

movement

BLUE SKIES AHEAD FINDING BRIGHT SPOTS AMID UNREST AND UNCERTAINTY

Getting home-bound kids into a physical activity routine

Educating the world on sports data analytics

Helping patients recover faster from ACL surgery

Breaking the glass ceiling in professional sports

Maintaining older adults' health and mobility

Teaching kids with disabilities how to play adapted sports

Moving to the new Kinesiology building

And more!

Letter from the Dean



*Dean Ploutz-Snyder.
Courtesy of
Daryl Marshke/
Michigan
Photography.*

It's so easy these days to spend time worrying about both the present and the future. We have been inundated with issues, from COVID-19 to racial injustice to natural disasters, that have affected our lives and loved ones in significant – and potentially permanent – ways. Uncertainty has been our “new normal” since mid-March. That's why it's so important to remember the bright spots – our “blue sky” moments.

I see patches of blue sky peeking through everywhere.

I'm incredibly proud of how our community has pulled together to help one another. Our students, faculty, staff, alumni, donors, and friends are offering support, giving and getting advice, patiently working through tech and scheduling hiccups, and finding clever solutions to new and emerging problems.

Both virtually and in-person, our tenacious students are connecting with alumni for career support and advice (p. 15) and helping their peers feel at home on campus (p. 38). They're working to keep their fellow students safe from injuries (p. 11) and teaching kids with disabilities how to play adapted sports (p. 21).

Our world-class faculty are continuing important research endeavors that make our communities healthier, safer, and stronger. They're getting home-bound kids into a physical activity routine (p. 5); educating the world on sports data analytics (p. 32); helping patients recover faster from ACL surgery (p. 30); and maintaining older adults' health and mobility (p. 31). This is just a handful of the many research projects that are currently in the works.

Ever the leaders and change-makers, our alumni are forging new paths in professional sports leadership (p. 17), residential sustainability (p. 34), esports and digital marketing (p. 24), and entrepreneurship (p. 26). It's exciting to see how their varied interests and goals represent the array of subjects that kinesiology encompasses.

By January, for the very first time in our school's history, all our faculty staff, and research will be under one roof (p. 7). Our new building is the single greatest tool we have to build our Kinesiology community. Generations of students, faculty, and staff will benefit from its state-of-the-art resources, flexible spaces, and prominent location in the heart of Central Campus.

I hope you enjoy the variety of articles in this issue, and find a little bit of your own blue sky to celebrate.

Stay safe, stay healthy, and
Go Blue!

Lori Ploutz-Snyder, PhD
*Professor and Dean
School of Kinesiology*



The Michigan Theater marquee. Courtesy of Daryl Marshke/Michigan Photography.

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Dean

Dr. Lori Ploutz-Snyder

Associate Deans

Dr. Steven Broglio

Dr. Greg Cartee

Dr. Tom Templin

Editor and Director of Marketing & Communications

Emily Mathews

Writers

Dr. Ketra Armstrong, Laura Bailey, Vanessa Barton, Jean Hunt, Emily Mathews, Drew Moser

Graphic Designer

Linette Lao, Invisible Engines

Let Us Know What You Think

Contact emathews@umich.edu or Editor, Movement Magazine
U-M School of Kinesiology
1402 Washington Heights
Ann Arbor, MI 48109-2013

Please note: campus will be different this year. The images and copy included in this publication may not reflect what we hope are temporary changes due to COVID-19.

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BY THE NUMBERS*

1

NEW GRADUATE
PROGRAM

ATHLETIC
TRAINING

WHICH REPLACES
THE UNDERGRADUATE
PROGRAM

1,856 → 20,152
STUDENTS TAUGHT CREDIT HOURS

122

CLASSES
MOVED
ONLINE
IN MARCH
2020

64

FACULTY, STAFF, & ALUMNI
IN OUR 2020 GRADUATE
SEND-OFF VIDEO

Watch at myumi.ch/BoP5o

\$9,287,340

IN RESEARCH EXPENDITURES

1

REGIONAL EMMY AWARDED FOR
OUR MOVEMENT SCIENCE VIDEO

Watch at myumi.ch/kxkBQ

163

FACULTY
PUBLICATIONS

14,664

SOCIAL MEDIA MENTIONS
AND 1,573 NEWS MENTIONS
OF FACULTY RESEARCH

(SOURCE: ALTMETRIC)

\$471,567

IN SCHOLARSHIP
SUPPORT AWARDED TO
89 STUDENTS

STUDENTS
HAILING FROM
45
STATES AND
21
COUNTRIES

3 NEW STAFF MEMBERS

ADAM KRAFT, RESEARCH & INSTRUCTIONAL
LAB COORDINATOR

SANDIE PETEE, ADMINISTRATIVE ASSISTANT
INTERMEDIATE

DEVENY ROSEBROCK, EVENTS & ALUMNI
ENGAGEMENT MANAGER

< 2

MONTHS UNTIL WE
BEGIN THE MOVE TO
OUR NEW BUILDING

A NEW MOVE

FITNESS PROGRAM GUIDES KIDS THROUGH AT-HOME EXERCISE

BY LAURA BAILEY

It's estimated that only 23% of U.S. kids get the recommended hour of daily physical activity, and that number has likely fallen since COVID-19 closed schools.

InPACT@Home, a fitness program developed by University of Michigan with state and national partners, hopes to offset COVID's impact on Michigan's 1.5 million school kids by offering free, online workouts developed by the physical education teachers, and recorded in their homes.

InPACT stands for Interrupting Prolonged Sitting with Activity.

Dr. Rebecca Hasson, an associate professor of Movement Science and director of the Childhood Disparities Research Laboratory, says most children get the majority of physical activity from physical education classes, after-school sports, and recess.

While the InPACT@Home videos can't replace physical education – which is an entire curriculum devoted to movement and motor skills – they do address the activity component kids are missing in the absence of gym class.

They launched July 6 with an initial offering of three-minute videos produced by Hasson's lab, showing U-M students demonstrating various no-equipment physical activities. Throughout July, the videos got longer (7 to 10 minutes) and more varied. These routines are designed to acclimate kids to at-home fitness – an activity normally reserved for adults.

"Kids aren't used to exercising at home. They'll have to think about how to rearrange the furniture, do they have the right clothes, do they have enough room, etc.," Hasson said.



Dr. Rebecca Hasson. Courtesy of Eric Bronson/Michigan Photography.

On August 1, InPACT@Home debuted the workouts that comprise the heart of the program – 20-minute cardio routines developed and recorded at home by Michigan physical education teachers.

They hope to develop 250 cardio training routines – tabata, yoga, circuit, bootcamp, etc. – with five workouts for students to choose from each day. Videos will also include nutrition messaging and social emotional learning activities, all accessible on smartphones, tablets, and computers.

The idea for the program originated in May, when Pamela Pugh, vice president of the Michigan State Board of Education, contacted Hasson about kids and physical activity during COVID. Hasson shared her InPACT@School research, a project to incorporate short activity breaks throughout the day, which Hasson's research has found helps kids learn and promotes health.

Continued on next page.

Michigan has one of the country's highest childhood obesity rates, and COVID has exacerbated this problem, Pugh said.

"My goddaughter, who will be a ninth-grader in the fall, played basketball for her school team, had one hour of PE per day for one marking period, and played AAU in the summer. Since COVID-19, she and her friends mostly sleep during the day and stay up at night playing video games together virtually.

"Her mom sporadically takes her to a local basketball court and allows her to play on it only when there are no other children there. It is critical that we have novel partnerships that create innovative alternatives or new normals for our children, to increase their daily physical activity. InPACT addresses both."

InPACT@Home evolved over the next six weeks, and draws heavily on inPACT@School.

"We hope that students will continue with InPACT@Home even after schools reopen, so they'll get 20 minutes of activity in the class, 20 minutes at home and 20 minutes during recess or in physical education class, to total one hour a day, five days a week," Hasson said.

Parents and students can do InPACT@Home together, or kids can use it alone, Hasson said. The longer workouts can be broken up throughout the day or done in one sweat session.

Partners include the Michigan School Health Coordinators' Association, Society of Health and Physical Educators (SHAPE Michigan), Michigan Public Health Institute, Michigan Elementary and Middle School Principals Association, Playworks, former Detroit Piston Earl Cureton and former Flint mayor Karen Weaver.

All programming is available at Active Schools & Communities Core Unit on U-M's Exercise & Sport Science Initiative (ESSI)

InPACT@Home features 20-minute cardio routines, developed and recorded by Michigan physical education teachers, that kids can do at home.

website. Teacher training videos for teachers interested in producing physical activity videos are located here, as well as fitness logs and information for parents.

Learn more about InPACT@Home at essi.umich.edu/active-schools-communities. ■





Move to new building
will begin in late fall

finishing
touches



As construction on our new building nears completion, we'd like to take a moment to thank the lead donors who gave so generously to our building fund. Our new home would not have been possible without their support.

Bickner Family Foundation

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Dana and Scott Marcus

Eryn McVerry

Jon and Debra Paley

Estee and Elliott Portnoy

John and Nanci Rosenfeld

Mark and Karen Rosentraub

Nick Shaw

George Wade

We're planning to celebrate the new School of Kinesiology Building throughout 2021, beginning in the spring. Please stay tuned for more details on our public health-informed events.

Learn more about our new building and see additional progress photos at kines.umich.edu/newbuilding. ■

Clockwise from top left: staircase from the south entry to second floor; south entry off the Diag; fourth floor view of commons; tilework around the fourth floor elevator; an aerial view of the building in January. Previous page: second floor to third floor stair in commons. Courtesy of U-M Architecture, Engineering and Construction.





BLACK LIVES MATTER

ANTI-RACISM EFFORTS IN THE PROFESSIONAL SPORT INDUSTRY

BY LAURA BAILEY

The Black Lives Matter protests against police brutality prompted the NFL to acknowledge it should have listened to players who wanted to peacefully protest and led to NASCAR's ban of Confederate flags at its races.

Ron Wade, a clinical assistant professor of Sport Management and former director of marketing for the Detroit Tigers, discusses what these actions mean.

Movement Magazine: On June 4, NFL Commissioner Roger Goodell issued a video acknowledging the league was wrong not to support peaceful protest. Goodell did not mention Colin Kaepernick, who was blackballed by league owners for kneeling during the national anthem to protest police brutality against African Americans. On June 10, NASCAR announced its Confederate flag ban on its properties. Are these measures sufficient to fuel real change?

Ron Wade: I hope so. While both moves are steps in the right direction, these moves alone can't lead to real, lasting change without continued support and additional resources. Companies are great at "reading the room" and knowing what will get positive PR in the moment, but actual long-lasting change involves work.

Of the two, I think the Confederate flag ban by NASCAR may be more significant in the long term because it signals

a move toward the mainstream for a sport with deep ties to the southern United States. NASCAR's leadership risked alienating a portion of their fan base at a time when attendance, ratings and interest was trending down pre-pandemic. The sport has long struggled with attracting a diverse fan base and only has one African American driver on its top circuit (Bubba Wallace). To make this move is a good step, but to do it and not go further would be foolish, and I think NASCAR's new leadership (at least in their statements) understands this. These difficult conversations about institutional racism need to continue and involve all levels of NASCAR (drivers, crews, team owners and sponsors) and they need to be frequent.

