percent of the sample visited health care professionals in the past year, and most (69%) reported receiving no advice in their visits. Forty-eight percent of class I to class III obese firefighters reported receiving no advice on weight. On a more optimistic note, firefighters with higher BMIs were more likely to receive advice. Younger firefighters were less likely to be given advice, except for those who were categorized as class II or III obese. Overall, most (68.1%) class II and III obese firefighters reported receiving advice on weight from a health care professional, and the proportion receiving advice was consistent across age categories.

Wilkinson, M.L. et al. (July 10, 2014). Physician weight recommendations for overweight and obese firefighters, USA, 2011-2012. *Preventing Chronic Diseases*.

Mark Schlissel, president of the University of Michigan, on the admission process for athletes at MU: "We admit students who aren't as qualified, and it's probably the kids that we admit that can't honestly, even with lots of help, do the amount of work and the quality of work it takes to make progression from year to year."

Inside Higher Education

Depictions of India's Hindu gods and goddesses in new graphic novels are being bulked up with broader shoulders and six-pack abs, a marked departure from traditional images portraying them with soft and curvy bodies. The revisionist artwork is part of a reimagining of Hindu stories that make them more appealing to India's middle-class youth.

Wall Street Journal

Continued from page 1

Views from the Department

Chair's Chair

chair was thought of as an academic post with secondary managerial responsibilities. Today, especially in large departments, it often is looked upon as a managerial post with occasional side duties as an academic. The modern chair's desk is more likely to be covered with spreadsheets and budget proposals than textbooks, course notes, and prepublication drafts. In a study by higher education researcher Lydia Boyko that appeared in a 2010 issue of *The Department Chair*, 500 department chairs at Canadian universities were asked how the role of department chair had changed over the years. One of the most frequently cited changes was massive increases in managerial and administrative competencies required versus the traditional "pick a good scholar." Also mentioned were increased emphasis on leadership and strategic planning, more accountability, and major increases in paperwork for almost all processes and procedures. Departmental planning, financial matters, and cost-efficient and -effective delivery of programs, research, and services also were cited.

While complaints abound about the morphing of the chair's job from a largely academic to a management position, such a transition may be necessary, given the

reordering of colleges and universities to a quasi-business model. Jeffrey Buller, author of *The Essential Department Chair: A Comprehensive Desk Reference*, recently told the *Chronicle of Higher Education*, "We're seeing a professionalization of higher-education administration—and that's not such a bad thing. Because the faculty position itself has changed and because we have an accountability culture in higher education, you need people who have managerial training to serve as chair."

All of this can be particularly daunting to newly appointed chairs who, after the burden of departmental leadership has been hoisted on their shoulders, see that the job entails much more than presiding over faculty meetings and representing the department at higher levels of administration. How, they might ask, should I respond after the budget is axed by 10%, the provost demands justification to keep a lab operating, a young professor is accused of sexual harassment, faculty complain about a staff member's surly behavior, enrollment in a graduate specialization has dwindled to embarrassing proportions, and the department "star" received a national award but is now being courted by a competing university?

The range of competencies required for the position can be especially burdensome for those who have little or no formal training; according to research, this includes most

"AKA leadership workshops are very helpful, but that should serve simply as a starting point. I have three or four trusted colleagues whom I am never afraid to reach out to regarding challenges and opportunities. And rely on your faculty to help."



Jason Carter, chair of kinesiology, Michigan Tech University.

new chairs (79% according to researchers Robert Cipriano and Richard Riccardi). Not surprising, then, that upon assuming the position of chair, many feel inadequate to perform some of the critical aspects of the job. In a 2010 survey by higher education researcher R. Kent Cookson, 68% of department heads polled indicated they need help in dealing with problem faculty, 59% need help in guiding department change, and

Continue on Page 19

Continued from page 18

Views from the Department

Chair's Chair

57% need help in evaluating faculty and staff.

In light of the enormous challenges and responsibilities facing department chairs along with the rapidly changing administrative landscape, one may wonder why anyone would want the job. In their influential book *Chairing an Academic Department* (second edition), George Gmelch and Val Miskin—with tongues firmly embedded in their cheeks—listed the top 10 reasons why faculty choose to become chairs of their departments. The number one reason was “Because you became temporarily insane, forgetting why you came in to academics in the first place, momentarily in a state of confusion, mistaking your college or university for General Motors or Microsoft, thinking you will climb the ladder.”

