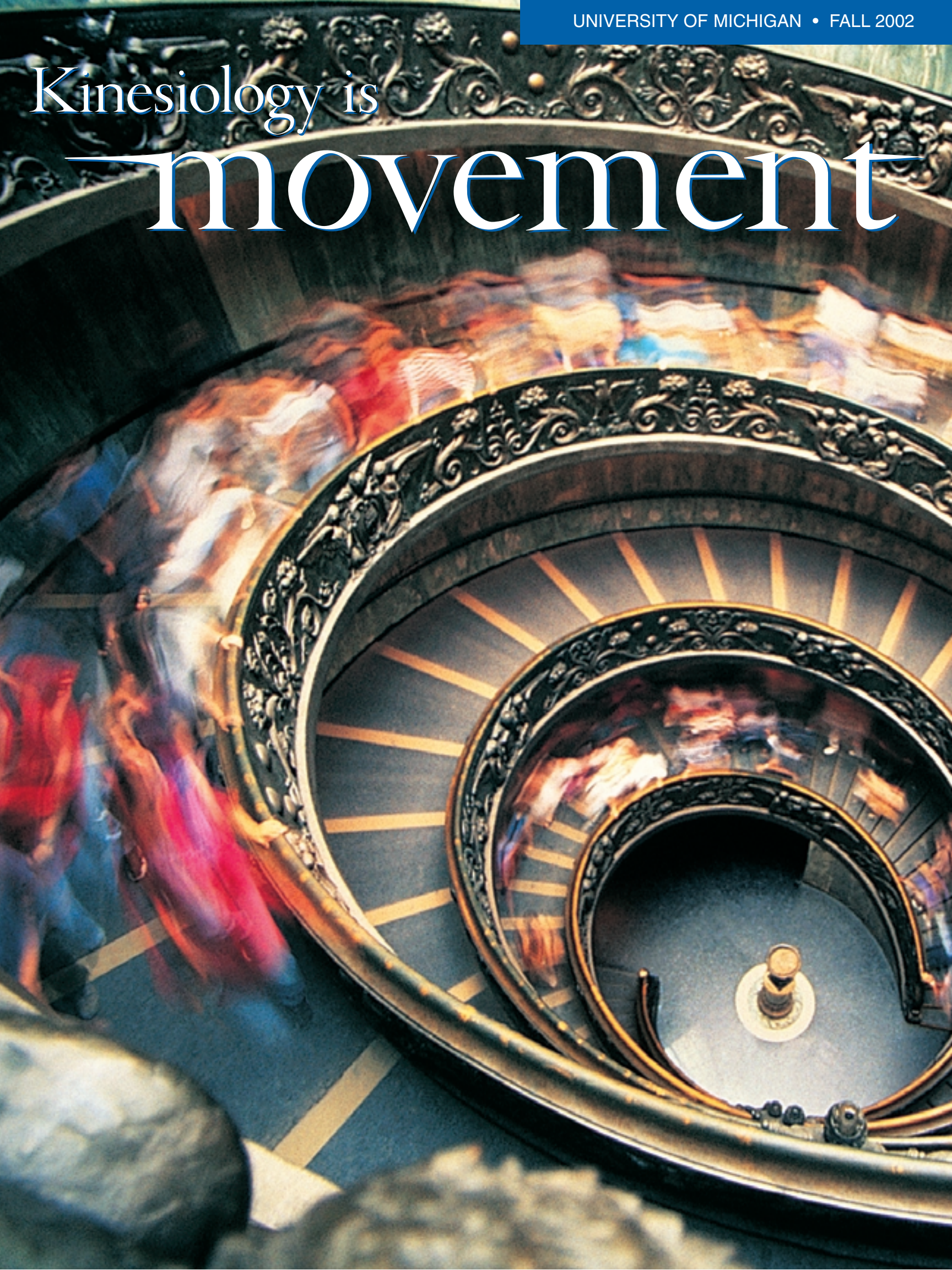


# Kinesiology is movement



# move

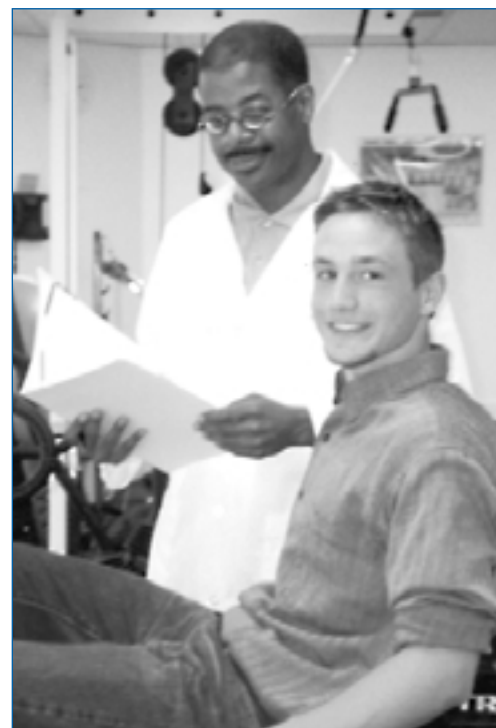
Energy, progress, positive change.

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.

*Making a Difference  
in Athletic Training  
(See page 2)*



*Alumni Profile: Dr. Scott Mial (See page 12)*

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Published two times a year by:  
University of Michigan  
Division of Kinesiology  
401 Washtenaw Avenue  
Ann Arbor, MI 48109-2214

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# ment

Clear signs that fall is upon us are evident all around. The temperatures in Ann Arbor are cool and pleasant, campus is alive with people and activities, and students and cars vie once again for the right of way on State Street. There can be no doubt that a new academic year is well under way!

Whether we are at the start of an academic year or mid-year, one thing we can count on at Michigan is—**things change**. Change is inevitable and even necessary for an academic setting like ours to remain viable and vibrant. For example, the faculty constantly monitors our **curricula** and initiates revisions to reflect changing societal needs and in response to growth in the disciplinary knowledge base. Faculty in our Sport Management and Communication (SMC) program recently determined that substantive curricular changes were needed. They are moving this major toward a second-level admission with an increase in the pre- and post-requisite courses in order to strengthen the sport business core of this undergraduate degree. The Athletic Training program faculty also instituted practicum and course-related changes as part of our review for certification of our curriculum by the Commission on Accreditation of Allied Health Education Programs (see story on page 2). Our **faculty** ranks are changing too! Dr. Richard Luker (see page 19) joined us in September, part-time, as an Adjunct Associate Professor of SMC. Dr. Kathy Babiak will join us in January as an Assistant Professor in the SMC program. Watch for an article about her in the next issue of *Movement*. Many new **students** arrived on campus this fall too, causing another change, the sort that we thrive on. We have approximately 750 undergraduates and 30 full-time graduate students this year. These numbers represent stable enrollment at the undergraduate level compared to last year and a strong increase in the number of full-time, fully-funded doctoral students. Thanks to the efforts of faculty and alumni the sources of funding for graduate students are growing steadily via federal research, training grants, and endowments. All in all, I believe these examples validate the old adage, **change is good!**



I hope you'll be able to join us very soon to talk with faculty, students, and me about these changes, first hand. Our Alumni Reunion on October 25th will present more opportunities than ever to socialize with fellow alums, meet faculty and staff members, and catch up on current events in Kinesiology. We've organized an open house and tour of the Kinesiology building from 3:30-5:30 p.m. the same day. Current students will be on hand to "meet and greet" you throughout the building, and faculty will be talking about our programs and research activities.

