Kinesiology is movement

UNIVERSITY OF MICHIGAN  KINESIOLOGY

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ENERGY, PROGRESS, POSITIVE CHANGE.

In all 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.

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Welcome to our Fall edition of Movement Magazine!

As the students return to campus and the leaves begin to change, it is easy to feel the spirit of opportunity. Freshmen are eager to start their academic careers and seniors find themselves preparing for their final year with us. This issue of Movement highlights some of the generous friends and alumni who have stepped forward to make sure these opportunities are available for our students. Without your support of time, talent and treasure we could not continue to move forward; thank you.

Investments in our faculty allow for innovations to happen in our laboratories which are in turn taught in our classrooms. One such investment in our faculty is the groundbreaking gift from Bruce and Joan Bickner that has created our first endowed chair (read the full story on page 12) for Kinesiology. The Bickners have invested their time and resources into Kinesiology and we remain grateful for their outstanding support.

Our Global efforts continue to receive your donations and we would like to thank all of you who have stepped forward to do so. This remains an area in which the return on your investment is immediate. To illustrate this, we have provided a Global Opportunities update showcasing our students’ and faculty members’ efforts to share our Kinesiology innovations and spirit around the world!

And as you reflect on all of this generosity, I would like to highlight a group of Alumni who are early in their careers and raising young families but have found an innovative way to give back. On page 4 you will learn more about the efforts of Noel Cimmino and his outstanding vice-chairs who will kick off their fundraising efforts in memory of Professor Bernard “Pat” Maloy at Homecoming.

Finally, in this issue you will also read about the need for Kinesiology to provide student support at all levels of their academic careers. Keeping our robust and active graduate program well funded is vital to our ongoing success; they are our future faculty members! This is why we will focus the remaining months of the Michigan Difference campaign on graduate endowment funding. As you read our rationale for investing in tomorrow’s leaders, I hope you take a moment to reflect on the leaders of Kinesiology that shaped your Michigan experience.

Wishing you a productive fall that keeps you moving forward,

Dr. Beverly D. Ulrich
Professor and Dean

In this issue we celebrate several very special gifts to Kinesiology including the above mentioned Bickner chair. These gifts are significant catalysts to the ongoing research and recruitment of the highest quality faculty and students. This cover illustrates our new chair and reminds us to dream about the potential that lies ahead. From filling our empty chair to the opportunities that are just outside our window the work required to keep moving Kinesiology forward remains our daily goal.
Galetti Endowment Funds Four-year Scholarship for Kinesiology

By Alice Rhein

As first chairman of Kinesiology’s Department of Sport Management and Communications, Stephen Galetti devoted more than 30 years to the University of Michigan and its students. When he retired in 1988, the Division established the Stephen J. Galetti Award given to an undergraduate student who shows exceptional industriousness and potential.

In July 2006, Galetti died from a series of strokes at the age of 76. His widow, Jeannine, wanted to honor his memory, and took the Award one step further by establishing the Stephen and Jeannine Galetti Endowment that will be matched dollar for dollar by President Mary Sue Coleman’s need-based scholarship fund, making it a $400,000 total endowment.

Julie Simon the Recruitment Coordinator for Kinesiology notes that, “Endowed scholarships like this are crucial to student recruitment and retention. As the cost of attending college continues to rise, the University of Michigan struggles to compete with better-funded institutions. This scholarship will help us to attract the most qualified students interested in studying Sport Management in the Division of Kinesiology.”

The fact that Jeannine has decided to fully fund this four year recruiting scholarship is very appropriate, given Steve’s commitment to his students over the years. “He worked so long and was so dedicated to his students,” says Jeannine, who met Steve at Bowling Green State University where he was on the basketball team and she was a cheerleader. Steve was selected to join the St. Louis Cardinals minor league team, but instead was drafted and spent two years in the military Special Services. He and Jeannine completed their graduate degrees at University of Michigan, and Jeannine went on to teach dance at Eastern Michigan University, while Steve began his long and illustrious career in Kinesiology. They were married for 51 years and Jeannine continues to live in Ann Arbor.

“He would have felt a little embarrassed about all the attention,” says Jeannine, who never discussed the possibility of an endowment with him. Nevertheless, Jeannine says she is so pleased that she could make this four-year scholarship possible for a Kinesiology student who demonstrates the need.

“(Steve) enjoyed teaching, and his life was here,” says Jeannine, who served as the president of the National Dance Association and was chairperson of the Dance Division at EMU for several years.

Both she and Steve received the Michigan Association for Health, Physical Education, Recreation and Dance Distinguished Service Award and Stephen was the president of the organization for a time.

Stephen Galetti was raised in New York City and attended BGSU on a basketball scholarship. After receiving his MS from U-M in 1956, he took positions as teacher, coach, and vice principal in Mahasset, NY, returning to U-M as Coordinator of Student Teaching and Director of the Summer Youth Fitness Program. For 10 years, he chaired the Michigan Council of Physical Fitness and Health by the Governor’s appointment (1977–1985). Always an athlete, Stephen played fast pitch softball for years, and won six National Doubles Paddleball Championships with his friend and colleague Professor Rod Grambeau, who received the Kinesiology Lifetime Achievement Award in 2005.

Steve was also selected to be an honorary member of the “M” Club. In the mid ’80s, he developed the Division’s Sport Management and Communication program, which is now the Sport Management degree.

When Jeannine attended commencement this spring, she was amazed at the number of graduates receiving a Sport Management degree. “It’s wonderful,” she says. “These kids who love sports can go to work at front offices and do well because of having business and law courses as part of their degree.”
Corrie Feldkamp never knew what hit her.

Which was a good thing, the doctors assured her. If she had seen the car barreling toward her last December 13, her body would have tensed with fear. The impact could have shattered her bones.

Instead, the 21-year-old Kinesiology senior was thrown through the air, her head striking concrete. As she lay in a coma after hours of surgery, her parents were told there was no hope of recovery.

“I was concerned that we were too late, that her brain had already suffered massive damage. We removed half her skull to remove a large hemorrhage, but I thought her prospects were dismal,” recalls Stephen Sullivan, M.D., her neurosurgeon. “I did not think she would survive.”

Then on day five, the family saw a flicker of movement.

“I awoke feeling that my entire right side was paralyzed, as if a line had been drawn down the center of my body,” says Corrie. Drifting in and out of consciousness for days, she could barely move a thumb up and down in response to questions.

But she was communicating.

That she was back in class six months later, almost fully recovered, seems nothing short of a miracle.

“I was so lucky,” Corrie insists. Lucky that police officers were in a car just ahead and saw the accident in their rear view mirror. Lucky that it occurred two miles from the U-M Medical Center, where she was rushed into surgery.

“If this terrible accident had to happen, we are so grateful it happened in Ann Arbor,” her mother Sally agrees. “The speed and the quality of care she received is the reason she’s with us today.”

They were equally moved by “the unbelievable outpouring of support from Kinesiology.” Faculty, staff and students—too many to name—came by daily, sent cards and signed a banner. “I heard from teachers and classmates who I’d never met,” says Corrie. “Kinesiology has just been tremendous.”

Coming from the small town of Adrian, MI, Lee and Sally Feldkamp admitted they were concerned when their son Derek, and then Corrie, chose Michigan. Would the university seem too huge and impersonal? The opposite proved true in Kinesiology. “They really wrapped their arms around our family.”

“I appreciate the most mundane things in normal life, from brushing my teeth to writing a paper. It feels great to have homework again!”

Derek, ’06, finished his degree in sports management four days after the accident and now plays professional baseball. But he was at Corrie’s side in the hospital, plying her with everything he’d learned about sport psychology. “You must open your right eye,” he ordered. “You can move your arm.”

And ultimately, Corrie applied the same determination that got her A’s in high school and admission to Kinesiology to healing her body. She moved from the trauma unit to rehab. Therapy has been grueling, but it paid off.

“She is an extremely hard worker. Every time she sets a goal, she gives it 110 percent,” says Med Rehab Occupational Therapist Erin Spirl. “Her positive attitude has played a big part in her success.”

As for academics, Corrie says, “I have always loved school, but I can’t say I loved studying. That’s all changed now. I appreciate the most mundane things in normal life, from brushing my teeth to writing a paper. It feels great to have homework again!”

