

Kinesiology
is

movement

move

ENERGY, PROGRESS, POSITIVE CHANGE.

In all of its definitions, the word movement describes the dynamic state of kinesiology today. Movement encompasses the scientific study of human motion, the importance of activity on growth and development, the role of sport in society, the exploration of new directions, and emerging trends. *movement* brings you research findings and thoughtful insights on developments in kinesiology, as well as continuing updates on faculty, students, and your fellow alumni.



Dr. Dale Ulrich with Down Syndrome infant in treadmill training. See page 2 for the article.

Photo by: Marsha Ledford UM Photo Services



left to right: Larre Atkins, Assembly Technician, and Mark Hildebrandt, Vice President of Research and Development, in the NuStep manufacturing plant at the end of the assembly line for the NuStep TRS 4000 Crosstrainer. See page 14 for the article.

FROM THE DEAN

MAKING A DIFFERENCE

WALKING, HEALTH AND QUALITY OF LIFE

DEVELOPMENT

MOVEMENT FOR LIFE GOLF OUTING

HONOR ROLL OF DONORS

STUDENT NEWS

ALUMNI PROFILE

MARK HILDEBRANDT AND STEVE SARNS

ALUMNI NEWS

DIVISION NEWS

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Welcome to another edition of Kinesiology's Movement magazine!

The fall semester is well underway here in Ann Arbor, which means the busy pace our faculty and staff maintained throughout the summer switched into high gear when our undergraduates and new graduate students descended upon us in September. This is always an exciting time of the year; the energy students bring with them and the cool crisp days of autumn seem to re-energize us all and we look forward to it.

Looking back just a bit, I have to note that the 2002-03 academic year was an exciting one for the University of Michigan and for Kinesiology. At the U level, we started the year off with the arrival of our new President, Dr. Mary Sue Coleman. We finished the year with a flourish in June when the Supreme Court ruled in favor of the University of Michigan in its diversity efforts (a.k.a., the Affirmative Action lawsuits). Once again, Michigan has taken a leadership role in making the higher education environment the most effective it can be for all of our students.

Within Kinesiology, our 2002-03 recruiting efforts resulted in our hiring four outstanding faculty members who will join us this year. Drs. Weiyun Chen (pedagogy) and Jason Winfree (sport finance) arrived in September (see their profiles on page 22); Dr. Rachael Seidler (neuromotor behavior) moved from a Research Scientist position within Kinesiology into a tenure line, split between Psychology and Kinesiology (see her write-up on page 22). Dr. Greg Cartee (exercise physiology) will join us in January, 2004.

Along with the faculty numbers our student numbers and research staff continue to grow. Our undergraduate enrollment this fall is 740, with 20 masters students and 17 full-time fully funded Ph.D. students. The faculty and our Development staff have been quite busy raising external funding to help support our research programs and our students. Currently 11 of our 17 doctoral students are supported via research grants (e.g., National Institutes of Health, U.S. Department of Education, Office of Special Education & Rehabilitation Services, Life Sciences Corridor Fund, American Diabetes Association), Kinesiology endowments, and University Fellowships. In ever-growing numbers our undergraduates and graduate students are working side-by-side with faculty to study important issues in the field of Kinesiology. For a window into one of the areas on which multiple faculty members and students in the Division focus, see the article on page 2 by Robin Little.

The growth of our graduate program, the significant increase in the faculty's research productivity, and expansion of our faculty numbers have strained our physical space beyond capacity. In response to this demand we recently made some significant changes. During the summer and fall we renovated/created three new laboratories on the north end of the 1st floor of our current building. We also moved the offices of the Sport Management faculty, our Michigan Center for Sport Management, and the Center for Motor Behavior in Down Syndrome into rented space nearby, on Geddes Avenue. These changes address our immediate and critical space crunch. But, they will not suffice for more than a few years. Our goal is to, within the next few years, acquire a new building that could house all of our offices, classrooms, teaching and research laboratories in one, more efficient facility.

It seems like a year ago that I invited you to join us for an open house, to come and see some of our newly renovated space - and it was only a year ago. Since then we have changed and grown and accomplished much more, and we plan to continue to grow and change. I hope you will try to join us for our Alumni Reunion on October 17, and come back to visit anytime you can. The faculty, staff, and I would be happy to show you our latest version of Kinesiology at Michigan. I think it is fair to say that we take our movement seriously. We want to keep moving forward, to work on solutions to important societal problems, and to be leaders in the field of Kinesiology. That requires a lot of work on our part and a lot of support from you, our friends and alumni. Thank you for all of your help - we hope to be good stewards of the legacy you left us.

With best wishes,

Professor and Dean



WALKING, HEALTH, AND QUALITY OF LIFE

A COUPLE OF YEARS AGO, Dean Beverly Ulrich met with then-University of Michigan President Lee Bollinger to update him on research underway in the Division of Kinesiology. After she outlined the work being done by Kinesiology faculty, Bollinger paused, and then reflected that one area where Kinesiology is really "rising to the top of the field" is in gait work. He recognized that Kinesiology has a host of faculty addressing a range of important issues related to walking and locomotion.

Indeed, the Division of Kinesiology is making a difference in research on walking, involving people who have physical disabilities, as well as ones who do not. Why is this so important? First of all, according to Dean Ulrich, "Walking is simple and complex. We take it for granted until we don't have it, due to illness, accident or injury; or until a child is born without the capacity to figure it out easily, as in the case of babies with Down syndrome, spina bifida, or cerebral palsy. To move around in your own world is a really important aspect of quality of life. Secondly, walking is important because of the increasing public health risks of obesity, diabetes, and cardiac disease. There is mounting evidence that moderate exercise, like daily walking, can have a significant impact on reducing these health risks. Who is better positioned than kinesiology as a discipline, and the UM Division of Kinesiology, to take a leadership role in research in walking to impact the health and quality of life of our society?

SCOPE OF THE PROBLEM OF PHYSICAL INACTIVITY

The importance of the research currently underway in the Division is underscored by several major, national reports and studies that are raising alarms about the state of America's health. The Centers for Disease Control has identified obesity as the number one public health issue in the United States. Sixty-one percent of Americans are overweight and one-third are obese. Obesity is a major risk factor for type 2 diabetes, heart attack, stroke, and some forms of cancer.

The President's Council on Physical Fitness and Sports recently published a fact sheet that highlighted the following trends:

- Physical inactivity contributes to 300,000 preventable deaths a year in the United States. Some 40% of deaths are caused by behavior patterns that could be modified. A sedentary lifestyle is a major risk factor across the spectrum of preventable diseases that lower the quality of life and kill Americans.
- Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers. Daily physical activity helps to lower blood pressure and cholesterol, helps prevent or retard osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis.
- Nearly half of American adults (4 in 10) report that they are not active at all; 7 in 10 are not moderately active for the recommended 30 minutes a day, 5 or more days a week.
- The cost of overweight and obesity to the economy is \$117 billion annually in direct and indirect medical costs.

CHANGES IN THE FIELD OF KINESIOLOGY

Over the last twenty years, the field of kinesiology has shifted from studying athletes and other exceptional populations (e.g., marathon runners) to research on normal and disabled populations. Dean Ulrich describes the shift as one from studying the science of high performance to the science of activity.

Today, kinesiologists throughout the United States and around

the world are conducting basic and clinical research, often in collaboration with colleagues in medicine, engineering, and psychology, to learn more about the impact of exercise on health and mobility. And, what is being learned about special populations (i.e. stroke patients, people with spinal cord

demonstrated that regular physical activity can improve the mental health of clinically depressed patients. Bernard Gutin's research at the Medical College of Georgia shows that exercise can reduce the bone loss associated with osteoporosis.

V. Reggie Edgerton at UCLA was one of the first scientists to show that weight loading and electrical stimulation can help adults with spinal cord injuries learn to walk. George Brooks, a UM grad, currently at UCLA, helped debunk the myth, through his muscle metabolism studies, that build-up of lactic acid was responsible for the muscle soreness people feel after bouts of exercise. Steve Blair's (Cooper Institute in Dallas) research has helped demonstrate that one's body size and shape is not always indicative of how healthy one is. Some people may appear to be "heavy," but nevertheless have a good health profile.