In this issue of *Movement* we celebrate the alumni and friends who made monetary gifts to Kinesiology between July 1, 2001 and June 30, 2002. Thank you for these most valuable contributions. Such gifts make a significant difference in the teaching, research, and service programs in the Division. They allow us to do many things that we would otherwise be unable to do or could not do as well. Students and faculty really notice the impact your support provides.

On behalf of the students, faculty, and staff of Kinesiology, I wish you good health and much happiness. Enjoy *Movement*!

Best wishes,

Beverly D. Ulrich  
Professor and Dean

# MAKING A DIFFERENCE IN ATHLETIC TRAINING

These are exciting times indeed for the undergraduate athletic training education program in the Division of Kinesiology. Under the leadership of Dr. Paul Borsa, the program has a new focus and a new direction for the future because it will be receiving national accreditation starting in January 2003. There is also a proposal to create a Development and Sport Medicine Research Center in collaboration with

the Departments of Intercollegiate Athletics and Orthopaedic Surgery. Where did athletic training begin and what do these developments mean for the athletic training education program?

## HISTORY OF ATHLETIC TRAINING AT MICHIGAN

"Prior to 1996, athletic training was a hidden curriculum," said Joyce

Lindeman, professor emerita. Students interested in athletic training completed a basic and advanced athletic training course and volunteered on an informal basis with the Department of Athletics. They rotated with different teams and were supervised by members of the athletic training staff.

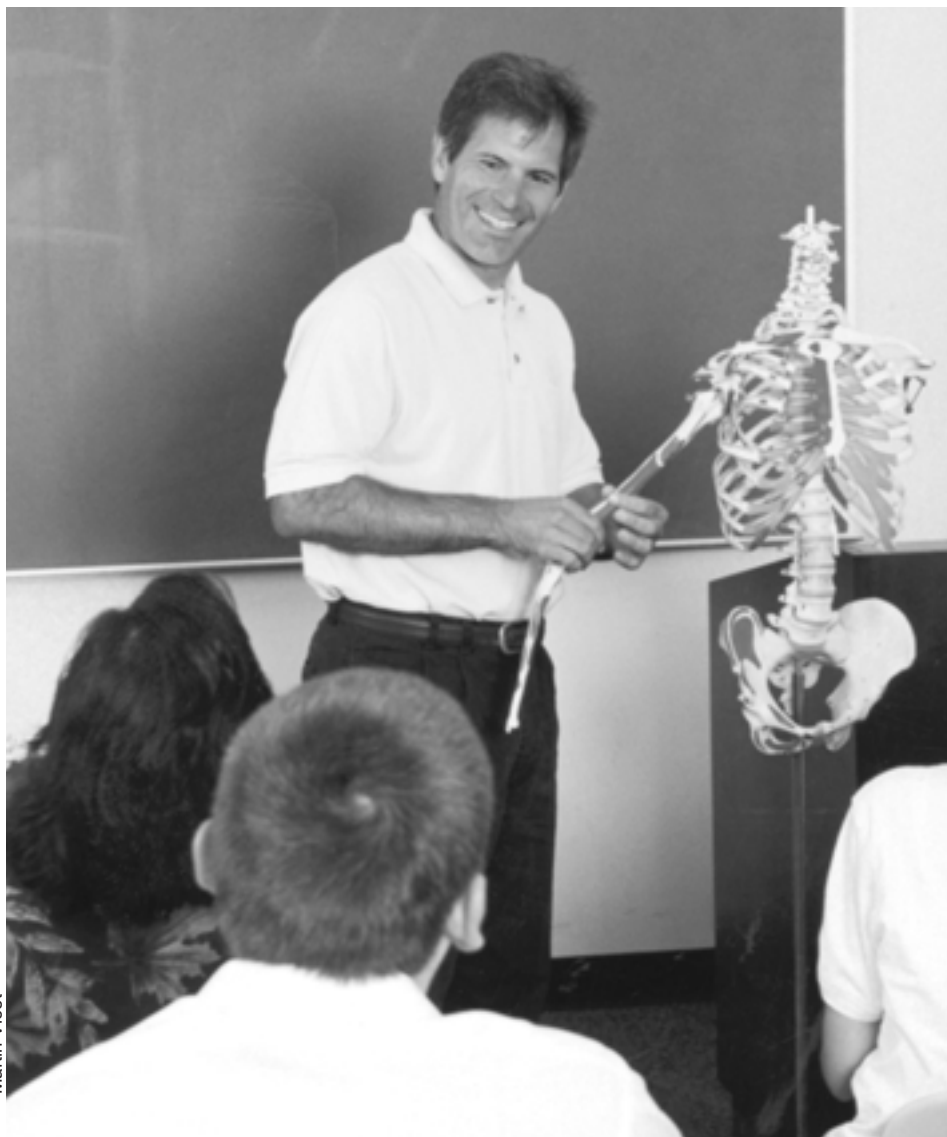
Paul Schmidt and Dave Ralston from the Department of Athletics approached Kinesiology about collaboration. Lindeman and Harry McLaughlin met with them to begin moving athletic training toward a degree program. "Students could take one of two tracks—one, an internship program combined with coursework, followed by an exam; or two, an athletic training program curriculum, followed by an exam for certification," said Lindeman.

When the Department of Athletics decided to pursue national accreditation for the program, it needed to find an academic home base. It seemed a perfect fit for the Division of Kinesiology. In 1996, athletic training became the fourth major in Kinesiology. "Pat Van Volkinburg took the program from there," said Lindeman, who retired in 2000.

## ATHLETIC TRAINING TODAY

The current education program is a collaborative effort between the Division of Kinesiology and the Department of Athletics. The program offers a well-rounded combination of academic course work and clinical experiences that educate students in the prevention, treatment, and rehabilitation of sport-related injuries and illnesses for athletes and other physically active populations. Students in the athletic training education program are required to complete coursework in anatomy, physiology,

*Dr. Paul Borsa in the classroom*



Martin Vloet

therapeutic modalities, clinical evaluation, and therapeutic rehabilitation, as well as courses related to health, nutrition, and exercise physiology. The program has established both on-campus and off-campus clinical affiliates, with over fifteen clinical instructors, who provide the field experience so that students can put the theories learned in the classroom into practice.

Students are selected for the athletic training education program after completing the necessary admission requirements. This is usually done during the second term of the students' freshman year. At the end of that term, students can then formally apply to the athletic training education program. This is a three-year competency-based program that consists of six semesters of coursework, coupled with clinical experiences under the direct supervision of program faculty and approved clinical instructors. Athletic training students have exposure to a variety of clinical instructors, settings, and patient populations. Student athletic trainers also interact with a variety of allied medical professionals, including the physician staff for UM athletics. They include two orthopaedic surgeons (Dr. James Carpenter and Dr. John Kuhn) and two internists (Dr. Amy Bohn, a Kinesiology alumna, and Dr. Daniel Hendrickson). The program also utilizes several off-campus affiliated clinical sites, including Pioneer High School, Pfizer Global Research and Development, and MedSport.

Upon completion of the academic and clinical education requirements, students are eligible to sit for the national certification exam given by the National Athletic Trainers' Association's (NATA) Board of Certification. In most states, certification is required to practice athletic training. Certified athletic trainers (ATCs) work in high schools, sports medicine clinics, colleges and universities, and corporate wellness settings. Most students with a baccalaureate degree continue their education in athletic training/sports medicine graduate programs or in other allied health professional programs, such as occupational

therapy, physical therapy, physician assistant, or medicine.

## THE TRANSITION TO ACCREDITATION

Prior to fall term 2002, the athletic training education program functioned as an internship program, which required students to complete several core athletic training courses, coupled



*Dr. Paul Borsa in the Shoulder Kinematics Laboratory*

with 1500 hours of supervised clinical experiences. Any student who met the internship requirements could take the certification exam. Under national accreditation standards and guidelines, the program will be more competency-based (qualitative), as opposed to hour-based (quantitative).