“She has exceeded my expectation and for the most part is back to normal,” Dr. Sullivan concluded. “I expect her to lead a long productive life.”

Her friend Kellen Sarb, a Kinesiology intern and fellow peer counselor, points again to attitude. “Corrie is always smiling. She accomplishes whatever she sets out to do,” Kellen says. “She is the happiest person I know.”
After more than a year of planning, Noel Cimmino ('94 BA Sp. Mgt.) and a team of nearly 30 dedicated Kinesiology alumni are hoping plenty of U-M fans visit www.umich.cmarket.com starting October 15 to bid on more than 200 items to raise funds for the Bernard “Pat” Maloy Scholarship.

“In terms of highlights, we have a whole series of signed items from Olympic champion swimmer Michael Phelps,” says Cimmino, a Southfield lawyer whose goal is to have a $400,000 endowment to award a $5,000 a year scholarship for four years to a student who has been touched by cancer.

Kinesiology alumni and U-M fans will be able to “click and bid” on University of Michigan memorabilia including a flag signed by actor James Earl Jones, Bo Schembechler’s autographed press pass card, and former U-M quarterback Tom Brady’s Super Bowl 39 autographed football.

“There’s also a Michigan jersey signed by Anthony Carter, David Terrell, Braylon Edwards and Derrick Alexander, the four most significant members of the #1 Club (players who wore #1), says Cimmino. “There are several Mitchell & Ness throwback jerseys signed by NFL Hall of Famers Lawrence Taylor and Harry Carson, Baseball Hall of Famer Nolan Ryan and a lot of multi-signed Michigan items.”

“We all talk about giving back, and this is something tangible. (Pat) meant something to us and this is a way to give back individually” —Chris Parker

Bid high, Bid often
Online auction to fund Bernard “Pat” Maloy Scholarship begins Homecoming weekend

by Alice Rhein
Remembering Pat

An associate professor who taught courses in the legal aspects of sport and facility management, Maloy died of esophageal cancer in 2001. His widow, Nora Maloy, (PhD ’00 SPH) is co-chair of the scholarship committee that includes a dozen alumni. Among them are Scott Jeffer ‘94, assistant general manager of the Toledo Mudhens, former U-M and NFL football player Tyrone Wheatley ’06, and Rob Haddad, ’98, of Major League Baseball Productions.

“I was honored that Noel considered me for the committee,” says Haddad, who also serves on the Kinesiology Alumni Board. “It was more my duty. Pat was my mentor, professor and guidance counselor.”

Justin Schulman (SMC ’96), VP of Operations for Athletes First and a licensed NFL agent, says his role, like many others on the committee, has been to secure auction items from many pro athlete clients. “Pat was a great mentor to me,” says Schulman, who often returned to Pat’s class to speak to students about internships and jobs.

Chris Parker (SMC ’97), VP Business Development for Detroit Pistons/Palace Sports & Entertainment has offered advice on how to arrange items on the website along with securing items. “We all talk about giving back, and this is something tangible. (Pat) meant something to us and this is a way to give back individually,” says Parker.

Live Kickoff Event

For alumni planning to be in Ann Arbor on Homecoming weekend, there will be a live auction kickoff on Friday, October 12 during the Kinesiology events. Then on Monday morning, Oct. 15, the online auction will begin. Items will have staggered completion dates from one to three weeks, with the entire event reaching completion on November 4 at 8 p.m. For newcomers to the online auction process, it is essentially as easy as typing your name, mailing address and credit card information. Winners will receive notification, and their credit card will be billed. The online auction will likely be followed by a direct mail campaign and a second auction in 2009 to support the scholarship. Alumni can also sign up as a scholarship sponsor or make a donation at the website.

“The website allows anyone to e-mail the auction website links to any friends they wish,” says Cimmino. “We just hope people jump at the opportunity to fund a very worthy cause and at the same time come away with a unique piece of sports memorabilia.”

A leather Michigan football signed by legendary Michigan running back Tyrone Wheatley and an autographed Michigan mini-helmet signed by the man who started the lore of jersey #1, Anthony Carter, are just a few of the over 200 items available through the on-line auction.
Kinesiology Welcomes Cornwell, Fort and Palmer

by Alice Rhein

**Bettina Cornwell**

Bettina Cornwell (pictured at left, in the center) will join the Kinesiology faculty in December as Professor of Marketing and Sport Management. A native of Florida, Cornwell will join U-M from the University of Queensland in Australia where she has been Cluster Leader in Marketing for several years. She has a PhD and MBA from the University of Texas at Austin.

Cornwell will be teaching a course in sponsorship-linked marketing, which is also her research interest. She will be continuing some existing projects, including research into the effectiveness of sponsorship-linked communications in developing memory for the brand-sport pairing. Research collaboration will also continue in understanding the development of positive attitudes and images for the firm based on sponsorship. Cornwell will also further her research that considers the internal marketing value of corporate sponsorships, and she will initiate work that examines the public policy issues surrounding sponsorship of sport by snack and fast food brands.

Having spent her career in business schools, Cornwell has published articles in more than a dozen professional journals and is looking forward to developing a breadth of understanding of kinesiology and building cross-disciplinary research teams. Arriving with Cornwell is her husband Steve, who is finishing a PhD in Marine Science, and their tribe of boys: David, Robert and Luke.

**Rodney Fort**

Rodney Fort joined the Kinesiology faculty this August from 23 years at Washington State University where he taught economics. Fort is the author of the textbook *Sports Economics*, Second Edition (Prentice Hall, 2006) as well as several other books including *Pay Dirt* (Princeton University Press, 1992) and *Hard Ball* (Princeton University Press, 1999). A native of Seattle, Fort received his PhD from Caltech and his MS from Montana State University. He is currently serving as the vice president of the International Association of Sports Economists and has published articles in *American Economic Review*, *Journal of Political Economy*, *Journal of Economic Literature*, *Economic Inquiry*, *Scottish Journal of Political Economy*, and the *Journal of Sports Economics*.

Considered an expert in sports economics, Fort has testified before the U.S. Senate Subcommittee on Antitrust concerning competitive balance issues in baseball and is often called upon to give expert opinion in cases concerning sports. Fort will be teaching Sports Economics and will also develop research methodology courses for undergraduate and graduate students. At U-M he hopes to enhance the worldwide reputation of the sports management program by increasing the analytical offering for students and by forging relationships with the funding community. Fort is married to Leslie, his wife of 31 years, and has three grown children.

**Mark Palmer**

Mark Palmer came to the University of Michigan for graduate school in 1991 to study bioengineering. He took a “circuitous path” by obtaining dual masters’ in Mechanical Engineering and Bioengineering followed by an MD and PhD in Mechanical Engineering in 2004. Prior to joining Kinesiology in October, Palmer was the chief technology officer and principal investigator at Reveal Technologies Group, Inc., the startup company he founded this spring, which was funded by the NIH. A native of Jamaica, Palmer is excited about the opportunity to extend his current research on the mechanical factors involved in training, injury and aging across multiple levels within skeletal muscle tissue and applying it to questions related to human movement, training, rehabilitation and disease. His research uses computational functioning as a tool for quantifying how well our current understanding of musculoskeletal form and function correlates with reality. He also looks at integrating modeling with experimentation to address questions that are difficult to evaluate with experiments alone. Palmer’s teaching responsibilities, which may include a new course on modeling musculoskeletal architecture, will begin in fall 2008. Palmer, who likes to play bass and guitar, lives in Ann Arbor with his wife.
Dean Ulrich to be President-Elect for AAKPE

At the 2007 annual meeting in Savannah, GA this September Professor and Dean Beverly Ulrich will begin her term as the President-Elect for the American Academy of Kinesiology and Physical Education (AAKPE).

Elections for the executive officers were held in May. We are fortunate to have Dean Ulrich in this leadership position as it will promote engagement of our faculty at Michigan with the most current and pressing topics of the field, particularly those being addressed by this major organizing body for Kinesiology.

The dual purpose of AAKPE is to encourage and promote the study and educational applications of the art and science of human movement and physical activity and to honor, by election to its membership, persons who have directly or indirectly contributed significantly to the study of and/or application of the art and science of human movement and physical activity.