Some of our faculty in movement science have made significant contributions via their gait research in the following areas.

Photo by Peter Smith



Dr. Katarina Borer studies the various effects of training and exercise intensity in postmenopausal women.

injuries, children with cerebral palsy, spina bifida, or Down syndrome) has applications for healthy ones, too.

Leading kinesiologists around the country are making important discoveries that affect recommendations for preventing obesity, improving fitness, and reducing the impact of diabetes, osteoporosis, and neuromotor disabilities. For example, Bill Morgan and his colleagues at the University of Wisconsin have

TREADMILL TRAINING

For more than fifteen years, Dean Ulrich and Dr. Dale Ulrich have been using a baby-size treadmill to study the development of infant motor control and to help infants with special needs learn to walk. While doing a post-doc at Indiana University,



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Beverly Ulrich conducted multiple basic science studies with normal babies and then began to collaborate with Dale Ulrich on research with infants with disabilities. Working with babies with Down syndrome (DS), they discovered that these children responded to treadmill training by stepping long before they attempted to walk. During a four-year clinical trial, they showed that infants with DS could learn to walk more than three months earlier than the control group and had improved gait patterns. The ability to walk and move in one's environment impacts not only physical, but also emotional, psychological, and social development.

Along with Dr. Rosa Angulo-Barroso, Dale Ulrich is now applying treadmill training to other special populations, including infants at risk for cerebral palsy and infants who are blind. They are finding that the treadmills may help infants with cerebral palsy walk before the muscle spasticity in their legs that increases with age interferes with the development of this skill. Infants who are blind have delayed motor development and do not usually walk before the age of two. If the treadmill training accelerates their ability to move through and explore their environment, this will have a positive impact on their health and well being.

RECOVERY FROM STROKE OR SPINAL CORD INJURY

Dr. Dan Ferris conducts research on gait rehabilitation following spinal cord injury or stroke. By studying these special populations, he seeks to discover general principles of locomotor control and apply them to improve human health. Ferris directs the Human Neuromechanics Laboratory. In one of his current projects, he is trying to determine if healthy human subjects alter their muscle activity patterns and/or limb kinematics when walking with powered ankle-foot orthoses.

POSTMENOPAUSAL WOMEN

Dr. Katarina Borer's research explores whether exercise training in the form of walking when carried out at different intensities can affect insulin sensitivity (and risk of developing diabetes), growth hormone secretion (and maintenance of lean body mass and control of abdominal fat), body fat level and regional

distribution, and several risk factors for developing coronary heart disease (hypertension and blood clotting factors). She has been studying postmenopausal women who are walking, at different intensities, three miles a day, five days a week, for fifteen weeks. The data from these studies indicate that exercise intensity has a positive impact on insulin sensitivity, fat loss, and blood pressure, thereby mitigating risk for diabetes and cardiovascular disease.

Other faculty, as well, study walking, as one of the most available and functional of all physical activities, in their effort to study obesity and diabetes (Dr. Jeffrey Horowitz) and the effects of menopause on physical performance (Dr. Melissa Gross).

THE FUTURE

The major barriers most physically able people face when trying to increase activity include time, access to convenient facilities, and safe environments in which to exercise. Walking has been described as the perfect exercise, because it requires no equipment (except a good pair of shoes), it can be done almost anywhere (you don't need to go to a gym), and it is a social activity. One of the surprising findings of Dr. Borer's study of postmenopausal women was how important the social aspects of walking in a group were to their motivation.

With all the data at hand that demonstrates the importance of regular exercise, like walking, to improve health, the Division of Kinesiology is now seeking to better understand, and make a positive impact on, the barriers that keep people from making lifestyle changes. For persons with disabilities, often just building sufficient strength or nervous system control is necessary before those steps to better health can be taken.

--Robin Adelson Little

To learn more...

President's Council on Health and Physical Fitness: <http://www.fitness.gov>

Centers for Disease Control: <http://www.cdc.gov>

The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity: <http://www.surgeongeneral.gov/topics/obesity>

University of Michigan Division of Kinesiology: <http://kines.umich.edu>

The Cooper Institute in Dallas: <http://www.cooperinst.org>

LET US HEAR FROM YOU!

We love to hear from Kinesiology alumni and hope that you will take the time to complete and mail this form to tell us about your recent activities. We will share your news with other alumni through Movement Magazine. You can also contact Cheryl Israel at (734) 647-2689 or via email at cisrael@umich.edu or contact Shelly Kovacs at (734) 647-2696 or via email at skovacs@umich.edu.

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MOVEMENT FOR LIFE

THE FIRST ANNUAL MOVEMENT FOR LIFE GOLF OUTING, founded by Mike Leoni, BA '88, was a huge success. Our deepest appreciation goes to Mike and Diane Leoni for their commitment to Kinesiology. The outing was held on Monday August 11, 2003 at the University of Michigan Golf Course. Over 108 golfers participated, along with several sponsorship groups. Dick Honig, MA '66; BS '63, provided monogrammed golfing shirts and golf balls. Contests consisted of a hole-in-one, closest-to-the-pin, longest drive, a betting hole, a raffle, and a 50/50 drawing. Golfers enjoyed breakfast and lunch on the course, and dinner in the clubhouse.

Dean Beverly Ulrich welcomed the participants, and acknowledged the entire Division of Kinesiology's gratitude for their involvement. Dr. Dale Ulrich and Dr. Rosa Angulo-Barroso gave a brief description of their research and the progress that is being made within the Motor Development Laboratory to better the lives of children with mobility challenges. The highlight of the afternoon was an endorsement from a family whose child has benefited from participating in a Kinesiology movement study. Our participants were delighted to be made aware of the impact that this research has on real lives. The day ended with a live auction - with Mike Leoni as auctioneer.

--Jeff Freshcorn

l to r: Connie Atia-Ahrens, Ugo Buzzi, Quinn Kretchman, Angie Sullivan, Rachel Wernholm, unidentified volunteer, Sandra McKay, Tammy Whyte, Dann Goble, Jennifer Knapp



Dean Beverly D. Ulrich





Top left: Diane Leoni with Nathan on her lap

Top right: Shelly Kovacs, Mike Leoni, Jeff Freshcorn and Dean Beverly Ulrich

Don Canham with microphone

Center left: Jeff begs people to "up the bid"

Bottom: Rosa Angulo-Barroso, Mike Leoni, Dale Ulrich



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THANK YOU 2003 DONORS

AS THE DIRECTOR OF DEVELOPMENT, I am proud to announce the completion of the largest fundraising year in the history of Kinesiology. For the fiscal year 2002-2003 Kinesiology received \$549,130 from a total of 697 gifts.

I want to recognize the alumni, friends, students, staff, corporations and foundations listed on the Kinesiology Honor Roll of Donors that follows, and let you know that you are highly valued. Your gifts are a vital resource to Kinesiology. When you contribute to Kinesiology you give more than a signature on a check or credit card slip. Your giving communicates to Dean Ulrich, the faculty, staff and students of Kinesiology that you are proud to be associated with us. It communicates that you appreciate the quality education and critical research that can make a difference in the lives of many. I want to thank each one of you personally:

Thank you to our first-time donors. We welcome you.

Thank you to our renewed donors. We welcome you back.

Thank you to those of you who give year after year. You allow Kinesiology to look toward the future, knowing that you are behind us.

Thank you to the companies who give matching funds to their employees. The encouragement for your employees to give back is admirable.

Thank you to the companies and foundations that support Kinesiology with research funds.

Thanks to all of you for helping Kinesiology make a difference.

