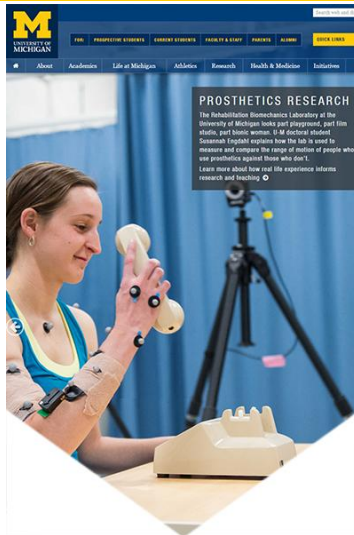


The University of Michigan School of Kinesiology is always on the move!
Here's what we've been up to over the past few months.

UNIVERSITY OF MICHIGAN SCHOOL OF KINESIOLOGY | WINTER 2017

movement

Worth a Thousand Words



In the News

High marks for low-carb diets

Think low-carb diets are a fad? Think again. [Dr. Katarina Borer](#), professor of movement science, found that consuming three low-carb meals within 24 hours lowers post-meal insulin resistance by more than 30 percent - potentially reducing the risk of hypertension and diabetes.

[Read more](#)



Collaborating effectively with community health foundations

Getting foundations to work on community health issues with schools, libraries, hospitals, and other local organizations can be a challenge. [Dr. Kate Heinze](#), assistant professor of sport management, and [Dr. Kathy Babiak](#), associate professor of sport management, suggest specific tactics to create effective collaboration.

[Read more](#)



Faculty BTN superstars

If you've watched the Big Ten Network recently, you might have seen some familiar faces. [Dr. Rebecca Hasson](#), assistant professor of health and fitness and movement science, and [Dr. Deanna Gates](#), assistant professor of movement science, were chosen for two new "Live B1G" spots.

[Read more and watch Dr. Hasson's spot](#)
[Read more and watch Dr. Gates's spot](#)



Taking the Pistons downtown

Business is booming in downtown Detroit, and it's about to get another boost: the Detroit Pistons are moving from the suburbs to the city. [Dr. Mark Rosentraub](#), professor of sport management, estimates that the move will generate \$600 million and create 2,000+ jobs.

[Read more](#)



We are the CHAMPions

Getting young kids to move in a variety of ways may be the key to improving their development. [Dr. Leah Robinson](#), associate professor of movement science, has been awarded a five-year, \$2.5M NIH grant to investigate how the Children's Health Activity Motor Program (CHAMP) affects preschoolers' motor skills. [Dr. Natalie Colabianchi](#), associate professor of health and fitness, and [Dr. Dale Ulrich](#), professor of movement science, are among the co-investigators.



[Read more](#)

Calling a time-out on tackling

In 2014, the State of Michigan took a page from the NFL playbook and limited the number of full-contact football practices. [Dr. Steve Broglio](#), associate professor of athletic training, found an overall decline in head impacts after the rule was enacted - potentially reducing the risk of concussion.



[Read more](#)

Alumni Spotlight

Mason named New Leaders Council Detroit 2017 Fellow

Dexter Mason (SM '13) has been selected as a [New Leaders Council Detroit](#) Fellow. The NLC works to recruit, train, and promote political entrepreneurs - trendsetters, elected officials, and civically-engaged leaders in business and industry - who will shape the future of progressive leadership.



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

[SUBMIT A CLASS NOTE](#)

Student Voices

Busting binge-eating

Holidays, cold weather, stress - we've all experienced the factors that contribute to binge-eating. **Doctoral student Alison Ludzki** believes that maintaining a regular exercise routine is the single best way to fight the urge to eat in excess.



[Read more](#)

Making mental health a priority

Despite major strides in advocacy over the years, the words "mental health" still carry a stigma for many people. **Joe Filipiak (HF '17)** was the lead organizer of a mental health speak-out event, sponsored by the U-M Greek System. Attendees shared personal stories about issues such as depression, anxiety, and body image.



[Read more](#)

Students launch three new orgs

Three new student organizations are focused on helping the community, raising awareness, and building leadership skills. The **Intraoperative Neuromonitoring (IONM) Club** is open to students enrolled or thinking about enrolling in the school's IONM program, which involves the monitoring of the central and peripheral nervous systems of patients undergoing surgical procedures. **Fitness Connections** provides networking, shadowing, internship, and job opportunities for those interested in a health and fitness career. **Exercise is Medicine** works to improve physical fitness, health, and wellness across campus through fun speakers, events, and advocacy.



We're on LinkedIn - connect with us!

Log into your LinkedIn account to join these groups:

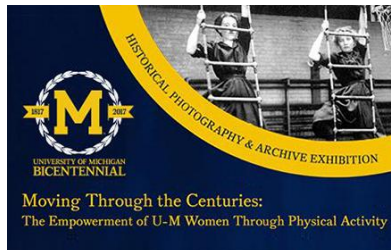
Save the Dates

Exhibit: Moving Through the Centuries

The School of Kinesiology is proud to co-sponsor this collection of photographs and memorabilia showcasing women's physical activity at U-M. From early and restrictive physical education to Division I athletics, the exhibit explores the early participatory nature of women's movement.

Date: Now through June 30, 2017 -
Monday-Friday, 8:00am-5:00pm

Location: Lane Hall Gallery - 204 S. State Street, Ann Arbor, MI 48109-1290



Kinesiology Commencement Ceremony

Date: Thursday, April 27, at 4:30pm

Location: Hill Auditorium

Speaker: **Dr. Timothy P. White**, chancellor of the California State University - one of the most influential, inclusive, and populous systems of higher education in the U.S. Dr. White began his academic career as an assistant professor at U-M Kinesiology in 1977.



[Learn more](#)

Bicentennial Trivia

In honor of the U-M Bicentennial, we'll publish an historical trivia item each 2017 issue of *Movement*.

Do you know the name of the professor on the left in this photo?

Send your answer to Emily at emathews@umich.edu. The first person to guess correctly wins a School of Kinesiology swag bag!



M
VICTORS FOR MICHIGAN
KINESIOLOGY MOVES THE WORLD

OUR PRIORITIES:
Student support • Engaged learning
Facilities for bold ideas

OUR VISION:
Raise \$27.5 million to transform Michigan Kinesiology, helping to **prepare the next generation of leaders** in Kinesiology and Sport Management to **make a positive influence** on the world.

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