I'm much more skeptical of the NFL. The league's response to Colin Kaepernick told everyone where they stood on the issue of peaceful protests of police brutality. For NFL owners to blackball Kaepernick from the league, pass rules preventing players from protesting, and suddenly make a 180-degree turn in a matter of days? NFL leadership has struggled with issues of race and equality in their league for decades, even though a majority of the players are African American. Opportunities for African American coaches

Continued on next page.

and GMs have been few even with the league's "Rooney Rule," which requires the NFL to interview minority candidates for top coaching and management jobs.

The players can lead change only so far. The NFL's billionaire owners need to be willing to admit there is an issue, critically analyze their business practices and listen to the players before any lasting change can occur. How can they take a stand against racism and not address the Washington (Redskins) team name, which is a disparaging and racist term for Native Americans? I'm very skeptical of the NFL's motivation and commitment. *[Editor's note: In July, after this article was written, the Washington NFL franchise announced that the team is retiring the term "Redskins." A new name is pending.]*

MM: What policies should sports leagues adopt to create lasting change within the management and ownership structure?

RW: I'll focus on two. The first is creating an open and honest dialogue about racism within the organization that includes the highest levels of management. I've been one of few African American employees at several jobs, and it seems like the burden of making others aware of injustices and racism within an organization always fell upon me and



Ron Wade. Courtesy of Austin Thomason/
Michigan Photography.

"Sports can be an engine for social change, it just needs to be more than words and symbolism. It's hard work, and it won't be solved with just a donation and a press release." RON WADE

my fellow employees of color. It's exhausting, but I felt it necessary to improve the organization. In the end it was always frustrating – because we realized it was just a box for human resources to check on their annual to-do list. We knew nothing would change. Everyone from players, management, support staff, game day employees and interns needs to not only be heard, but supported with action.

The second is a critical analysis of hiring practices. Sports is an industry where personal networks have a greater influence on job prospects than ability. Who you know (or who knows you) can determine how far you go in your career. The best internships often go to students with the best connections. The best entry-level jobs go to those interns and it creates a homogenous loop of employees with similar backgrounds and similar experiences. Teams need to review their hiring

practices at all levels – especially the on-field/court/ice operations side of things – how are assistant coaches and team support staff hired? How wide are searches conducted?

MM: Do the NFL and NASCAR risk alienating audiences and sponsors? Will this impact revenue?

RW: There's always a risk in alienating some individuals, but that risk is minimal. Even in a politically polarized country, rights fees and franchise values are still climbing. Opening up your product to more people is good business. Fans that perceive these changes as upsetting are in the minority. Sometimes it's the knee-jerk reaction to any change in a beloved product, and they come around eventually; other times, it's racist fans. We've seen teams on social media respond by asking those fans to no longer support them. There's been no loss of revenue as a result.

MM: Does the NFL owe Kaepernick an apology?

RW: On June 15, Roger Goodell finally addressed Colin Kaepernick by name, stating, "Well, listen, if he wants to resume his career in the NFL, then obviously it's gonna take a team to make that decision. But I welcome that, support a club making that decision and encourage them to do that." It's a start, but with all things NFL, I'm skeptical because Goodell only mentioned Kaepernick after being questioned by ESPN. The NFL owes him an apology, and even though Kaepernick's lawsuit against the NFL has been settled, I doubt if an apology is forthcoming.

MM: Should leagues play an advocacy role in the larger issue of racial injustice?

RW: Yes. Sports often promotes itself as an engine for social change (whether it's true or not – the MLB is particularly guilty of mentioning Jackie Robinson's name at every opportunity).

Sports can be an engine for social change, it just needs to be more than words and symbolism. It's hard work, and it won't be solved with just a donation and a press release. Sports leagues and teams should battle racial injustice everywhere – in their front office, in the cities they play and in the sponsors they court. They should allow their players to speak up about injustice in the world and use their platform to bring issues to light that people may not be aware of. The teams and leagues that embrace this and institute actual change will be looked at in the best light in the future. ■

BAND AID

Athletic Training student helps prevent marching band injuries

BY DREW MOSER



One could argue that Megan Willison's collegiate decision was a foregone conclusion.

Maize and blue is in her DNA. She tells her friends stories about hearing "The Victors" in the delivery room and spending countless Saturdays making the two-hour drive from her family's home in Grand Rapids to cheer on the U-M football team and watch the marching band perform.

It came as no surprise that Willison said yes upon opening her U-M acceptance letter. Her goal: graduate with an Athletic Training degree from the School of Kinesiology.

"Michigan has a great program with so many great opportunities, it just made perfect sense," she said.

While the decision to attend U-M was straightforward, Athletic Training was something Willison stumbled into. She wanted a career in medicine, but she didn't know if medical school was right for her. It wasn't until she spent a week shadowing her uncle's physical therapy clinic that it clicked. "I started to look into Athletic Training more and it seemed really interesting because I've been involved in sports my whole life," she said.

"I thought I generally knew what the major was like when I got here, but as I started taking classes, learning more about it, I just fell in love with it," she continued. The smaller classes appeal to Willison, allowing her to build a tight-knit community with her classmates.

Willison, a senior, also enjoys the practical experience she gained through class labs and rotations with Michigan Athletics. She has worked with the women's field hockey and men's gymnastics teams, Ann Arbor Pioneer High School, and Probility Physical Therapy.

Continued on next page.

*Megan Willison (left) and Michigan Marching Band members at practice.
Courtesy of Kristan Rodwell.*

“The athletic trainers that work with those sports are really great about teaching us different things, like the logistics of what Athletic Training is like outside of a textbook, and giving us the opportunity to apply different things we’re learning in class,” Willison said.

Willison is also passionate about music. She comes from a band family – her dad and sister are Michigan Marching Band (MMB) alumni, and her younger sister is in Notre Dame’s marching band. Her other younger siblings also play instruments.

“Music was always a part of my childhood,” she said. “We love listening together, supporting each other and the different ensembles and concerts we’re in.”

Willison, who plays the saxophone like her father, participated in her high school’s marching band and spent her first year at U-M in MMB before having to quit due to her academic schedule.

Her decision was “gut-wrenching,” but she found a way to stay connected to an experience that has been a huge part of her life. Willison had an idea for a research study about preventing and treating injuries related to MMB’s long practice hours.

“If there are all these injury prevention methods for different sports teams, why isn’t there anything for marching band?”

MEGAN WILLISON

“I always knew marching band was similar to athletic activity. If you look at their pre-game marching, it takes a lot of skill to do that, and I noticed my peers starting to have injuries that were a result of marching. Wearing knee braces, ankle braces, that sort of thing,” she said.

Willison remembered her sister suffering a marching band injury during her first year.

“With an Athletic Training background and interest, I started to think if there are all these injury prevention methods for different sports teams, why isn’t there anything for marching band?”

Willison discovered that only six studies have focused on marching band specific injuries, including a 1993 U-M study published in the Journal of the American Podiatric Medical Association. According to the study, 153 of the



179 injuries suffered during the season were deemed lower extremity, mainly pertaining to foot, ankle, or knee injuries.

Willison approached Brian Czajka, a clinical assistant professor of Athletic Training, who agreed to be her faculty mentor. They developed a survey pertaining to band activity injuries. “It goes into specifics about how they were injured, what type of marching they were doing while they were injured, and different kinds of treatment they got for it,” she said.

Willison said about half of MMB members signed up to participate in the study, which runs through the end of the year to coincide with the season. Once she is through with her research, Willison wants to submit her information to the marching band for their benefit.

“Megan’s research will certainly be a helpful addition to the field of marching and pageantry arts,” MMB Director John Pasquale said. “We continually look for ways to improve methods to provide the safest possible experiences for our student performers.”

In addition to her classes and research, Willison stays busy through extra-curricular activities. The sound of her saxophone can be heard during Michigan basketball games and at different concert halls on campus. She is a member of Tau Beta Sigma, the national honorary band sorority, where she has worked to create a wellness committee to perform acts of service for the different campus bands. Willison also participates in the Organization of Athletic Training Students (OATS) and Athletes in Action. ■

City of Champions

NEW BOOK TELLS DETROIT'S HISTORY THROUGH ITS SPORTS

BY DREW MOSER

What is the relationship between a city and its sports? A new book, co-authored by Sport Management professor Dr. Stefan Szymanski and Comparative Literature professor Dr. Silke-Maria Weineck, explores the changing fortunes of Detroit alongside those of its extraordinary teams and athletes. *City of Champions: Detroit, Sports, and a History of Triumph and Defeat*, which will be published this fall, demonstrates how deeply intertwined sports and urban life are. In reverse chronological order, the authors take their readers through a history of the city anchored by iconic sports events.

Detroit, Szymanski and Weineck believe, is the most American of cities: it is Motown, home of the automobile, a magnet for migrations both domestic and foreign, the site of the most famous uprising in post-war history, a border town, a union town, a river town, and a Black town, both deeply beloved and ferociously denigrated. As they write in the book's introduction: "The city that changed the country and the world when it began churning out millions upon millions of cars, the city that made the weapons of war that defeated the Axis powers in 1945 was abandoned after the war, first in a trickle, then a stream – abandoned by those who wanted to leave or had no choice in the matter, then abandoned by the country that did little to stem, let alone reverse, its economic decline."

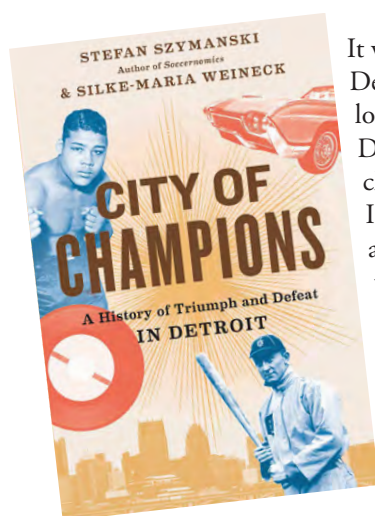
deeper and deeper to find what has been forgotten – and yet still underlies everything that's happening now.

City of Champions relates athletes and sporting events to questions of race and racism, the city's bankruptcy and its aftermath, the promises and abject failures of urban planning, the rise and near-fall of the auto industry, bloody unionization battles, World War II, and wave after wave of migration. Highlights include:

- The Detroit Lions' bleak 2008 season and the city's slide into bankruptcy;
- The "Malice at the Palace," a famous brawl instigated by white fans in Auburn Hills, which inflamed prejudices and changed American basketball forever;
- The fabled Kronk Gym and the history of Detroit's all-time boxing greats, such as Tommy Hearns, Sugar Ray Robinson, and Joe Louis;
- The Bad Boys of the Detroit Pistons and their impact on basketball and the city's image;
- Detroit's tragic history of bidding to host the Summer Olympic Games over and over again, only to fail over and over again; and
- The women of the wartime production push that made Detroit the "Arsenal of Democracy" during the 1940s, and the women of the baseball leagues who took over when the men were drafted to fight.

The heart of the book is the story of Joe Louis, possibly Detroit's greatest athlete, who was wildly celebrated and bitterly betrayed by a country that needed a Black boxer to beat Hitler's man but could not forgive him for it. A giant sculpture of his fist is now the most recognizable symbol of the city.