Sincerely,

Jeffrey R. Freshcorn

Director of Development

Kinesiology

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Carol and Brian Genson
Melissa B. Genson
David M. George
Rebecca and Chuck Ghannam
Betty Gjesdal
Scott G. Glickman
Sharon and Robert Glowczewski
Douglas R. Gnodtke
Bryan Goike and Kelly Campbell
Suzanne J. Golz
Brenda Goodlow
Sue and Albert H. Green
Bobbie and David Green
Gina and John Green
Patricia and Michael Greenless
Jeffrey W. Gregory
Juanita and James Griffie
Ellen and John Grimes
Laura and Dan Groninger
Kris and Mel Gustafson
Kimberly and Charles Hadlock
Daria and David Haggadone
Heidi K. Haite
Nancy and William Harris
Judith Renfrew Hart
Kristin B. Hartmann
Judith and Gordon Harvey
Judith and Kenneth Haus
Kimberly C. Heaman
Cristine L. Heaps
Monna Heath
Robert R. Hebard
Judith and Robert Heidenreich
Rena and Bruce Heleniak
Maria G. Hendricks
Mary A. Hennigar
Alexander T. Hetzeck
Amy J. Hill
Amy and Lloyd Hill
Chae and Keith Hinderliter
F. S. Hirtle
Li Chuan Ho
Eleanor M. Hoag
Audrey and Matthew Hobson

- Jamie M. Hodges
Michael D. Hoehn
Melanie and Curtis J. Hoff
Suk and Joel Hoffer
Doris K. Hoffman
Jean and Calvin Hoffman
Jacqueline and William Hornbeck
Gwen and Joseph Hortillosa
Linda and Richard Hoyner
Mabelle Hsuch
Martha and Robert Hurley
Marni and Matthew Idoni
David P. Ingram
Genevieve and Henry Isaacson
Mara M. Isser
Kristin M. Jablonski
Mary Jackson
Jackson Hewitt Tax Service
Samir and Sara Jamil
Daena M. Janus
Sidney A. Jensen
Tom E. Jobson
John Randall Johnson
Timothy L. Johnson
Michael A. Jolly
Tom R. Jones
Janis and Thomas Joyce
Karen King Kairys and
Michael Kairys
Gerald Kaleniecki
Melissa and Timothy Kaltenbach
Michelle L. Kammer
Kim Kaufman
Laura C. Kaznecki
Kathlyn B. Kennedy
Pat Kesselem
Andy Kilinski
Jung and Joon Kim
Ann Kirk
John Kirk
Kelsey E. Kollen
Roman Komisarek
Steven B. Kravitz
Susan and Andrew Krembs
Sharon and Joel Krischer
Kathleen and Gerald Krone
William and Kathryn Krug
Stephanie and William Kruger
Christine Tompkins Kulka and
John Kulka
Jeanine and Christopher Kurpeikis
Constantine Lambros
Carol and James Land
Steven J. Landra
Melissa J. Lange
Gertrude Moss LaSavage and
James LaSavage
Barbara and Jeffrey Laufer
Sara Lee Foundation
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Dina J. Leuchter
Stuart H. Levine
Mary Liskow
Sue Ellen Lockwood
Rosemary and Walter Loesche
Newton C. Loken
Lani J. Loken-Dahle
- Carol L. Love
G. Parcells and
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Thomas A. Malchow
Mike W. Mallory
Lorraine and Paul M. Maloney
LuAnne and Robert Mandeville
Dana J. Marcus
Cynthia A. Marquard
Wendy L. Marshall
Cathy A. Martin
Hoke P. Martin TTEE
Deborah and Richard Maxwell
John McClaskey
Gloria and Adam McClay
Lindsey McElroy
Michael Sean McGuire
Adele and Wayne Melchiori
Cyndy and Harlow Meno
Debra and William Merchant
Debra and Maynard Metler
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Alisa and Gene Morningstar
Melinda Moulden
Alissa and Patrick Mullally
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Constance Hill Murray and
Barry Murray
Dorothy Myhre-Donahue
Cathy S. Nachman
Mario and Patricia Napolitano
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Winifred and Richard
O'Shaughnessy
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Pamela and Robert Pate
Constance and Thomas Penfold
Lee Perez
Randy J. Perz
Richard Carl Peterjohn
Megan F. Petersen
Ernest Jack Petoskey
Nikki and Claude Phillips
Laura K. Phy-Daly
Murray Bennett Plotkin
- Andrea and
Eisele Portocarrero-Eisele
Charles N. Poskanzer
Caren D. Potter
Kelly A. Raczak
Michael J. Rafferty
James M. Rankin
Dorothy J. Rapp
Wijeyadevendram and
Shobhana Ravindran
Carol Ann Ray
Lynn A. Reik
Susan and David Remias
Nancy and George Ridout
Edwin and Shirley Ripke
Jason Rivas
Sandra and Rick Rivas
Anna and Daniel Robbins
E. Jill Roberts
Bakara O. Robinson
Renee and Oscar Rodriguez
Karen G. Roos
Charlotte R. Rose
Adam M. Rosen
Susan and Stuart Rubin
Kirsten and David Sabin
Terri J. Sanders
Margaret and Peter Sarantos
Earle Scarlett
Karl E. Schmidt
Melinda and Joseph Schmidt
Sara and Gerald Schoem
Jill and Paul Schulman
Daniel C. Schwab
Linda Schweizer
Cason D. Scott
Jane and David Seamans
Beverly J. Sebastian
Frank A. Sestito
Jane Ellen and Jim Sexsmith
Coren J. Shakarian
Felecia S. Shankle
Robert Forte Shannon, Jr.
Vimla Sharma
Nancy Siegel-Streifler
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Debra and Greg Smith
Diane Smith
Elizabeth and John Smith
Stephen B. Smith
Alice D. Smyth
John L. Snuverink
Frances Sokowicz Pavlovics and
Ainars Pavlovics
Todd J. Sonquist
Michael J. Spath
Janet G. Spencer
John Lyman Spring
Roberta and William Stapleton
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Katherine Mary Wainio
Amy and James Walsh
Kathleen Walter
James W. Walton
Dr. and Mrs. Ronald R. Wangerin
Michelle L. Watson
Henry M. Watts
Jane Sprague Watts and
Price J. Watts
Mary and Thomas Weadock
Virginia A. Weadock
Frances and Raymond Weidlich
Philip J. Welch
Audrey and Thomas Wernholm
Thomas Steven Whinham
Angela Wich-Gary and
James Gary
John G. Wilhelm
Karen Ruth Wilkins
Betty and Jack Williams
Shavannia S. Williams
Alecia O. Willie
Grace and James Wilson
Alvin L. Wistert
Renee and Milton Wohl
Terri and Jeffrey Wohl
Mary and Stephen Wolfe
Douglas R. Wolkon
Anne and Robert Woolley
Judy and Christopher Wray
Melissa S. Wright
Richard T. Wright
Julie Else and Steven Yamasaki
Lloyd R. Yonce
Carol and Thomas Young
Phyllis and Charles Young, Jr.
Thomas Young
Phyllis and Gilbert Zimmermann
Diana and Thgomas Ziolkowski

HONORS RECEPTION 2003

THE KINESIOLOGY HONORS RECEPTION was held in the Chemistry Atrium and Auditorium on Sunday, March 16, 2003.

Students, you have distinguished yourselves in an undergraduate class that is full of outstanding students. These awards reward far more than academic achievement. They reward the demonstration of important values, like integrity, compassion and idealism. They reward students who combine academic excellence and athletic achievement. They reward community service - reaching out beyond the University of Michigan. You have done well, and we are very proud of you.

Pat Van Volkinburg on behalf of Dean Beverly Ulrich

Pat Van Volkinburg recognized the following Kinesiology award recipients:

The Laurie Campbell Award was presented to Heidi Merrill, a junior in the physical education program. This award is presented to an outstanding woman majoring in Physical Education. Dr. Campbell taught in the Department of Physical Education for Women from 1929-59. Her former students established the award in honor of her 100th birthday.

The Phyllis Ocker Scholarship was awarded to Janessa Grieco, a junior in the physical education program. This scholarship is named for Assistant Professor Phyllis Ocker, Associate Director of Athletics for Women, 1978-90. It is presented to a female varsity athlete who has distinguished herself in academics and athletics.

