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.

Worth a Thousand Words

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 civicly-engaged leaders in business and industry - who will shape the future of progressive leadership.

Read more

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

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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

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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!