The Academy promotes its dual purpose by means of recognizing and encouraging the continued exemplary, scholarly, and professional productivity of its individual members; synthesizing and transmitting knowledge about human movement and physical activity at annual scholarly meetings and via publication of Academy Proceedings; fostering philosophic considerations regarding purposes of and issues and values related to human movement and physical activity; and annually bestowing honors for outstanding contributions to the fields of kinesiology and physical education.

Recent major accomplishments of the academy include developing the national Kinesiology doctoral program review and lobbying successfully for Kinesiology to be included in the National Research Council’s ranking of doctoral programs, starting in 2007. Professors Dee Edington, Vic Katch, Greg Cartee and Dale Ulrich are also academy fellows of the AAKPE from Kinesiology at the University of Michigan.

Study Takes Next Step: Why Women Suffer More Knee Injuries

Female athletes are up to eight times more likely to suffer knee injuries during their careers than males, and now researchers may be closer to understanding why.

Lead researcher Scott McLean, assistant professor U-M Kinesiology, recent study of 10 female and 10 male NCAA athletes found that female athletes tend to land from a jump with a more flexed ankle, the foot rolling outward with an elevated arch, and more knee abduction and knee internal rotation compared to male athletes.

When fatigued, differences between women and men in these movements and loads were even larger, possibly explaining why females may be at greater risk of non-contact anterior cruciate ligament (ACL) injury during landing.

During the study, subjects were observed performing drop-landing tasks similar to that which they would execute during game play. Cutting edge three dimensional high-speed motion analysis techniques were used to examine the lower-limb-joint kinematics and kinetics associated with these landings, both before and after exposure to a sports relevant fatigue protocol.

“Before we can even consider trying to successfully prevent ACL injuries in both men and women, we need to clearly identify their underlying causes or mechanisms,” McLean said. “This study presents an important step in achieving these ultimate research goals. Fatigue definitely increases the potential for potentially hazardous landing strategies and should thus be considered within ongoing injury prevention training methods. It also seems that when fatigued, the potential for an athlete to execute poor decisions, reactions and thus movement responses may be greatly increased. Our current research is now examining this relationship and preliminary data indeed suggests that unanticipated landings in a fatigued state may present as a worst case scenario for ACL injury risk, particularly in females.”

Professor Dale Ulrich, Michael Wade from the University of Minnesota and Professor and Dean Beverly Ulrich at the 2005 AAKPE National Conference.
New research shows that just one session of exercise can prevent a primary symptom of type 2 diabetes by altering fat metabolism in muscle.

Jeffrey Horowitz, associate professor U-M Kinesiology, and his former doctoral student, Simon Schenk, now a post-doctoral fellow at the University of California, San Diego discovered that a session of aerobic exercise increases storage of fat in muscle, which actually improves insulin sensitivity. Low insulin sensitivity, or insulin resistance, is an impaired ability of the body to take up sugar from the blood, which can lead to high blood sugar and diabetes.

“Getting a regular “dose” of exercise may be much more important than your level of physical fitness.”

The study findings also highlight the important metabolic health benefits of a single exercise session.

“If this is correct, then getting a regular “dose” of exercise may be much more important than your level of physical fitness. How hard the exercise dose must be in order for an obese person to reap the benefits, and how long the effects last remains unknown. Horowitz and his research team are addressing these issues.

They exercised for 90 minutes at 75 percent of maximum heart-rate; on the other visit, they remained inactive.

With all other conditions being equal, researchers found that during the nonexercise visit, the fat infusion reduced insulin sensitivity to levels commonly found in obese people. However, they found that during the exercise visit, not only did the exercise prevent the impairment in insulin sensitivity, but it increased insulin sensitivity by about 25 percent over their base levels. The researchers also found that the exercise session had diverted more fatty acids to be stored as IMTG than without exercise, and as a result fewer fatty acids were available to become the harmful metabolites known to impair insulin sensitivity.

“We believe this describes a primary mechanism for how exercise improves insulin sensitivity in obesity,” Horowitz said.

Impaired insulin sensitivity is particularly a problem in obese people because of the excessive amount of fatty acids released from their body fat stores. This overabundance of fatty acids is taken up by tissues like muscle and liver where they interfere with the ability of insulin to regulate sugar metabolism. In muscle cells, fatty acids can be burned for energy, and they also can be stored as intramuscular triglyceride, or IMTG. IMTG is a reservoir for fat storage, and high IMTG levels correlate with insulin resistance in obese people and those with type 2 diabetes. Partly because of this correlation, many researchers assumed IMTG is somehow involved in the development of insulin resistance. Yet, people who exercise regularly also have high IMTG levels, but they are actually very sensitive to insulin.

With that in mind, U-M researchers set out to test their novel hypothesis: that increasing the capacity for fat storage in muscle after one session of exercise can actually increase insulin sensitivity. They suspected that for several hours after exercise more fatty acids entering the muscle will be stored as IMTG, thus keeping them from turning into more harmful metabolites that are known to cause insulin resistance. Essentially, this means that exercise may cause you to store more fat in your muscles, but in doing so your insulin sensitivity improves. Researchers studied eight lean female subjects and infused fat into their bloodstream to increase fatty acid levels commonly found in obesity. The subjects were admitted to the hospital for this two-day procedure on two separate occasions. On the first day of one hospital stay, they exercised for 90 minutes at 75 percent of maximum heart-rate; on the other visit, they remained inactive.

With all other conditions being equal, researchers found that during the nonexercise visit, the fat infusion reduced insulin sensitivity to levels commonly found in obese people. However, they found that during the exercise visit, not only did the exercise prevent the impairment in insulin sensitivity, but it increased insulin sensitivity by about 25 percent over their base levels. The researchers also found that the exercise session had diverted more fatty acids to be stored as IMTG than without exercise, and as a result fewer fatty acids were available to become the harmful metabolites known to impair insulin sensitivity.

“We believe this describes a primary mechanism for how exercise improves insulin sensitivity in obesity,” Horowitz said.

Dramatic Health Benefits After Just One Exercise Session by Laura Bailey, U-M News Service
A robotic exoskeleton controlled by the wearer’s own nervous system could help users regain limb function says U-M Kinesiology Researcher Dan Ferris, associate professor of movement science. That is encouraging news for people with partial nervous system impairment. A study by Ferris and former doctoral student Keith Gordon ’05 PhD (currently Coolidge Research Scientist at the Rehabilitation Institute of Chicago) on the exoskeleton was recently published in the Journal of Biomechanics.

The ankle exoskeleton developed at U-M was worn by healthy subjects to measure how the device affected ankle function. The U-M team has no plans to build a commercial exoskeleton, but their results suggest promising applications for rehabilitation and physical therapy, and a similar approach could be used by other groups who do build such technology.

“This could benefit stroke patients or patients with incomplete injuries of the spinal cord,” said Ferris. “For patients that can walk slowly, a brace like this may help them learn to walk faster and more effectively.”

Ferris and Gordon showed that the wearer of the ankle exoskeleton could learn how to walk with the exoskeleton in about 30 minutes. Additionally, the wearer’s nervous system retained the ability to control the exoskeleton three days later.

Electrical signals sent by the brain to our muscles tell them how to move. In people with spinal injuries or some neurological disorders, those electrical signals don’t arrive full strength and are uncoordinated. In addition, patients are less able to keep track of exactly where and how their muscles move, which makes re-learning movement difficult.

Typically, robotic rehabilitative devices are worn by patients so that the limb is moved by the brace, which receives its instructions from a computer. Such devices use repetition to help force a movement pattern.

The U-M robotic exoskeleton works the opposite of these rehabilitation aids. In the U-M device, electrodes were attached to the wearer’s leg and those electrical signals received from the brain were translated into movement by the exoskeleton.

“The artificial muscles are pneumatic. When the computer gets the electrical signal from the wearer’s muscle, it increases the air pressure into the artificial muscle on the brace,” Ferris said. “Essentially the artificial muscle contracts with the person’s muscle.”

Initially the wearer’s gait was disrupted because the mechanical power added by the exoskeleton made the muscle stronger. However, in a relatively short time, the wearers adapted to the new strength and used their muscles less because the exoskeleton was doing more of the work. Their gait normalized after about 30 minutes.

The next step is to test the device on patients with impaired muscle function, Ferris said.