When the question actually has been explored, chairs tend to list laudable reasons. Cipriano and Riccardi, for example, cite the most compelling reason given was to make a difference (90%) followed by shape the department’s direction (85%). Less than half (44%) viewed it as a route to career advancement, make more money (25%), or as a way to get a reduced teaching load (12%).

This is not to say that the job doesn’t have its drawbacks, chief of which is the need to curtail personal programs of research

and scholarly pursuit. Recruiting faculty, recruiting students, raising external funds to support departmental programs, solving internal conflicts, courting prospective donors, attending what sometimes seems like endless committee meetings, putting out personnel fires, arguing the department’s case before deans and provosts, and overseeing tweaks and even wholesale renovations of the curriculum can exhaust not only the energies but the inclination of even the most ardent research-minded chair to remain active in the lab.

Not having time to conduct individual research is consistently named in surveys as an inglorious aspect of the job. In one survey, 75% of respondents indicated it as the most difficult challenge. While some have found ways to keep a hand in their research or even head up a major research endeavor, most find it necessary to scale back in order to meet the demands of the job. When he studied factors that led department chairs to resign their positions and return to faculty status, Gmelch found that the desire to remain current in their field and not lose their scholarly edge was a principal contributing factor.

Despite what often is painted as a lonely, thankless, and boring job, surveys of chairs from a broad range of fields indicate that as many as 85% report being satisfied or very satisfied with their position, noting especially

“When a faculty member is likable and a good department citizen, but not able to meet the scholarly expectations of a faculty role, it is particularly challenging (but necessary) to decline to support that person for promotion and tenure, and this can be difficult challenge for department chairs.”



Alan Smith, chair of kinesiology, Michigan State University.

the personal rewards they get from interacting with faculty and students, encouraging professional development of faculty, and representing the department at professional meetings.

Kinesiology Department Chairs

National surveys of department chairs are

[Continue on Page 20](#)

Continued from page 19

Views from the Department

Chair's Chair

plagued by a number of limitations, most notably a failure to take into account the cultures and sizes of departments (one exception is Bozeman and colleagues' 2013 analysis of STEM department chairs). The duties of Kinesiology chairs, especially of departments offering professional as well as strictly academic programs, those with laboratories, physical activity programs, accredited preparation programs in athletic training, sport management, teacher education, internship programs, community outreach obligations, massive activity spaces, and an array of equipment have little in common with those of a chair of a typical humanities department. A kinesiology chair must speak the languages of as many as six subfields, be conversant in the unique demands of professional preparation programs, and be familiar with the requirements of accrediting agencies. And sometimes kinesiology chairs must dance a delicate minuet with their athletic departments over issues of staff and space.

As a way to take the temperature of kinesiology department heads, we solicited informal rankings from a small sample concerning what they found most rewarding, most difficult, and most time consuming about their jobs. We talked with some and had e-mail chats

with several others. Contrary to the typical characterization of department chair duties as frustrating, burdensome, even impossible, all those we talked to seemed to enjoy their roles and responsibilities. Asked what they found to be the most rewarding aspects of their jobs, almost all mentioned basking in the glow of faculty and student achievements and helping to move the department toward institutional goals.

Al Smith, chair at Michigan State, said the most enjoyable aspect of the position is "the opportunity to shape the direction and future of a high-performing group." Mary Rudisil, chair at Auburn, mentioned "working toward our mission with dedicated professionals and helping to develop and promote worthwhile initiatives." Jason Carter, chair of kinesiology at Michigan Tech, said he gets enormous pleasure in knowing that the department helped students and faculty achieve their professional goals. "There is nothing better than a student coming in to tell me he or she got into the PT or med school of their choice, or faculty members telling me that they received a notice of award for a grant."

Others, like Janet Wigglesworth, chair at University of Western Illinois, invests a great deal of time in planning and overseeing the curriculum. She says, "Shaping the curriculum to help students learn what they need

"Generic knowledge is not nearly as important as local knowledge." "You must learn the university system, something faculty often think they know but don't."