As of 2004, the NATA is eliminating the internship route to certification. As a result, all existing internship programs have the option of either applying for national accreditation or being eliminated. In order to become nationally accredited, athletic training education programs have to demonstrate compliance with established standards and guidelines. Dr. Paul Borsa was hired in 1999 to spearhead the accreditation

process for Kinesiology's undergraduate athletic training program.

The accreditation of the athletic training education program signifies changes in two arenas: educational competencies and clinical proficiencies. Competencies are content or subject matter areas that each program is required to include, and clinical proficiencies are the demonstration of hands-on clinical skills, where the students are putting classroom theory into practice. Accordingly, the program faculty and affiliated clinical instructors have incorporated educational components into the students' clinical experiences. Athletic training students gain a variety of experiences from working with student athletes under the supervision of a clinical instructor. Students are intimately involved with all aspects of sports health care at UM. Each day athletic training students are involved with pre-practice treatments and prophylactic taping, evaluating injuries, and providing immediate care, as well as long-term planning of rehabilitation programs for injured athletes. Dr. Borsa works closely with the program's affiliated clinical instructors to create the best learning opportunities possible for the athletic training students.

## ATHLETIC TRAINING DIRECTOR: DR. PAUL BORSA

Ever since high school, Dr. Borsa has had a long-standing interest in sport medicine. He suffered his share of injuries, but he and his teammates did not have access to a certified athletic trainer or anyone qualified to evaluate or treat them properly. As a result, recovery was prolonged and painful. After graduating from high school, Borsa matriculated to the University of Pittsburgh to study athletic training. After graduation, he became certified and gained experience working as an ATC in various athletic training settings including a sports medicine clinic, high school, university and professional football team before enrolling in graduate school. Borsa prefers working with injured athletes, as opposed to a disease population (i.e. those with arthritis or

stroke victims), because “even though they get injured a lot, athletes recover quicker and are usually more compliant than non-athletes.”

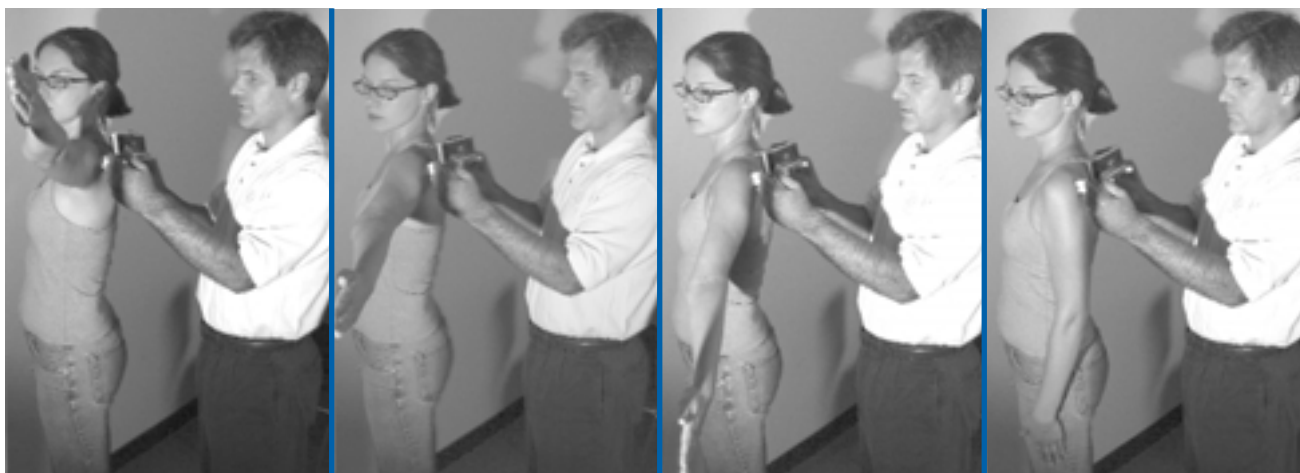
Dr. Borsa received his B.S., M.S., and Ph.D. degrees at the University of Pittsburgh, whose undergraduate athletic training program has been nationally accredited since the early 1980s. Prior to coming to UM, Dr. Borsa was an assistant professor at Oregon State University, which also has an accredited undergraduate athletic training program, thus making him uniquely qualified to make the necessary changes to comply with accreditation standards. In addition to being excited about being the director of the athletic training educa-

tion program, Borsa was attracted to UM because he saw it as a great place to advance his research program—given all of the resources UM has to offer, such as the medical and engineering schools and a nationally recognized athletic program.

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gymnastics, tennis, and baseball, you see an abundance of overuse injuries; whereas in collision sports, such as football, wrestling, and field hockey, you see mainly traumatic injuries. Borsa is most interested in overuse injuries because they seem to be the hardest to treat and heal.

As part of his research program, Borsa is investigating differences between men and women in sport-related injuries. Gender-specific injury patterns have begun to emerge that are both interesting and disturbing. For example, women are four to eight times more likely to suffer an ACL (anterior cruciate ligament) tear than men. Researchers think that these injury patterns are due



Martin Vloet

*Dr. Borsa taking shoulder measurements in the laboratory*

tion program, Borsa was attracted to UM because he saw it as a great place to advance his research program—given all of the resources UM has to offer, such as the medical and engineering schools and a nationally recognized athletic program.

## RESEARCH

Dr. Borsa's research focuses on the prevention, evaluation, and management of shoulder and upper extremity injuries. He notes that there are differences between overuse related injuries and traumatic injuries. In upper extremity intensive sports, such as swimming,

to anatomical and physiological differences between men and women.

Hormone fluctuations in women create changes in connective tissue, making it more flexible and more pliable, and therefore more prone to injury.

Borsa has also been studying various movement and strength variables of the shoulder in order to identify risk factors for injury and to develop ways to reduce or eliminate those risks. Normally physically active females have been shown by Borsa to demonstrate more shoulder joint laxity than similarly active males.

## NEW DIRECTIONS FOR ATHLETIC TRAINING

The field of athletic training is branching out beyond working with just athletes. Athletic trainers are now working with the physically active in worksite wellness programs, as well as with pediatric and youth sport populations. Pfizer Global Research and Development in Ann Arbor is an affiliated clinical site for UM athletic training students. Pfizer has hired a certified athletic trainer who works with employees who are injured while on the job. The injuries seen in this setting are very similar to injuries that are seen in the athletic population.

They include overuse and repetitive strain injuries. Athletic trainers are ideally suited for workplace employment because they have both the training and the experience to treat these types of injuries. "The addition of Pfizer as an affiliated clinical site has been great exposure for our students, as some of them may seek employment in this venue after they graduate. In the future, we hope to establish more affiliated clinical sites so that our students gain exposure to an even greater variety of workplace settings," said Borsa.

The NATA is focusing research dollars on pediatric and youth populations. Young athletes need specialized health care that coaches, in general, are unprepared to provide. Children who continue to compete following an injury, perhaps because the coach does not understand the nature of the injury, can experience chronic problems. Borsa would like to see his research become more involved with participants in UM summer sport camps by conducting his research on these young athletes.