This work was supported by a grant from the National Institute of Neurological Disorders and Stroke. To see a video of Dr. Ferris explaining the device, visit the EngineeringTV website (engineeringtv.com) and watch Episode 62 Artificial Muscles.
Forty-one-year-old Laura Gable has lived her entire life with cerebral palsy, a neurological disorder that appears in infancy or early childhood, and permanently affects body movement and posture. As she’s grown older, Gable has noticed the pain and stiffness, and other motor affects associated with her cerebral palsy have worsened.

“Very simple things that a lot of people don’t think are hard, becoming really difficult for me,” Gable says. “When I get stiff, I have a hard time reaching in the cupboard for dishes, putting on my clothes and even tying my shoes.”

While physical and occupational therapy bring relief, many adults with cerebral palsy like Gable find juggling busy work and family schedules leaves little time to attend regular therapy sessions outside the home. Adding to that, some insurance companies do not cover physical and occupational therapy for adults with cerebral palsy.

But what if patients could complete regular therapy exercises from the comfort of their home? Using an Internet connection and an at-home computer interface, that’s exactly what a new program developed by experts at Kinesiology and the U-M Health System aims to do: Make movement-based training more convenient and accessible to adults with cerebral palsy.

ULTrA, a three-year study funded by the National Institute on Disability and Rehabilitation Research through the U.S. Department of Education, consists of 40-minute training sessions done five days a week for eight weeks. Each patient’s home is equipped with a computer-based upper limb training unit, a high-speed Internet connection, and a training CD.

Using the Internet and streaming video, the ULTrA program allows adult patients to connect to “virtual trainers” and real-life experts at the U-M motor control lab via their home computer to complete movement-based therapy programs. The project also collects data to determine how well the in-home therapy is working.

“We’re targeting a growing, yet neglected segment of the population using the Internet and streaming video to essentially bring our lab and experts into the patients’ homes to engage them in a movement-based training program,” says Susan Brown, PhD, director of the Motor Control Lab at U-M Kinesiology.

For Gable, ULTrA has helped to improve her fine motor and sensory skills. Beyond her own physical improvement, she hopes ULTrA will encourage others in the medical field to find more innovative ways to support adults with cerebral palsy.

“The ULTrA project is a step toward moving cerebral palsy treatment into the 21st century,” she says. “There’s the potential to figure out how to improve range of motion and daily quality of life for people with CP. Now, there’s a way for me to keep physically moving and mobile for the rest of my life.”
Brooks wins the American College of Sports Medicine’s Highest Award

George Brooks, MS ’68, PhD, ’70, FACSM, has received the 2007 American College of Sports Medicine (ACSM) Honor Award for his distinguished contributions as a leading scientist, dedication to teaching, and professional leadership.

Dr. Brooks is recognized internationally for his scientific inquiry that has enhanced our understanding of how muscle responds to a single exercise session and how regularly practiced exercise causes muscle adaptations. In particular, his work on the Lactate Shuttle and Crossover Concept have led to fundamental changes in understanding of the ways glycolytic and oxidative metabolism are inter-related and how carbohydrate and lipid energy sources are utilized.

After receiving his PhD from the University of Michigan, Dr. Brooks completed a Post Doctoral Research fellowship at the Muscle Biology Research Laboratory, University of Wisconsin. He presently is Professor of Integrative Biology at the University of California.

George has been an ACSM Fellow since 1972, has served on the Board of Trustees and as a Vice President and has served as an Associate Editor of Medicine and Science in Sports and Exercise. He also coauthored the textbook *Exercise Physiology: Human Bioenergetics and Its Applications*, first published in 1984, it is now in its fourth edition.

Segal Joins University of Missouri Faculty

Steven Segal, PhD, ’84, has joined the University of Missouri, School of Medicine as professor of physiology and education in its Department of Pharmacology and Physiology. Prior to this appointment, he had been professor of physiology at the University of Virginia.

Following his doctoral work at Michigan, received the Postdoctoral National Research Service Award in microcirculation from the University of Virginia. His research as focused on understanding the control of tissue blood flow in light of how oxygen delivery increases in response to metabolic demand.

Experiments in his lab at Missouri center on elucidating the cellular and molecular events which initiate these signals, how such signals are transmitted from cell to cell to orchestrate vasodilation and vasoconstriction in microvascular networks, and how these integrative processes are governed by the nervous system.

Segal is a fellow with of the American College of Sports Medicine, Council on Basic Cardiovascular Sciences, American Heart Association, the Cardiovascular Section of the American Physiological Society and the American College of Sports Medicine. He is also the President-elect for The Microcirculatory Society and associate editor for Microcirculation.

IRV WISNIEWSK I KEEPS SUMMER TRADITION ALIVE

by M. James McIntyre

Irv Wisniewski (BS Ed. ’50) had a robust 37 year career at the University of Delaware, serving as head coach for men’s basketball and golf teams, assistant coach for the UD football team, and a physical education instructor.

Wisniewski was a standout two-sport athlete, leading the Wolverine football team to two national titles and the basketball team to the 1948 Big 10 title. After a brief stint at Hillsdale College he joined fellow alum, Dave Nelson (BS Ed. ’42, MS ’46) at the University of Delaware in 1952. He helped lead the Blue Hens to three national titles under Nelson and Tubby Raymond (BS Ed. ’50) and coached several All-American players. He was inducted into the University of Delaware Athletics Hall of Fame in 2000 and the Delaware Sports Hall of Fame in 2005.

However, many would say Irv’s true passion has been kids and camping. 58 years ago, he bartered an agreement to use a local waterfront and park ground to start Varsity Day Camp for area children.

Each year the Wisniewski’s have returned to Michigan and opened the camp. Now on a site next to the original grounds, the camp gives kids the chance to play, learn and “just have fun.” It also has become a family reunion for the Wisniewski clan of 38 including seven children. Irv oversees camp activities while his wife Martha supervises 170 meals daily. Daughter, Mary, director of athletic training at Northwestern University supervises waterfront activities while sister, Jane oversees the playgrounds and games venues.
Bickner Gift Establishes Kinesiology’s First Chair

by Pat Materka

“At this time, the Division is in need of an endowed chair to attract additional faculty of excellence. We are pleased to be able to establish the Division’s first chair, and we hope that others will follow our lead.”

—Joan Bickner
Kinesiology has received its first-ever fully endowed professorship from the Bickner Family Foundation.

The $1.5 million gift continues a long history of support from Joan and Bruce Bickner, including Joan’s many years of service as a member of the Kinesiology Campaign Council.

The Bickner Chair is one of 20 endowed professorships at U-M created through President Mary Sue Coleman’s Donor Challenge, which will fund the balance of the $2 million positions.

Bruce and Joan stated that the gift reflects their belief in Kinesiology’s commitment to excellence in teaching, research, and service.

“The accomplishments of the Division of Kinesiology under Bev Ulrich have been truly outstanding,” Joan said. “At this time, the Division is in need of an endowed chair to attract additional faculty of excellence. We are pleased to be able to establish the Division’s first chair, and we hope that others will follow our lead. We also hope that the presence of an endowed chair will be further evidence of the growth and development of this academic unit—and an important step toward the University’s recognition of Kinesiology as a School.”

“We are grateful for President Coleman’s challenge grant which helped to make this important development for Kinesiology a reality.”

Dean Beverly Ulrich believes this is the only fully endowed chair in the country in a Kinesiology unit that is undesignated. “The faculty have been working together to identify the criteria for a new person to join our group. They will be seeking a person who spans disciplines—for example, sport business and law; exercise physiology and psychology, or pedagogy and mathematics.

“This will open the search to a wide range of candidates throughout the country, even throughout the world,” Dr. Ulrich said. “The search itself will give visibility and prominence to Kinesiology at Michigan and elsewhere. It shows that the field of kinesiology can compete for named professorships with disciplines such as engineering and medicine.”

“Bruce and Joan truly understand what we are about,” she continued. “When we talked about the Michigan Difference Campaign, they indicated that they wanted to do something that we could not do by ourselves. That’s where they wanted to play a role.”

The Bickner’s association with Michigan dates back to Bruce’s years as a U-M law student and Joan’s position as head pediatric nurse at University Hospital. They settled in Sycamore, IL where Bruce ultimately became chairman and CEO of DeKalb Genetics, and Joan was active in school, church and hospital volunteer work.