Janet Wigglesworth, chair of kinesiology, Western Illinois University.

to know to be a success is an important responsibility of the chair, and I thoroughly enjoy doing it," she says. Shirley Reekie spent eight years as chair of kinesiology at San Jose State; she notes that the rewards of the job can come in the simplest thing, from helping a student enroll in a course to helping them return to school after dropping out. "No reward exceeds having a student say, 'Thank you; you made a difference in my life.' Recruiting students and engaging in long-range strategic planning also were

Continue on Page 21

Continued from page 20

Views from the Department

Chair's Chair

mentioned as valuable rewards of the job.

Chairs vary considerably on what they view as the most maddening aspects of the position. To some, it is a perceived lack of support from the provost's and dean's office. (Others gave their provosts and deans high marks for their support.) Frequently mentioned was exasperation in dealing with red tape and bureaucratic mind-sets. Carter points to the explosion of extra training sessions on diversity and inclusion, legal issues in hiring, IT security, safety compliance, assessment, and accreditation as complicating the chair's job. "All have relevance," he says, "and none alone are overburdening, but the accumulated drain on department chairs' time and energy is driving deans, chairs, and faculty crazy at my institution."

Janet Wigglesworth also noted how discouraging it can be when faculty across campus don't buy into the importance of health and wellness and resist departmental initiatives. She has found resistance most acute among the humanities faculty.

As the job has become more varied in scope, the problems that confront the chair have become more varied as well. Most mentioned how the sheer unpredictability of events that confront chairs can be frus-

trating, disrupting plans for the day, even for a week. Reekie cited it as particularly frustrating. "Most of those eight years I really enjoyed doing it, but you could never tell what was going to demand your attention that day. You may have planned to do A, B, C, but when you get to the office you need to do X, Y, and Z."

"Time management gets thrown out the window when crises arise," says Al Smith. Allan Jackson at University of North Texas says, "The constant demand for assessments—core curriculum, SACS, CAEO, university and college strategic goals all reduce the time you can spend teaching or conducting research."

Adding to the list of things on the department chair to-do list is courting prospective donors. "While it may not eat up enormous amounts of time, it is becoming increasingly important," noted Jeff Fairbrother, chair at the University of Tennessee. "It is essential to have some established donors and a good working relationship with the development office."

According to these and other chairs we quizzed, reading and responding to e-mails and assessing faculty place the largest demands on their time. E-mail management was ranked the least rewarding and most time-consuming aspect of the job. Recruiting students was generally considered the

least time intensive, not surprising given the burgeoning enrollments in most departments. Large-scale studies have found that terminating faculty and staff along with managing conflicts among faculty are among the most difficult tasks faced by departments. It was largely the same for this small sample of kinesiology chairs. "When a faculty member is likable and a good department citizen but not able to meet the scholarly expectations of a faculty role, it is particularly challenging (but necessary) to decline to support that person for promotion and tenure, and this can be difficult challenge for department chairs," says Alan Smith.

And what about department chairs meeting their scholarly expectations for themselves? Not having adequate time to read, write, and conduct research appears to be just as problematic for heads of kinesiology departments as it is for the general population of department chairs. "The constant demand for assessments—core curriculum, SACS, CAEP, and university and college strategic goals—along with the time necessary for dealing with faculty and staff greatly reduce the time for teaching and research," says Jackson. Smith says he finds it incredibly exhausting to do this job and maintain a vibrant scholarly career (let alone maintain a rewarding family life).

Managing to lead a department success-

Continue on Page 22

Continued from page 21

Views from the Department

Chair's Chair

fully, says Smith, "requires skilful delegation (neither too little nor too much), a patient long-term view, and probably an expiration date somewhere in the 5- to 10-year range." Delegation is the tack taken by Fairbrother at Tennessee. "I have looked for ways to increase the autonomy of graduate students working on research, which actually serves them well and allows more time to work with those who need more guidance." "The upside," he says, "is that administration hones your decision-making skills, which greatly facilitates project management. I may not be as productive overall, but I am probably more efficient with the time I can devote to research."

