

KINESIOLOGY BUILDING WELCOME GUIDE



JANUARY 2021

Updated 2/3/21

WELCOME

The School of Kinesiology Building, formerly known as the E.H. Kraus Building, reopened in January 2021 after an extensive, transformative renovation.

This welcome guide provides an overview of the Kinesiology Building, with information and resources that will be helpful as occupants settle in.

If you have questions, concerns, or ideas about the new building, please share them at myumi.ch/VP0g7.

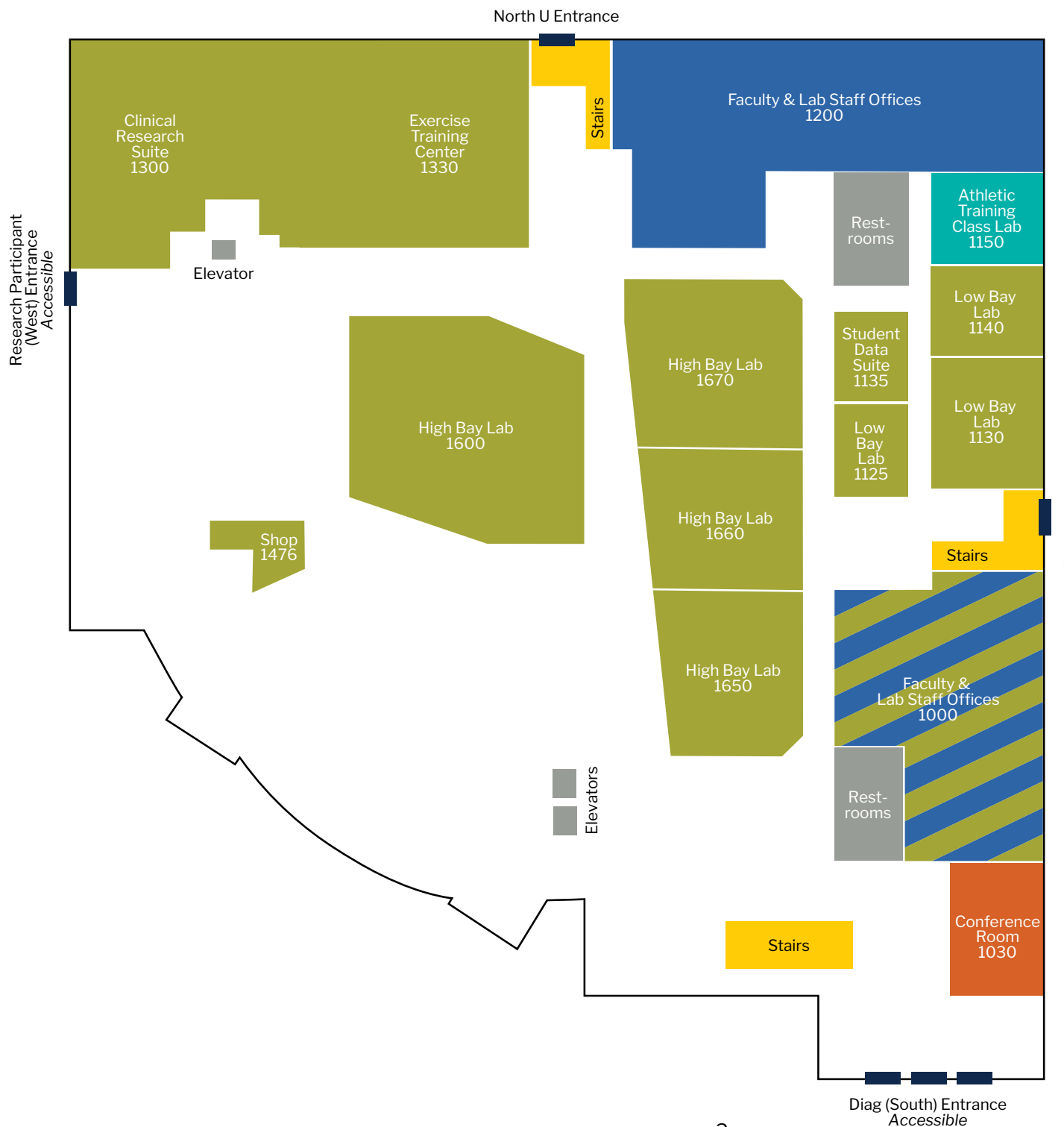
TABLE OF CONTENTS

Featured Spaces	2
First Floor Map & Highlights	3-4
Second Floor Map & Highlights	5-6
Third Floor Map & Highlights	7-8
Fourth Floor Map & Highlights	9-10
Research Spaces	11-12
Workspaces	13
Room Scheduling	14
Technology	15
Building Hours & Access	16
Mail	16
Hanging Items on Walls	16
Cleaning Schedule	17

FEATURED SPACES

- Private, accessible **gender inclusive restrooms** (2029T, 2157T, 2681T, 3681T, & 4681T).
- A **multicultural space** (2620) for students to relax and reconnect between classes. It is open during building hours.
Please note: Access is limited to one user at a time until COVID-19 health and safety protocols are lifted.
- A **reflection room** (2677) for members of the university community to meditate, pray, and otherwise spend time in quiet reflection. It is open during building hours.
- A **Kinesiology faculty & staff lounge** (3010) that can be used for lunch and personal breaks. It is not open to the public.
- A private, reservable **personal room** (3620) that can be used for personal medical needs. The space is designed for lactating mothers, those needing to inject insulin, or others with similar needs. Ask an admin (Jenny Harrison, Molly Paberzs, Sandie Petee, Dianne Van Hoosear, or Terri Wohl) to reserve this space.