But they regularly returned for football and alumni events in Ann Arbor, and it was no surprise when all three of their children chose Michigan. Julie, ’98, graduated in sports management and is now a teacher and administrator with the California Virtual Academies, a K-12 distance learning school system. Brian, also a former Kinesiology major, is now senior coach for the DeKalb County Swim Team where he took 15 members, his largest group ever, to the Swim Nationals last August. Their son Kevin graduated from the College of Engineering, and is a business operations manager with EMC Corporation.

Over the years, the family’s giving to U-M has focused on many areas of need, from financial scholarships to construction and renovation, including building and equipping Kinesiology’s Bicker Auditorium.

“The endowed chair not only reflects their very generous and supportive nature, but their belief in us to steward it for the benefit of the entire unit,” Dr. Ulrich said. “It allows us to attract an exceptionally strong candidate who can generate excitement within the faculty and student body.”

“God has provided us with both talents and financial resources. We are happy to be able to share our time and resources with others,” Joan said.

Owing to her medical background, Joan said that she is particularly impressed by Kinesiology’s growing body of movement science research. “The range and diversity of studies related to exercise, motor development, health management, and now this latest initiative, the new Sport Injury Prevention Center, is so important,” she said. “We are all living longer, and preventing or managing mobility problems is a key to maintaining quality of life.”
In the past year, 41 Kinesiology students traveled to thirteen countries, including Australia, China, Costa Rica, the Dominican Republic, England, Honduras, Ireland, Italy, the Netherlands, Panama, Spain, Tanzania and Vietnam. In addition to study abroad, students volunteered to build houses in Honduras, helped establish an orphanage in Tanzania and conducted research on health disparities in China, childhood malnutrition in Vietnam, HIV/AIDS education in the Dominican Republic and pediatric neuromotor control in the Netherlands.

Travel Awards
Thanks to the generosity of our alumni, especially Carl ’51 and Joan Kreager and Dr. Tom ’78 and Sarah Templin, last summer we began making $500–$1000 travel awards available to undergraduates and graduate students. This year, 10 undergraduates received awards to offset some of the cost of going abroad. Financial assistance is critical for many students, especially those who must give up summer income while abroad. We are building a fund and welcome your donation. With additional contributions, we can offer awards to more students next year. Please contact Alicia Marting at (734) 529-7254 or amarting@umich.edu for questions about how to make a pledge to the GoGlobal! fund.

International Exchange Agreements
The Center for Global Opportunities in Kinesiology recently finalized reciprocal student exchange agreements with two universities in Barcelona, Spain, that were negotiated by Movement Science faculty member and Barcelona native, Dr. Rosa Angulo Barroso. U-M Kinesiology students with proficiency in Spanish will now have the opportunity to study at the National Institute for Physical Education and the International University of Catalonia in Barcelona. In addition to sending U-M students abroad to earn credit in their major, we are equally excited about welcoming international students from the National Institute for Physical Education and the International University of Catalonia in the coming years. We anticipate that these exchanges will not only enrich the students directly involved but also the faculty and staff who interact with them, expanding knowledge and awareness of the global community. Additional agreements are being explored with the Faculty of Human Movement Sciences, Free University Amsterdam, the Netherlands; the School of Human Movement Studies, University of Queensland, Australia; and, the School of Sport & Exercise Sciences, Loughborough University, United Kingdom.

Big 10 Collaboration
The Center for Global Opportunities is collaborating with colleagues at other Big 10 schools with relevant study abroad opportunities, including Dr. Li Li Ji at the University of Wisconsin at Madison. In June, Dr. Ji taught a course entitled “Physical Activity and Sports in China.” In June, U-M faculty and students traveled to Beijing and Shanghai. Athletic Training faculty member Brian Czajka, Karen Miller AT ’07, Samantha Kelley, MVS ’07 and AT senior Leah Dvorkin traveled with Dr. Ji on a culturally rich and intensely focused two-week study tour that included visiting the Olympic stadium and training center, the China Wushu Museum and several sports and medical schools.
For the second year in a row, Research Scientist Dr. Louis Yen led a group of U-M students on a three-week tour of China through the Global Intercultural Experience for Undergraduates (GIEU) program. Four Kinesiology students traveled and studied with Dr. Yen, including Jamie Tirrell (MVS ’07), Jaclyn Regan (MVS ’08), James Nuanes (SM ’10) and Kristen Evans (SM ’08).

Student Profiles

Lindsey Cottrell, SM ’07, volunteered in Tanzania during Winter Break. Along with fellow U-M alumna Dory Gannes, Lindsey traveled to rural Tanzania and began establishing an orphanage for 96 HIV/AIDS orphans. Land has already been purchased and construction of the building is scheduled to begin this summer, working toward the goal of moving the children to the new building on Christmas Day. Read more about The Olevolos Project at www.theolevolosproject.org. Lindsey is continuing her studies at the U-M School of Public Health.

Katie Degesie, AT ’07, volunteered for the U-M student organization Honduras Medical Relief last summer and after graduating in May, decided to continue her volunteer efforts by joining the US Peace Corps. Starting this fall, Katie will begin her two-year commitment on the French speaking island of Madagascar.

Four Sport Management students studied Marketing in Australia, earning credit in their major: Scott Oberlander, Matt Ehrlich, Michelle Kornblau and Alec Levin. Junior Matt Ehrlich commented, “Our class focused on the marketing of basketball in Sydney so I gained powerful insight into the marketing of a sport product and experience in a foreign country. I have gained a variety of important marketing concepts and ideas that will surely impact my study within Kinesiology.” When asked about how this experience might influence his career path, he said, “I think that I would sincerely consider a professional career in Sydney if the time and opportunity was available.”

Movement Science senior Robyn Odzark was awarded a Minority Health & Health Disparities International Research Training Program fellowship (MH-IRM) to conduct research in Beijing, China. She sent this observation via email, “Yesterday I got to go into some surgeries with the doctor I’ve been doing the research for. It was really cool to see. Things are run much more differently in China than I would have expected, so it was nice to get another perspective on how another country runs their hospital system. We finished up recruiting all the women for our study. We have 624 total! The doctor we worked for is taking us out to dinner and karaoke to celebrate.”

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Ron is accustomed to being involved in starting health research enterprises. The Alberta Bone and Joint Health Institute was founded in 2004 with a focus on being a change agent for healthcare in that Canadian province. The Health Institute is an initiative with a central focus on health care reform bringing together orthopaedic surgeons with all other stakeholders in joint and bone health including the private sector, healthcare providers, government agencies and academe. As Executive Director of the Alberta Institute, he has been responsible for leading the Institute team in developing strategic initiatives in research, education and health service delivery.

He has held several positions at the University of Calgary, including Wood Professor in Joint Injury Research in the Faculty of Medicine, Professor in the Schulich School of Engineering, and Director of the Alberta Provincial CIHR Training Program in Bone and Joint Health. Ron’s research focuses on bone and cartilage intact after the onset of post-traumatic osteoarthritis, a common occurrence in people with ACL injuries.

Ron’s current research focuses on the adaptation of bone to exercise, disuse, diet and disease, on joint injury and osteoarthritis, and on biomedical engineering. He has authored more than 500 peer-reviewed research publications and two books. He has received research awards from NASA, the Society for Physical Regulation in Biology and Medicine, the American and International Societies of Biomechanics, and the Canadian Orthopedic Research Society. Ron is former Dean of the Faculty of Kinesiology at the University of Calgary, and Past-President of the Canadian, American, and International Societies of Biomechanics. He has collaborated with a number of U-M researchers through the years including Steve Goldstein, PhD, Henry Ruppenthal, Family Professor of Orthopedic Surgery and Bioengineering, U-M Medical School and Beverly Ulrich, PhD, Professor and Dean of Kinesiology.

A native of Green Bay, Wisconsin, Ron earned his graduate degrees in biomechanics and anatomy from the University Wisconsin-Madison and his undergraduate degree from Concordia University, River Forest, Illinois. He starts October 1 and will have his offices and research facilities in Domino’s Farms.

The Sports Injury Prevention Center was established through a $5 million commitment to U-M Kinesiology and the U-M Medical School’s Department of Orthopedic Surgery/Med Sport from the Judy and Fred Wilpon Family Foundation, Great Neck, NY.
“The potential for the Center is absolutely huge,” Professor Faulkner exudes. “These issues haven’t been addressed. When we asked him about his vision, he talked for about an hour and a half on its potential. He’ll make this thing (the Center) fly.