Given that new department heads tend not to have had much in the way of formal training for the position, we were interested in hearing about recommendations they might have about training new chairs to take over departmental reins. Many mentioned how important it was to have access to colleagues who can help guide them through difficult challenges. Jason Carter recommended that early on new chairs establish a network of mentors who are or have been in a chair position. "AKA leadership workshops are very helpful, but that should serve simply as a starting point. I have three or four trusted

colleagues whom I am never afraid to reach out to regarding challenges and opportunities. And rely on your faculty to help. Biggest thing: Don't try to do everything, and *do not* micromanage!"

Not all would buy into the notion that department heads need training in general leadership skills. Shirley Reekie doubts that a person can really learn to be a leader. "You are either fit temperamentally or not for the position," she says. But regarding the kind of knowledge required, she says local knowledge trumps any kind of leadership training. "Knowing key people and offices in the university and knowing how the university works at the administrative level are invaluable."

Wigglesworth agrees: "Generic knowledge is not nearly as important as local knowledge. You must learn the university system, something faculty often think they know but don't," she says.

Finally, we wanted to know what advice they would offer faculty who aspire to the position of department head. The answers were as interesting as they were varied. Mary Rudisill says that pretenders to the chair's seat need to be prepared to put in a lot of hours, be willing to take risks, and plan to put everyone before you, a point also made by Jackson: "If you want to be successful, you must want your department's faculty, staff, and students to be successful. Your

focus must be on their success." All of this is important, says Smith, but just make sure you listen more than you talk.

-SJH

A Reading List for Department Chairs

Boyko, L. (2010). Faculty, deans and department chairs: The great divide? *The Department Chair*, Summer, 3-6.

Bozeman, B., et al. (2013). Power to do . . . what? Department heads' decision autonomy and strategic priorities. *Research in Higher Education*, 54, 303-328.

Buller, J.L. (2011). *The essential department chair: A comprehensive desk reference* (2nd ed.). Jossey-Bass

Cipriano, R.E., & Riccardi, R.L. (2013). A continuing analysis of the unique department chair. *The Department Chair*, Spring 20-22.

Cookson, R.K. (2010). Results from a national survey: The help chairs want most. *The Department Chair*, Summer, 13-15.

Gmelch, W.H., & Miksin, V.D. (2011). *Department Chair Leadership Skills* (2nd ed.). Atwood.

Gmelch, W.H. (2014). The department chair's return. *The Department Chair*, Spring 2014, 13, 15.

Continued from page 2

Walking with Docs

cardiology at National Jewish Health. Freeman established the Denver, Colorado, chapter about four years ago and has seen it grow from just a few participants to nearly a hundred walkers each week. "A lot of organizations host only one big walk a year. I wanted something that promotes a healthy habit of walking," said Freeman. "Very few programs do that successfully, and this one does it very well." The weekly walks in Denver begin with a tai chi warm-up and health screenings along with health-related talks from Freeman or other health professionals. Freeman says they like to keep it fun and high quality in order to empower patients to improve their health and their knowledge. "When you do the right thing, it works for everybody," said Freeman.

It seems to be working for many patients around the country. A recent survey of participants showed 90% of participants felt they had a better understanding of their own health after starting the Walk with a Doc program. Seventy-five percent reported getting significantly more exercise, and 70% felt more empowered and in control of their health choices and lifestyle changes. Almost all liked the experience of spending time with a physician outside of the hospital setting. Sabgir said many commented that it made it easier to talk with the doc as well.

John Volpi, a participant and volunteer leader in the Columbus chapter, enjoys the health benefits, support, and camaraderie of the program. Before joining the group, Volpi was overweight and had diabetes and a heart condition; he also suffered a transient ischemic attack. "I joined Walk with a Doc because I did not like the person I had become. I needed to change my habits so I could enjoy a longer, healthier life," said Volpi. Since joining the group, he has lost weight, had his medications reduced, and vastly improved his health. "I get to meet some wonderful people who have become my friends," said Volpi. "And I have learned that no matter what, I am not alone in the aging process."

Although participants have worked up to completing 5K races to marathons, Habash says the real goal is to just improve everyone's level of health and physical activity. Walks typically last about 30 to 45 minutes, but participants are encouraged to complete the recommended 150 minutes of exercise throughout the week. Finding walking partners at the Walk with a Doc events helps some fulfill that goal as well.