The Phebe Scott Award was presented to Katherine Skala. This award was established in 1996 by Virginia Crafts, a physical education teacher and administrator at Illinois State University,

in honor of her friend and colleague, Phebe Martha Scott, a 1944 Physical Education graduate.

The Lucile Swift Award was presented to Elizabeth Heyn, a senior in the MVS program, and; Keith Gordon, Ph.D. student. Ms. Swift created this award to financially assist an undergraduate and a graduate student in Kinesiology who demonstrates professional promise.

The Stan Kemp Award was presented by Catherine Serrin Niekro, BA '94, Vice Chair of the Kinesiology Alumni Association Board to: Jamie Gall, a senior in the Movement Science program; Philip Hoffer, a junior in the Sport Management Communication (SMC) program; Chris Robinette, a senior in the SMC program, and; Jeffrey Somensatto, a first year masters student in the SMC area. The award was established in 1994 by friends of the late Stanley S. Kemp, BS '67, a football official and business and civic leader. It is designated for students who display Mr. Kemp's dedication, integrity and idealism.



The University awards were presented by Shelly Kovacs, Assistant Director of Student Services and Director of Alumni Relations. University Honors, Branstrom Award and Angel Scholars were recognized. Over 184 Kinesiology students received University Honors.



Photos by Peter Smith

COMMENCEMENT 2003

Along the way you learned more than you will ever remember or use, but you will also use more than you realized you learned... Use your energy, your compassion, and your wisdom to do your best... Continue to challenge yourselves, challenge others as you have challenged us, and help to build a better world than the one that exists today.

Dean Beverly D. Ulrich, to the 2003 graduating class



The marquee display, the ornate balcony railings, carpeted stairs, and even the smell of popcorn made the Michigan Theater an especially festive site for the 2003 Kinesiology commencement and award ceremony on April 25, 2003. Approximately 140 people walked into the theater as students and left as alumni after receiving their degree.

Barbara Lupu, Kinesiology freshperson, sang a beautiful rendition of the **Star Spangled Banner**, and she led the audience in the ceremony's closing songs, **The Yellow and the Blue** and **The Victors**. Her performance was particularly significant in that her sister, Brittany, was one of the 2003 graduates. Commencement speaker Richard Rogel gave a spirited talk about using university degrees to the ultimate. Robyn Katz, 2003 graduate and President of the Kinesiology Student Government, spoke about how "every experience at the University of Michigan made her into the graduate that she is today."

Pat Van Volkinburg, Academic Program Coordinator, recognized Robyn Katz and Ugo Buzzi as recipients of the Hunsicker Memorial Award, which recognizes one undergraduate and one graduate student annually who have demonstrated superior

scholarship and professional zeal and promise. She also recognized freshman Aaron Seabron with the Stephen J. Galetti Award, which honors a first-year student who has shown exceptional industriousness and potential. Professor Bruce Watkins recognized Jeremy Stern as the recipient of the Bernard Patrick Maloy Award for Writing Excellence.

All Kinesiology faculty received a rose in recognition of the 2003 Teaching Excellence Award.



Photos by Martin Vloet, UM Photo Services



KINESIOLOGY
studying movement

MARK HILDEBRANDT AND STEVE SARNS SUCCESSFUL ENTREPRENEURS

FROM THE TIME he was old enough to pick up a pencil, Mark Hildebrandt, MS '92, loved to draw. Sketches of roller coasters, cars and airplanes took over pads of paper, the margins of his school notebooks and folders in file drawers. The designs gave way to inventions, like the arm wrestling/arm strengthening machine he built in elementary school. How else are you going to win arm wrestling contests?

At the same age, Steve Sarns, MS '88, was selling Kool-Aid popsicles and organizing neighborhood puppet shows and carnivals. One of his more elaborate productions was the Sarns Nature Center, a museum he assembled in his basement. For a penny admission, kids could view birds' nests, turtles, frogs and a snake. (His mother was not too thrilled about the snake.)

These early aptitudes foretold their future careers. Mark combined his interests in design, engineering and health to become Vice President of Research and Development at NuStep, Inc. Steve, still attuned to consumer interests, is the company's Vice President of Sales and Marketing.

When they receive the 2003 Alumni Achievement Award Oct. 17 at this year's Kinesiology Alumni Reunion, it will be a celebration of their teamwork and the success of NuStep, Inc. and its flagship product, the NuStep TRS 4000 recumbent cross trainer. The innovative exercise machine they helped bring to the market is being used in hospitals and rehabilitation clinics, senior living centers, and private homes across the country.

RUNNING TOWARD FITNESS

Mark and Steve actually lived in the same Ann Arbor neighborhood for a time in the 1960s. Their parents became lifelong

friends, though the gap in the boys' ages precluded their being acquainted; it would be some 20 years before their paths crossed in Kinesiology.

Steve entered Albion College and, though shy by nature, he found himself organizing sports outings among his housemates. "Let's play volleyball," he'd pester them. "Let's join the basketball league." They nicknamed him "coach." He graduated in 1977 with a BA in English and Art, the gateway to graduate school. "The best part of a liberal arts education," he says, "is that it teaches you that you have so much more to learn."

Lesson one: he became personally committed to fitness. His father, Dick Sarns, started running at age 50, won over by James Fixx's best seller, *The Complete Book of Running*, and urged his son to take up the sport.

"The first time out, I covered the distance between two mailboxes," Steve reports with chagrin. "I was exhausted!" But he stuck with it, and remembers the evening when, six weeks later, "everything clicked. I couldn't feel my muscles; all I could feel was my heart and lungs. I probably ran about six miles that night, but I felt like I could go on forever. All of my energy was directed in a positive way. I felt as if I could achieve anything."

The running experience raised Steve's interest in exercise physiology, and in 1980, he was admitted to Kinesiology's Master's Degree program. But it posed a dilemma: "I had just come back from skiing in Vail, Colorado, where I was captivated by the mountains. I wanted to go back, just for a few months; a year tops," he relates. "I applied the smile test: Which one makes me smile?" Was there ever a doubt? Colorado won, and one year turned into three. Yet it wasn't a detour; it was all part of his education.

SENSITIVITY AND AWARENESS

"Steve, don't be nervous," the boy admonished him. "It was my first day as an instructor at Colorado's Ski School for the Blind," Steve recalls. "I guess he could tell from my tone of voice that I needed more reassurance than he did!" Steve discovered that the blind students he taught - most of them children - had no self-pity. Teaching them was uplifting and inspirational.

Ski instructors are blindfolded during training as they ride up in the chairlifts and ski down the hill. Steve recalls "hearing the

swoosh of other skiers around me. When you lose one of your senses, your other senses seem to become sharper in order to compensate."

Testing his own physical limits, he began training for "the Ironman," a brutal competition in which participants bike 112 miles, swim 2.4 miles, and run a 26-mile marathon. But he came to realize, "that degree of commitment becomes all-consuming, bordering on obsession. You lose all sense of balance in your life." He scaled back to mini-triathlons, and also began gathering science credits at the University of Colorado at Boulder. He was especially drawn to the gerontology courses.

"My interest in aging traces back to my great-grandmother, who lived with us when I was in elementary school. I remember her as smart, feisty and fun to be with." In fact, all four of Steve's grandparents lived well into their 90s, making him sensitive to the stereotypes often applied to elderly people. He recalls driving his grandparents to the hospital when his grandfather was dying: "Presenting the diagnosis, the doctor spoke directly to me, even though my grandmother was in the room, fully engaged, and the one most affected. It was as if she were invisible."

What must it be like to be old and shunted aside? As a class project, Steve spent a day impersonating an elderly man in a Colorado shopping mall. He hired a makeup artist to make him look 80, wore a rumpled suit from the Salvation Army and plugged cotton in his ears to approximate hearing loss. A classmate documented the experiment on camera. What impressed him most, as he slowed his pace to a shuffle, was how quickly the world moved around him. "People were shooting by like bullets!" The experience reinforced to him that the elderly are not some amorphous "they," but distinct individuals. "Our personalities and values don't change as we get older," he emphasized. "My exterior appearance may have been different, but inside I was the same person I had always been."