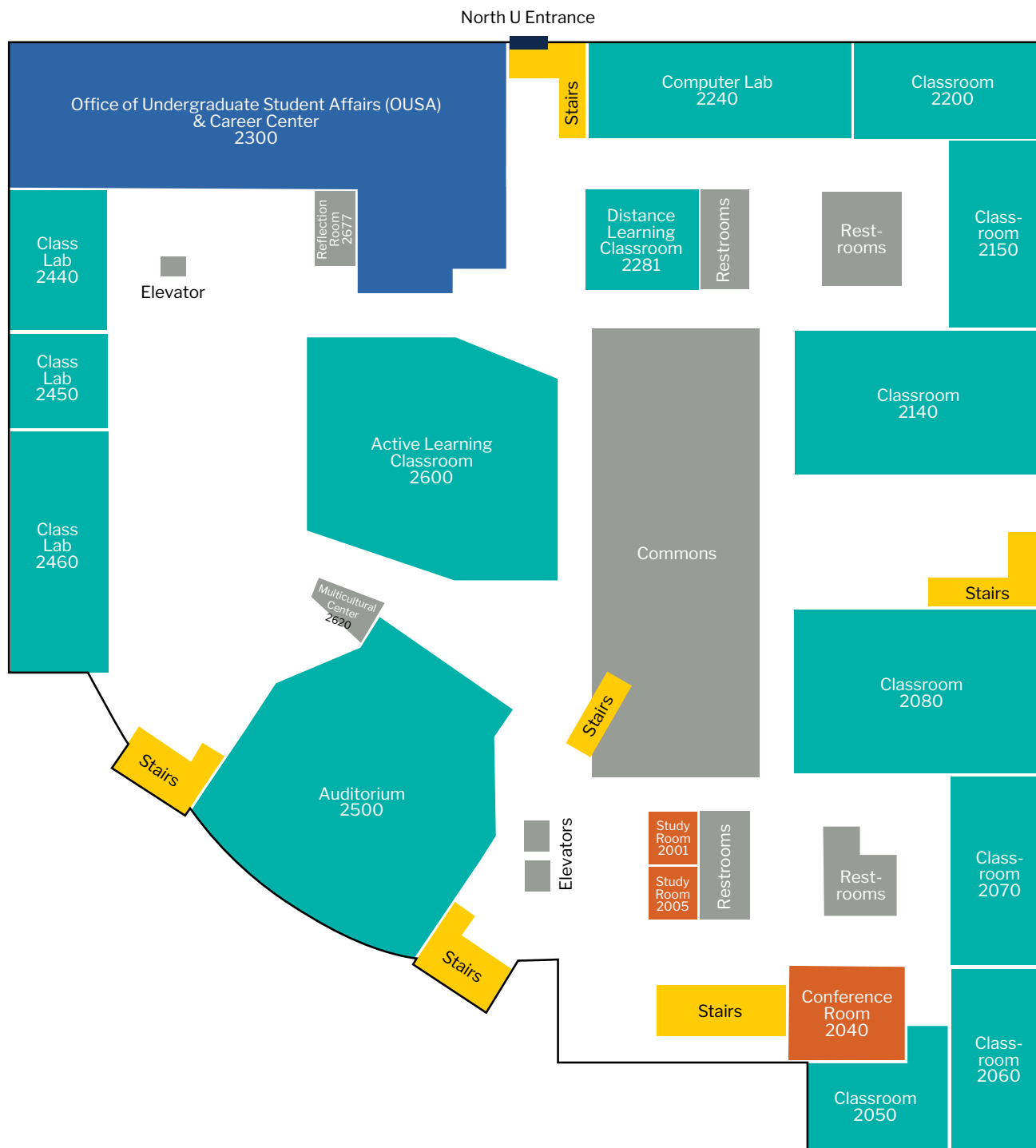


KINESIOLOGY BUILDING FIRST FLOOR

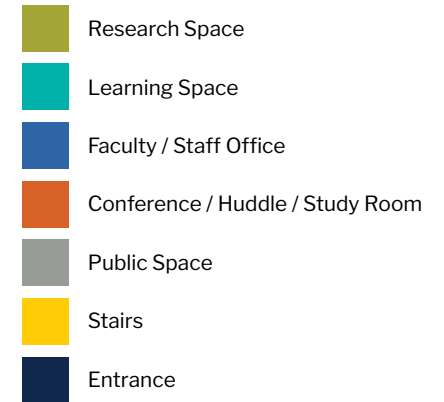
- Research Space
- Learning Space
- Faculty / Staff Office
- Conference / Huddle / Study Room
- Public Space
- Stairs
- Entrance

HIGHLIGHTS

- Faculty & Lab Staff Offices, 1000 & 1200
- Low Bay Labs, 1130 & 1140
- Student Data Suite, 1135
- Athletic Training Class Lab, 1150
- Clinical Research Suite, 1300
- Exercise Training Center, 1330
- Shop, 1475
- High Bay Labs, 1600, 1650, 1660, & 1670