The Walk with a Doc program currently has about 100,000 walkers. Five years from now, Sabgir

would like to see 15 million walkers in the program. "Everyone knows exercise is good for you," said Freeman, who actually prescribes exercise for his patients. "(Sabgir) came up with an idea that makes it applicable and acceptable to people. It is a novel approach that people really like. When you do the right thing, it works for everybody."



Baptist Primary Care mandarin South Kick-off event



Hilo, HI. Walk with a Doc

Continued from page 3

AKA Accomplishments in 2014

ficiently physically active. The plan is ultimately guided by the [board of directors](#) for the [National Physical Activity Plan Alliance](#). A congress will be held in Washington, DC, February 23-24, 2015.

- After conversation with the AKA board and collaborative conversation with the National Academy of Kinesiology, AKA has decided to invest in the National Physical Activity Plan. By investing, we will have an individual sit on the board of directors and will have a chance to make contributions to the plan and hopefully AKA can help disseminate the plan. We have invited Wojciech Chodzko-Zajko, past president of AKA, to serve on the board of directors of AKA for two years. We look forward to his participation and the NPAP Congress to be held in Washington February 23-24. www.physicalactivityplan.org
- The 2015 workshop of The Intersection of Physical Activity and Public Health: Opportunities for Kinesiology has blossomed under the leadership of the workshop committee (chair Greg Welk, Bill

Kohl, Patty Freedson, and David Bucher). With the changing times in kinesiology, this is a topic that may influence the future of many departments in kinesiology. Go to the AKA website to see the entire program. We look forward to seeing you in Charlotte in January.

- AKA has partnered with *Kinesiology Review* (KR) (<http://journals.humankinetics.com/kr>) to establish an outlet for workshop papers. While it is recognized that the AKA workshop is designed to be highly interactive, presenters now have the opportunity to draw on the scholarly literature on their topics and present this information for publication in KR. While this process has occurred with the Diversity Workshop in 2013 and the Online Teaching and Learning Workshop in 2014, a more formal process for this collaboration has been developed in cooperation with the new editor of KR, Maureen Weiss. The new editor will attend the AKA workshop.
- The AKA committees are the backbone of the organization and propose new initiatives to move the organization forward. All committee chairs and members are appreciat-

ed for the efforts they put forward. As the organization matures, we are still in the process of determining the most appropriate organizational structure and function of these committees. I am pleased to announce that a new diversity committee has been formed and will now be active in AKA. The 2013 workshop made it evident that this should be an integral part of our organization.

As the end of fall term is upon us, and the New Year begins, I wish you all glee in your academic life and health and wellness for you and your family. I am sure AKA will be in good hands under the leadership of incoming president Duane Knudson. Also a heartfelt thanks to business manager Kim Scott and executive director Amelia Lee for their tireless energy in supporting the mission of AKA.

Twenty-six college football coaches are earning more than \$3 million per year. Four of these make \$5 million or more.

Inside Higher Education

Continued from page 4

The Better Fitness, the More Life: Elite Athletes Enjoy Greater Longevity

petitive years, or whether making healthier choices over their life spans—such as not smoking, eating a better diet, and consuming less alcohol—might contribute to the result.

"No study is without limitations," concedes Lucia. "But this is the only meta-analysis in the field, and two other studies with Tour de France cyclists add the same take-home message: Those engaging in highly strenuous endurance exercise during young adulthood live longer than the general population. If it's from living a healthier life after retirement from professional sports, this is also likely a healthy consequence of having been an athlete."

An editorial appearing in the same issue of *MCP* cautions that other recent studies have produced conflicting results linking high-volume high-endurance exercise programs to the development of significant cardiovascular health problems. Editors James H. O'Keefe, MD, Barry Franklin, PhD, and Carl J. Lavie, MD, write that, beyond the concern of orthopedic overuse injuries like plantar fasciitis, Achilles tendinitis, shin splints, and patellar chondromalacia, high-frequency high-intensity exercise may be contraindicated in older athletes in particular, because such practice could lead to what

they coin "cardiac overuse injury."

