

movement

Worth a Thousand Words



Career services coordinator Amy Fredell, student body president Anthony Reyes, Dean Ron Zernicke, and Associate Dean Tom Templin celebrate the grand opening of our new Career Development Center.



Grad students John Spooner, Guy Wilkinson, Jeff Cowley, Luis Nolasco, Tyler Johnson, Andy Pitchford, Kyla Cross, Leelai Abraha, Grant Juth, and Doug Van Pelt - aka Team Kinball - get ready for IM football playoffs.



Assistant professor Deanna Gates introduces 4th-6th grade girls to upper extremity prosthetics at the FEMMES fall event.

In the News



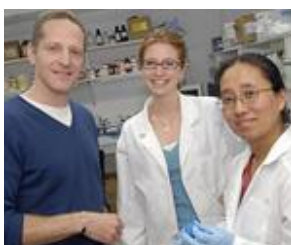
The U-M School of Kinesiology achieved **two major milestones** in the last quarter of 2015: we became the first accredited IONM program in the world, and our doctoral program was ranked #3 in the country.



Have a New Year's resolution to exercise more? Don't throw in the towel if the scale isn't budging. Pete Bodary, clinical assistant professor of health & fitness and movement science, encourages you to **focus on more than weight loss**.



Drumming up local support for corporate fundraising can sometimes be a tough sell. Letting **hometown fans guide philanthropic efforts** might be a smart strategy for sports teams, according to Kathy Babiak, associate professor of sport management.



Jeff Horowitz, professor of movement science, recently received **\$3.5M in grants from the National Institutes of Health (NIH) and American Diabetes Association (ADA)** to research the effects of high intensity interval training (HIIT) on metabolic health in obesity, and how alterations in the structure and metabolic function of fat tissue may underlie the development of metabolic diseases in obesity, respectively.



Sixty-two Michigan high schools are participating in a unique pilot program that does **baseline testing of athletes in football and other sports to help with concussion diagnosis**. Steve Broglio, associate professor of athletic training, recommends that schools adopt these protocols.



We already know that "we are what we eat" - but does where we live and work impact our health just as much? Rebecca Hasson, assistant professor of health & fitness and movement science, says that **environmental stressors can significantly contribute to obesity and diabetes**.



Love it or hate it, Los Angeles is becoming a battleground for professional sports teams. Rod Fort, professor of sport management, discusses the **economic impact that an NFL move would have on the greater LA area**. Judith Grant Long, associate professor of sport management, finds that **unreported costs among publicly financed sports stadiums** might push the price tag even higher for the city.

Alumni Spotlight



Marc Ramirez (SM '90) never thought much about what he ate - until he and his family began to experience some major health issues. Marc and his wife, Kim, decided to adopt a plant-based diet in 2011. Five years later, Marc is diabetes- and medication-free - as well as lean and full of energy. Marc and Kim founded **Chickpea and Bean** to help others benefit from this healthy (and tasty!) lifestyle change.

What have YOU been up to? Send us an update and you might be featured in our next Alumni Spotlight!

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Student Voices



Movement science seniors Rachel Carlson, Wesley Schermer, and Mia Caminita **presented their research at the fall 2015 Society for Neuroscience meeting** in Chicago. They represented only a handful of undergraduate students invited to present at this annual event that draws more than 30,000 attendees.



Doctoral student Kathryn O'Connor was recently interviewed by Michigan Radio (NPR) about her research on **concussions in female high school athletes**.



Sport Management students Dan Costa, Elizabeth Bergren, and Aaron McNeill **attended the Detroit Pistons Sports Sales Combine** in December. They received sales training, coaching, and even a few job offers from MLB, NBA, NFL, and NHL representatives.

Upcoming Events



Calling all NYC-area alumni! Join us on Saturday, 1/30, at American Whiskey to watch Michigan and Penn State battle in a basketball and hockey double-header. **RSVP at goo.gl/forms/4M5WbyIMo5.**



Looking to hire Kines grads? Come recruit at our Career Fair on Tuesday, 3/8! **Register at bit.ly/KinesCareerFair by 2/25.** Questions? Contact Amy Fredell, our career services coordinator, at afredell@umich.edu.

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