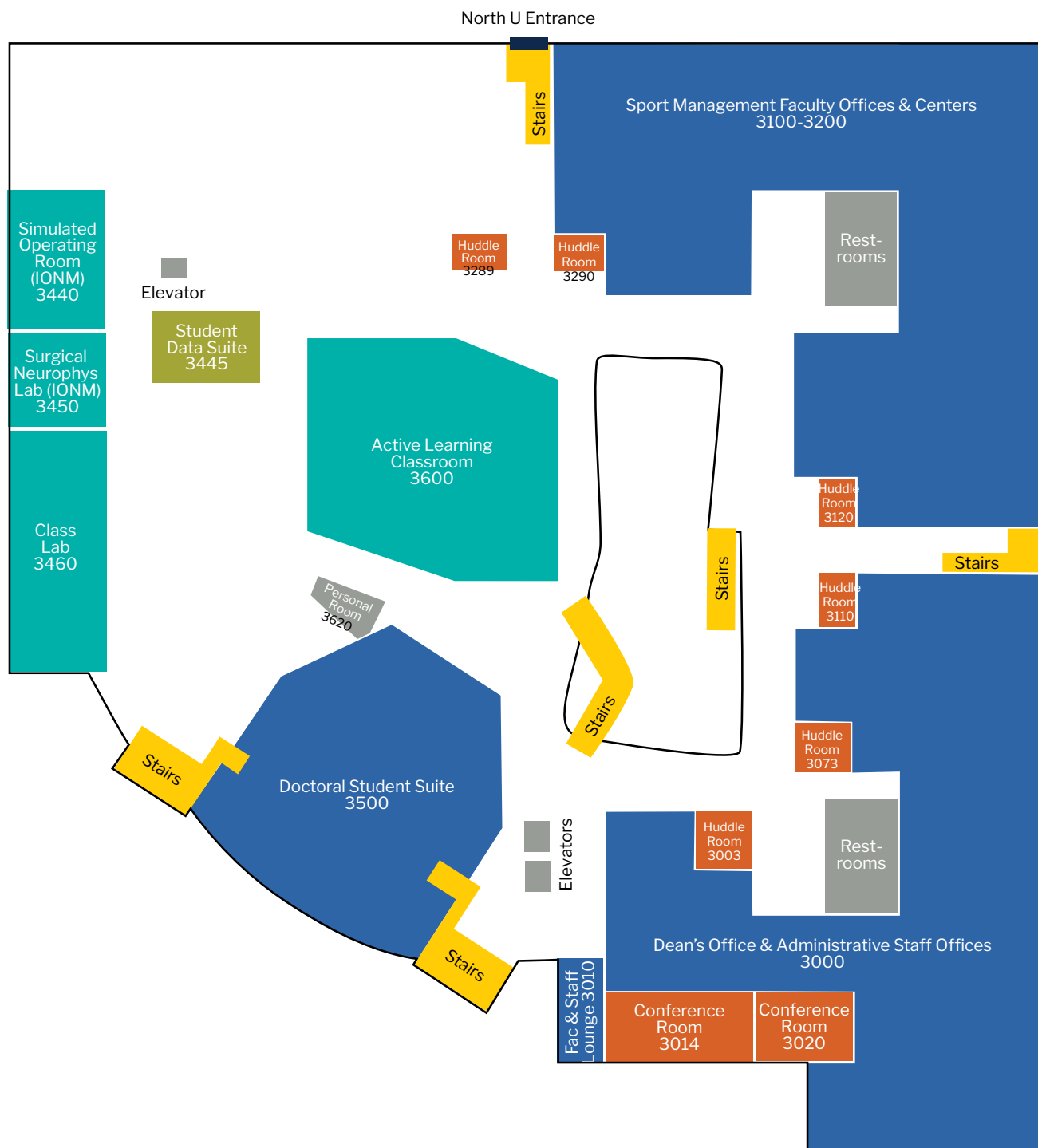


KINESIOLOGY BUILDING SECOND FLOOR

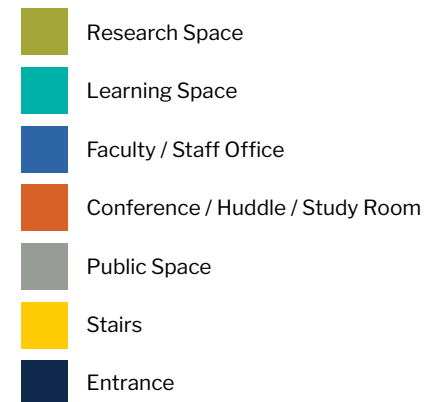


HIGHLIGHTS

- Commons
- Classrooms, 2050, 2060, 2070, 2080, 2140, 2150, & 2200
- Computer Lab, 2240
- Distance Learning Classroom, 2281
- OUSA & Career Development Center, 2300
- Class Labs, 2440, 2450, & 2460
- Auditorium, 2500
- Active Learning Classroom, 2600