In the editorial, they caution, "Cardiac overuse injury may be associated with more ominous outcomes, including threatening cardiac arrhythmias, accelerated coronary plaque formation, premature aging of the heart, myocardial fibrosis, plaque rupture and acute coronary thrombosis, and even sudden cardiac death (1171)."

At the same time, the authors point to the many documented health benefits of moderate exercise, including longer life, and recognize that the definition here of moderate is actually quite broad, so there is a range of activity levels that maximize the health benefit before one approaches the hypothetical threshold.

A separate study published in the same issue of *MCP* suggests that such a threshold does in fact exist for individuals who have already suffered a heart attack. Researchers at Lawrence Berkeley Lab in California and Hartford Hospital in Connecticut examined 10-year outcomes for self-identified heart-attack victims who participated in the National Runners' Health Study and the National Walkers' Health Study, recruitment for which closed in 2001.

The researchers found that, within 10 years of a cardiac arrest, regular moderate exercise was indeed associated with a decreased rate of cardiovascular-linked

mortality (compared with no exercise). And there is a linear progression to this benefit—the more exercise, the more benefit—but only to a point.

Running 15 to 23 miles per week was associated with a 50% lower risk of cardiac-related mortality, compared with running under 15 miles per week; running 23 to 30 miles per week correlated with a 63% lower risk of cardiovascular-linked mortality. The benefits of walking were the same, provided the energy expenditure was the same (i.e., walking a longer distance and for a longer period).

But more intense levels of exercise (equivalent to running more than 30 miles per week) were associated with higher rates of cardiovascular-linked mortality (specifically, ischemic heart disease-related deaths, not dysrhythmia-related deaths). No medical evidence suggested that this cohort was predisposed to cardiac events and, in fact, had lower risk factors for cardiovascular disease.

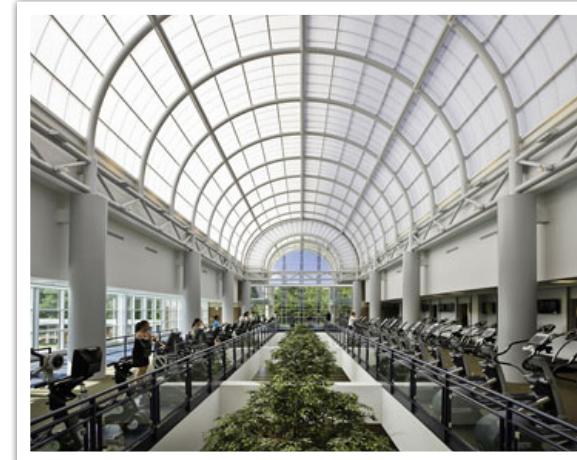
Continued from page 5

Do good looks signal greater athleticism—and better genes?

While it may be difficult to separate moderate and intense physical activity experiences from the variety of offerings at each campus recreation center, a forthcoming NIRSA study will show that on average, campuses offer 45 group exercise or fitness classes each week. Of the most frequently pursued activities at campus fitness centers, cardiorespiratory training (stationary bike, elliptical, and treadmill) tops the list, closely followed by weight training and free weights. According to a recent report by NIRSA, 90% offer group fitness classes, 75% have personal trainers (average of 6 each facility), and 83% require those trainers to have some sort of certification.

Don Stenta, recreational sports director at Ohio State University, points to an impressive increase in participation rates at his facility, due in part to a decision to scrap the fitness center pass fee in the spring of 2012. Participation totals have increased from just over 43,000 in the 2011-2012 academic year to nearly 73,000 in 2013-14. The number of classes offered has increased over 27% in the same period.

There is little question that physical activity needs to be promoted on college campuses. Although recent research has called the “freshman 15” into question (apparently the

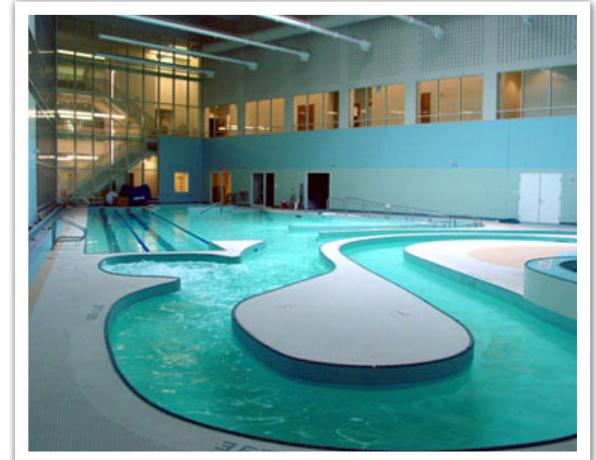


Part of the 340,000-square-foot Activities and Recreation Center at the University of Illinois.

