#### Kinesiology is vement UNIVERSITY OF MICHIGAN M KINESIOLOGY FALL 2008

# Reflections 10 Years of Momentum and Growth

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The great thing in this world is not so much where you stand, as what direction



-Oliver Wendell Holmes Simply reflecting on all that has changed this past decade would be an easy thing to do in this, my last issue of Movement Magazine as Dean. Ten years after my first day on the job it is tempting to stand still and note the place that Kinesiology currently occupies within our campus, field and society. However, the reality is that as I prepare for my final semester, what is exciting to me is not where we are today-but where we are going.

Don't misunderstand, I am thrilled with all we have done together: Growing the graduate program, recruiting bright new faculty members, transforming our approach to international education, renovating almost every inch of Kinesiology's home within the CCRB/Kinesiology/Dance complex, gaining a new front door at Observatory Lodge and securing record amounts of research grants and private support for Kinesiology. Yet while this growth is exciting, it has created a momentum that must continue. After all, Kinesiology is movement…never standing still!

This issue does highlight much of what we—the faculty, students, alumni and staff—have accomplished. But it is important to remember that we have planted the seeds for great things yet to come. For instance, as you read about our graduate program (page 9), imagine what the future holds for these students. Today our faculty members are helping to nurture and develop them. These faculty/student relationships will lay the foundation for how these future scholars will cultivate yet another generation of researchers and faculty members, and so the cycle continues and our circle of impact widens.

Within these pages you will also read about the gracious people who volunteer as participants in our various research projects (page 13). Their voices represent the literally hundreds of people who annually make it possible for Kinesiology's research to move forward. The majority of these individuals are working full time; raising families and face a variety of movement-related challenges. Yet, they make time to come in, take part and advance our collective efforts. From today's experiments the knowledge necessary to improve the quality of life—of mobility and health, will come. To all these special individuals and families we say thank you.

Finally, I hope to have a chance to thank you personally for making my tenure as Dean of Kinesiology at Michigan such a rewarding experience during my final reception Tuesday, December 2 here in Ann Arbor (see the back cover for details). This special event will focus on celebrating our last decade of growth. Thank you for your warm welcome, when I arrived, and for your help and support along the way; it has been an incredible journey. As I transition from Dean to a member of the faculty I look forward to helping to maintain our momentum.

With warmest wishes for good health and good movement,

Beverly D. Ulrich

Beverly D. Ulrich, Ph.D. Professor and Dean

## movement

#### 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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#### The Regents of the University of Michigan

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Michigan Kinesiology currently has agreements with the University of Queensland in Australia; Spain's National Institute for Physical Education; and the International University of Catalonia; Free University Amsterdam, The Netherlands; and Loughborough University and the University of Leeds in the United Kingdom.





## Kinesiology IN EARLY MAY, DEAN BEVERLY ULRICH AND I

institution and receive credit in their major for courses taken at the host institution.

### Exchange Partners

TRAVELED TO EXCHANGE PARTNERS LOUGHBOR-OUGH UNIVERSITY AND THE UNIVERSITY OF Leeds in England to meet with faculty and staff before launching THESE VERY EXCITING STUDENT EXCHANGES. Reciprocal undergraduate student exchange agreements with the School of Sport and Exercise Sciences at Loughborough and the Center for Exercise Science at Leeds are in the final stages of negotiation. Plans are already underway for two incoming exchange students from Loughborough to study Sport Management in Ann Arbor during Winter 2009. Exchange students pay tuition to their home

Students will soon have the opportunity to spend a semester abroad at one of eight exchange partners. Six agreements are final or nearly so, with additional negotiations underway with University College Dublin and University of Limerick.

Over the summer, Travel MORE THAN 30 Awards STUDENTS TRAVELED TO DESTINATIONS SPANNING THE GLOBE: GREECE, Ireland, Italy, Ghana, the PHILIPPINES, CHINA, AUSTRALIA, Costa Rica, Ecuador and more. Thanks to generous donations, sixteen students were awarded supplementary funding in the past year. Experiences ranged from study abroad in the Netherlands, Spain and the Czech Republic to volunteering with

NBC Olympics in Beijing, conducting a needs assessment on rehabilitation in the Philippines and evaluating maternal mortality programs in Ghana. Some awardees included travelers who were making their first trip abroad! Students



(Top) Meeting with University of Leeds Centre for Sport and Exercise Sciences faculty and Study Abroad Office Head. Seated, from left: Dean Ulrich and Neil Messenger. Back: Andrea Utley, Elizabeth Harris, Daniella Strauss, Sandy Wiley and Tom Williams. (Center) Loughborough University School of Sport and Exercise Sciences students Chris McNamara and Ben Croucher. (Bottom) Meeting with Loughborough University International Office. From left: Charlie Carter, Sandy Wiley, David Wolfe and Dean Ulrich.

gained valuable cross-cultural skills that will add distinction to their graduate school or job applications.