Szymanski and Weineck, who grew up in the UK and Germany, respectively, have grown to love Detroit and have become avid fans of Detroit City FC, a minor league, community-based soccer club that commands a fiercely loyal following. Szymanski sees sports as a reflection of the country and its many facets. "Sport is a mirror, and it reflects who we are faithfully, both the good and the bad," he says. "Sports teams represent their cities in a way no other institutions do, and it makes perfect sense to see the city through them." ■



Left: *City of Champions* book cover.
Right: Undated group portrait of Detroit Tigers baseball players.
Courtesy of the Ernie Harwell Sports Collection, Detroit Public Library, RID hr005172.



LIKE A CHAMP

Project helps kids in after-school programs improve motor skills and more

BY DREW MOSER

Dr. Leah Robinson, professor of Applied Exercise Science and Movement Science, received a five year, \$2.6 million R01 National Institutes of Health grant to implement movement-focused interventions in after-school programs.

The project not only focuses on the effect motor skills have on a child's physical activity, but also their perceived competence and other health-related outcomes of physical fitness, like muscular strength, endurance, and percent body fat.

"The overarching goal is to find ways to promote health and activity in young children and to ensure they are on a lifelong physical activity trajectory," Robinson said. "One of the keys to that is making sure they have a solid foundation in their early years."

She is working with School of Kinesiology alum Karin Allor Pfeiffer (MVS '94), who is a professor of Kinesiology at Michigan State University.

Two sites will participate in the project, one in the Ypsilanti/Ann Arbor area and one in the Lansing area. There will be a one-year intervention in after-school programs in Ypsilanti/Ann Arbor, with a twelve-month follow-up period. During the follow-up period, the project will be implemented in Lansing.

Children in the after-school programs will be split into two groups, with one group receiving the intervention and the other group receiving the regularly scheduled afterschool program. The intervention will focus on movements designed to enhance children's ability to engage in different forms of physical activity.

"We'll be following the children who received the treatment and those who did not beyond the end of the intervention to see if the changes are maintained," Robinson said. "We hope to see improvements in the treatment group and, hopefully, these improvements will be maintained over the following year."

According to Robinson, after-school programs serve 10 to 11 million children in the United States.



Dr. Leah Robinson and pre-schoolers. Courtesy of Roger Hart/Michigan Photography.

This project is based on her current intervention, the Children's Health Activity Motor Program (CHAMP), which is also funded by the National Institutes of Health. CHAMP is a highly autonomy-based intervention that enables children to take ownership of their engagement in a moving environment. "They have to make their own decisions regarding how they navigate the treatment," Robinson explained.

After-school staff will be trained to run the interventions, which is unlike previous studies Robinson has done.

"Now we are seeing if this approach can be implemented by actual practitioners and individuals in the field instead of intervention staff," she said. "This is one of the first steps in translating the study into the implementation and dissemination phase on a larger scale. We've seen that researchers can do it, but we need to make sure after-school staff or teachers can. We also hope to create a more sustainable intervention model in the future."

Right now, Robinson is taking a wait-and-see approach with COVID-19, but she said the first year of the project was designed for planning and recruitment. Planning is underway, and the team hopes to begin some preliminary data collection in January 2021. ■

Career Development Center launches Health Sciences Mentorship Program

Applied Exercise Science, Athletic Training, and Movement Science students interested in health science careers can now connect with career mentors and dive deeper into their chosen fields through the Career Development Center's Health Sciences Mentorship Program.

This program is the brainchild of Kinesiology alum Michael Stack (MVS '04) and Amy Fredell, the career development & employer relations associate for the Kinesiology Career Development Center.



It turned out that alumni were more than willing to help during the program's pilot year. Jillian Draaisma, a junior in Movement Science's Intraoperative Neuromonitoring Program, worked with Stack and Fredell on the program and discovered that alumni were working in the fields of corporate wellness, research, public health, and nursing in addition to being doctors and therapists.

Stack had his mentee drive their conversations. Once they narrowed in on helping her secure an internship and building professional experience, he went to work. He suggested

that she pursue a National Academy of Sports Medicine professional trainer certification, which she did. He also helped her define her values and vision for the future.

Stack, the CEO of Applied Fitness Solutions in Ann Arbor, said one of the biggest things he got out of the experience was helping his mentee develop the “soft skills” that are not necessarily taught in the classroom. “You’re going to be in the top three to five percent in your industry based on what you know coming out of U-M,” he said. “At the same time, getting her to open up and begin discussing values and vision, which are conduits to emotional intelligence, leadership, and other soft skills, was necessary. That is what people outside the academic arena are going to teach you.”

One of Draaisma’s goals was to practice informational interviewing. She said the more health science professionals she can talk to and the more information she can gather about their experiences, the more informed she will be about her career choices. She was hoping to connect with someone who started in kinesiology and then moved into business. “Personally, it’s reassuring to hear that you’re not stuck in one career path,” Draaisma said after meeting with her



Mike Stack and students. Courtesy of Keith Tolman.

“I was able to give [my mentee] a lot of tips on things like what classes to take, shadowing experiences, and applying for physical therapy school that I wish I would have known when I was going through it all.” ALEXA SCHAEFER

mentor. “You can move around, there is fluidity in it, and just seeing a tangible example of that is something I found helpful and comforting.”

For Sara Johnston, a junior studying Movement Science, going through the mentorship program helped her explore her career options. “I thought for sure I wanted to go into physical therapy, but I hadn’t had much exposure to the field itself or any physical therapists,” she said. “I didn’t have anyone to confide in or ask about their experience, both the positives and negatives.”

Johnston was paired with Alexa Schaefer (MVS ’12), who works as a physical therapist at Mount Carmel Rehabilitation Hospital in Westerville, Ohio. Schaefer spoke candidly about her experiences working in a variety of

rehabilitation settings. “When I was thinking about pursuing physical therapy, I had a hard time finding anyone that could give me advice or insight for physical therapy school or what it was like to be a physical therapist,” she said. “I wanted to be involved to give back and help someone that wanted to go into the field. I know it would have helped me a lot to have that kind of mentorship. Sara, my mentee, had great questions and I feel like I was able to give her a lot of tips on things like what classes to take, shadowing experiences, and applying for physical therapy school that I wish I would have known when I was going through it all.”

Johnston said that Schaefer sent her follow-up emails with clarifying points and additional information to look into after their meetings. “This mentorship solidified that I want to go into the field. I had a lot of questions and [Schaefer] was able to answer them so thoroughly and honestly. She encouraged me to reach out to other fields and talk to other physical therapists, occupational therapists, and get as much exposure as possible,” Johnston explained. “I took it to heart and have been applying that, too.”

After a successful first run, Stack is looking forward to the program’s future. “The best litmus test of the viability and sustainability of the program is students who set goals going in and accomplish them coming out, so you know the program has the potential to be impactful,” he said.

The Health Sciences Mentorship Program will run during the 2020-21 academic year, and all health science undergraduate students will be encouraged to participate. Meetings will continue to be offered virtually to include out-of-state alumni and to ensure the program continues to run in case of any COVID-19 related changes. ■

Learn more and volunteer at kines.umich.edu/KHSM.



NEW TURF

Jessica Berman, Class of 1999

BY DREW MOSER

Last August, the National Lacrosse League (NLL) named Jessica Berman (SM '99) as its deputy commissioner and executive vice president. As a result, Berman became the highest-ranking woman in men's professional sports – and the first to hold the deputy commissioner title.

Continued on next page.

Jessica Berman. Courtesy of Michael Benabib.

The NLL is North America's largest and premier professional lacrosse league, ranking third in average attendance for pro indoor sports, with 13 teams in key markets across North America.

Berman's responsibilities include working on the collective bargaining relationship with the union, managing the league's relationship with its member teams, supporting expansion efforts with league Commissioner Nick Sakiewicz, and branding and marketing the league.

"This was a unique opportunity to be part of something that's really in this huge growth phase, and a great opportunity for me to learn and work alongside a leader like Nick, whom I think will catalyze my personal and professional development from a career perspective," Berman said.

Before her move to the NLL, Berman spent 13 years with the National Hockey League (NHL) as their vice president of community development, culture & growth. "The NHL was like a family to me. I feel like I grew up at the NHL, and so, when I began to learn about this opportunity, I had to push myself to be open-minded and to think about where I want to be in the next phases of my career," she said.

Berman was introduced to Sakiewicz by University of Michigan alumnus John Goldman (BA Economics '95), whom she met through various NHL and U-M alumni events.

The ability to continue working in the same business areas as the NHL made the position appealing. Berman participated in the design and execution of the NHL's strategic corporate social responsibility goals, initiatives, policies and programs in the areas of importance to the league, the NHL clubs, the NHL's business partners and the hockey community. She particularly focused on ensuring the initiatives were properly aligned with the league's overall objectives and strategies.

She also served as the NHL's vice president & deputy general counsel, helping craft the 2012 NHL/NHLPA collective bargaining agreement and analyze the impact of the proposed changes.

"I feel the right amount of uncomfortable, in that I think to grow and stretch, you need to push yourself beyond your comfort zone," Berman said when asked about starting her

new position. "This is a step outside of what would be comfortable, while leveraging what I've done historically."

"It takes the brightest and best to build great leagues and teams and we are very proud to welcome one of the brightest, best and most progressive minds in sports business to the National Lacrosse League," Sakiewicz said. "Her wide-ranging background fits exactly with the growth trajectory we are on, and her addition to our veteran team is a perfect cultural fit and win for the league, our member clubs and the sport of lacrosse."



Jessica Berman. Courtesy of the National Lacrosse League.

Berman compared the league's current growth trajectory to the four major American sports leagues' growth plans of the 1980s and 90s. She will utilize the best practices she learned from the NHL and her 20 years in sport business to help move the league even more into the mainstream of American sports.

Berman credits Michigan Kinesiology for giving her the specializations and skills to have a successful career. She also appreciates the experiences she gained while

working with the Sports Information

Department for the men's ice hockey and football teams and making connections within the alumni network.

She offered one piece of advice for Michigan Kinesiology students: become a master of your particular trade, no matter the concentration. "Those who are making the hiring decisions tend to hire the best and the brightest and those who are working hard; those who work the hardest and are diligent and persistent in making sure that they get to the top of the pile or the front of the line," she said.

Before working for the NHL, Berman was an associate in the Labor & Employment Department at Proskauer Rose LLP, where she represented employers in collective bargaining mediations, arbitrations, and litigations. In 2009, she received the School of Kinesiology Early Career Achievement Award. Berman currently serves on the school's Sport Management Advisory Board and the Michigan Sport Business Conference Board of Advisors. ■

What have YOU been up to?

Let us know at myumi.ch/d0zDK and you could be featured on our website or in an upcoming issue of *Movement*!

School of Kinesiology DEI Highlights 2019-20

BY DR. KETRA ARMSTRONG, PROFESSOR OF SPORT MANAGEMENT AND DIRECTOR OF DIVERSITY, EQUITY, & INCLUSION



Our diversity, equity, and inclusion (DEI) efforts in Kinesiology aim to: (a) increase the diversity of Kinesiology stakeholders, notably among Kinesiology students, (b) facilitate dialogue in Kinesiology among faculty, staff, and students to enhance the knowledge and understanding of issues and matters related to diversity, equity, and inclusion, and (c) establish a welcoming climate and supportive culture for Kinesiology faculty, staff, and students to thrive. We have made some progress in each of these strategic areas; however, more progress is needed for us to achieve the ideals of DEI. Our particular focus for 2019-20 was on our students' engagement in DEI. We were forced to navigate the ebbs and flows of the COVID-19 pandemic which resulted in the cancellation of a number of DEI events we had planned. Nonetheless, we offered a variety of DEI initiatives this past year. Among them were the following:



Kinesiology's Lunar New Year Celebration. Courtesy photo.