INVENTION AND DISCOVERY

During the time Steve was in Albion and Vail, Mark Hildebrandt was immersed in sports. He grew up on a cul-de-

sac with 10 other boys near his age, so there was always a pickup game on the streets. In Little League, he applied that strong arm as a pitcher and outfielder; as a teenager, he played tennis and golf with his dad. His continuing interest in weight training led him to throw shot put and discus in high school and college. He also discovered running while in college and participated in numerous races and bike/race events. He later earned a Black Belt in Choi Kwan Do. Soon after graduating Summa Cum Laude from Western Michigan University in 1986, he became the first employee of Life Plus, Inc. the company that evolved into NuStep.

Dick and Norma Sarns founded Life Plus as a natural extension of their commitment to health promotion. Over his career, Dick had developed a number of medical and surgical products including a heart/lung machine widely used in open-heart surgery. After selling their company to 3M, Dick and Norma turned their attention to developing a product that would help prevent heart disease and other chronic illnesses by encouraging people to be more active.

Life Plus was a perfect match for Mark's interest in design, fitness and health. His creative mind was always conjuring up inventions related to his many interests, from exercise to energy conservation. He created the Life Pack, an easy-to-use first aid product, and the Footdeck, a lower leg exerciser designed to reduce shin splints. But his key focus was the Life Plus 2000, one of the first stationary recumbent bikes ever developed, for which he received a design patent. While overseeing the manufacture of these products, Mark earned an M.S. in Kinesiology.

By this time, Steve had returned from Colorado, finished a Master's in Kinesiology, and joined the family business. "The recumbent bike was popular among users, but had some limitations," he found. Based on this feedback, Steve came up with the recumbent stair-climber called NuStep.

Back to the drawing board. Mark utilized his Kinesiology training in anatomy, exercise physiology and biomechanics and consulted with professionals in the field. He found a company in Florida that would build a prototype, and in 1995, Life Plus



Marsha Ledford, UM Photo Services

Steve Sarns (seated) and Mark Hildebrandt with the NuStep TRS 4000.



KINESIOLOGY
studying movement

introduced the NuStep TRS 3000, a total body seated stepper, at several professional conferences including the American Physical Therapy Association (APTA).

"The APTA interest was critical for us," Steve notes, "because physical therapists are microscopic in their analysis. They recognized its function and versatility: NuStep can be used by virtually anyone, including those with aging infirmities, recovering from injury or illness, with neurological conditions such as MS or Parkinson's Disease, as well as healthy individuals of all ages.

TARGETING THE BABY BOOMERS

NuStep defines its market as "boomer plus," - 76 million people now aged 39 to 57, and the generation ahead of them. A third of their buyers are the general public. "PT and rehab stays are growing shorter," Steve points out; "once they try it, people want to continue the workout."

Looking to the future, Mark sees infinite opportunity. "We've been approached by specialists in such areas as stroke, spinal cord injuries, knee replacement, arthritis - the list goes on. Each of these areas has a need for products to aid the rehabilitation process."

Meanwhile, he strives for continuous improvement. "With the TRS 4000 introduced in 1999, we basically redesigned everything but the large, comfortable seat. It is a cross-training machine, providing a low-impact cardiovascular workout with upper- and lower-body strengthening. It offers 10 different intensity levels and a large easy-to-read display monitor. "We could have manufactured the products overseas and aimed for low cost and high volume. Instead, we added quality features such as the swivel seat that allows people with physical limitations to get on and off easily," Mark said.

He recently led a team effort to get the company ISO 9001:2000 (International Quality Standard) registered this year, a move that will help the company grow worldwide. This summer, NuStep added a manufacturing facility in order to build the models on the premises, ensuring even higher quality control.

The company has grown to nearly 50 employees including the professionals in manufacturing, sales and customer support. Mark and Steve are quick to point out that all of these individuals contribute to NuStep's success, as do their families, and

the balance they bring from their personal lives. "I have met wonderful people through my work - most specifically my wife Lori," Steve says. Lori is a physical therapist and was an administrator at Oakwood Hospital when he demonstrated the NuStep prototype to her staff there. He and Lori have two children - Joe, 6 and Megan, 4.

Mark's wife, Lorna, is a professional singer and voice teacher with an MA from Michigan in vocal performance. Their son Cole, 3 ½, loves to sing, and shares his dad's interest in mechanical devices. "My son saw a testing machine at work that makes a sound like "bib bah" and he made one of his own like it at home, using Slinkys for the springs," Mark relates proudly. "He calls it his bib bah machine."

Not surprisingly, Mark has added a new invention file on baby and toddler products. A board member of the Ann Arbor Hands On Museum, he helped install a new health exhibit in which kids use eight stations to measure and compare their fitness levels and nutrition knowledge. The NuStep cross trainer is part of the exhibit, as is - you guessed it - an arm wrestling machine.

PRACTICING WHAT THEY PREACH

Mark and Steve are committed to all aspects of following a healthy, active lifestyle. For several years, they paired up in the Corporate Canoe Challenge, a charity fundraising event, winning several first place trophies. And needless to say, there are NuStep machines at the worksite, used by visitors, employees and the two vice presidents.

At NuStep's Ann Arbor headquarters, employees gather for lunch in the light-filled atrium overlooking a landscaped pond. Classic rock plays over the intercom as people line up for the buffet. There is a family atmosphere in the room, as the catered lunch celebrates another month of surpassing sales goals. "In fact, we've been meeting our goals for quite some time now," Mark notes. "So we have a lot of parties."

The company has sold 16,000 units to date and is projecting steady incremental growth by about 25% per year. The units are priced at \$3,195. But success is not measured in sales or profits. Keeping people well and active is still the overall mission. In this regard, NuStep is not merely a product but a catalyst for reaching this goal.

-- Pat Materka

AS THE DIRECTOR OF ALUMNI RELATIONS, I would like to invite all alumni to participate in the activities of the Kinesiology Alumni Society (KAS) Board. Our board members participate in a broad range of activities throughout the year, which include the Alumni Reunion and Award Ceremony, the Kinesiology Honors Reception and career networking events.

I would also like to introduce you to the current members of the board and thank them for their commitment and dedication to Kinesiology. Thank you to Pete Kempf for acting as the chair of the board, Cat Serrin Niekro for acting as vice chair, and all the board members for their work on the various sub-committees.



Sincerely,
Shelly Kovacs
skovacs@umich.edu
Director of Alumni Relations

KINESIOLOGY ALUMNI SOCIETY BOARD



Connie Atia-Ahrens, MS '80; BS '72, is the Assistant Recreation Director in the Recreational Sports Department at the University of Michigan. She celebrated twenty years of service with the University of Michigan last fall. Connie coordinates marketing, promotion, publicity, club sports programs, and recreational equipment rentals at the university. She previously taught and

coached at the high school-level. Connie's coaching experience spans twenty seasons in a range of sports.

Pat Bubel, Ph.D. '83; MA '63; BA '56, is retired and lives in "her intellectual home of Ann Arbor." She has had two careers, the first as a physical education teacher from 1956 to 1989. While working in physical education, she developed an early program of competitive athletics for girls, and she was a strong advocate for Title IX. Her second career spanned from 1989 to 1999, when she built and operated the Tall Oaks Boarding Kennel in Webster Township.



Karen Craven, BS '65, recently retired after 37 years of teaching physical education, history and government for Rochester

Public Schools in Rochester, MI. Karen has been active on the Kinesiology Alumni Board for the past five years, and she enjoys her board activities. She is now playing golf and competes in the USGA Senior Tournaments for amateurs.