“It’ll be gangbusters being able to bring together Kinesiology, Physiology, Biology and Gerontology, not to mention Medicine. I’m anxious to play a role in getting the Center off the ground.”

As Director of the Muscle Mechanics Lab, Dr. Faulkner holds positions as professor in physiology and biomedical engineering and is a senior research scientist in the Institute of Gerontology. However, his start was in the Department of Physical Education.

A World War II stint as Spitfire fighter pilot for the Royal Canadian Air Corps, led to college on the Canadian version of the GI Bill. This was followed by Faulkner spending four summers at Michigan as a part-time master’s degree candidate while teaching for Glebe Collegiate Institute in Ottawa, Ontario. Upon completion, he became an assistant Physical Education professor at the University of Western Ontario. “At that time, everybody coached something.” Thinking he was going to be an assistant football coach, he instead found himself poolside. “The person I was replacing was the swim coach. So they told me I was taking his place,” he recalled. “My wife said, ‘you’ll like swimmers, they’re the smartest, most hardworking athletes you’ll ever coach.’” Of course Margaret, his wife of 52 years was a swimmer.

Margaret must have been right because in 1960 he was the Canadian Olympic Swimming Team Coach. Following the Olympic pursuit, he returned to U-M for his doctoral studies at a time when some of the nation’s leaders in physical education and exercise physiology were on the U-M campus including Henry Montoye, Hugh Welch, Andrew Kozar (AM ‘57, PhD ‘61) and Paul Hunsicker. This led to an eventual appointment to U-M’s PE faculty and an eventual move to the Department of Physiology in 1965 where he became one of the proponents of understanding the effects of exercise in physiology research.

Today, at 83, Professor Faulkner continues to lead a research team of 17 in addition to an annual cadre of undergraduates, masters and doctoral students that he mentors. The lab is involved in research in numerous areas including Molecular and Integrative Physiology, Biomedical Engineering, Plastic Surgery, Cardiovascular Surgery and Internal Medicine.
In the few years since coming to the University of Michigan in 2000, Jeff Horowitz has put together an ambitious research agenda. Jeff is increasingly drawing attention from scientists and the media alike because of the research results in Kinesiology’s Substrate Metabolism Laboratory (SML) that he directs. His laboratory studies the regulation of fat, carbohydrate, and protein metabolism in humans, with particular interest in how exercise and diet affect energy metabolism.

The overall goals of his research are to gain a better understanding about metabolic factors that contribute weight-gain and obesity, and to provide information that will be used to treat and prevent obesity-related diseases. Work in the SML has drawn attention and support from of the National Institutes of Health, the American Diabetes Association, and the Robert & Veronica Atkins Foundation (of Atkins Diet fame).

While this exciting research is generated in his lab, under his guidance, Jeff explains that much of the credit has to go to his doctoral students. “I view my graduate students as collaborators in my lab,” explains Jeff. “They are here to learn to become strong independent research scientists.”

Typically, during their first year in the lab, graduate students largely assist others with research projects that are already underway. As they develop a deeper understanding of the complexities of the research questions being addressed, and acquire the lab skills necessary to address these questions, doctoral students take on more independence and take on a much larger role in the design of research studies being performed. They also take the leading role in writing many of the manuscripts describing the lab’s research findings. The overall goal is that by the time the student graduates they have the foundation to develop a career as an independent researcher.

What if there were no doctoral students in Kinesiology? Jeff is quick to respond, “The bottom line is that it would be very difficult to accomplish my lab’s research goals without graduate students.” It is often a misconception that graduate students are an inexpensive source of labor in the labs and classrooms. “It may be surprising,” he continues, “but the cost of hiring lab technicians is often less expensive than supporting graduate students at the University of Michigan.” Jeff goes on to explain that although hiring skilled technicians may help to accomplish a set of laboratory tasks, this is very different than having graduate students working on the same projects. Graduate students are truly passionate about the research questions and these projects are forming the foundation for their own research careers. He adds, “Graduate students are far more than just technicians, they are colleagues and a major driving force in the lab.” Graduate students learn to troubleshoot problems, provide their own insight to interpret findings, and contribute ideas to what the next steps should be. Perhaps most importantly, graduate students are the next generation of researchers who will continue to address important research questions, develop novel therapeutic and/or preventative treatments, etc. They also will be the ones who will teach future generations of students in the classroom as well as the lab. Without graduate students the flow of teachers and of new scientific discoveries will eventually cease.

Research That Makes a Difference

Today, kinesiology researchers and their graduate students conduct basic and clinical research, and because of their expertise in exercise, movement and health, colleagues in areas such as medicine, engineering and psychology are eager to collaborate. The profound impact physical activity in disease prevention and treatment, as well as improving quality of life is well recognized. Yet, HOW physical activity works to promote these health benefits and HOW we can improve movement capabilities in people with physical disabilities is poorly understood. Research in Kinesiology address these questions directly. Learning the underlying mechanisms for the beneficial effects of physical activity and discovering the root causes for movement disabilities allows for the development of improved treatments and therapies to further enhance human health. In addition, although “traditional” medical/health-care training, education, and research may acknowledge the importance of increased physical activity and movement, often little is done in terms of training and
educating health care professionals regarding the complexities of physical activity and movement to improve health. This is a primary focus of Kinesiology at the University of Michigan.

Dean Beverly Ulrich couldn’t agree more. As she points out, “the cutting edge research in Kinesiology has shifted to broad societal concerns related to mobility and health. Movement—that is our routine activities of daily living, from walking to climbing stairs to exercising—is essential to defining the quality of life we have. The impact activity can have on health is known at some levels, but has not been well understood or applied to daily living. As a result, our work has never been more relevant, more valuable or more important. Achieving these goals and serving society requires that we bring the very best doctoral students to campus to learn, assist in our research and become the future scholars, educators and researchers in Kinesiology.”

In Kinesiology, groups of researchers pays special attention to learning about special populations such as victims of spinal cord injuries, people with cerebral palsy, spina bifida, Down syndrome, and obesity—and how this can have applications for healthy individuals as well. Examples abound:

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Dan Ferris, Riann Palmieri-Smith, and Scott McLean whose research findings hold promise for patients with spinal cord injuries, people with cerebral palsy, spina bifida, Down syndrome, and obesity—and how this can have applications for healthy individuals as well. Examples abound:

Dale Ulrich, Beverly Ulrich, Susan Brown and Rosa Angulo-Barroso who focus their research on developing therapeutic interventions for people of all ages with disabilities ranging from Parkinson’s to spina bifida.
Kathy Babiak and Jason Winfree are being joined by two internationally recognized sport business scholars to who will be involved in evaluating the professional sport industry, and entertainment enterprises and how these activities shape our views on how we spend our leisure time and discretionary income.

Greg Cartee, Jeff and Katarina Borer collaborate to study the effects of exercise on human physiology particularly as it relates to the effects of exercise on metabolic and cardiovascular health. Their research is helping to determine how to manage or prevent such health problems as cardiovascular disease, obesity and type 2 diabetes.

Building from Strength

Improving—and redefining—mobility, health and the sport industry include a vast array of multi-dimensional tasks far beyond the scope of any single discipline or institution. However, given the remarkable breadth and depth of its academic resources, the University of Michigan is poised to assume a leading role in meeting the challenge. As part of a rich intellectual mix that includes medicine, public health, business, law, and public policy, Kinesiology is uniquely positioned to make large, far-reaching contributions.

The PhD Priority

“The task now is to reinforce our leadership position, increase our international visibility, and foster our future,” says Dean Ulrich. “Our future means focusing intently on funding for the PhD program.”

She goes on to explain: “Without a strong doctoral program, we cannot have strong faculty for the next generation. To date, we’ve been extremely fortunate in being able to attract serious, energetic and intellectually curious PhD students to our programs. Dedication to their studies and research requires today’s graduate students to pursue their doctoral degrees on a full-time ‘plus’ basis. We require them to enroll as full-time students with a meager salary leaving them limited opportunities for outside income to supplement their income. Financial support available to doctoral students is severely limited thus limiting the number of students overall. Our next funding priority must be endowment funds to provide support for top PhD students.”