Diverse Student Recruitment

We continued our dedicated efforts to increase the diversity among our undergraduate and graduate student populations. Our recruitment efforts included: (a) visits to Chicago-area high schools; (b) attendance at various college fairs that serve a majority underrepresented students (low income, first-generation to college, etc.) including the Midnight Golf College Major Fair (geared toward African American high school students); (c) invitations to targeted high schools in the metro Detroit area to personally

invite students (directly and through college counselors) to our fall prospective student day events (which resulted in a more diverse representation at our on-campus events); (d) attendance at the Greater Grace Church 2-day College Fair & Career Expo in Detroit, which served hundreds of students from the metro Detroit area; (e) hosting several students from our Historically Black Colleges/ University (HBCU) Alliance partners on campus where the students attended Kinesiology classes and met with Kinesiology students, faculty, and staff; and (f) continued outreach to HBCUs and Hispanic-Serving Institutions to attract a more diverse pool of high quality students.



Participants in our 2019-20 Bridge Program Orientation. Courtesy photo.

DEI Student Support

We received a Rackham-funded DEI graduate student staff assistant. This award allowed us to have dedicated student leadership and it made a tremendous difference in the number and quality of student-focused DEI events we offered, and the number of students

who participated. We also funded a diversity career peer advisor to assist the Kinesiology Career Development Center in offering dedicated support for our international students.



Students from our HBCU Alliance partners on their campus visit. Courtesy photo.

Kinesiology Bridge Program

We continued our Bridge Program (Connecting and Engaging Graduate Students for Success) which included a diverse array of 18 graduate students (comprised of first-generation students, students from Minority-Serving Institutions, students for whom English is not their native language, veterans, students with children, students with a unique/challenging academic profile, etc.). The students participated in educational, social, networking, and team-building events to introduce them to Ann Arbor, the U-M campus, and the Kinesiology community.

Kinesiology Diversity & Inclusion Network

To engage and empower our students to be advocates and champions of diversity and inclusion, we continued to support the Kinesiology Diversity & Inclusion Network (KDIN). KDIN is comprised of a demographically diverse group of undergraduate and graduate students from various Kinesiology program areas. Our student organization elected officers and hosted a variety of events to promote inclusion and create community among our graduate and undergraduate students, which included:

- Chat & Chew: Dialogues on Diversity for Kinesiology students
- Trap Yoga (culture and movement)

- Dig Pink Volleyball (in support of breast cancer awareness)
- Diversity Trivia Game Night (featuring games on issues of diversity and inclusion)
- A KDIN promotional video
- Activities to increase KDIN's social media presence

Lunar New Year Celebration

Our annual Lunar New Year event featured Asian cuisine, a celebratory video, activities, games, and items that are culturally significant to Asian cultures. The event was very well attended by a diverse group of Kinesiology students, faculty, and staff and included an open dialogue about the significance of culture and the importance of multicultural support for faculty, staff, and students within Kinesiology.



KDIN members at the U-M 'Dig Pink' volleyball game supporting breast cancer awareness. Courtesy photo.

Faculty & Staff Events

To facilitate, enhance, and support our faculty and staff's involvement in DEI and to improve their service to our students, we offered two events: (a) a Lunch & Learn workshop on "Disability Awareness and Etiquette," and (b) a workshop delivered by the Center for Research on Learning & Teaching (CRLT) on mental health entitled "Distress Signals."

Movie Night: *Woodlawn*

Our Movie Night for students, faculty, and staff featured the movie *Woodlawn*, based on a true story about how sports were ultimately used to promote unity

amid racial tension. The event featured popcorn and other traditional movie treats and the viewing was followed by a discussion about the role of sport in promoting social justice.



KDIN members get social. Courtesy photo.

MLK Symposium: (Mis) Education of Us

Our MLK event this past year consisted of a Kinesiology Watch Party of U-M's Keynote MLK Presentation, "The (Mis) Education of Us," delivered by Dr. Angela Davis (activist, feminist, author, and academic). The viewing was followed by a discussion and a reception.

Black Lives Matter

Given the increased racial tensions consequent to the tortures of systemic racism on the Black community at the fore our country's unrest, we released a statement pledging and professing our support for the Black community and the Black Lives Matter movement. We also shared information with our Kinesiology community about Juneteenth, a symbolic holiday commemorating the "official" end of slavery in the U.S., and encouraged everyone to do their part to help to dismantle systemic anti-Black racism. ■

Learn more about our diversity, equity, and inclusion efforts at kines.umich.edu/DEI.



Participants test out iGYM on the University of Michigan North Campus. Courtesy of Joseph Xu/Michigan Engineering.



Adaptive sports give children with mobility disabilities the option to play physical sports like basketball, tennis, and football. However, most adaptive sports aren't designed for competitive play.

New technology is changing that.

The iGym, an augmented reality game system developed by a team of U-M researchers, is giving kids the opportunity to play sports in a truly inclusive environment.

It uses two ceiling-mounted projectors to project a soccer-like field onto the floor. When players enter, an overhead computer vision camera detects each player and surrounds them with a “peripersonal circle,” which they use to hit or kick a projected ball, either with their legs or a tap of a button, towards the other player’s goal.

A computer recognizes each action and uses the same kicking motion for all players. “If they’re doing the same action and scoring goals the same way, that all helps the inclusiveness of the project,” said Movement Science senior Dashiell Carichner, a member of the iGym research team.

The game can be played with up to three people per team.

“As soon as the kids get on the floor and see they can kick the ball and it bounces off corners and sides, they know they’re playing an interactive game, as opposed to sitting down and playing a video game,” Carichner said.

Children with disabilities are often isolated and excluded because they don’t have enough opportunities to physically engage with other children, he continued. The iGym encourages children to interact with each other.

“It’s a setting where we can encourage each other and still try to beat each other,” Carichner said.

The opportunity for exercise is a bonus. “The whole thing not only provides social opportunities but also health and fitness activities,” he added.

Carichner, who was born with mild cerebral palsy, wanted to share his experiences of not always being able to play with his brother, sister, and friends.

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He had multiple surgeries on his legs and underwent occupational therapy and physical therapy. His experiences help set him on a path towards a career in occupational therapy, and the iGym program was a perfect fit for his major.

Previous research also piqued Carichner's interest in adaptive technology. He participated in a Michigan Association for Gifted Children's summer research program called Michigan Mentors. Susan Brown, associate professor of Movement Science and director of the Motor Control Laboratory, organized the shadowing of Kinesiology graduate students. Carichner saw how grad students used a Wii balance board attached to a computer to gather balance data in clinical assessments. He learned about hand dexterity experiments and even had a chance to try it out. These studies also explored ways to get kids more active in a classroom setting in an effort to reduce childhood obesity.

The iGym encourages kids to interact both physically and socially with each other.

"It actually puts words into action. When you can see it for yourself, you get more experience than in the classroom," Carichner said. "It's hard to teach something when you aren't doing it. Students will gain a better perspective rather than having it on a piece of paper."

Dashiell Carichner. Courtesy photo.



Dashiell Carichner (left) helps a participant get ready for iGym. Courtesy of Joseph Xul Michigan Engineering.

Carichner's choice came down to U-M and Michigan State University's College of Osteopathic Medicine. It wasn't until he visited campus he solidified his decision.

His decision was very challenging, but he eventually decided on U-M because he thought the university offered more opportunities to work with the public.

"There are a bunch of opportunities here, especially with getting to work with other people who aren't in college," Carichner said. "You get in this mindset where everyone around you is in college and we all think and do things the same way. When you get into actual life, there are lots of different ideas coming from different ages."

The anatomy courses have been his favorite. He loves learning about what is happening inside the human body and knowing how human movements and actions are made. He also used skills gained from his scientific writing class on the award-winning iGym article that was published in the Annual Symposium on Computer-Human Interaction in Play (CHI PLAY '19).

Carichner said Michigan Kinesiology's advising team was beneficial in helping him navigate his schedule. He said he came into college with the plan of just taking classes and graduating.

"The advisors have been the biggest part of me getting the confidence to come here, try in school every day, and be able to look at my end goal," he explained. "They have taught me that it's not just about getting out of here, it's really about what's next."

Carichner plans to enroll in an occupational therapy master's program after graduation.

Learn more about iGym at igym.solutions. ■

NEXT LEVEL

ATHLETIC TRAINING PROGRAM TRANSITIONS TO A MASTER'S DEGREE

BY EMILY MATHEWS

The Michigan Athletic Training (AT) program is moving to a master's degree.

In 2015 the AT Strategic Alliance, which is comprised of leaders from key national athletic training organizations, mandated that all accredited US athletic training bachelor's programs move to master's programs within seven years. This transition "is essential to ensuring our future ability to meet the expectations of the health care team, to continuing to improve patient outcomes, and to keeping our profession sustainable for generations to come," the alliance said via a press release.

The School of Kinesiology accepted its final cohort of AT undergraduate students last fall, and launched the application for its first cohort of master's students in early July. Matriculating AT master's students will begin the program in summer 2021.

Michigan AT master's students will receive the same benefits the program is already known for, including small class sizes, individualized mentorship from leading faculty and athletic medicine staff, clinical rotations within a top-ranked athletics program, state-of-the-art athletic training rooms and facilities, and outstanding preparation for the Board of Certification exam. "We're able to combine world-class health care with world-class athletics," said Dr. Adam Lepley, the program's clinical education coordinator. "Our students are truly learning from the leading experts in their field on all fronts, both in and out of the classroom."

But now students will have one additional, very significant advantage: an advanced degree.

Because a majority of athletic training graduates go on to master's programs immediately or soon after receiving their bachelor's degree, it makes sense that the field is transitioning. Students will now benefit from coursework that's more advanced than what they would receive as undergraduates. "Moving to the graduate level has allowed our faculty to construct a program that's even more focused on preparing the next generations of athletic training professionals," said Dr. Brian Czajka, the program's director.

Students will also have more flexibility with their undergraduate degree as a result of this shift. Prospective students can come from a wide variety of bachelor's programs, including movement science, applied exercise science, exercise physiology, public health, nutrition, biology, physical education, biomedical engineering, coaching, or strength & conditioning, among others. Most biological and physical science-based majors cover the AT master's prerequisite coursework.

AT faculty know that although the level of the program has changed, the caliber of its students has not. "One of the best aspects of our program is the ability to bring together some of the brightest, most talented and dedicated students in the world with the foremost experts in sports medicine research, clinical practice, and education," Lepley said. Czajka agrees: "I'm excited to work with students who value this focus and I can't wait to see what they accomplish," he said.

Learn more about the new Michigan Athletic Training master's program at kines.umich.edu/AT. ■



Instructor Allyssa Memmini and AT students. Courtesy of Austin Thomason/Michigan Photography.

Content Creator

Eryn McVerry, Class of 1998

BY JEAN HUNT

Florida native Eryn McVerry (SM '98) recently became the senior vice president of brand and content strategy at Vinik Sports Group (VSG), a Tampa-based company whose portfolio includes the Tampa Bay Lightning (TBL) hockey team. McVerry's marketing prowess has earned her many accolades, including making the 2019 Cynopsis "Top Women in Media" list for her work in esports. In 2014 she received Kinesiology's Early Career Achievement Award.