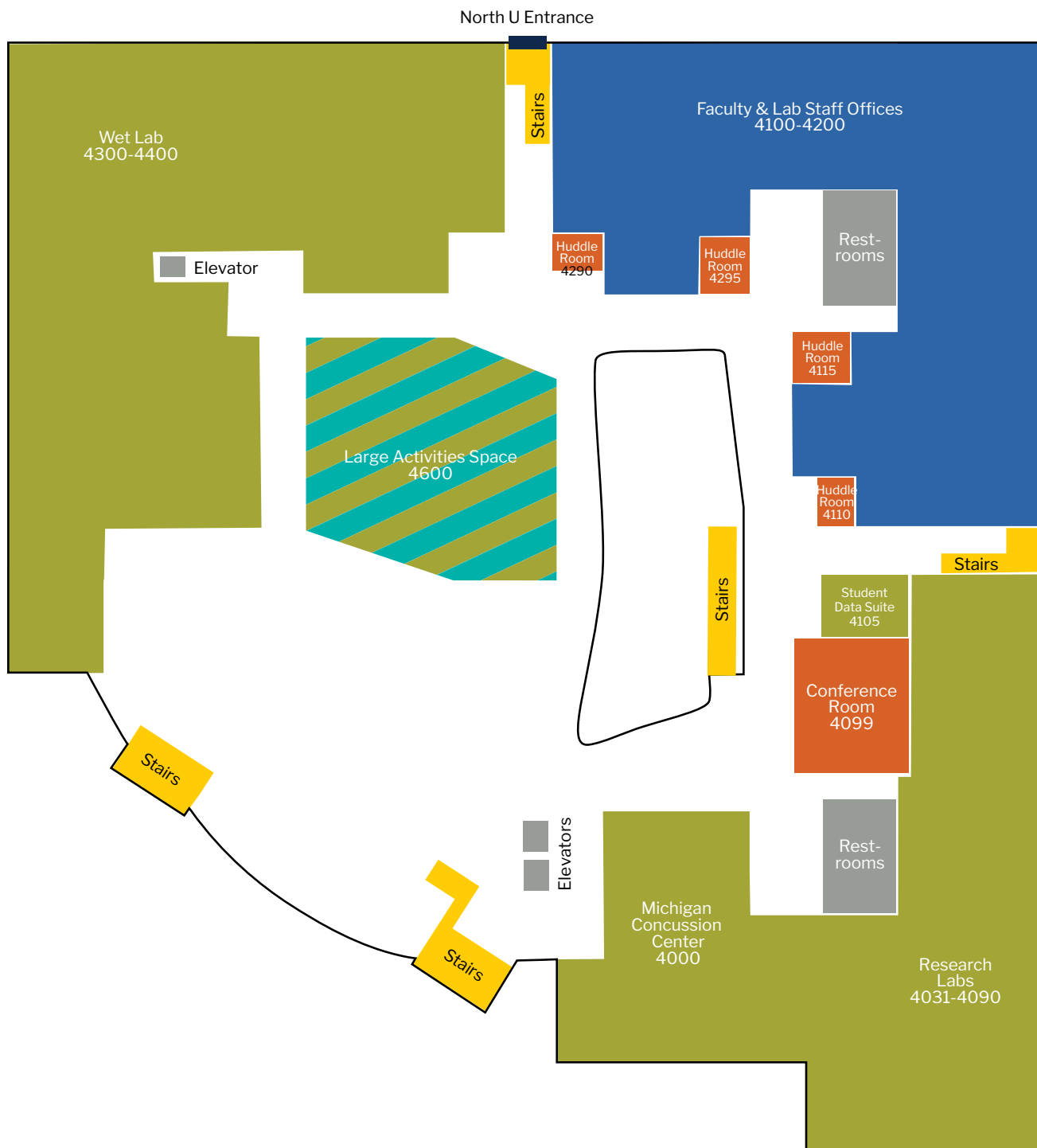


KINESIOLOGY BUILDING THIRD FLOOR

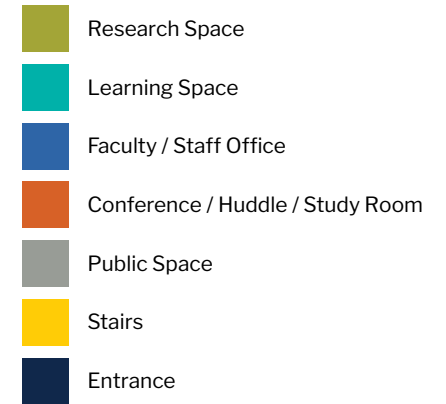


HIGHLIGHTS

- Dean's Office & Administrative Staff Offices, 3000
- Sport Management Faculty Offices & Centers, 3100-3200
- IONM Simulated Operating Room, 3440
- Student Data Suite, 3445
- IONM Surgical Neurophys Lab, 3450
- Class Lab, 3460
- Doctoral Student Suite, 3500
- Active Classroom, 3600



KINESIOLOGY BUILDING FOURTH FLOOR



HIGHLIGHTS

- Michigan Concussion Center, 4000
- Research Lab Suite, 4031-4090
- Faculty & Lab Staff Offices, 4100-4200
- Student Data Suite, 4105
- Wet Lab Suite, 4300-4400
- Large Activities Space, 4600

RESEARCH SPACES

The building offers state-of-the-art research spaces and equipment, with a third floor shell space reserved for future expansion.

Three research participant parking spots are available in the parking lot outside the west entrance, by the Clinical Research Suite (1300).

1st Floor High & Low Bay Labs

- 4 high bay and 3 low bay labs outfitted with raised computer flooring, safety harnesses, and additional equipment to come