Daniel Ferris, chair of the Kinesiology Graduate Committee, reinforces Dean Ulrich’s view. As he notes, “Doctoral students benefit Kinesiology in a multitude of ways. They teach undergraduates in key courses and in laboratories. In addition, doctoral students in research labs often serve as mentors for undergraduate research assistants. Our PhD students help faculty members carry out research projects, publish papers and write grant applications, which advances the research productivity of the Division and factors into the rankings of Kinesiology programs by various agencies. And, finally, our doctoral students make a real difference in the world by moving into faculty positions across the globe.”

Is an endowment the best strategy for strengthening the PhD program—and the Division as a whole? “Absolutely,” Ferris says. “Competitive endowed fellowships will give us an advantage in recruiting. They will attract the best students and enable them to dedicate more time to research. Ultimately, top doctoral students will benefit undergraduates, faculty and the entire Division of Kinesiology.”

Dr. Riann Palmieri-Smith tests a subject in the Neuromuscular Research Laboratory.
**Making a Difference in the Future of Kinesiology**

The $3 Million PhD Endowment Campaign Supported by the President’s Donor Challenge

President Mary Sue Coleman has announced her second President’s Donor Challenge, this time focused on graduate and professional student support. Every two dollars committed for graduate student support will be matched by one dollar from President Coleman. A full graduate or professional fellowship can often cost $40,000 to $50,000 annually. Individual endowments of $750,000 earn nearly $40,000 annually and can make the most difference in attracting the finest graduate students because they can fully fund one student for his or her student years at Michigan.

Alumni and friends of Kinesiology can choose to make a five-year pledge before December 31, 2008 toward Kinesiology’s PhD Endowed Fellowship Fund. In addition to their fellowship endowment commitment, they will receive the match will be credited to their gift records. Corporate matches for an employee’s gift are eligible for a match from the President if the money comes in within the designated time frame.

“The strategy behind this final segment of the Michigan Difference Campaign is simple and powerful,” notes Jim McIntyre, Director of Development for Kinesiology. “Faculty and students are attracted to the institutions that are best equipped to help them reach their professional goals. A $3 million endowment fund will enable us to offer competitive fellowships to four PhD students. Annually, the faculty will award a four-year award to the best doctoral candidate entering Kinesiology. The net effect will be a long-term strengthening of our doctoral program, our research, our rankings, and our ability to make a difference in health care.”

For more information about the PhD endowment fund and specific giving opportunities—including single-year gifts and multi-year commitments—visit [www.kines.umich.edu/alumni/endowments.html](http://www.kines.umich.edu/alumni/endowments.html) or contact the Development Office at (734) 615-4272.

### Volleyball Injuries Subject of Palmieri-Smith’s Study

Athletic trainers and the NCAA have collaborated for 25 years through the NCAA Injury Surveillance System (ISS) to create the largest ongoing collegiate sports injury database in the world. Annually, the National Athletic Trainers Association (NATA) and the NCAA ask researchers and professional clinicians to review the data collected through ISS by sport to and make recommendations related to rules and policies associated with the policies.

**Riann Palmieri Smith**, PhD, ATC, assistant professor, Kinesiology and Ed Wojtys, MD Director, U-M Medical School’s Med Sport, collaborated with Julie Agel, University of Minnesota; Randall Dick, NCAA; and Stephen Marshall, PhD, University of North Carolina at Chapel Hill in conducting an evaluation of epidemiology of injuries incurred by women’s volleyball team members. They reviewed 16 years of NCAA injury surveillance data for women’s volleyball in order to identify potential areas for injury prevention initiatives.

They found that more than half of all injuries affected the lower extremity with most affecting the ankle and knee. During practices, ankle ligament sprains, knee internal derangement and upper leg muscle strains were the most common injuries. While, in games, ankle ligament sprains, knee internal derangement and muscle strains of the shoulder and low back were most frequent. Women had almost twice the rate of ankle ligament sprains in games than in practice and just over twice the rate of sustaining knee injuries versus practice. “We believe the higher rate of ankle injuries in games suggests that US female collegiate volleyball athletes may be more aggressive during games or subjected to more situations (i.e., player-to-player contact) that may increase the injury risk,” observed Riann and colleagues.

Ankle ligament sprains are common in volleyball, most often occurring when a player lands from an attack or a block and comes in contact with another player’s foot. Although considered mild in comparison with other injuries, the authors concluded that ankle sprains are a significant problem for volleyball athletes in terms of frequency and severity, accounting for 23 percent of all injuries resulting in 10 days away from activity.

Clinicians and scientists should focus on preventing first-time ankle sprains and acute traumatic knee injuries, as well as reducing the risk of ankle sprain recurrence in the female volleyball athlete. Focus on the type and severity of knee injuries incurred by volleyball athletes is needed to be able to design potential prevention interventions.

The review was published in a special issue of the Journal of Athletic Training compiling and evaluating the epidemiology of athletic injuries by collegiate sport, last summer.
Development Report

Kinesiology continues to create a dynamic academic environment that encourages innovation, discovery and scholarship. Achieving this requires Kinesiology to identify and recruit faculty, graduate and undergraduate students that will both help create and thrive in this dynamic environment.

From the outset of the Michigan Difference Campaign, Kinesiology’s fundraising goal has been to financial support our thriving academic environment. The most effective way to nurture this is to create financial stability for faculty and student research through Kinesiology’s endowment. Knowing this, Kinesiology set more than half of the $10 million campaign goal for funding research and scholarship endowments.

A sample of some of the endowment gifts we have received during this campaign include:
- **The Bickner Endowed Chair** (see page 12) that will help us attract one of the nation’s leading researchers
- **The Nicholas Leoni Endowed Research Fund** supports research in motor behavior and motor control for people with physical disabilities
- **The Roger and Elaine Zatkoff Endowed Scholarship Fund** awards financial aid to deserving undergraduates

Just a little over a year from now, in December of 2008, the University will conclude the Michigan Difference Campaign. During this time Kinesiology’s efforts remain focused on increasing our endowment. Specifically, establishing four endowed doctoral fellowships. This funding would allow Kinesiology to offer a four-year fellowship, each academic year to the top PhD applicant. With this recruiting incentive Michigan Kinesiology will be able to continue to attract the top candidates in our academic disciplines.

Endowing these four fellowships is a $3 million campaign goal.

Kinesiology is also working to increase the endowment for global opportunities. **The Carl and Joan Kreager Endowed Fund** supports global opportunities for undergraduates and is a step in the right direction but we need more alumni to come forward to help fully fund this effort. This outstanding work is certainly worth your consideration (see page 14).

Alumni and friends interested in helping undergraduate students can take advantage of the **President’s Scholarship Challenge** until December 31, 2007. This dollar for dollar match will help establish endowed need-based scholarships for Kinesiology. One friend who has already done so is Jeannine Galetti. **The Jeannine and Stephen Galetti Endowed Scholarship Fund** (see page 2) provides scholarship support to incoming Sport Management students who have financial need.

Additionally, those wanting to support graduate research can make gifts to the doctoral fellowship endowment. Qualifying gifts to this endowment will be recognized through naming opportunities in Observatory Lodge.

Every alumnus has an opportunity to help us realize these campaign objectives over the next 15 months. It is just a matter of us working together and leveraging our collective gifts.

If you would like more information on any of these gift opportunities, please contact Kinesiology Development and Alumni Relations.

Thank you for your support.

Jim McIntyre
Director of Development
mjmcinty@umich.edu | (734) 615-4272
Ruth Harris Fellowship awarded to Matt Juravich

by Alice Rhein

For 40 years, Ruth Harris influenced thousands of students as a professor in the Division of Kinesiology. During her years as the head of the graduate program, Harris taught and mentored hundreds of master’s and doctoral students. Upon her retirement, she established a Merit Award Fund, which has grown into the Ruth Harris Endowment Fund.

When she died in 2005, it seemed only fitting to establish the Ruth Harris Fellowship, which provides support to a graduate student for three years of research activity and one year of teaching. This is the initial year that the fellowship will be awarded to include full tuition for four years, a monthly stipend during the fall-winter and spring semester, and health insurance.

Matt Juravich says it was a very long process that led him to the University of Michigan to be the recipient of the Ruth Harris Fellowship. A native of Watertown, New York, Juravich finished his MBA at Syracuse University in 2006 and had been working as an energy engineer since receiving his BS in Engineering and Management from Clarkson University, Potsdam, New York in 2001.