Carol Cross, Ph.D. '97; BS '63, has been with the Willow Run Community Schools for thirty-three years. As the District Academic Coordinator she works on projects such as the integration of technology into the curriculum, the district school improvement process, and the district-wide K-12 testing program. She also participates in the work of state and national evaluation and assessment associations and study groups. Carol previously taught in St. Joseph, Michigan, Long Beach, California, and Monticello, New York.



Patty Donohue-Ebach, MS '86; BS '85, has fifteen years of experience in the field of health, fitness and wellness. She held the position of account executive with Johnson & Johnson Corporation, where she was responsible for a number of corporate fitness centers. She served as a part-time instructor in the Health Promotion, Wellness, and Injury Prevention Program in the School of Health Sciences at Oakland University in Rochester, Michigan. Patty chairs the alumni award sub-committee of KAS. Patty and her husband, along with their three children, live in Novi, Michigan.



Scott Jeffer, BA '93, is the Assistant General Manager and Director of Corporate Sales for the Toledo Mud Hens, a semi-professional baseball team located in Toledo, Ohio. His responsibilities include developing corporate partnerships, supervising the departments of business operations, stadium operations, public relations, and merchandise. He also maintains the team's Web site and oversees the operation of office-based technology. Before joining the Mud Hens, Scott worked at WFAN-AM, in New York City, recognized as the first "all-sports" format radio station in the nation. He is originally from Great Neck, New York.



Pete Kempf, MA '95; BA '76, was a Senior Research Scientist with Breed Technologies Inc. for three years, and he was involved in the transportation industry as a developer of new technologies for occupant restraint systems (seatbelts and air bags). Prior to that he worked for First Technology Safety Systems



developing anthropomorphic test devices (crash test dummies) and as a design engineer for a variety of companies. Pete serves as chair of the Kinesiology Alumni Society Board and he is an active member of the University of Michigan Alumni Association.



Dana LaKritz, BA '96, received her law degree from Wayne State University Law School in 1999, and she currently has her own practice in Farmington Hills, MI. She previously worked at Butzel Long, a Detroit-based law firm. While an undergraduate at the University of Michigan, she held an internship position where she worked for Andrew Appleby, then-Vice President of Marketing for the Palace at Auburn Hills.

Mike LeMirande, BS '83, is Director of Global Transportation for Alticor Corporation in Grand Rapids Michigan. Alticor reported over \$4.7 billion in worldwide sales last year.



Previously, Mike worked for Consolidated Freightways, and while there he held two key positions. His expertise and leadership led to the development of a reverse logistics division that provided services for over forty Fortune 500 accounts. Mike lives in Ada, Michigan with his wife Dawn and three sons, Kyle, six; Zachary, five; and Grant, three - all future Wolverines!!

Kathy Gilbert Marsh, BS '89, lives in Milan, MI with her husband Andrew.

Jerry Meter, BS '80, is the Area Sales Manager for Steelcase Inc. in the state of Michigan. He has been with Steelcase since 1987, and he has held a number of positions in sales both in Detroit and Hartford, CT. Prior to working for Steelcase, he was an Assistant Football Coach (1981-86) and a graduate assistant (1979-80) at the UM. Jerry lives in Bloomfield Hills, MI, with his wife, Lisa, and four children – Nick, 21, a UM Kinesiology junior; Erin, 17; Meggie, 10, and; Ben, 8.



Catherine Serrin Niekro, BA '94, is the Director of Marketing for the University of Michigan Alumni Association. She serves as vice chair of the Kinesiology Alumni Association Board. Cat chairs the Events sub-committee for the Kinesiology Alumni Society Board.

Christian S. Parker, BA '97, is the Sponsorship Sales Manager of Silicon Valley Sports and Entertainment (SVSE). SVSE is the parent company and manager of the San Jose Sharks (NHL), and HP Pavilion. He spent two years as the National Sales Manager for American Medical Technologies. He worked for the International Hockey League (now part of the American Hockey League) and for the opening of the Ann Arbor Ice Cube, home of USA Hockey's national development program.



Caryl Powell, BS '63, retired in 1999 after teaching Physical Education for thirty-six years. She and her husband, Don, are now living in the new house they built in the woods, outside the city of Cadillac, MI. Caryl makes the trip to Ann Arbor to attend the Kinesiology Alumni Society Board meetings.



*Help Kinesiology students prepare for the future
Sign up for ConnectKines at
www.kines.umich.edu/alum/ckform.htm*

Do you know a Kinesiology alumnus you would like to nominate for an award?

Please e-mail Shelly Kovacs: skovacs@umich.edu

David J. Ralston, MS '85, is a certified athletic trainer, and he is working at Orthopaedics & Sports Medicine, PSC in Owensboro, KY. He has also worked at Indiana State University, the University of Michigan, Union Hospital Sports Medicine Center in Terre Haute, Indiana and Eastern Kentucky University. He received the Crystallizing Prisms Award for Outstanding Commitment to Diversity at Indiana State University, and the Indiana Athletic Trainers' Association's Indiana Athletic Trainer of the Year. He was featured in *Who's Who Among America's Most Outstanding University and College Teachers* in 1999. He has been an invited speaker at several regional and national conferences.



Leigh Sanderson Smoker, BA '99, lives in Nokomis, Florida, and she began the Nursing (RN) program this fall at Manatee Community College. She expects to receive her R.N. certification in the spring of 2005. In the interim she is managing a handmade chocolate and gift shop in Venice, FL. Leigh was a Program Manager for annual giving at



Michigan Telefund from 2000-2002, and she was an event planner for University Catering prior to that.

Sheryl Szady, Ph.D. '87; MA '75; BS '74, is the Manager of Marketing and Research Data for the Office of Development at the University of Michigan. Sheryl has been an invited speaker at national conferences on the subjects of alumni research, alumni census, and development data and technology. She has served on the faculty of the Interlochen Arts Academy and the Interlochen National Music Camp. She currently serves as President of the Interlochen Alumni Organization and Trustee of the Interlochen Center for the Arts. She is a member of the UM Board of Governors of the Michigan League; and an Executive Board member and founder of M-Women.



ALUMNI NOTES

Richard Bancroft, BS '87, is the Coordinator of Athletic Medicine at the University of Michigan Athletics Department.

Sherry Barrett-Mignon, BA '00, graduated from the DePaul College of Law last May, and she is now an attorney with Claudia Oney & Associates, P.C. in Chicago, IL.

Cinzia Bianchi, BS '99, attends the W.P. Carey School of Business at Arizona State University in Tempe, AZ.

Steve Burns, MS '98, coaches the men's varsity soccer team at the University of Michigan, which is entering its fourth season as a varsity program.

Sheila Calhoun, BS '81, is the Manager of Wellness & Work/Life for the LifeWise Health Promotion Program at Pfizer Global Research & Development in Ann Arbor, MI.

Virginia R. (Stapert) Caretto, MA '44, is retired after twenty-nine years of teaching. She lives in Mission Viejo, CA.

Joseph Cole, BS '39, is retired after a 54-year career in higher education, but he continues to teach part time for the College of Business at Cleveland State University.

Julie Copley, BS '95, is a massage therapist at Ann Arbor Therapeutic Massage. She has a three-year-old daughter, Aenea.

Doug Daugherty, BA '90, is an Alliance Director with the Trammell Crow Company overseeing property, portfolio, and construction project management for The Auto Club Group (AAA). The 630,000 square foot AAA Headquarters Building in Dearborn, which he manages, was awarded the Midwest's 2002 Total Office Building of the Year. Doug lives in Ann Arbor with his wife, Dr. Michelle Daugherty, and his two children - Madeline and Hunter.

Tony Drew, BS '98, recently completed his comprehensive examinations and advanced to candidacy in the doctoral program in Neurosciences at the University of Oregon. He wrote that he attended the International Brain Research Organization meeting in Prague, Czech Republic.

Cheryl Franks, BS '77, is a Sergeant for the Rochester Police Department in Rochester, NY.

Stacie Fruth, BS '89, is a physical therapist for Methodist Occupational Health Center in Indiana.