gain in weight is more on the order of 3 to 7 pounds), responses to the National College Health Assessment peg the overweight and obesity rate among college students at approximately 33% and indicate that only 21% of college students report engaging in moderate-intensity exercise for at least 30 minutes on 4 to 7 days of the past week. Twenty-two percent report not doing any such exercise, and 37% report doing no exercise they would rate as high intensity.

Such facilities offer unprecedented potential for increasing the level of physical activity in students. These all point in the right direction. But whether they translate into a more robust student body remains an open and largely unanswered question.

SJH



Part of the University of Akron's 290,000-square-foot recreation complex.



The 127,000-square-foot Cary Street Gym at Virginia Commonwealth University.

Continued from page 7

Do You Really Need a Degree In Kinesiology to Be a Personal Trainer?

certification bodies (athletic training), which ensure that entry into the profession is via an appropriate undergraduate or graduate degree.

But programs offered under the banner health fitness—more or less designed to prepare students for professional careers as fitness leaders, personal trainers, and fitness managers—would be on less secure footing. Does one really need a degree in kinesiology to make it as a personal trainer? How is a student majoring in health fitness different from a computer programmer who Mims claims is merely plying a trade?

No doubt kinesiology faculty would answer yes and point to the science that often underpins such programs. But many who work in the fitness industry would say no. A few years ago IDEA, which bills itself as “the world’s largest association for fitness and wellness professionals” and whose *IDEA Fitness Journal* claims 70,000 subscribers, solicited responses to the question. The opinions, offered mostly by those employed as personal trainers, tended to be no (although most admitted a degree may offer more credibility). The reason is simple: Scores of personal trainers and fitness “experts” seem able to deliver their services to satisfied clients without having endured the inconvenience

of a degree in kinesiology.

A cursory examination of recent articles in the *IDEA Fitness Journal* shows authors of articles with degrees in a range of fields. For example, two lead articles in a recent issue included one on pre- and postnatal training and another on seniors and self-myofascial release. The first was authored by a man whose degree is in English and creative writing, the latter by a woman whose degree is in scientific and technical communication. The CEO of IDEA has a degree—not in kinesiology but in business.

I have only to look at the bios of the dozen or so personal trainers who work at my local YMCA to see that not having a degree in kinesiology is far from an impediment to working in the field. In fact, scores of fitness leaders who have risen to national prominence lack any in-depth training in our field. The integrated knowledge that comes from mastering a degree program has given way to fitness certifications, and by someone’s count, they number more than 50, most requiring little more than a few hours of study. One might even wonder if kinesiology faculty are valued as fitness experts on their own campuses. Student recreation facilities often employ those lacking kinesiology degrees to teach fitness classes, and more than one kinesiology department has employed fitness instructors for their basic instruction programs who

lack formal training in the field.

My point is that if the why-do-we-need-a-college-degree movement does gain traction, the field of kinesiology will be most vulnerable in the area of health fitness, especially programs that prepare people for the fitness field. And for this we have largely ourselves to blame. We have failed to control the entry of people into the field and sat by as those lacking formal training in kinesiology have established themselves as fitness experts. Our organizations have largely failed to muster the political force needed to ensure that credible scientific training is included as a key element of preparation for these positions regardless of the certifying agency. Perhaps most important, we have failed to demonstrate to the public in any remarkable way how a degree in health fitness produces a superior fitness specialist.

Kinesiology Today

KT Editor: Shirl Hoffman

Managing Editor & Writer: Amy Rose

Copyeditor: Jan Feeney

Staff Writer: Siv Schwink

Designer: Sean Roosevelt



Human Kinetics

P.O. Box 5076 Champaign, IL USA 61825-5076

www.HumanKinetics.com