Movement Magazine: At Vinik, do you work only with TBL?

Eryn McVerry: My new role encompasses multiple properties under the VSG portfolio. Owner Jeffery Vinik is truly transforming Tampa Bay with investments in revamping downtown and the creation of technology incubators. All of this wouldn't be possible without the Tampa Bay Lightning. A lot of my focus is on the team as well as building our digital OTT [streaming content] network The Identity Tampa Bay.

MM: What differences have you experienced working with esports versus working with more traditional clients?

EM: Whether it's esports or sports, the clients (or brands) are roughly the same. Budweiser creating a global campaign for the FIFA World Cup, or Bud Light creating the Bud Light



Eryn McVerry receives her 2014 alumni achievement award from Dean Ron Zernicke (left) and Kinesiology Alumni Society Chair Robert Haddad (right). Courtesy of Keith Tolman.

All-Stars of esports – both are building a connection to an audience. The rise in esports is due to brands seeing a viable audience for them to reach, an audience that is passionate about gaming, so in truth there are many similarities.

Continued on next page.



Eryn McVerry chats with students during the 2016 Homecoming mixer. Courtesy of Scott Soderberg/Michigan Photography.

MM: How difficult was it to learn enough about esports to effectively market them?

EM: I'm not a gamer, but gamers have provided me with incredible insight into that world, which allowed me to do my job better in building engaging programming. Working in esports also provided me the opportunity to learn a great deal about streaming platforms such as Twitch, which will carry over into my new role as I think about content and distribution options.

"Whether it's esports or sports, the clients (or brands) are roughly the same.... Both are building a connection to an audience." ERYN MCVERRY

MM: Which advertising campaigns were the most successful? The most fun?

EM: When I was at TBWA\Chiat\Day I led an Olympics campaign for the largest sporting goods retailer in Canada, Sport Chek, by reinforcing the brand as a top sponsor. We didn't outspend traditional Olympic advertisers, yet it garnered industry awards.

In the early 2000s, I ran the U.S. Army All-American Bowl, the nation's premier high school football all-star game, for eight years. Getting to know our soldiers and telling their stories through our sports partnerships was incredible. It didn't hurt that I got the chance to skydive with the Golden Knights.

MM: How has the pandemic impacted your work?

EM: I moved across the country (LA to Tampa) and started a new job in the midst of the pandemic, so while the

situation was less than ideal, I've made it work. I've had to get to know my team of 35 employees virtually. The team has been amazing in helping me get up-to-speed, but I miss the human interaction and the ability to truly get to know who I'm partnering with. There's certainly been a lot of late nights and Zoom fatigue.

MM: How has the recent focus on racial justice impacted you and your work?

EM: I come from a biracial, interracial family so there have been many uncomfortable conversations. It's spurred a higher level of education and drive to fight for equity.

At VSG I am part of a newly formed Diversity, Equity & Inclusion Council, and I'm proud of why the council exists. We've created safe spaces for tough conversations, and are reflecting on where we are as an organization to help drive positive change internally and externally.

MM: Do you have a favorite social platform? Who are some of the more interesting accounts you follow?

EM: Right now my favorite platform is Instagram, but honestly it changes week to week. I lean more into following people in my inner circle and network as it helps me stay connected. Outside of this I'd say @dnice has kept the dance party going during COVID-19, @complex for pop culture, @wnba for inspiration, and of course @umichathletics and @tblightning. Gotta represent my teams! ■

What have YOU been up to?

Let us know at myumi.ch/dOzDK and you could be featured on our website or in an upcoming issue of *Movement*!



KINSHIP & COMMUNITY

2019 HOMECOMING, PARENT & FAMILY WEEKEND, AND ALUMNI AWARDS

BY JEAN HUNT

Parents and Family Weekend coincided with Homecoming festivities last October, so our hospitality tent next to the Kraus Building was full and happily abuzz. In 2018, alumni and friends witnessed a ceremonial groundbreaking for the Kraus renovation; in 2019, everybody “flew” through the building with a digital tour.

In her welcoming remarks, Dean Lori Ploutz-Snyder gave an overview of new collaborative research projects. These include exploring the link between exercise and cancer; sport and physical activity for social change; and data analytics in sports. “Each of these areas is on the cutting edge of their field and has potential to improve our research collaborations and synergies both within Kinesiology and with campus partners,” she said.

A new fly-through video of the Kraus interiors, created with digitally enhanced architectural renderings, was shown to guests. It highlighted the variety of rooms and research areas found on each floor.

The final portion of the program was the Alumni Achievement Awards presentation.

Early Alumni Achievement honors are given to recent alumni excelling in a field related to Kinesiology. The 2019 recipients were Dr. Leah Ketcheson (PhD ‘14) and Daniel Schachne (SM ‘09).

Mentored by Dr. Dale Ulrich at the Center on Physical Activity and Health in Pediatric Disabilities, Dr. Leah Ketcheson has focused her career on adapted physical activity. In 2015, she founded LightUp, a non-profit delivering

research-informed adapted physical activity programs for children and adults with intellectual and developmental disabilities. Ketcheson is now a tenure-track assistant professor at Wayne State University.

As a student, Daniel Schachne joined the Sport Business Association (SBA) and became its president his senior year. He began his career at National Basketball Association (NBA) Headquarters in New York, later moving to Oregon to join Nike, where he is now director of strategy for Nike Basketball. Schachne remains involved with Kinesiology students and alumni as a member of the Michigan Sport Business Conference (MSBC) Alumni Advisory Board and on the Kinesiology Alumni Society (KAS) Board.

The Career Achievement Award is given to alumni who have shown outstanding professional and personal achievement throughout their career in their chosen field and/or public service in any field. The 2019 recipients were Jim Nagy (SM ‘96) and J.J. Putz (SM ‘10).

Continued on next page.



Jim Nagy began his career in a sports agency in New York City representing National Football League (NFL) players. Subsequently, he was a scout in the NFL for 18 years, and had various jobs in the media, including a consultant role on the NFL Today pregame show on CBS and writing his own football column in *The Sporting News* magazine. In 2018 Nagy was named executive director of Reese's Senior Bowl, a long-running annual contest featuring standout college senior football players.

Baseball pitcher J.J. Putz was a member of U-M's 1997 Big Ten Championship and 1999 Big Ten Tournament champion teams. He spent 12 successful seasons in the major leagues, and was known for his relief pitching skills. Among his honors was being selected to play in the 2007 All-Star game. He did not graduate before going pro, and returned to U-M to complete his Sport Management degree in 2010. Putz is now part of the Arizona Diamondbacks management team.

The Lifetime Achievement Award is given to an individual whose service to Michigan Kinesiology has enhanced and changed Kinesiology over time. The 2019 award went to Dr. Barry Franklin (MS '71), director of preventive cardiology and cardiac rehabilitation at William Beaumont Hospital. He also holds faculty appointments at Wayne State University's School of Medicine and Oakland

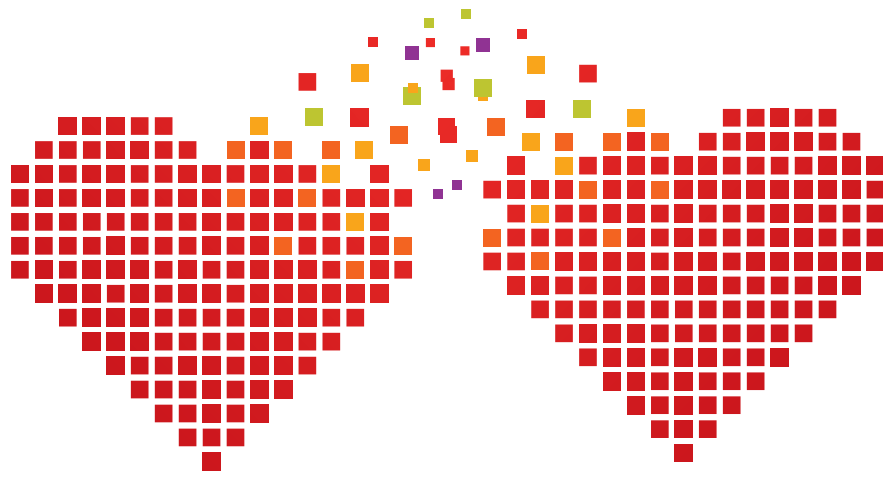
University's William Beaumont School of Medicine. Franklin serves on the editorial boards of 15 scientific and clinical journals and he has written or edited more than 700 scientific/clinical publications, including over 100 book chapters and 26 books. In 2015 Franklin was listed by Thomson Reuters as one of the World's Most Influential Scientific Minds.

The Distinguished Service Award is given to a living person, Kinesiology alum or not, whose generous volunteer service to the school merits special recognition. In 2019 the honor went to Jordan Field (LS&A '99). Field works for the Detroit Tigers Foundation and Tigers Player Relations. He has benefitted U-M Kinesiology in a number of ways – providing internships, speaking to student groups, and providing valuable guidance for fundraising for the Maloy Scholarship auctions and Wolverines in the D. Field is only the second person to receive this award who is not a Kinesiology alum (the first was Pat Materka, in 2001), and the first person to receive it who has no connection to the school as a student or staff member. ■

See all the Homecoming + Parent & Family Weekend photos at myumi.ch/gjMGg. Watch the fly-through video at myumi.ch/gjAQj.



Previous page and current page, top row and bottom right: Alumni, students, family, faculty, staff, and friends at Homecoming. Bottom left: Alumni award-winners, from left to right: Dr. Leah Ketcheson, Jim Nagy, Jordan Field, J.J. Putz, Dr. Barry Franklin, and Daniel Schachne. Courtesy of Tara Turkington.



DATING DIGIPRENEUR

HARRISON FORMAN, CLASS OF 2014

BY DREW MOSER

Harrison Forman is taking the dating scene in New York City by storm.

Forman, who graduated in 2014 with a bachelor's degree in Sport Management, moved to New York City to pursue a career with tech company League Apps, which provides registration systems, apps, and websites for youth sports clubs in America.

Additionally, he produces one of the fastest-growing dating shows in New York City – UpDating. The concept is one-of-a-kind: Two people go on a blind date in front of audience members. Its website states that UpDating is “an interactive show with audience participation, brutally honest moments, and relatable feedback on modern romance in real-time with real people.”

Over the course of 80 minutes, daters are blindfolded and ask questions of each other in addition to receiving questions and topic suggestions from audience members through Twitter DMs.

The blindfolds come off halfway through, and audience members can crash the date if interested. Audience members vote for a variety of options at the conclusion of the date, including whether participants hug it out or kiss.

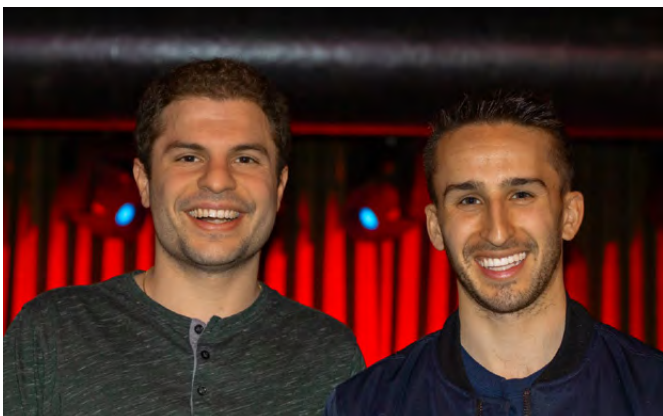
Updating is the brainchild of Forman and his comedic colleague and friend Brandon Berman.

