

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 2018

movement

Worth a Thousand Words



In the News

Fear factor

Professional drivers use psychology to reduce their anxiety on the racetrack - and you can, too. "Think about what you want to do, rather than fearing what you don't want," says [Tom George](#), assistant professor of clinical practice for health & fitness and sport management.

[Read more](#)



C'mon get happy

Having a healthy body weight and focusing on the positive can help college students combat depression and anxiety, says [Weiyun Chen](#), associate professor of health and fitness.

[Read more](#)



Snap decisions

Relying on an in-the-moment judgement call - rather than a reliable concussion test, which doesn't exist yet - is "a massive problem we face as a field," says [Steve Broglio](#), associate professor of athletic training.

[Read more](#)



Fitter fat

Fighting winter weight gain can sometimes feel like an uphill battle. But don't give up - a brisk walk or jog might make this added fat healthier and more stable, says [Jeff Horowitz](#), professor of movement science.

[Read more](#)



Change agency

The NFL's newly proactive stance on concussion shows how a large organization can wrest control of and shape the very issue that haunted it, says [Kathryn Heinze](#), assistant professor of sport management.

[Read more](#)



Photo credit: Rick Osentoski/AP

Neighborhood watch

[Natalie Colabianchi](#), associate professor of health and fitness, received a \$3.3M grant from the National Institutes of Health to study how things like community walkability, access to affordable healthy food, and park and playground use affect childhood obesity.



Photo credit: Colorado Health Foundation

Give the gift of activity to a child in need!

KidSport Summer Camps offer kids the opportunity to learn and play a variety of team and individual sports, games, and activities, including swimming.

Your gift will help provide scholarships to campers in need.

[GIVE NOW](#)



Alumni Spotlight

Victors for Michigan

The Shipman Scholarship enabled [Bhillie Luciani \(MVS '17\)](#) to study biomechanics - and work on important issues like rehabilitation strategies for head and neck cancer patients.

[Watch the video](#)



Food for thought

[Kate McManus \(AT '11\)](#), currently a graduate student at the U-M School of Public Health, spent last summer working with Food Gatherers to help at-risk kids get access to nutritious meals when school is out.

[Watch the video](#)



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

Speed racer

When he's not in class or in the lab, doctoral student [Geoff Burns](#) can be found pursuing his other passion: running the ultramarathon.

[Read more](#)



Data-driven

A recent **Michigan Sports Analytics Society (MSAS)** hackathon explored data collected from wearable devices on U-M athletes. Participants, including sport management students, used the data to tackle real-world challenges posed by Michigan Athletics.

[Watch the video](#)



Save the Date

Kinesiology Commencement Ceremony

Date: Thursday, April 26, at 4:30pm

Location: Hill Auditorium

Speaker: **Janet Marie Smith**, Senior Vice President of Planning and Development at the Los Angeles Dodgers and member of our [Sport Management Advisory Board](#)

[Learn more](#)



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Your gift to the School of Kinesiology will give our students the space to challenge, explore, collaborate, innovate—and grow into the leaders they're destined to be.

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