Yet even with a successful career, he wanted to fulfill his dream of obtaining a PhD in sport management. “My interest is in organizational behavior as it relates to sport management,” says Juravich. “I had investigated PhD programs for quite awhile before I found (U-M).”

What interested him was Kathy Babiak’s research that focuses on the interorganizational partnerships sport organizations create. “His intended work in leadership is going to be a good complement, especially to the work I’m doing on corporate social responsibility,” says Babiak. At the Michigan Center for Sport Management (MCSM), Babiak’s interest in interorganizational relationships has been extended to investigations of public-private partnerships, and of relationship marketing practices in both amateur and professional sport contexts such as the National Basketball Association, and the International Olympic Committee.

“I came to Ann Arbor in March and met with Kathy and (Associate Professor) Richard Wolfe. It was an informal interview, but I left with the feeling that I made a good impression,” he says.

That was, indeed, the case. The selection criterion for the Fellowship includes a strong academic record, a positive interview performance and personal statement and goals reflecting a strong interest in advancing the field of Kinesiology. With Juravich’s background in engineering, his interest in collaborative research and his willingness to suspend a dynamic and profitable career to further his educational aspirations, he was a natural choice for the Fellowship in the Sport Management Doctoral Program.

When he heard he had received the Fellowship, Juravich says he was naturally very excited. “I’m leaving a career I’ve built over six years,” he says. “I wouldn’t have taken the time if this wasn’t something I really wanted.”
The Honors Reception was held March 18 in Palmer Commons, as proud parents, family friends, and Kinesiology faculty and staff recognized and congratulated students earning University and Departmental awards.

Kinesiology Departmental Awards were presented to:

Katherine Jackson received the Laurie Campbell Award for outstanding scholarship in a Physical Education major. Dr. Campbell taught in the Department of Physical Education for Women from 1929–59.

Christy Hammond and Kristin Thomas received the Stephen J. Galetti Award for being first- or second-year students who show exceptional industriousness and potential. The award honors the first Chair of Kinesiology’s Department of Sport Management, Stephen Galetti.

Nicholas Knuth and Meghann Lloyd (both graduate students) and Lindsey Cottrell (undergraduate) received the Paul A. Hunsicker Memorial Award because they have demonstrated superior scholarship and professional zeal and promise. The award remembers Professor Paul Hunsicker, Chair of the Department of Physical Education for Men, 1958–70 and Director of the Department of Physical Education, 1970–76.

Dann Goble and Diane Adamo (Graduate); Robin Odzark, Ryan Stork, Emily van de Water, and Liz Sibilsky (Undergraduate) all received the Stan Kemp Scholarship because they display Mr. Kemp’s dedication, integrity and idealism. The award was established by friends of the late Stanley S. Kemp, BS ’67, a business and civic leader.

Jeffrey Monahan received the Bernard Patrick Maloy Award for Excellence in Writing. The award honors the memory of Professor Pat Maloy, who inspired his students to take an interest in real-world issues of sport and public policy, and particularly encouraged them to express their thoughts through clear and concise writing.

Ta’Shia Walker received the Phyllis Ocker Scholarship awarded to a varsity athlete who has distinguished herself in academics and athletics. It is named for Professor Phyllis Ocker, who was the Associate Director of Athletics for Women from 1978–90.

Christina Saindon received the Phebe Martha Scott Achievement Award as an outstanding student who is outgoing, friendly, helpful, involved in campus and sports activities, and beginning their senior year in physical education or a related field.

Antoinette Domingo (Graduate); Philip Duvall and Christy Waechter (Undergraduate) all received the Lucile M. Swift Honor Award for demonstrating professional promise. Lucile M. Swift (BS ’39) created the award to help others attain the lifetime gift of education.

Katherine Hamilton received the Rachael G. Townsend Scholarship for her enthusiasm and a passion for furthering a higher quality of physical education through leadership, citizenship, and service to the community.

Beth Smith and Elizabeth Crane received the Shirley Cooper International Research Fellowship. The award was established by Tom and Sarah Templin in honor of Shirley Howard Cooper, a U-M physical education professor emerita.
Kinesiology Commencement

U-M Kinesiology conferred eight doctoral, ten Master’s, and 212 Bachelor degrees at its annual Commencement Exercise April 27 in Hill Auditorium. The Class of 2007, parents, family and friends were addressed by the Hon. John J. H. “Joe” Schwarz, MD, former U.S. Congressman from Michigan’s Sixth District and current President of the Alumni Association of the University of Michigan. In addition to the awarding of degrees, U-M Kinesiology recognizes faculty and students for their scholarly achievements during the past year. These awards include:

- Paul Hunsicker Memorial Award: Lindsay Cottrell, Nicholas Knuth, Meghan Lloyd
- Bernard Patrick Maloy Award for Excellence in Writing: Jeff Monahan
- Student Choice Teaching Award: Professor Dale Ulrich and Kelly Donahue

Five new PE teachers are ready to take the field: Katy Jackson (BS PE), Grosse Ile; Monica Dunn (BS PE), Macomb; Sarah Thiess (BS PE), Saline; Katie Hamilton (BS PE), Pittsburgh, PA; and JR Leonard (BS PE), Ann Arbor.

Charis Mitchell (AB Sport Mgt.) Blissfield, MI, is congratulated by Professor and Dean Beverly Ulrich.

William Laury (BS, Mov. Sci) Powder Springs, GA, is joined by younger brother Torrance (left), an LSA undergraduate.

Daniel Gable receives his doctoral hood from Shelly Kovacs Director of Student Services and Professor Susan Brown. His thesis was “Upper limb asymmetries in the utilization of movement-related sensory feedback.”

Graduates Julianne Wilke (BS, Mov. Sci), Brighton and Erik Ness (BS, Mov. Sci), Plymouth pause to celebrate with alumna and commencement soloist Brittany Lupu and Professor Pat Van Volkinburg.

Getting ready to process into Hill are: Garrett Rivas (AB, Sport Mgt.) Tampa, FL; Carly Tracey, (AB Sport Mgt.) Farmington Hills; Blake Mico (AB Sport Mgt.) Macomb; Nicole Trombley (AB Sport Mgt.) Große Ile; and Sam Grossman (AB Sport Mgt.) West Bloomfield.
Do you have a United States Savings Bonds sitting in your safe deposit box or a file drawer? If you’ve accumulated these savings bonds over the years, they have probably accrued a substantial amount of income. If you leave your savings bonds in your estate, or make your heirs the beneficiaries, then either your estate or your heirs will have to pay income tax on the accumulated interest.

There is a better option, especially if you want to make a difference for Kinesiology. If you make a bequest of your savings bonds to Kinesiology, no income tax will be paid as the University of Michigan is a tax-exempt charity. The full value of the bonds will be used to support Kinesiology in the program or area of your choosing.

You can even leave your savings bonds to Kinesiology in a manner that will provide income to a loved one after your lifetime.

If you want to discuss how your gift will help support Kinesiology, please contact Alicia Marting, at (734) 615-9678 or amarting@umich.edu. If you have specific planning questions, you may contact the Office of Gift Planning toll-free at (866) 233-6661 or giving2@umich.edu.

Support Kinesiology Tax-Free with U.S. Savings Bonds

Calendar of Events

**Homecoming Weekend**
**October 12–13, 2007**

**Friday, October 12**
Kinesiology Activities:
- 12:30 pm, Homecoming Luncheon featuring the Alumni Achievement Awards
- 2:00 pm, Bernard “Pat” Maloy Scholarship Online Auction Kickoff
- 3:30 pm, Alumni Career Networking or Class of 1957 50th Anniversary Reunion
- 5:30 pm, All Alumni Reunion Reception

**Saturday, October 13**
University-wide activities:
- 9:00 am, M Go Blue Tailgate
- Noon, Football Game: Michigan v. Purdue
- 6:00 pm, University-wide Reunion Party for the Class of 1957

For more information on University-wide events call (734) 647-6050.

**Bernard “Pat” Maloy Scholarship Auction Goes Live on the Web**
**Monday, October 15**
Auction closes November 4
**www.umich.cmarket.com**

For more information on any events please contact: Becky Spaly Development Assistant (734) 647-2689 bsp@umich.edu