A further trend in sports health care is an emphasis on prevention. Athletic trainers are designing exercise and weight training programs for the physically active and athletes to prevent injuries. Dr. Borsa and Ph.D. student Jason Scibek are working with the men's and women's swimming teams to develop and implement dry-land preventative training programs. Swimmers suffer from a variety of overuse injuries because of the repetitive nature of the sport. Repetitive and forceful use of the shoulder places these athletes at high risk for shoulder overuse injuries. Certain muscle groups become overdeveloped and others become underdeveloped. Borsa and Scibek's goal is to restore balance and proper function. They will be assessing selected kinematic and kinetic variables of the shoulder, looking for abnormal patterns that may predispose these athletes to injury. The second part of the plan is to develop and implement a preventative intervention program aimed at restoring normal

movement and strength patterns. The program will include neuromuscular training, close kinetic chain exercises (i.e., push-ups), and weight training using tubing or Therabands. Both Borsa and Scibek are impressed with the willingness of the swimming coaches to allow them to incorporate their research with the teams existing training programs.

Another interesting change in the field is the predominance of women in undergraduate athletic training programs and the workforce. The majority of the current Kinesiology students in the athletic training undergraduate program are women, which mirrors a national trend. Over fifty percent of the members of the NATA are women, and if the trend continues that percentage will rise. The increase in women athletic trainers is probably a reflection of Title IX, which guaranteed gender equity in collegiate athletic programs nationwide. This law was monumental in providing more opportunities for women in sports health care.

## A DEVELOPMENT AND SPORT MEDICINE RESEARCH CENTER

The Division of Kinesiology, the Department of Athletics, and the Department of Orthopaedic Surgery are poised to establish the UM Development and Sport Medicine Research Center. The goal of the center would be to develop high-quality research that integrates sports performance and sport medicine to address the prevention and treatment of athletic injuries. It would provide further clinical opportunities for Kinesiology students, as well as orthopaedic surgery and internal medicine residents.

The proposed UM Development and Sport Medicine Research Center would include three divisions: sports epidemiology and education; whole body and joint kinematics/biomechanics; and tissue, cell, and gene research. Sports epidemiology and education would study different populations of athletes to better

understand their risks for injury, so that prevention strategies can be developed and tested. The whole body and joint kinematics/biomechanics division would use the resources and personnel of the Division of Kinesiology to study whole body kinematics as methods of better defining the risks and mechanisms of injury identified by the epidemiological studies mentioned above. Orthopaedic researchers could use this data to develop computer models, or conduct research using cadaver materials or animal models, to study these mechanisms in more detail.

Tissue, cell, and gene research would then take this information and develop models for injury on the microscopic level. This would include defining the location and magnitude of injury to the cellular structures, detailed assessment of tissue repair, developing methods for augmenting these repair processes with growth factors, tissue engineering, or gene therapy.

In athletics, it has been difficult to bring the research findings to the playing field. The proposed Center would provide an environment for the global study of sports performance and injury that would provide a better approach to studying sports science and clearly facilitate the translation of sports medicine research to the coaches and athletes, substantially reducing the risk for injury and enhancing athletic performance. Borsa sees tremendous potential at Michigan for the center, which would attract graduate students to the Division of Kinesiology.

The move to accreditation of the athletic training education program and the planning for the Development and Sport Medicine Research Center demonstrates how far athletic training at Michigan has come in its short, six-year history. With Dr. Borsa's leadership in both of these endeavors, athletic training has a very bright future.

— Robin Adelson Little

## Gift Announcements

We are pleased to announce the following gifts:

**The Blue Cross Blue Shield of Michigan Foundation** awarded Dale Ulrich, Rosa Angulo-Kinzler, and Beverly Ulrich \$10,000 in research funds for their selection as outstanding research publication on a health intervention issue (published in *Pediatrics*). The funds from the Research Excellence Award will be used to support their ongoing work on persons with Down syndrome.

**The estate of Jeanne C. Galley** ('45) gave a \$10,000 gift, which will be used to establish the Jeanne C. Galley scholarship for female students in the Division of Kinesiology.

**The Christopher Reeve Paralysis Foundation** awarded Dan Ferris with \$150,000. The grant will be used to design and test a pneumatically-powered bilateral hip-knee-ankle-foot orthosis for assisting locomotor training after spinal cord injury. The funds will be distributed over three years.

**The Steelcase Foundation** awarded Dale Ulrich with \$150,000. The funds will support the ongoing work through the Center for Motor Behavior in Down syndrome on early treadmill training for infants with Down syndrome, as well as the ongoing work on children with cerebral palsy. The gift will directly support the hiring of a physical therapist to assist with the training. The funds will be distributed over three years.

## Honor Roll

Publishing the honor roll is a pleasure for all of us in Kinesiology. It is our opportunity to show our appreciation to the people who have supported Kinesiology with contributions this past year. We appreciate your recognition, we appreciate your financial support, and we appreciate your continued involvement as part of the Kinesiology family. We would like to introduce you to our new giving category designations:

Dean's Circle	(\$10,000 and above)
Kinesiology Leaders	(\$5,000-\$9,999)
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*Thank you for your support!*

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Undesignated giving is one of the most important ways you can support Kinesiology. This type of Annual Fund support allows the Dean to use funds where they are needed most. Kinesiology knows how to stretch a dollar, but costs for higher education continue to rise. 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 our students need to be the "leaders and best." We ask that you consider giving a gift to Kinesiology before the end of 2002. Please use the form below. You may also contact Jeff Freshcorn at (734) 615-4272 or by email at [freshco@umich.edu](mailto:freshco@umich.edu) for information about other 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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# Commencement 2002

“Graduates, please stand. When you put on your cap and gown this evening, your tassel should have been placed on the right side, signifying that you had not yet graduated. On behalf of the Board of Regents of the University of Michigan, I congratulate you on your graduation this evening. Please move your tassels now, from the right to the left! Well done!”

— Dean Beverly Ulrich, addressing the Kinesiology class of 2002

It was a dynamic moment that symbolized years of academic work, the moment that “everyone had been waiting for.” Family members, friends, and Kinesiology faculty and staff watched with pride as the students performed the traditional “changing of the tassels” and became graduates at the Kinesiology commencement ceremony on April 26 in Hill Auditorium.

It was a special, festive occasion. But then, commencement is always special, with its own unique qualities, including the special guests, speakers, and award winners.

This year special guests included Lawrence B. Deitch, Chair of the Board of Regents; Lisa Tedesco, Vice President and Secretary of the University; and Catherine Serrin, Vice-Chair of the Michigan Kinesiology Alumni Society Board.

The commencement speaker was Dr. Angela Smith, President of the American College of Sports Medicine, Orthopaedic Attending Faculty at Children’s Hospital of Philadelphia; Clinical Associate Professor of Orthopaedic Surgery at the University of Pennsylvania, School of Medicine; and President of the American College of Sports Medicine.

Undergraduate student speaker, Lacie Kaiser, used several analogies from Robert Fulghum’s poem, “Everything I Needed to Know I Learned in Kindergarten” to talk about issues such as taking responsibility, setting priorities, and giving credit to others. Jennifer Graf, the graduate student speaker, talked about how circuitous the journey of pursuing an education can be, and how the things you learn along the

way can often lead you in an unexpected direction.

Pat VanVolkinburg, Academic Programs Coordinator, recognized recipients of the following student awards:

*The Stephen Galetti Award:*

Trevor Bukstein.

*The Hunsicker Memorial Award:*

Amy Nusholtz, undergraduate recipient; Elizabeth Wuorinen, graduate recipient.

Sara North, President of the Student Government Association, presented the 2002 Kinesiology Teaching Excellence Award, which was awarded posthumously to Bernard Patrick Maloy (better known as Pat). Pat lost a courageous battle with cancer on November 28, 2001. He had been a Kinesiology faculty member in Sport Management and Communication for seventeen years. Nora Maloy, Pat’s widow, accepted the Golden Apple memento on behalf of Pat, and, thanking the students, said, “He loved you all so much.” There was a standing ovation as Pat was recognized.