Mari Fugere, BS '87, has been an occupational therapist for ten years. She and her husband, Joseph, live in Lillburn, GA, with their four children - Kai, Shawn, Leilano, and Riley.

Vivian Frazier, BS '50, has been a physical education teacher for thirty-five years. She writes that the faculty and her experiences at the U-M were wonderful.

Patty Freedson, MS '76; BS '75, is a Professor and the Graduate Program Director for the Department of Exercise Science at the University of Massachusetts in Amherst, MA.

Joseph Gagliardi, BA '97, is the Development and Marketing Manager at the YMCA of Greater Cleveland, Ohio. He and his wife, Kellie, have a daughter - Grace.

Megan Gillam, BA '97, is a Graduate Management Associate with Toyota Motor Sales in Torrance, CA.

Kathryn Gleason, BA '96, is the Assistant Softball Coach at Purdue University in West Lafayette, IN.

Suzy Golz, BS '85, is the Supervisor of Pediatric Cardiology at the Cleveland Clinic Foundation in Cleveland, Ohio. She and her husband, Jeff, have three children - Elaine, Rachel and Natalie.

Kelly Hageman, BA '99, is a Public Relations Assistant and Account Executive at Mullen Public Relations in Phoenix, AZ.

Darci Haggadone, BS '02, is a physical education teacher at Huron Valley Schools in White Lake, MI.



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Lisa Haleen, BS '01, is a Graduate Assistant in the Athletic Training Department at Indiana University in Bloomington, IN.

Kristine Hallisy, BS '92, is a faculty associate at the University of Wisconsin in Madison, WI, and she has been a physical therapist for nineteen years.

Peter Handley, BS '87, is a Staff Physician at the Otsego Memorial Hospital in Gaylord, MI. He and his wife, Amy, have two children - Benjamin and Andrew.

Diane Hannah, BS '75, teaches for the Laingsburg Community Schools in Laingsburg, MI. She and her husband, Jeff, have three children - Chad, Kristin and Ryan.

Andrew Harris, BA '00, expects to graduate from Wayne State University Law School in 2003. He is currently a law clerk at Collins & Bluha.

Jason Hess, BS '92, owns Kinetic Fitness in West Bloomfield, MI.

Meredith Hillman (Koenigsberg), BA '00, is a Senior Supply Chain Analyst for Handcleman Company in Troy, MI.

Michael Hoehn, MS '96; BS '92, is the Cardiopulmonary Rehabilitation Director at Mary Rutan Hospital in Bellefontaine, OH.

Brad Holcman, BA '99, is the manager of Marathon Entertainment in Los Angeles, CA.

Bette Horstman, BS '43, is President of Allied Health Services, Limited in Park Ridge, IL.

Jason Hoyner, BS '02, is in his second year at the UM School of Dentistry.

Jennifer Jackson, MS '98, is a physical therapist and athletic trainer at the University of Michigan Hospital.

Shawn Johnston, BS '91, is an M.D. and co-owns Rehabilitation Medicine Associates in Anchorage, Alaska. He and his wife, Laura, have a son - Ian.

Deanna Jones, BS '83, is the Associate Head Athletic Trainer at the United States Naval Academy in Annapolis, MD.

Cathy Kalahar, BS '77, is in a private psychology practice in Petoskey, MI. She recently became certified as a Golf Psychology Instructor, working with professionals and amateurs on playing to their potential. "My education and training at U of M provided a great foundation from which to pursue my unique career aspirations," she states.

Scott Kamieniecki, BA '86, is a member/owner of AK Marketing in Brighton, MI. He and his wife, Rita, have two children - Matthew and Alan.

Autumn Keller, BS '97, is a Doctor of Chiropractics at Bentley Chiropractic, Inc. in Maumee, Ohio.

Sarah Kepner, BA '00, is in her second year at Loyola Law School.

Marian Kneer, Ph.D. '72; BS '69, was inducted into the National Association for Sport and Physical Education Hall of Fame in April, 2003. The award is given to honor outstanding individuals who make significant contributions to maintaining physical activity as an integral part of the total education program.

I am interested in the change of emphasis from playing games to the process of physical development in movement and body conditioning. Keep up the excellent work in the School of Kinesiology.

Lillian Gallichio, BS '53

Patricia Kralik, BS '83, is a project manager for St. Joseph Mercy Health System. She and her husband, Scott, have two children - Bradley and Matthew.

Frances Le Mire, MA '59, is the Associate Dean of Students at Towson University in Towson, Maryland.

Jo-Anne Lazarus, Ph.D. '86, is an Associate Professor in the Department of Kinesiology at the University of Wisconsin in Madison, WI.

Barbara Lindsay, BS '45, states that she has stayed in touch with the Women's PE class of 1945 classmates via a 'Round Robin' letter for a 'zillion years.'" Her main interest is the Laurie Campbell fund (see the Honors Reception write-up on page 12).

Rae Martinez, BS '94, is the District Sales Manager for King Pharmaceuticals in Bristol, TN.

Tamara Ogletree, BS '95, is a sales representative for Nike. She lives in Ann Arbor, MI.

Shelly Olivadoti, BS '99, is a physical therapist at the Children's Therapy Center in Las Vegas, Nevada.

Melissa Olken, BS '78, is a staff physician at ProMed Internal Medicine in Portage, MI. She and her husband, Norman, have two children - Alexander and Charles.

Barbara Passmore, BS '61, is Dean of the School of Health and Human Performance at Indiana State University.

John Petrie, MA '63; BS '61, was inducted as an honorary member into the MHSFCA in recognition of thirty-nine years of football clock and scorekeeping at Milan High School.

Robert Poley, BS '97, is serving his family practice residency at William Beaumont Hospital in Troy, MI. He received his Doctor of Medicine from Michigan State University's College of Human Medicine last May. He also completed a Master of Science degree in Basic Medical Sciences from Wayne State University.

Diane Ross, Ph.D. '75; MS '65, is enjoying a wonderful retirement in Palm Springs, CA after teaching for 30 years at California State University, Fullerton. "My career was wonderful, and now this new phase of my life is very satisfying. I have the time to learn so many new things (e.g. digital photography) and to read all the books that were stacked in a pile to be read later," she writes.

Mindy Rowand-Schmidt, BS '91, is helping to coach track and cross country at Xavier College Preparatory. She lives in Phoenix, AZ with her husband, Joseph and two daughters - Sierra and Trinity.

William Shinavier, MS '96, is the Assistant Athletic Trainer for the University of Michigan Athletics Department. He and his wife, Janette, live in Ypsilanti, MI.

Kenneth G. ("Red") Simmons, MS '62, Professor Emeritus, writes that he and "Mrs. Coach," Lois Simmons, enjoy attending any and all alumni events. Red has been recognized with many honors. Among them was the Philip Hart Award from the State Senate for contributions to womens' sports. He was the first man to be inducted into the University of Michigan Womens' Track and Field Hall of Fame.

Charles Smith, BA '92, is the Season Ticket Sales Manager for the Detroit Red Wings. He and his wife, Kristin, live in Farmington Hills.

Joel Smith, BS '95, is a physical therapist at Northern Michigan Rehabilitation Services in Topinabee, MI.

Roberta Stapleton, MS '87, teaches Health and Social Studies at Community High School for the Ann Arbor Public Schools. She and her husband, Bill, have three children - Joe, Drew and Tressa.

Patricia Steinmuller, BS '86, is an Adjunct Instructor for the Department of Health and Human Development at Montana

State University. She and her husband, David, live in Gallatin Gateway, MT.

Margaret Stevens, BS '74, is President of Mikan Corporation, a computer company, in Ann Arbor, MI.

Lynette Stindt, BS '81, is an Associate Professor at Jackson Community College. She and her husband, Craig, live in Ferndale, MI.

Melva Thompson-Robinson, BS '89, is an Assistant Professor for the Institute of Public Health, Florida A&M University in Tallahassee, FL.

Betty Thurston, BS '57, is the Assistant to the Chair in the Dance Department at Hampshire College in Amherst, MA.