- Additional weight equipment in the Athletic Training class lab (1150)
- Equipment in the large high bay lab (1600) includes (but is not limited to):
 - Bertec instrumented treadmill
 - Motion capture
 - Instrumented staircase with ramp
 - AMTI force plates

1st Floor Clinical Research Suite

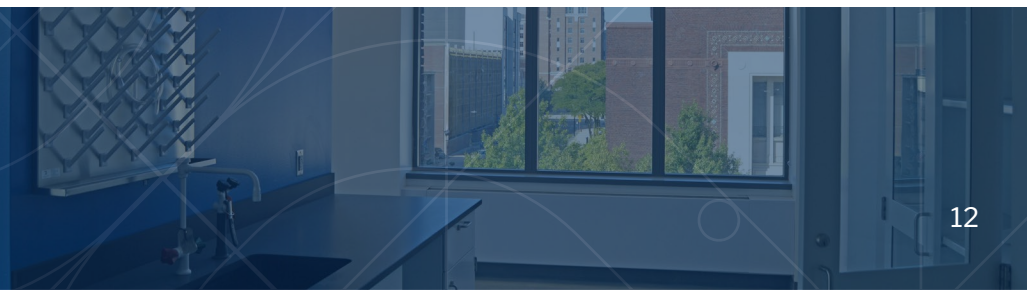
- Exercise Training Center furnished with treadmills, weight equipment, upright bikes, and other fitness equipment
- 4 exam rooms
- 4 rooms dedicated to research activities
- A kitchen and a small lab space
- Showers and lockers for research participants
- Equipment includes (but is not limited to):
 - iDEXA
 - Cosmed metabolic carts
 - LODE Corival CPETs
 - GE CASE Stress Testing System
 - Hospital beds and phlebotomy chairs

4th Floor Research Lab Suite

- 9 research labs
- 2 shielded assessment rooms
- 7 assessment rooms
- 1 large gait lab with overhead harness
- Equipment includes (but is not limited to):
 - Rogue Research Brainsight
 - NIRx fNIRS System
 - SR Research Eye Tracking System
 - Delsys Wearable EMG Systems
 - APDM Moveo Explorer wearable motion capture