— Cheryl Israel

All photos on this page by Gregory Fox





Gregory Fox

*Regent Emerita Trudy Huebner and Dean Beverly Ulrich*

#### *Lucille Swift Award*

Terri Sanders, undergraduate recipient  
Alicia Valdez, graduate recipient

## HONORS RECEPTION

Kinesiology recognized its most outstanding students at the sixth annual Kinesiology Honors Reception, which is sponsored by the Alumni Society Board. The March 17 event (yes, St. Patrick's Day!) was held in the Chemistry Building. The festivities began with a reception in the upper atrium, followed by the award ceremony in the auditorium.

Richard Honig, former Chair of the Kinesiology Alumni Society Board, gave the welcoming remarks and recognized recipients of the Stan Kemp Award. Shelly Kovacs, Assistant Director of Student Services and Director of Alumni Relations, recognized the students on the Dean's List, Angell Scholars, Branstrom Scholars, and University Honors recipients. Pat Van Volkinburg, Academic Programs Coordinator, recognized recipients of the Laurie Campbell Award, the Phebe Martha Scott Achievement Award, the Phyllis Ocker Scholarship, and the Lucille M. Swift Honor Award. The award recipients were:

#### *The Laurie Campbell Award*

Melissa Belknap

#### *The Stan Kemp Award*

Gerald Kewish  
Eric Nepomuceno  
Terri Sanders  
Kristen Skaar  
Shawn Truax

#### *The Phyllis Ocker Award*

Catherine Foreman

#### *The Phebe Martha Scott Award*

Lauren Dolmyer

Special guest Regent Emerita Trudy Huebner introduced Dean Beverly Ulrich, saying that "Bev Ulrich fits all of the qualifications for an ideal Kinesiology dean."

Dean Ulrich congratulated the students "for distinguishing themselves in an undergraduate class that is full of outstanding students. We believe in strong academic preparation, in challenging men and women to reach their

highest intellectual potential, and you have done well. We also encourage students to extend themselves into broader realms through activities that build leadership, democratic engagement in the community, respect for and a willingness to learn from the rich diversity in our society, and a commitment to serving others. You have demonstrated that these principles are important in your lives, and you are well on your way to becoming the leaders of tomorrow." Dean Ulrich concluded with an Irish tribute, in honor of St. Patrick's Day:

*May the road rise up to meet you.  
May the wind be always at your back,  
May the sun shine warm upon your face,  
The rain fall soft upon your fields,  
And, until we meet again,  
May you always remain true to the  
traditions of our Maize and Blue!*

— Cheryl Israel



Gregory Fox

*Pat Van Volkinburg, Dale Ulrich, Sarah Grow and her mother, and Carol Overley*



Gregory Fox

*Back row: Richard Honig, Eric Nepomuceno, Shawn Truax, Jeff Freshcorn; front row: Pat Bubella, Pat Van Volkinburg, Alicia Valdez, Catherine Foreman, Shelly Kovacs*

# Dr. Scott Mial Practices Family Medicine

Imagine two giant spheres suspended in space, volleying arcs of electricity across the ceiling. *Zap. Crackle.* They are like indoor bolts of lightning.

Imagine you are six years old, staring at this spectacle with wide-eyed wonder.

Scott Mial (MS,'87) remembers it as if it were yesterday: the elementary school field trip to Chicago's Museum of Science and Industry, and his first encounter with the awesome Vandegraf Generator. It launched a love of science and "an insatiable quest for knowledge." The journey led him to Kinesiology's Master of Science program, and from there to medical school.

"I think of myself as a 'prevention-ist,'" he says. "That word is not in the dictionary yet but it captures the essence of preventive medicine. The idea is to head off illness and injury before they occur by promoting a healthy lifestyle."

Mial runs the Comprehensive Wellness Centre, a family and sports medicine practice at the edge of Ann Arbor. He leases part of his space to a physical therapy group. The proximity of the two health care units creates a synergy for collaboration and sharing resources.

Facing the desk in his small office are his sources of inspiration: photos of his children, Paige and Blake, now six and three, and his parents, Joetta and Harry Mial. Most striking is a large cloth banner bearing the image of a handsome young soldier framed by an eagle and the American flag. "That was my father during World War II," Mial says. "He watches over me."

Scott has collected mentors during every phase of his life, but none are more influential than his parents. Joetta Mial earned a B.A., M.A., and Ph.D. in education

from Michigan, and retired in 1994 as principal of Ann Arbor's Huron High School. Harry Mial, who passed away in 2001, also did Ph.D. work at Michigan and was principal of Northside Elementary School. Scott and his two older brothers grew up knowing education was paramount.

The close-knit family lived on Brown Street in the shadow of Michigan Stadium. Folks parked cars on their lawn on football Saturdays, and Scott rarely missed a game, sneaking through the gates at halftime. "I lived and breathed Michigan football," he said. Working out at the IM Building, he came in contact with Calvin Williams, Stacey Johnson, Ron Franklin, and other stars of the 70s.

Mial played football and ran track at Huron High School, and was active in student government. In his senior year, he won both the Huron High Citizenship Award and the Martin Luther King Award for "embodying what Dr. King stood for." In a graduating class of over 600, these were high honors indeed.

Still fascinated by science, Scott told his father he wanted to become a physicist. "My father, in an atypical manner, said, 'I think you'd be short-changing yourself.' He knew that in a solitary research lab, I would miss interacting with people."

So Mial entered Morehouse College, a prestigious small liberal arts college with a strong pre-med



*Dr. Scott Mial*

curriculum. He thrived in the small academic setting and earned a B.S. in 1982. Mial returned to Ann Arbor, and he said about Kinesiology, "I knew it was the place for me. Like Morehouse, it offered small classes and an opportunity to work closely with faculty and other students."

Professor Emeritus Joe Vaughn, Dr. Victor Katch, and Dr. Katarina Borer joined the ranks of his mentors. Ann Smiley-Oyen, then a Ph.D. student and now assistant professor at Iowa State University, was a helpful instructor as well.

"Scott joined another of my graduate students, Carol Conn, in conducting a study on catch-up growth with hamsters, and was listed as second author when it was published in 1993," noted Dr. Borer. "Scott was optimistic, enthusiastic about exercise, and tenacious in pursuit of his dreams and professional goals."

"Katarina gave me pep talks, challenged and encouraged me. She is incredibly accomplished yet entirely down to earth and approachable," said Mial. "Vic Katch was also stimu-

lating and challenging. Kinesiology was exactly the preparation for medical school that I was looking for," he said.

Describing his next move, Mial smiles sheepishly. He earned his M.D. in 1993 from Michigan State University's College of Human Medicine. And following a family practice residency at William Beaumont Hospital in Sterling Heights, he received a Primary Care Sports Medicine Fellowship to that other place—Ohio State University! He was the team physician assigned to women's lacrosse and men's hockey.

"The lacrosse and hockey teams were small communal groups with spirited fans and a profound love of their sport. The players were a joy to be around. This was a year of bliss for me." But he never lost his loyalty to Michigan. Scott was on the field as football team physician when UM upset OSU in 1996. His daughter Paige had been born the day before, adding to his barely contained glee.

The fellowship culminated in a Certificate of Added Qualification in sports medicine along with family practice. The next move was to an underserved area of Charlotte, NC, where much of his time was spent in emergency and critical care. Here, the impersonality and pace of the ER left him disillusioned and frustrated. "I realized that I want the continuity of treating people over their lifetime and within the context of family," he explains.

Which has brought him full circle back to Michigan. Mial is currently on the staff of a local hospital while growing his private practice. The Comprehensive Wellness Centre promotes a holistic approach to medicine—one that looks beyond illness and injury to treat the "whole" person.

