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

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.

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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.

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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.

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.

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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

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

SUPPORT THE BUILDING FUND!

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.

GIVE NOW

Learn more about our new building at kines.umich.edu/newbuilding

University of Michigan School of Kinesiology
1402 Washington Heights | Ann Arbor, MI 48109-2013 | kines.umich.edu