4th Floor Wet Lab Suite

- 13 benches (35 feet of space on each bench) for wet lab work
- 18 support rooms that include:
 - 3 fumehood alcoves
 - 2 equipment rooms (freezer farms)
 - 1 cold room
 - 1 break room
 - 2 tissue culture labs
 - 1 sterilization room
 - 8 multi-purpose support rooms
- Equipment includes (but is not limited to):
 - ION Optix C-PACE
 - Ultracentrifuge
 - Plate washers
 - Lyophilizer
 - ProteinSimple FluorChem M
 - Thermal cyclers
 - MinION Mk1C
 - Incubators



WORKSPACES

Along with a variety of collaborative, concentrative, and social spaces, a key feature of the Kinesiology Building is democratic access to natural light throughout the office floors.

Securing Valuables

Because our building is located right off the Diag, we'll see more traffic than what we're accustomed to. It's more important than ever that you secure personal and school valuables. Offices can be locked with keys that are provided to the occupant(s). Open workstations have lockable storage drawers and cabinets.

Keypad-operated lockers are also available as temporary storage for specific user groups:

- Outside the Clinical Research Suite (1300) for research participants
- In the Doctoral Student Suite (3500) for Kinesiology doctoral students
- In the Student Data Suites (1135, 3445, & 4105) for students with assigned access

Energy-Saving Thermostats

Thermostats are tied to occupancy sensors in enclosed spaces. The room may feel warmer or cooler upon first entry, but temperatures will stabilize quickly when someone enters the room.

Motion-Detected Lights

Most of the public spaces use motion-detected lights. These lights automatically turn on when movement is detected and off after approximately 15 minutes of non-movement. Offices also have motion-detected lights; however, you'll need to press the button to turn the light on again after it automatically shuts off.

Sit-to-Stand Desks

Many faculty and staff have opted to use sit-to-stand desks in their workspaces. You can find instructions on how to use and program these desks at myumi.ch/VPwP4.

ROOM SCHEDULING

The Kinesiology Building features a variety of spaces that can be reserved for individual, small group, and large group use. Room capacities are posted on the door of each room.

Ask an admin (Jenny Harrison, Molly Paberzs, Sandie Petee, Dianne Van Hoosear, or Terri Wohl) to reserve these spaces.

Conference Rooms	Huddle Rooms	Study Rooms
1030	3003 3290	2001
2040	3073 4110	2005
3014	3110 4115	
3020	3120 4290	
4099	3289 4295	

While COVID-19 safety protocol is in effect,

- Students will not be able to reserve huddle or study rooms.
- Conference room scheduling for faculty and staff will be limited. Only conference rooms 1030, 2040, and 4099 are available for scheduling at this time.
- Furniture has been removed from the Commons.

Crestron Room Scheduling Devices

Crestron room schedulers are mounted on the wall outside each schedulable room, allowing anyone to see at a glance if a room is available or in use. Upcoming meetings and open time slots are clearly displayed on-screen and from a distance with green (available) or red (unavailable) lights. Each Crestron device will be linked with the corresponding Google room calendar and will update as admins make reservations.

Events in the Commons

At this time, the Commons is only available for reservation by Kinesiology faculty, staff, and students. If you'd like to reserve the Commons for your school-related event, please contact Deveny Rosebrock (deverose@umich.edu).



TECHNOLOGY

Classroom, Conference Room, and Huddle Room Technology

All classrooms, conference rooms, and huddle rooms include amenities such as lecture recording and Zoom connectivity.

To receive training on how to use these systems, please contact LSA support at 615-0100. You can also request classroom technology training at myumi.ch/erAo7.

VoIP Phones

VoIP phones rely on internet technology for transmitting calls rather than an analog public switched telephone network. Features of VoIP phones are similar to traditional phones. The phone plugs into a wall jack, and the computer plugs into the phone for data. The phone number is tied to the VoIP phone instrument. You can find a quick-start user guide for these phones at myumi.ch/dOVgw.