Forman has always been into reality TV. He live-streamed his dates on Facebook while living in San Francisco. “I was telling a relatable story. People liked it, but I started having dates cancel on me,” he said.

He connected with Berman, who wanted to translate Forman's experiences to the stage.

Forman remembered the power of live sporting events from his SM classes, so he tried to emulate that.

“It's more than a comedy show where you have a glass of wine and leave. It's an experience,” he said. “I think sports actually taught me about that because...when you go to a sporting event, you're not there to just watch the x's and o's. You're there for the experience.”



Brandon Berman and Harrison Forman (right). Courtesy of Ross Tyler Media.

Continued on next page.

The audience is eating it up, much to Forman's delight. One dater told him she didn't want to go on any other type of date again.

"I think a lot of people, especially New Yorkers, who are single are jaded by dating apps and the regular way to go on a date. We created this pretty inclusive, fun, exhilarating experience and they and they all gravitated towards that," he said.

The critics have taken notice too, with *TimeOut New York* calling it "one of the things to do." Forman has also been featured on The Today Show, CNBC, and in the Washington Post. The show has become so popular that Forman is now working on it full-time.

"You have to do something out there that is really going to stand out. When you think about what's more valuable, 100 Instagram followers or 100 people in a room for an hour-and-a-half that consume your show, your product, it's the latter," he said. "Digital is just so cluttered and crowded. So if you can get people in a room, it's a lot more powerful."

So how has he managed to keep up the social scene in the midst of the COVID-19 pandemic?

According to Forman, UpDating has transitioned to the video conferencing platform Zoom. It's now a virtual show that connects and engages the audience via computer. The show in its new online format has been featured on ABC and PopSugar.

Forman traces his entrepreneurial spirit back to his Kinesiology days. "What is cool about Kines, versus other programs that exist on campus, you had to constantly be entrepreneurial, constantly come up with your own ways of solving problems," he said. "I loved all those group presentations. I think that when you get into the real world, you realize that soft skills are what matter the most for most people."

One of Forman's best memories was joining the Sport Business Association (SBA) as the marketing director and later becoming its president. His goal was simple: to provide a better member experience. He accomplished it by creating sign-up forms and an attendance policy so SBA could invest in its participating members.

"Kines, it's such an interesting, unique school that a lot of programs on campus can learn from," he said. "I used being the SBA president as a way to connect with other student leaders. It was cool for me to push Sport Management, push SBA's agenda, not just in Kines, but across campus."



UpDating participants and Harrison Forman. Courtesy of Ross Tyler Media.

Forman's road to New York, UpDating, and League Apps came from a willingness to learn and a can-do attitude and spirit. His first job after graduation was a sales rep position in San Francisco. He bounced around a few start-up companies before landing at Facebook as a member of their media partnership team.

He left Facebook to start his own media production company, and after working briefly for another sports media company, he landed at League Apps, which was founded by a U-M alum. In that spirit, Forman and Berman have also launched a new production company, Ross Tyler Media, where they plan to develop a wide array of reality projects for TV, film, and documentary across all genres.

Forman offers three pieces of advice to future Kinesiology alumni. His first is to get to know your classmates because you never know who you might need to connect with in the future. Second is to leave a legacy behind because it will help your resume get noticed. Finally, he says to specialize and find a niche that will help you stand out from everyone else.

"Find that adjacent area that you can double down that connects to sports," he said. "For me, it became media and technology in sports."

Learn more about UpDating at updatingshow.com. ■

What have YOU been up to?

Let us know at myumi.ch/dOzDK and you could be featured on our website or in an upcoming issue of *Movement*!



a new hope

Adding eccentric exercises could improve ACL physical therapy outcomes

BY LAURA BAILEY

People with anterior cruciate ligament (ACL) injuries can lose up to 40% of the muscle strength in the affected leg – with muscle atrophy remaining a big problem even after ACL reconstruction and physical therapy.

Now, a new University of Michigan study in rats challenges conventional wisdom about which exercises are most beneficial during post-injury physical therapy, and findings suggest that adding eccentric exercises could dramatically increase muscle volume and improve outcomes for patients.

Eccentric exercises contract the muscle during lengthening – think of the downswing of a bicep curl or walking downhill. Those exercises are much more effective at growing muscle than concentric exercises, where muscles shorten while producing force – think of the upswing of a bicep curl, said Dr. Lindsey Lepley, an assistant professor of Athletic Training. Lepley, who is also co-director of the Orthopaedic Rehabilitation & Biomechanics Laboratory, joined the School of Kinesiology faculty last year.

Historically, the lengthening component of eccentric exercises has been thought to cause muscle damage during physical therapy, so they're omitted, Lepley said. But concentric exercises alone don't achieve the muscle growth required to get patients to pre-injury muscle strength. This holds true for all sports-related muscle strains and injuries requiring physical therapy, not just the 300,000 ACL reconstructions performed annually.

"Our group has long believed that incorporating eccentrics into PT is beneficial to muscle," said Lepley,

whose earlier research found that incorporating eccentric exercise into an ACL rehabilitation program increased strength by 30%, compared to concentric exercise alone.

This study found that a single, 15-minute bout of eccentric exercise to novice muscle (a muscle unexposed to prior eccentric exercise) in rats was better than concentric exercise at promoting growth, with very limited injury, Lepley said. Muscle and the mechanisms governing function are highly conserved across species, she said.

In the study, Lepley and colleagues had rats run uphill or downhill on specially designed rodent treadmills. They then examined the muscle fibers for injuries and protein synthesis indicative of muscle growth.

The researchers found only one damaged fiber in 9,000-plus muscle fibers, and that was in the concentric (uphill) exercise group. They also found a significant increase in protein markers associated with muscle growth in the eccentric group after exercise, compared to the concentric group.

Next, researchers hope to test the direct effect of eccentric exercise on muscle after ACL injury, using a noninvasive rodent model of ACL that mimics human injury, Lepley said.

"Our goal is to translate our findings from the benchtop to the sidelines," Lepley said. "We want this information to get to clinicians and patients who have had musculoskeletal injuries to promote lifelong health and wellness." ■

KINnovative

Donor Innovation Grants support special projects for faculty and students

BY EMILY MATHEWS

School donations that are not designated for a specific purpose go to the Kinesiology Annual Fund, which supports multiple school initiatives. Each year, up to five \$5,000 Donor Innovation Grants are awarded to faculty members for a special project that directly impacts our students. Here are the 2019-20 recipients.

Dr. Peter Bodary, clinical assistant professor of Applied Exercise Science and Movement Science, used his award to purchase research-grade classroom technology for his MVS 452: Scientific Inquiry Using Wearable Technology class. This included:

- Catapult. Students designed mini-experiments to test this technology and then used it to analyze player data-sets provided by Michigan Athletics.
- Stryd. Students used these devices to measure athletes' power output and recovery.
- Biostrap. Students used these devices, which collect more raw data than a Fitbit or Apple Watch, to investigate the effect of sleep and workouts on subject recovery.
- Athos. Dr. Bodary purchased additional Athos equipment that students used to perform studies on muscle recruitment and activation.

After receiving her award, Dr. Weiyun Chen, associate professor of Applied Exercise Science, and her students conducted a major study titled, "Active Body and Mind (ABM) Intervention for Older Adults." Her team examined the effects of a 12-week ABM intervention on cognitive



A F.E.M.M.E.S. participant with MVS student Semat Adekoya. Courtesy of Michael Vesia.

functions, fitness, physical activity behaviors, and psychological well-being between the intervention group and control group in the two retirement communities from September to December 2019. A second 12-week study had to be paused in March due to COVID-19.

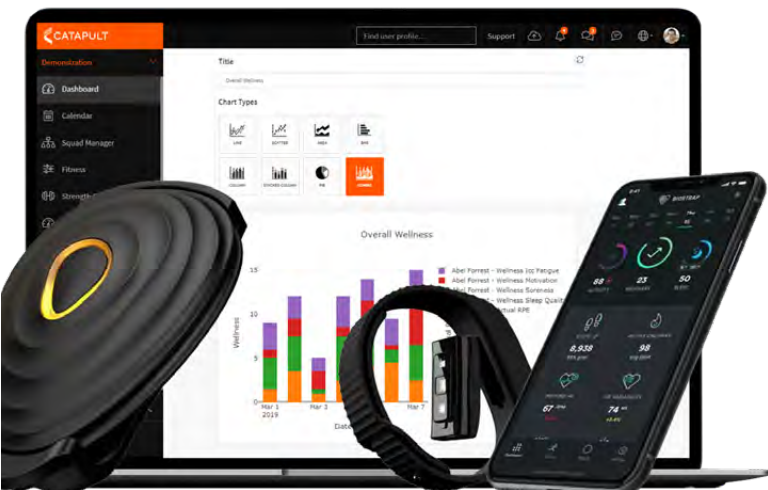
Dr. Chen used her award to buy 20 Fitbit trackers, Fitabase software, and incentives for the control participants to complete the baseline and post-test.

Dr. Michael Vesia, assistant professor of Movement Science, used his award to purchase equipment designed to introduce young students to the fundamentals of neuroscience and electrophysiology. These neuroscience experiment kits helped attendees "see" how electrical activity in their brain, nerves, and muscles helps them move.

In partnership with the U-M student group FEMMES and the U-M Natural History Museum, Dr. Vesia and his team hosted several events for participants of all ages and backgrounds to explore science through fun, hands-on activities. Kinesiology students shared their research with others, acted as role models for kids interested in STEM careers, and learned how to effectively communicate complex scientific concepts to a diverse audience.

For the 2020-21 academic year, a portion of the Kinesiology Annual Fund will be used to support our students and faculty in their transition to online, hybrid, and public health-informed in-person classes. ■

Stryd, Catapult, and Biostrap technology. Courtesy photo.





New online sports data analytics course is free and open to the public

BY DREW MOSER

Dr. Stefan Szymanski, professor of Sport Management, is doing something he has dreamed about since the day he started at U-M. He's leading a massive open online course (MOOC) on using Python programming for sports data analytics.

According to Szymanski, data analytics has been the biggest revolution in the sporting industry since his career began. The course's main objective is for users to employ sports analytics to understand team performance. "What we are doing is showing them the datasets and then how to process those numbers working with Python," he said.

There are five courses in the sports analytics specialization, which is a collaboration between the School of Kinesiology and the School of Information. In addition to Szymanski, the team consists of Dr. Wenche Wang, assistant professor of Sport Management; Dr. Peter Bodary, clinical assistant professor of Applied Exercise Science and Movement Science; Dr. Youngho Park, Sport Management lecturer; and Dr. Christopher Brooks, assistant professor of Information.

Continued on next page.

“Analytics has been playing an increasingly important role in the decision-making for sports organizations and teams, and with the legalization of sports betting, sports fans and other consumers,” Wang said. “I am excited to be part of the group that advances the field of sports analytics and helps deliver relevant and useful skills to interested students.”