Pursuant to this, Scott hopes to build links with Kinesiology's Center for Exercise Research and educate both athletes and the lay public about some of the biological markers—such as blood type or predisposition to disease—that might ward off illness and injury. He is

*"Kinesiology was exactly the preparation for medical school that I was looking for."*

— Dr. Scott Mial

also excited about creating opportunities for Kinesiology students, who could utilize his facilities, gain practical experience, and collaborate on research.

Just as the technology in high performance racing cars can be applied to everyday vehicles, so can a world-class athlete's training and nutrition provide lessons for the general public, he said.

Scott practices what he preaches, walking or cycling three to four times a week and alternating aerobics and resistance training. He avoids red meat and fast foods and takes vitamin supplements. His other high priorities are his church and his extended family, including a favorite grandfather who is "sharp as a tack and 93 years young."

Mentored by family, teachers, and friends, Scott Mial is turning the tables, giving back to his patients and the community through teaching, research, and service. "My father taught me another lesson by dying too young," he says. "Although he was an All-American in football and was always active, he was also a heavy smoker until his first heart attack. His experience illustrates the connection between health and lifestyle," he said.

"I want to educate the sports community and the lay public that prevention is the key to a longer, healthier life."

— Pat Materka

*Dr. Scott Mial with clinical assistant, Ryan Richardson*



Pat Materka

## From the Alumni Society Board

The Kinesiology Alumni Society Board invites all alumni to make nominations for the annual Kinesiology Society Board awards, in the following categories:

### *Achievement within*

#### *Ten Years of Graduation*

Awarded to a Kinesiology alumnus who has excelled in a field related to Kinesiology.

### *Career Achievement*

Awarded to a Kinesiology alumnus who has shown outstanding professional and personal achievement in his/her chosen field and/or public service in any field.

### *Lifetime Achievement*

Awarded to an individual whose service to the Division of Kinesiology has enhanced and changed Kinesiology over their lifetime.

### *Overall Criteria for Awards*

- Nominee must be an alumnus in good standing as defined by the Division and the Kinesiology Alumni Society Board.
- Nomination is based on at least partial activity in, or support of activity in, the Kinesiology field.
- The nomination must be supported by another Kinesiology alumnus.
- Recipients must accept the award in person (unless deceased). If a nominee cannot attend the ceremony, the award will be deferred until the following year.
- Recipients must have earned a degree.
- Current Kinesiology faculty members are not eligible, but emeritus professors may be so honored.

Would you like to nominate someone? Please contact Shelly Kovacs via mail, e-mail, or telephone:

Shelly Kovacs  
Director of Alumni Relations  
Kinesiology  
401 Washtenaw  
Ann Arbor, MI 48109-2214  
skovacs@umich.edu  
(734) 647-2696

## CHICAGO AND NEW YORK CITY ALUMNI RECEPTIONS

The receptions in Chicago and New York City, held on May 16 and July 23 respectively, were very well received. Kinesiology alumni, friends, students, and parents took the opportunity to meet Dean Beverly Ulrich, visit with each other, and enjoy the ambience of a pleasant evening out. Over eighty people attended each event. Development Director Jeffrey Freshcorn and Alumni Relations Director Shelly Kovacs were also in attendance at both receptions.

The Chicago reception was hosted by Dean Ulrich and co-hosted by Anthony Thomas ('01) at Petterino's Restaurant.



*Above: some of the Chicago reception attendees*



*Right: John Foley, Steve Weinreich, Jeff Freshcorn*

The New York City event was hosted by Richard Hirsch at the City Athletic Club.



*Above: New York City Alumni Reception*

*Below: Co-host Anthony Thomas and his family at the Chicago reception*



*Above: David Schwartz and Dean Beverly Ulrich at the New York City alumni reception*

## Alumni News

Please remember to keep us updated on your personal and professional news for the next *Movement* issue. You can e-mail me at [cisrael@umich.edu](mailto:cisrael@umich.edu), telephone me at (734) 647-2689, or mail the "Let Us Hear From You" form found on page 16. We look forward to receiving your news.

Thanks, Cheryl Israel

*I thank all members of the faculty who have strengthened Kinesiology over the years. I entered Michigan in 1941, left for WWII in 1943, and returned to get my B.S. in 1947, and my masters in 1948. I realize how important a degree from Michigan has meant in my life at this age of seventy-eight. The best counseling I can offer the present-day student is to "love every minute at Michigan, it will sustain you for a lifetime." Go Blue!*

—Earl Katz (BS '47, MS '48)

**Connie Atia-Ahrens** (BS '72, MS '80) will celebrate twenty years of service with the University of Michigan this fall. She is a Student Services Associate in the Recreational Sports Department under the Athletics Department at the University of Michigan. She coordinates marketing, promotion, publicity, club sports programs and rentals. She taught for four years and coached high school sports for twenty seasons in varsity girls basketball, cheerleading, fast-pitch softball, and track and field.

**Ryan Bailey**, (AB '00, MA '01) is in her second year of law school at Wayne State University. She is the President of the Wayne State University Sports and Entertainment Law Society.

**Kim Bardakian**, (AB '95, MA '96) is a partner in the Urban Golf Gear Company in Oakland, California. The company has been receiving positive publicity for its apparel (*IBE*, *SF Chronicle*, *Oakland Tribune*, *ESPN Magazine*, "Tavis Smiley Show" on

*NPR*, and others), which has been worn by many celebrities, athletes, and musicians.

**Judith Bischoff** (PhD '79) recently retired as chair after thirteen years with the Department of Kinesiology and Physical Education at Northern Illinois University. She received the Outstanding Administrator Award from the National Association for Physical Education in Higher Education, and the Wilma Stricklin Award for Improving the Climate for Women on Campus at NIU.

**Pat Bubel** (AB '56, PhD '63) retired in 1999 from running her pet boarding business in Webster Township, MI. She now lives in Ann Arbor and she volunteers for several civic activities and serves on the Kinesiology Alumni Society Board. She exercises five times a week.

**Elizabeth Carney** (BS '99) obtained her Master of Arts in Sports Medicine from the University of North Carolina at Chapel Hill. She moved back to Ann Arbor last July, and she worked at St. Joseph's Mercy Hospital in the physical therapy clinic as a Certified Athletic Trainer. This fall she is fulfilling a hospital contract at Pinckney High School with the student athletes.

**Jessica Cohen** (AB '99) graduated from Fordham University School of Law last spring, and she is working as an Associate at Proskauer Rose, LLP in New York City.

**Laura Cohn** (BA '01) is working for the GEM Group, a sports and entertainment marketing agency.

**Amy DeBrecht** (BA, '02) did an internship with the Detroit Red Wings this past summer.

**Michael Denike** (BS '95) completed his internal medicine residency and began working on his sub-specialty training in cardiology through the Horizon Health System at Henry Ford Wyandotte Hospital in Wyandotte, MI. He received his D.O. degree from the Michigan State

University College of Osteopathic Medicine in 1999. He and his wife, Jennifer, have a daughter, Victoria.

**Patty Donohue-Ebach** (BSED '85) after working 16 years in the field of health, fitness, and wellness (the last eight with Johnson & Johnson as an Account Executive overseeing Corporate Fitness Center contracts), is taking a short break to hang out with her three kids and take care of business on the "homefront." She will also be teaching a class this fall at Oakland University in Rochester Hills, MI on, "Health Promotion Management." She plans to stay in the field—for the time being on a limited basis—through teaching and consulting opportunities.

**Christina Eyers** (BS '97) began a temporary faculty position at Central Michigan University this fall, to teach athletic training classes and coordinate the clinical education program. On April 30, 2002 she and her husband welcomed their daughter, Rileigh Johanna Eyers, into the world.