Digital Signage

The building contains three varieties of digital signage:

- Digital directories at each elevator and stairwell for visitors to locate faculty and staff offices
- A digital development sign on the first-floor donor wall to acknowledge donors
- Digital marketing signs in the Diag entrance vestibule and Commons to promote news and events

Please contact Drew Moser (mosera@umich.edu) if you'd like to promote school-related news or events on the digital marketing signage. All requests are subject to Marketing & Communications approval.

Technology Support

- For classroom, conference room, and huddle room support, please contact LSA IT at 615-0100 or via lsa.umich.edu/technology-services/help-support.html
- For everything else, please contact 4-HELP at 764-4357 or 4HELP@umich.edu

BUILDING HOURS & ACCESS

MCard access to the Kinesiology Building is currently limited to School of Kinesiology faculty, staff, and registered students, as well as non-Kinesiology faculty and students who are teaching or enrolled in classes that meet in the building during the term. Kinesiology faculty, staff, and graduate students will continue to have 24/7 MCard access.

All suites except 1300 will remain locked 24/7 during Winter 2021. **It's important for faculty, staff, and graduate students to carry their MCard at all times in order to gain access.**

MAIL

The building address is:

**School of Kinesiology
830 N. University Ave.
Ann Arbor, MI 48109-1048**

All campus mail, U.S. mail, FedEx, and UPS shipments will be delivered to room 1300. After it's sorted, admins will distribute mail to the mailboxes located in each office suite.

HANGING ITEMS ON WALLS

Please use Command strips to hang items on the walls in your workspace. You can get them from an admin (Jenny Harrison, Molly Paberz, Sandie Petee, Dianne Van Hoosear, or Terri Wohl).

If you need something hung with a nail or other method, please contact Jon Case (joncase@umich.edu) or Perry Titus (ptitus@umich.edu).

Please submit all wall sign and graphic requests to the Space Advisory Committee via myumi.ch/VP0g7 for review and approval.



CLEANING SCHEDULE

Daily Cleaning Tasks

Public areas including entrances, classrooms, kitchens: Empty trash/recycling, remove litter, straighten furniture, clean entrance mats, clean whiteboards, spot clean floors, spot clean door/entrance glass.

Restrooms: Empty trash/recycling, remove litter, disinfect fixtures and floors, replenish supplies, spot clean surfaces, sweep/mop floors.

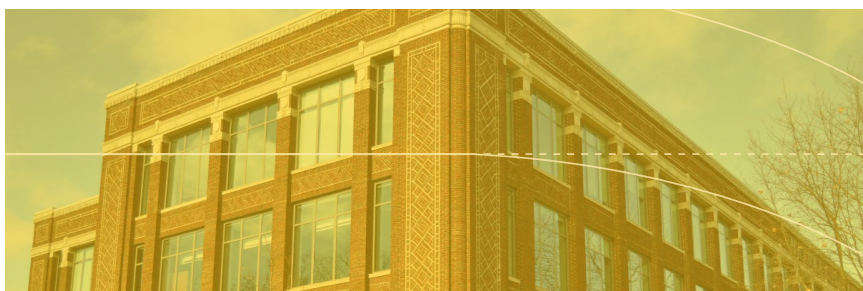
Please note: *Doorknobs and touch surfaces are disinfected daily until COVID-19 health and safety protocols are lifted.*

Weekly Cleaning Tasks

Public areas including entrances, classrooms, kitchens: Disinfect doorknobs, spot clean surfaces, dust all surfaces and vents, detail vacuum/mop.

Offices: Empty trash/recycling, remove litter, disinfect doorknobs, spot clean door/entrance glass, spot clean surfaces, vacuum or wipe furniture, dust all surfaces and vents, sweep/mop floors.

Please note: *Offices are cleaned every other week until COVID-19 health and safety protocols are lifted.*



NEED MORE INFO?

Visit the faculty & staff intranet at kines.umich.edu/intranet (umich login required).