The first course introduces the analysis of sports data using Python, relying on datasets from baseball, soccer, basketball, cricket, and hockey. The second course focuses on “Moneyball,” the idea that made data analytics mainstream in pro sports due to Oakland Athletics General Manager Billy Beane and the subsequent book and film. The third course focuses on building forecasting models and using them to predict the results of games in real-time. Brooks’s course shows how to apply machine learning concepts to sports data in Python and Bodary’s course looks in detail at the impact wearable technology is having on sports.

Sean Vucinich, a course operations specialist at the Center for Academic Innovation at Michigan (AIM), describes Python as a unique, highly flexible, easy-to-use programming language used for scientific and analytical computing. “With a robust collection of libraries ranging from those for numerical analysis and graphical plotting, to scientific computing and data manipulation, Python has established itself as a flexible and easy to use language,” he said. “This flexibility and ease of use has led to its use in everything from website hosting to financial analysis to (of course) data science.”

One of the many benefits of Python is that it’s free and doesn’t require a license.

“That is a revolution in our lives,” Szymanski said. “In the past, creating complex, statistical models required access to commercially licensed packages that could cost in the region of \$1,000 a year. All that processing power is now available for free. Smart kids in high school can now learn and apply techniques that were previously only within reach of academics and corporations – there will inevitably be an explosion of new ideas and you can expect a lot more ‘Moneyball moments.’”

Lyndsay Wing, a learning experience designer at AIM, was assigned to the project.

“What makes this project a little bit different from other data analytics courses on Michigan Online is the fact it’s about sport analytics data and using Python to apply these concepts, rather than instruction on Python coding,” she said.

“Analytics has been playing an increasingly important role in the decision-making for sports organizations and teams, and with the legalization of sports betting, sports fans and other consumers.”

DR. WENCHE WANG

The team began working on the project in the summer of 2019. According to Wing, they had nearly finished filming before they had to shut down for COVID-19. She said the biggest challenge after that was filming. Faculty usually record their lectures in the center’s studios, but now all the filming had to be done at home.

“Our media design team worked very hard with each faculty member to figure out their best set-up at home, including lighting, audio, and quality background,” Wing explained. “In some cases, we delivered loaner equipment kits [microphones, lights]

to faculty members’ houses so they were equipped to do that filming.”

It was important for the team to complete the MOOC on-time despite the COVID-19 challenges because they want to share their joint expertise with both budding and established data scientists around the world.

“People love sports and sports analytics is a hobby for many of our faculty in subjects such as statistics, engineering, physics, information science, economics, and so on,” Szymanski said. “There is this great community of people at Michigan that have the relevant skills and interest. If we could harness those small contributions and put them all together in one space, then we have something that is going to be of global interest and a huge attraction for our students.”

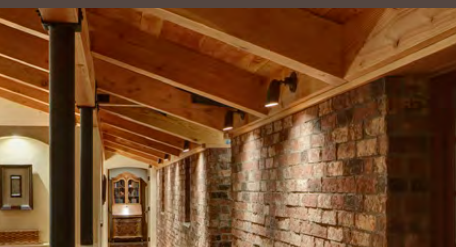
The first three chapters of the Sports Data Analytics MOOC will launch in September, followed by the remaining two in October. You can find them at online.umich.edu. ■



SUSTAINABILITY FOR HEALTH

Marti Burbeck, Class of 1977

BY DREW MOSER



Top and bottom row: The Burbecks' home, Burh Becc at Beacon Springs Farm. Courtesy of James Haefner. Right: Marti and Tom Burbeck recently completed two of four environmental certifications put together by the state of Michigan. Courtesy photo.

Fitness and well-being has always been top of mind for Marti Burbeck. Growing up in western New York, she had easy access to nearly 15 acres of nature in which to run, climb, and explore. She developed a love for physical activity after joining the local YMCA swim team in eighth grade, and it only grew from there.

Burbeck spent occasional weekends in Ann Arbor throughout her youth, coming back with her father and uncle, both U-M alumni, to tailgate and watch the football team. She continued the family tradition by enrolling at U-M in 1973 with a Physical Education major (a precursor to today's Applied Exercise Science major) and a minor in Math. While at U-M, she was one of the inaugural members of the women's varsity swim team, earning her varsity jacket. She graduated with her bachelor's degree in Physical Education in 1977.

"Classes at U-M took me beyond my interest to a broader understanding of health issues in the general population. Sports medicine, nutrition, anatomy, and physiology classes laid the groundwork for my lifelong concern for issues around the physical well-being of others, including the effects of food, exercise, and the environment," Burbeck said. "Building on information and comprehension gained in the U-M PE program, I've continued to read about and pay close attention to exercise, nutrition, toxins in food and building materials, and the like."

"Because of this grounding, the first thought my husband Tom and I had upon purchase of our land in 2013 – 15 acres of former farmland, just outside Ann Arbor, used up and worn out through years of monoculture farming – was to restore health to the soil and to grow food to give to those with difficult access to fresh produce (via Food Gatherers, Hope Clinic and others)," she explained. The plan – now well underway – has been to use principles of permaculture to manage water and erosion and to rebuild the soil. The slopes are now shaped with berms and swales on contour (similar to terraces): Swales (depressions) catch and hold water above berms (mounds of soil) which are planted with fruit trees and berry bushes and which are irrigated by the water held in the swales. The entire area is planted in cover crops, further holding water and building soil health.

That philosophy of regenerative land management led to their creation of a 100% regenerative home. This means the total amount of energy used by the home on an annual basis is less than the amount of renewable energy created on-site. The same is true for water and waste systems. The house has a rainwater harvesting system, geothermal heat, and solar panels. "Tom and Marti have created a home that is net positive energy, net positive water, and net-zero waste. It's fundamentally invisible to nature," said their architect Michael Klement. "This home is the harbinger of what the future of home building, and construction in general, could mean for the planet. Now, in a time that's even more relevant than ever before."

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The Burbecks, along with Klement, designed their house according to the Living Building Challenge (LBC) to achieve the most advanced measurement of sustainability in a built environment. The LBC advocates for a new way of conceiving and constructing homes and buildings. In addition to green measures being built into the house, manufacturers were also asked to disclose product elements that were then compared to a list of 600 chemical compounds that are harmful to humans and the environment. Burbeck said three of the companies they worked with changed their manufacturing practices because of the work they did on the home to reduce the harmful effects their products have on the environment.



The living room at Burh Becc at Beacon Springs Farm. Courtesy of James Haefner.

Burbeck's favorite description of the LBC can be found in its logo – a flower. “When you think about a flower, it gets all its needs from its immediate surroundings. It returns good to its immediate surroundings, and even in death, it returns good. So it’s an ecosystem all to itself,” she explained. “Why can’t our buildings be the same? And that is the underlying premise of the Living Building Challenge.”

“Classes at U-M took me beyond my interest to a broader understanding of health issues in the general population, ... including the effects of food, exercise, and the environment.” MARTI BURBECK

According to Burbeck, she and Tom originally set out to renovate their home in 2013 but quickly realized that remodeling for aging in place was not possible, nor were serious ecofriendly changes feasible (e.g. no exposure for solar panels). So they decided to build new on the 15 acres of farmland they’d bought. The 2,200 square foot home borrows from the characteristics of a 200-year old Tuscan farmhouse, with a 2,400 square foot barn and workshop. The project, at times, had upwards of 20 experts in different areas to ensure the house was being built to the LBC’s building requirements.

It took three-and-a-half years of design, 18 months of construction, and a year of performance auditing before the house received full Living Building Challenge

certification in December 2017 by the International Living Future Institute. To earn “Living” certification, projects must demonstrate compliance with stringent performance standards dictated by the 20 LBC Imperatives for twelve consecutive months.

During the audit period, the Burbecks’ home generated 20,270 kilowatt-hours (kWh) of electricity and used 15,987 kWh, producing 26 percent more energy than it used.

Their home is the second home, and one of two dozen buildings of any kind, worldwide to earn this LBC certification.

To Burbeck, this project is a symbol of how her passions have come full circle. “As we learned about the requirements of the Living Building Challenge, we were well-positioned to understand and embrace the importance of making our built environment healthy, regenerative, and conducive to healthful living,” she said. “The LBC requirements fit precisely with my lifelong concern for health, fitness, and excellent nutrition, strengthened and deepened during my college years in the U-M PE program.”

To learn more about the Burbecks’ home, please visit beaconsprings.org. ■

What have YOU been up to?

Let us know at myumi.ch/d0zDK and you could be featured on our website or in an upcoming issue of *Movement*!



NEW WORLD ORDER

GoGlobal policies
increase student
safety while abroad

BY VANESSA BARTON AND EMILY MATHEWS

When COVID-19 restrictions were enacted in mid-March, upcoming GoGlobal education abroad trips were canceled and students already studying internationally were called home. Thanks to donor support, the School of Kinesiology was able to provide emergency funds to students who had to return to the U.S. unexpectedly. It was a disappointing turn of events, but one that kept everyone safe.

Although we can't know what the coming months will bring, the GoGlobal team is working hard to offer a multitude of safer options to Kinesiology students when U-M related travel is allowed again.

GoGlobal has significantly increased its sponsored programs to provide more flexibility. This includes ensuring guaranteed credit transfer for the 209 courses added to the Transfer Credit Equivalency (TCE) chart for Kinesiology course credit. Transferable courses are now also shown on the Academics tab of each MCompass program listing. This increases visibility and transparency to students who are preparing to travel.

New sponsored programs have been added from U-M affiliate partnerships with CEA, CISAbroad, IES, ISA and TEAN Abroad (Worldstrides). GoGlobal is also promoting existing U-M sponsored programs with DISAbroad through the U-M Center for Global Intercultural Study. Each provider offers students an automatic semester discount that ranges from \$250-\$3000, and a summer program discount that ranges from \$100-\$600. They also all provide additional scholarships, ranging from \$500 to \$1500, that are

exclusive to U-M student program participants. Faculty-led programs may experience increased program fees, as they may not be able to rely so heavily on public transportation, but support is available for students with financial need.

All U-M related travel (which is registered through MCompass) requires the purchase of GEOBlue Health Coverage. This helps U-M staff understand each student's basic health coverage, and ensures that each student receives all U-M emergency communication. Registered students are also covered by the U-M blanket emergency evacuation insurance policy, which protects against political unrest and natural disaster. Additionally, U-M requires students to register their application email, domestic phone number, international phone number, and emergency contact email and phone number for emergency communication purposes.

All education abroad agreements and contracts will now include a force majeure clause, with increased university negotiating power for potential refunds. Students will also receive additional academic and financial support in the event they need to return home. As in the past, multiple departments will thoroughly review these documents before they are executed.

The GoGlobal team continues to closely monitor the university's travel policies and is ready to jump into action when restrictions are lifted. It's their hope that, with these new policies in place, students will feel even safer during their time abroad than before. ■

More Than a Knee Injury

ACL tears cause harmful changes in our brain structure

BY LAURA BAILEY

It's known that some joint function is often permanently lost after anterior cruciate ligament (ACL) reconstruction, and re-injury is common even with intensive physical therapy, but it's unclear why.

New research from Michigan Kinesiology shows structural changes in the brains of patients who underwent ACL reconstruction. These changes hinder recovery and may contribute to performance deficits and re-injury, says study co-author Dr. Adam Lepley, a clinical assistant professor of Athletic Training, Applied Exercise Science, and Movement Science. Lepley, who is also co-director of the Michigan Performance Research Laboratory, joined the School of Kinesiology faculty last year.