**Dick Honig** (BS '63, MS '66) is the owner of Honig's Whistle Stop, Inc. in Ann Arbor, MI. He sells apparel and equipment to people who officiate sports. He has officiated football for thirty-nine years, now in the Big Ten Conference; nine years in Mid American; and twenty-nine years in Division 1 football. He is beginning his twentieth year as a referee. He is a member of the Kinesiology Campaign Steering Committee, and he served as Chair of the Kinesiology Alumni Society for several years. He is married to a UM alumna, Liana, and they have four daughters and six grandchildren.

**Scott Jeffer** (BA '94) is the Assistant General Manager for the Toledo Mud Hens. Last April the Mud Hens moved to a forty million dollar ballpark, and in July they broke the all-time, single-season attendance record for Toledo baseball.

**Lacie Kaiser** (BA '02) attends law school at DePaul University in Chicago.

**Brad Kerner** (BS '98) currently attends the Columbia University School of Public Health and is working toward his M.P.H. in Refugee Health. He works for Averting Maternal Death and Disability (AMDD) at Columbia University. Shortly after graduating, Brad served in the Peace Corps as a community health educator in Gabon, Central Africa.

**Jerry Meter** (BSED '80) is the Sales Manager for Steelcase in Detroit, and is responsible for sales of Steelcase and Steelcase Design Partnership products in the Michigan market. He resides in Bloomfield Hills, MI with his wife Lisa (the former Lisa Compton). They have four children: Nick, age 20, a UM Kinesiology student; Erin, age 17, a high school senior; Meggie, age nine, a fourth grader; and Ben, age seven, a second grader.

**Jill Nicholson** (BS '98) is now Assistant Strength and Conditioning Coach at Brown University in Providence, Rhode Island.

**Amy Nusholtz** (BS '02) is attending Northwestern University in Chicago, pursuing a degree in Physical Therapy.

**Fitz Ollison** (BA '98) accepted a position with NFL Europe, and moved to London. He worked with NFL Europe in the spring of 2001. Prior to that he worked in the Detroit Lions' Public Relations Department for two years.

**Craig Podolski** (BA '01) is the Assistant Video Director with the Chicago Bears. He tapes the games for analytical use, and he is responsible for the motivational tapes the Bears watch before each game.

**Catalina Rodriguez** (BS '98) graduated in April from Western Michigan University with an M.S. in Occupational Therapy. She is working at the Mary Free Bed Hospital and Rehabilitation Center in Grand Rapids, MI, in Outpatient Pediatrics Occupational Therapy.

**Michele Schneider** (BA '97) is working for Citi Habitats as a Real Estate Salesperson. Prior to that she worked for five years in television production and development for *Fox*, *NBC*, and *ABC*, as well as the Sports Agency, IMG/TWI. She is still writing for the media on a freelance basis.

**Heidi Schultz** (BS '99) graduated from Physician Assistant School at Central Michigan University in 2001, and is working in the ER at Beaumont Hospital in Royal Oak, MI.

**Catherine Serrin** (BA '94) is the Director of Marketing for the Michigan Alumni Association. She is Vice Chair of the Kinesiology Alumni Society Board. She served as the Alumni Board spokesperson at the Kinesiology Commencement last spring.

**Cory Shakarian** (BA '94) is an Account Executive with the San Francisco Giants. He has been in communication with several alumni from the Bay area and the Ann Arbor area.

**Jeff Singer** (BA '00) is working with USA Baseball in Tucson, specifically with the Junior Olympic tournament and the Youth National Team. The Youth National Team competes internationally and will be traveling to Venezuela.

**Greg Stern** (BA '00) is an Associate Producer at *HBO Sports* in New York City. Greg worked on a documentary about the 1980 Olympics U.S. Hockey Team entitled "Do You Believe In Miracles," which was awarded an Emmy for the Outstanding Sports Documentary of 2001.

**Lindsay Strauss** (BA '01) is working in sales for the National Lacrosse League at the Pepsi Center in Denver, Colorado.

**Shavannia Williams** (BA '98) is living in Washington, D.C. and working on an assignment with Edelman PR Worldwide.

**Alecia Willie** (BS '01) is a Hospital Care Investigator at the Bellevue Hospital Center in the New York City Health & Hospitals Corporation. In the future she plans to pursue a Master's of Public Health Degree in Health Care, Hospital, or Health Services Administration. Alecia also mentors children as a youth counselor at a summer camp, and as a counselor in New York City.

## LET US HEAR FROM YOU!

Send this form to: Cheryl Israel • University of Michigan • Division of Kinesiology  
401 Washtenaw Avenue • Ann Arbor, MI 48109-2214 • cisrael@umich.edu

Name: \_\_\_\_\_

Title of Major: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Telephone ( ) \_\_\_\_\_ Work Telephone ( ) \_\_\_\_\_

Place of Business: \_\_\_\_\_

Business Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Class Year: \_\_\_\_\_

Please tell us about yourself—events in your life and career:

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## AUSTRIA

**Dr. Dale Ulrich** gave the keynote address at the International Symposium on Adapted Physical Activity in Vienna last July. His address was titled "Applying Principles of Movement Science to Research and Practice in Early Intervention."

## CROATIA

**Dr. Katarina Borer** was elected to a Visiting Professorship by the faculty of Kinesiology at the University of Zagreb. She was invited to teach a short graduate course on the effects of hormones on human physical performance on September 24, 2002. She was invited to speak and to act as a member of the abstract selection committee at the Third International Conference of Kinesiology in Opatija in September. The title of her talk was "Health Impact of Training Intensity in Older Individuals."

## SPAIN

**Dr. Rosa Angulo-Kinzler** designed and implemented a Neuropediatrics course for physical and occupational therapy at the invitation of the Health Sciences School, Physical Therapy Department, at the Universidad Internacional de Catalunya in Barcelona in May 2002.

**Angulo-Kinzler** also conducted a three-day seminar in May on "Motor Development: Theory and Application in Special

Populations" at the invitation of the Physical Education and Sport Sciences Department and the Doctoral Program of the Department of Medicine, Universidade da Coruna.

## TURKEY

**Dr. Jeffrey Horowitz** was invited to speak at the annual "Turkish Obesity Congress" April 24-28, 2002 in Antalya. He presented two separate lectures: one focused on the regulation of lipid metabolism in obesity, and the second focused on the impact of acute and chronic exercise on the regulation of fatty acid metabolism in obesity.

## GREECE

**Dr. Jeffrey Horowitz** was one of three researchers invited to speak at a symposium, "Obesity: Are We Any Closer to Identifying Cause and Effect?" at the annual meeting of the European College of Sports Sciences (ECSS) in Athens, July 24-28, 2002.

## AUSTRALIA

**Dr. Beverly Ulrich** (Professor and Dean) was invited to give the keynote address at the Sixth Biennial Motor Control and Human Skill Research Workshop in Fremantle. She was asked to speak about dynamic systems theory and how she has used it to understand the emergence of motor skills in typically developing infants and infants with Down syndrome. Approximately 200 scientists attended this event funded by the Australian government.

## SOUTH AFRICA

**Dr. Susan Brown** spent three weeks last May in South Africa as part of a research project examining the effects of protein malnutrition on motor coordination in children. The study is being done in collaboration with

**Dr. Daniel Monyeki**, Department of Physical Education and Kinesiology at the University of the North, South Africa. In addition to continued research activities, she hopes to establish a student exchange program which would include UM, the University of the North, and Wayne State University.



*Researchers by the crocodile-infested Palala River in South Africa. Front row: doctoral student from the University of the North, Sophia Conti, Nicole Samczyk, Gerry Conti. Back row: fourth from left, Dr. Daniel Monyeki. Several field workers are also pictured.*

## JAPAN, GERMANY

**Dr. Dale Ulrich** has been a consultant for the U.S. Department of Defense Dependents Schools and has implemented three training workshops for elementary physical education teachers working in Europe, the Pacific, and the United States. The military schools have adopted his Test of Gross Motor Development to assess the motor skill achievement of children in elementary schools throughout the world.