Leo Toomajian, BS '92, is a physician with Woods Cardiovascular Pulmonary Associates in Macomb, MI.

Tim Uhl, MS '92, is an Assistant Professor at the University of Kentucky in Lexington, Kentucky.

Sara VanZyll, BS '90, teaches Biology and Health at the Tri County High School in Howard City, MI. She and her husband, Jeff, have two children.

Alfred Varga, BS '91, is an Administrative Law Judge for the Office of Hearing and Appeals.

Jessica Vinson (Jones), BA '99, is Coordinator of Web Design, Marketing Management and Event Management for the Mike Rose Soccer Complex. She is heavily involved in the Germantown Chamber of Commerce in Memphis, TN, and she won the 2002 Ambassador of the Year for her volunteer work. Jessica lives in Memphis with her husband, Jason.

Monica Williams, BS '97, teaches second grade at Harms Elementary School in Detroit, MI. She and her husband, Bryan, have a five-month-old daughter, Gabriella.

Bradley Woehlke, BS '02, is a physical education teacher for Willow Run Community Schools in Ypsilanti, MI.

James Wrobel, BS '94, is Chief of Podiatry for the Surgical Service in White River Junction, Vermont. He and his wife, Kristen, have two children - Alex and Rachel.



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WELCOME NEW FACULTY

Dr. Weiyun Chen joined Kinesiology this fall as a member of the Physical Education (PE) faculty. She is a recognized scholar



in the area of pedagogy, and she holds a Ph.D. from the University of Alabama; an MS and BS from Beijing University in China. Weiyun gives equal importance to her research and to her teaching, and states that "they complement each other, and one would not be as good without the other."

One line of Weiyun's research investigates the characteristics of expert and novice teachers' constructivist-oriented teaching practices and how expert teachers utilize those strategies to engage students' use of critical thinking skills. Another line of research examines how the national standards for physical education have impacted the in-service and pre-service teachers' curricula and teaching practices. Her newest studies focus on issues related to the national standards for teaching - the level of teachers' awareness and perception, implementation of the standards, the impact of external and internal factors on performance and on teachers' assessments of how well students meet the standards.

Published in several prestigious journals in the field of human movement and education, Weiyun has been cited frequently in the field of social sciences. The publications include the *Research Quarterly for Exercise and Sport*, the *Elementary School Journal*, the *Journal of Teaching in Physical Education*, the *Journal of Personnel Evaluation in Education*, and *Perception and Motor Skills*.

Weiyun regularly presents at national and international professional conferences and meetings, including the American Educational Research Association (AERA) annual meeting and the American Alliance of Health, Physical Education,

Recreation and Dance (AAHPERD) annual meeting. She was invited to serve as a reviewer of the Special Interest Group (SIG) for the 2004 AERA annual meeting; to serve as a reviewer of the Research Consortium for the 2003 National AAHPERD Convention; and to serve as a member of the Exemplary Paper Award Committee, AERA SIG, in 2001. She served as Chair of the Research Committee for the Pennsylvania Alliance of Health, Physical Education, Recreation and Dance from 1998-2002.

This fall Weiyun is teaching PE 350/Selective Secondary Team Activity. While at Temple University she taught a series of Physical, Health, Education, and Teacher Education core courses, and five different graduate classes. "As a teacher educator, I strongly believe that my major role is to create an active learning environment in which students' inquiries, creativity, and problem-solving abilities are encouraged," said Weiyun. She uses her energy and enthusiasm to encourage a passion about teaching and about the teaching profession.

Dr. Jason Winfree joined Kinesiology this fall as a member of the Sport Management faculty. He is a sport economist, whose primary research focuses on professional and collegiate athletics. His research encompasses fields of applied microeconomics and econometrics such as Industrial Organization, Labor Economics, and Public Economics. He studies the

factors that affect attendance, ownership, and pay in Major League Baseball. The studies show that location, venue and team quality affect demand for professional sports. He has analyzed high school athletes' decisions to enter professional sports or go to college. Other research includes how collegiate athletic programs respond to NCAA regulations and violations. Jason has a Ph.D. in Economics, an MS in Statistics, and a BS in Mathematics and Economics from Washington State University in Pullman, Washington. He received a Thomas



Foley Fellowship in the summer of 2002, which is given to a graduate student working in the public policy area, for his dissertation entitled "Valuation of Conservation and Preservation Properties." Jason is teaching Sports Economics this fall. He and his wife, Nikki, live in a country home in Ypsilanti Township.

NEW FACULTY APPOINTMENT

Dr. Rachael Seidler has been appointed as an Assistant Professor in Kinesiology and Psychology (50% in each unit). Her dual appointment will enhance her research work, with increased collaboration opportunities and funding for laboratory equipment. She specifically mentioned new motion analysis equipment and EMG, which records muscle activation patterns. Rachael is teaching Cognitive Neuroscience of Action in the Psychology curriculum this fall, and she will teach Neural Control of Movement for Kinesiology in winter term. "I am happy to work for two dynamic units, and I appreciate the support I have received from both of them," she said. (Please note: a faculty profile of Rachael appeared in the fall, 2000 issue of Movement)

CONGRATULATIONS

Jan Holbrook, enjoyed the flowers and celebration marking her 40-year anniversary with the university. Many people commented that Jan looks so young, she must have been only six when she started at the university. Most people wished Jan many more, but Jan especially enjoyed Shelly Kovacs' note, which said "best wishes for only as many more years as you want." She also enjoyed the card Nancy Stock gave her, which said "I have to disagree with the notion that we learn something new every day. I think I've had several days in a row where I haven't learned anything, and even forgotten some things."

WELCOME TO NEW STAFF

Molly Dwyer, Administrative Assistant, joined Kinesiology in February. Molly assists faculty in the grant writing process, and helps identify potential funding sources. Her picture and write-up will appear in the spring issue of Movement.

Martha Adamson, Director of Student Services, joined Kinesiology last March. Martha comes to Kinesiology from Marygrove College in Detroit, where she was the Director of Academic Advising and Career Services. She has an MA in Industrial Relations from the University of Minnesota and she has had extensive training in the areas of Career Development and Human Resources. Martha lives in Northville with her husband, John. She has two children. Her daughter, Sarah, is teaching in Japan. Her son, Joseph, attends college at Washington University in St. Louis, MO.



Quinn Kretchman, student advisor, joined Kinesiology in August. Quinn has an MA in Education, Student Affairs Administration, from Michigan State University. While there, she gained experience as a mentor for Student-Athlete Support Services and as an academic advisor for Lyman Briggs School. She received her BS in Movement Science from Grand Valley State University, where she was a varsity athlete in softball. Quinn has also coached high school volleyball and softball. She is originally from Coal Valley, Illinois. "I am looking forward to using my education and experiences to help our students reach their potential," she said.



Angie Sullivan, student advisor, joined Kinesiology in July. Angie has an MS in College Student Personnel from Kansas State University, where she also received a BS in Kinesiology and a BS in Foods and Nutrition. While attending graduate school at KSU, she completed her graduate assistantship with the National Academic Advising Association. She is originally from Solomon, KS, and comes from a family of seven children. Angie is an enthusiastic runner and she is looking forward to finding the best routes in Ann Arbor. "I am very excited to be here at the U-M and looking forward to working with the students and assisting them to succeed academically," she said.



SUPPORTING KINESIOLOGY

Giving to the annual fund is one of the most important ways you can support Kinesiology. Annual fund support allows the Dean to use funds where they are needed most. The costs for higher education continue to rise, and the support of alumni and friends is vital to our growth. Because of your generous contributions we are able to continue offering the education and facilities that our students need to be the "leaders and the best." We ask that you consider giving a gift to Kinesiology before the end of 2003. You may use the form below, or use the on-line giving option on our website at: www.kines.umich.edu. You may also contact Jeff Freshcorn at (734) 615-4272 or by email at freshco@umich.edu for information about giving opportunities.

YES, I/we would like to make a gift to the Division of Kinesiology Annual Fund in the amount of \$_____

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