Adam took MRI brain scans of 10 ACL-reconstructed patients. The scans showed that part of the corticospinal tract – the pathway that scuttles messages from brain to muscles – had atrophied in the patients.

The corticospinal tract runs from front to back through both hemispheres of the brain. The side of the tract that controls the ACL-reconstructed knee was about 15% smaller than on the uninjured side, the researchers say.

Think of the altered corticospinal tract as a traffic tunnel that narrows, letting fewer cars pass through, they say. In the ACL reconstructed patients, less information gets from the brain to the muscle because less information can travel along the smaller tract.

"In essence, the brain not only alters the way it communicates with the rest of the body, joints, muscles, etc., but the structural makeup of the basic building blocks of the brain are also changed after ACL injury," Lepley said. "We think that this is a protective mechanism, in which our body is trying to limit unwanted movement around a joint injury ... and can be applied to not just ACL injuries, but other musculoskeletal injuries as well."



Dr. Adam Lepley prepares a model subject for transcranial magnetic stimulation. Courtesy of Peter Morenus.

Another recent study shows that downstream neural activity in the quadriceps is impaired during sport-like movements after ACL surgery, which suggests that poor brain structure and communication can lead to reduced functioning, the researchers say.

The bottom line for patients and clinicians is that a knee injury is not just about knees – other areas, like the brain structure, are negatively impacted, too.

"It means that during treatment, a systemic approach should be taken not just to improve range of motion or swelling at the injured joint, but also consider other impairments like poor movement patterns and muscle activation in order to get better outcomes," said Dr. Lindsey Lepley, assistant professor of Athletic Training and co-author of the study. "There is evidence of using visual retraining, different motor learning modalities like external focus of attention and bio-feedback, which can help 'rewire' the brain to help the body adapt to a new normal." ■

CAMPUS COMPASS

Movement Science student helps new students find hoMe

BY DREW MOSER

As a Kinesiology peer advisor, Movement Science senior Ishan Bhalgat helps incoming and new students acclimate to the university and our school. He talked with Movement magazine about his time as a Michigan Kinesiology student as his undergraduate career draws to a close.

***Movement Magazine:* What has being a Kinesiology peer advisor meant to you?**

Ishan Bhalgat: When I came to Michigan, I didn't know anybody. I was coming from a small town in New Jersey and I had no connections to the area other than my grandparents living in Flint. I was terrified during my first-year orientation. I was meeting brand-new people left and right but I didn't have anyone I could stick with, as I was the first person I knew who came to the school, so it was a really big push out of my comfort zone. The Kinesiology peer advisors' support helped me feel like I could do this. During orientation, you get bombarded with so much information, so having that student perspective is huge. I remember how comfortable I felt after that session, so when I became eligible for the position I applied for it. Through my experience, I felt like I could directly give back to students because I can identify with that feeling of discomfort associated with coming from a small

high school to a university the size of Michigan with a blank slate. I want to help all incoming first-year students seize the most out of their educational opportunities at Michigan and within Kinesiology.

MM: How has Michigan Kinesiology prepared you for your post-graduation goals?

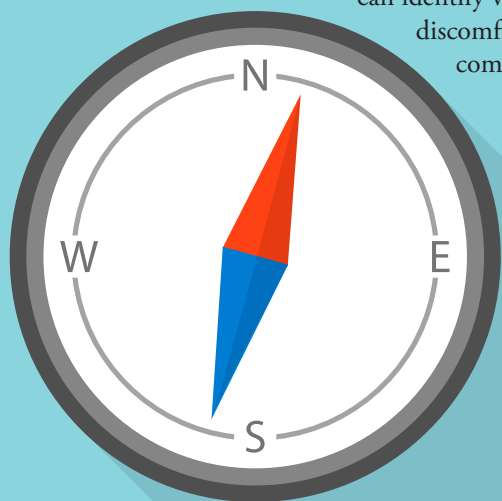
IB: I'm applying to medical school and Movement Science is the perfect gateway for this. I feel like the Movement Science curriculum really provided the opportunities to get the foundational background needed to go into medicine. You learn about the systems and the integrative nature of the human body through ANATOMY 403, MOVESCI 230/231, PHYSIOL 201, and AT 220/221. Then, the three facets of the Movement Science curriculum, motor control, biomechanics, and exercise physiology, covers how the brain produces movement after interpreting external stimuli, the mechanical principles of different tissues collaborate and the physical principles associated with movement, and what happens when you push your body to the limit in exercise. I view the curriculum as a great holistic approach to the body and it's more of a refined learning style compared to other majors outside of Kinesiology. When I took the MCAT, because of the Movement Science curriculum, I was ready.

*Ishan Bhalgat.
Courtesy photo.*

Continued on next page.

"I want to help all incoming first-year students seize the most out of their educational opportunities at Michigan and within Kinesiology."

ISHAN BHALGAT





Ishan Bhalgat (second from left) with his fellow peer advisors. Courtesy of Jean Hunt.

MM: What makes Michigan Kinesiology unique?

IB: The school is a very small, tight-knit community. I always tell incoming students our professors want to and will go out of their way to get to know you. Because of that, you have so much control over your Kinesiology career. You can make the most out of the many opportunities that come your way, randomly and actively, and you can see what works for you to make your years at Michigan so unique. I have cold-emailed professors asking if they need research assistance, and they've graciously offered me those opportunities without ever seeing my face. Michigan Kinesiology has the ability to open your eyes and grant you access to opportunities you couldn't get elsewhere.

MM: Tell us about your favorite experience in your program/degree.

IB: Phi Epsilon Kappa [PEK, the professional co-ed fraternity for Kinesiology students] has been a highlight of all the organizations I've been in. As mentioned, when I came to Michigan, I didn't know anybody. I rushed PEK the second semester of my first year, and through that organization, I found my best friends. I walk into any Kinesiology class and I immediately know half of my peers just through the connections I've made through PEK. We're involved on campus and I feel like I'm doing something for the community, but

at the same time, enjoying the time I get to spend with my friends.

MM: How have you changed academically, socially, or professionally since your first year?

IB: It's become very real for me. A lot of change happens in the first year as you prepare to get into the driver's seat, and the ball is finally in your court for growth by junior year. Ever since day one, I've been trying to make the most out of the opportunities that were offered for professional growth. I'm finding value in the meaningful connections I've made throughout college and my personal growth as a result. I've learned that your network becomes a means of achievement, through the laughs, tears, failures, and triumphs.

MM: What's your favorite thing to do in Ann Arbor?

IB: The summertime in Ann Arbor is awesome. The Art Fair and all the community events with obviously amazing food makes the experience worthwhile. One of my favorite memories is kayaking down the river on Fourth of July 2019 in a downpour with all my friends who stayed over the summer. I highly recommend spending a term in the city at this time! ■

what's next?

TRACKING THE CAREER OUTCOMES OF RECENT GRADUATES

We're proud of the myriad ways Michigan Kinesiology students have pursued their interests after they graduate. Their successes reflect our excellent curriculum, experiential learning opportunities, and robust academic and career advising.

The Kinesiology Career Development Center measures student outcomes by tracking students' first destinations after graduation. We're pleased to showcase the school's Class of 2019 First Destination Reports by degree and major.

Curious to see where students work after graduation or the graduate schools they've matriculated into? Visit myumi.ch/3q3gQ to see the specifics for each program.

Hire a Kines Student!

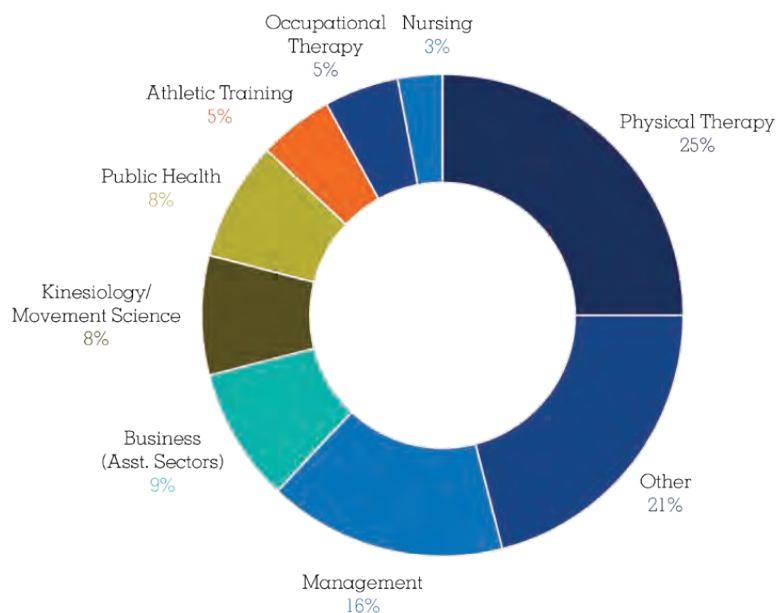
We're calling on you to let us know when your company is looking for talent. Post a job, internship, or shadowing experience on Handshake (kines.umich.edu/employers), our student job board.

Get students excited about your opportunity by hosting an employer information session, attending a career fair, or scheduling on-campus interviews.

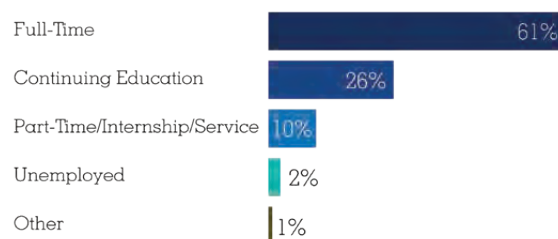
Email KinesCareers@umich.edu for more information.

Class of 2019 Snapshot

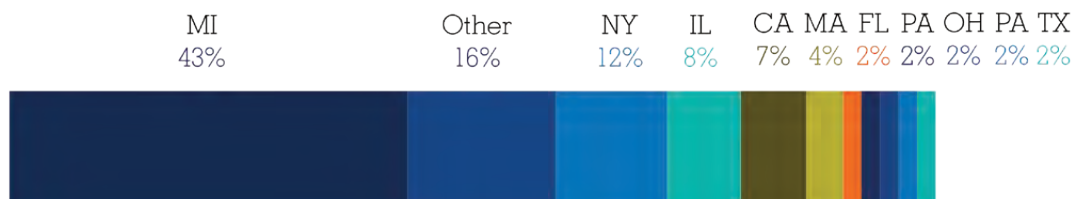
Continuing Education Program



First Destination Plans



First Destination Location





Our Students Need You

Our top priority has always been to help our students earn a life-changing Michigan degree in a safe and engaging environment.

But many of them are now facing new COVID-19-related hardships, including technological barriers, food insecurities, transportation difficulties, health anxieties, family pressures and concerns, and loss of income.

We have established the Kinesiology Grad/Undergrad Emergency Aid (COVID) expendable fund to assist students with temporary expenses related to COVID-19, including medical, technology, housing, and tuition support.

Please consider making a gift today to students in need. Give online at myumi.ch/88NxW.

1402 Washington Heights
Ann Arbor, MI 48109-2013

fall virtual events

We're working hard on a terrific line-up of virtual events for this fall. They're a fun and safe way to learn, share, and build community!

Check your email for more information as it becomes available or visit kines.umich.edu/events.