# UM President Mary Sue Coleman



UM Photo Services

Mary Sue Coleman is in her first year as president of the University of Michigan. She is professor of biological chemistry in the UM Medical School and professor of chemistry in the College of Literature, Science, and the Arts. Coleman served as president of the University of Iowa for seven years before becoming Michigan's 13th president on August 1, 2002.

Coleman has served as provost and vice president for academic affairs (1993-1995) at the University of New Mexico and as vice chancellor for graduate studies and research (1992-1993) and associate provost and dean of research (1990-1992) at the University of North Carolina at Chapel Hill. She served 19 years as a member of the biochemistry faculty and as a Cancer Center administrator at the University of Kentucky in Lexington, where her research focused on the immune system and malignancies.

Elected to the National Academy of Sciences' Institute of Medicine in 1997, Coleman is a Fellow of the American Association for the Advancement of Science and of the American Academy of Arts and Sciences. She co-chairs the Institute of Medicine's Committee on the Consequences of Uninsurance.

Her extensive leadership positions in higher education include serving on the Association of American Universities (AAU) executive committee, the American Council on Education (ACE) board of directors, the National Collegiate Athletic Association (NCAA)

board of directors, and the Knight Commission on Intercollegiate Athletics.

Coleman also has served on the board of trustees of Grinnell College, board of trustees of the Universities Research Association, ACE Task Force on Teacher Education and Commission on Minorities in Higher Education, Business-Higher Education Forum, Imagining America Presidents' Council, AAU Task Force on Research Accountability, NCAA Standards for Success Advisory Board, and Presidents Leadership Group of the Higher Education Center for Alcohol and Other Drug Prevention.

She earned her bachelor's degree in chemistry from Grinnell College and her doctorate in biochemistry from the University of North Carolina. She did postdoctoral work at North Carolina and at the University of Texas at Austin.

Coleman is married to Kenneth Coleman, a political scientist specializing in Latin America. Their son, Jonathan, is a portfolio manager in Denver, Colorado.



UM Photo Services



Per Kjeldsen

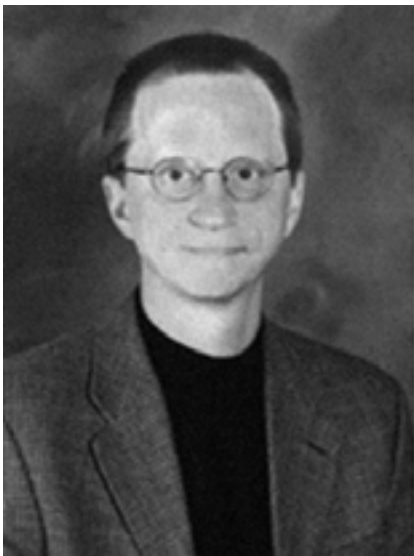
## Ruth Harris Endowment Fund

In 1987, the University of Michigan Division of Kinesiology worked with Professor Emerita Ruth W. Harris to establish the Ruth Harris Endowment Fund to provide financial assistance to deserving graduate and doctoral students. The fund was started with an initial gift from Ruth and has been supported through the years by her and some of her close friends. She realized that “we needed scholarship money because we were losing graduate and doctoral students to other schools who could offer them more, especially women.” Ruth joined the Kinesiology faculty in 1946, and retired in 1987.



*(left to right) Assistant Professor Rosa Angulo-Kinzler, Assistant Professor Jeffrey Horowitz, doctoral student Danielle Deman, Professor Emerita Joan Farrell, Professor Emerita Ruth Harris, doctoral student Nick Knuth, Dean Beverly Ulrich and Development Director Jeffrey Freshcorn at Paeseno's Restaurant at a luncheon to recognize the doctoral students who received financial assistance from Dr. Harris' Endowment Fund.*

## Dr. Rich Luker joins Kinesiology as Adjunct Associate Professor



Kinesiology welcomes Dr. Rich Luker as an Adjunct Associate Professor in the Sport Management Communication Department. He will be teaching one course per semester, and he plans to engage Kinesiology students in some of his sport industry projects. Dr. Luker brings to Kinesiology over twenty years of teaching experience and an expertise in the sport industry. He received a Ph.D. in Communication (1986) and an M.A. in Psychology (1984) from the University of Michigan. He is best known for his creation of the *ESPN* (Chilton) Sports Poll, which began in 1994. The Sports Poll was the first dedicated ongoing intelligence service to collect information from Americans on their interests and activities related to sports. Virtually all of the major professional and college sports have

been clients of the *ESPN* Sports Poll. In addition, more than 20 of the major sports sponsoring companies, including Anheuser-Busch, McDonald's, Coca Cola, NIKE, General Motors, and Ford, and half of the major sports media, including *Sports Illustrated*, FOX, ABC, and Turner have been Sports Poll clients. In 2001, Dr. Luker formed the Leisure Intelligence Group (LIG) to provide services to integrate the intelligence needed for effective leisure marketing from several sources and vendors and extend the application from just sports to all leisure activities. LIG takes data from multiple sources and develops reports on the value of leisure marketing activities for clients. Dr. Luker's recent consulting clients include Anheuser-Busch, Bell South, NIKE, Sony, and *Sports Illustrated*.

# Summer Fun

*Dean Beverly Ulrich invited Kinesiology faculty, staff, graduate students, and their families to a picnic at Gallup Park on September 6. The weather cooperated, and it was a relaxed evening of fun.*

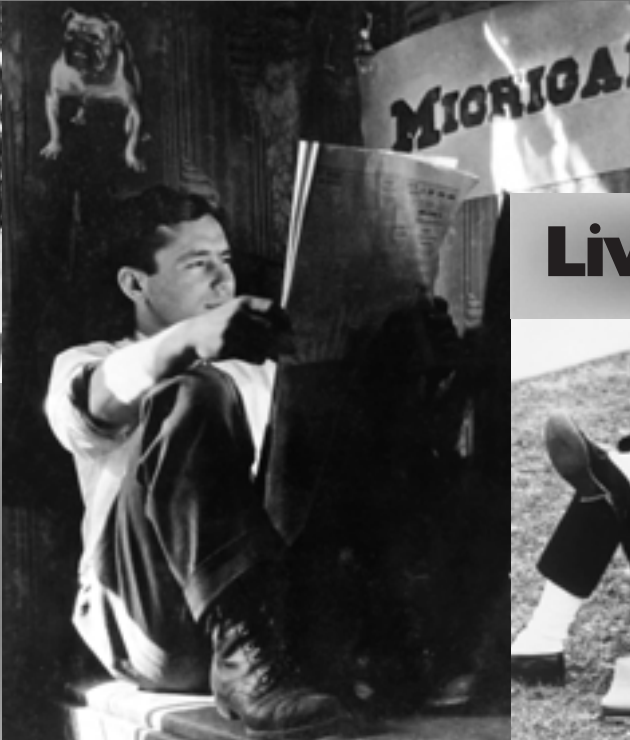


# New Student Orientation

*Kinesiology faculty and new students visited the hot dog vendor and enjoyed the beautiful weather outside the Kinesiology building on their break from orientation activities.*



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## To Learn More...

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**or**

email us at **[freshco@umich.edu](mailto:freshco@umich.edu)**

**or**

visit **<http://www.giving.umich.edu>** for more details and charts to determine your annuity rate.



Photos courtesy of Bentley Historical Library, University of Michigan





#### THE REGENTS OF THE UNIVERSITY

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