Financial assistance is critical for many students, especially those who must give up earned income while abroad during the semester or summer. We are building a travel award fund and welcome your donation. With additional contributions, we can offer awards to even more students. Please contact Alicia Marting at (734) 615-9678 or amarting@umich.edu for questions about how to make a pledge to the GoGlobal! fund.

#### What Students Say



Kara Goodrich, (above) MVS senior, on four weeks in Ghana. "It was an amazing experience. I learned so much, made many friends, and became more culturally competent. I think that my experience was especially valuable because I was able to live with a host family. I was really immersed in the local culture, and I think this enabled me to really learn about my environment. My overseas experience was related more to my Women Studies minor, but in general it made me more confident when interacting with others from different backgrounds. This is an invaluable skill that is necessary in all professions. While in Ghana I worked at a hospital in the Ob/Gyn department. This experience reaffirmed my desire to work in the public health field."

Emily Ziering, SM senior, University of Barcelona. "I think studying abroad really opened my eyes to the field of Sport Management more on a global level. We tend to focus all our studying and energy on sports on the national level while there is a huge market beyond the United States. I loved being able to learn about other sports like bullfighting and soccer that we don't focus on in Kinesiology. My International Marketing and Business Ethics classes also taught me that different countries and markets need to be considered individually because very few work the same way. The whole experience really broadened my views of the sport management industry and opportunities available. I can't think of one experience in my life that has impacted and changed me for the better as much as studying abroad. It is worth every sacrifice you have to make to get there, even leaving Michigan for a semester."

**Chie Tadaki**, (below center) MVS senior, University of Western Australia (UWA), Perth. "My experience at UWA has more impacted my study of Kinesiology than being in Australia. UWA has many unique practical classes that apply what you learn in the classroom, and has given me a different perspective about what studying Kinesiology really means."



**Emily Allshouse**, (below center) MVS senior, University of Granada. "I know now that I want my Spanish speaking abilities to somehow play into my future career choice. I feel that being bilingual will be a very beneficial addition to my resume."





Matt Ehrlich, (above) SM '08, on studying marketing in Australia. "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."

Anjani Mahabir, MVS '08, Charles University, Prague. "This was a difficult and challenging experience and simultaneously the most accomplished and adventuresome experience I have ever had. If I had the chance, I would do it all again."

### Want to know more?

Fifteen percent of the 2008 graduating class gained international experience during their undergraduate years. Broken out by major, 22% of Movement Science, 15% of Sport Management, 8% of Athletic Training and 5% of Physical Education majors studied, conducted research or volunteered abroad. Read student profiles and see more pictures at www.kines.umich.edu/ goglobal. Find us on Facebook for a list of upcoming events and links to travel resources.

IF KINESIOLOGY IS ABOUT MOVEMENT, THERE CAN BE NO DOUBT ABOUT THE **TRAJECTORY**. The direction is up. STRAIGHT UP, by Pat Materka

Keflect10ns Dean Beverly Ulrich Marks Tenure of Spiraling Growth and Achievement

From the rise in applicants, to the increase in funded research, to the growth of the endowment, Dr. Beverly Ulrich's ten years as dean has been marked by historic progress.

Now, as she prepares to transition back to research and teaching, she is hard pressed to name any single feat as the most significant. They all seem interconnected.

"When I was hired in 1999, the job was to bring in more research dollars and build the PhD program," she reflects. "I think we've done that in spades.

Kinesiology's total external income for research in 1999 was under \$2 million dollars; this year the Division will bring in \$7.8 million, including funds from NIH, NSF, USDE, as well as corporate and foundation funds. To-



Beverly D. Ulrich begins her tenure as Professor and Director of Kinesiology.



Renovations begin to transform CCRB racket ball courts and gymnasium space into research laboratories.



Regents approve making Ulrich's Director appointment a Deanship.

2001

Peter Kinyon, ′52, ′5<del>6</del>, establishes \$1 million charitable remainder trust, at that point, the largest gift in the history of Kinesiology.

#### 2003

The Sport Management and Communication degree becomes the Sport Management degree to reflect major revisions to the mission and curriculum of the program.

gether these represent a seven-fold increase in federal funds and a two-fold increase in nonfederal funds. "This work is being funded because our faculty members are addressing important societal issues related to health and mobility, from diabetes, spinal cord injuries and cerebral palsy to sport corporations' societal responsibilities," notes Dean Ulrich.

Kinesiology's research is made even stronger by its links to other units across campus. These interdisciplinary collaborations involve such diverse areas as orthopedic surgery, geriatrics, psychology, engineering and business. "At Michigan, we approach complex problems from a variety of perspectives," the Dean says. "It's just good sense and good science,"

In addition to the growing body of Kinesiology research, the research income also fuels a graduate program that has grown from just two full-time fully funded doctoral students in 1999 to 32 full-time doctoral students in 2008–09, as well as 28 master's degree students. Graduate student research assistantships and post-doctoral fellowships in Kinesiology have tripled over the past five years alone.

These laboratories are producing an impressive stream of scholarship. "Faculty publications in scientific journals have increased over the past decade in quantity, but more important, in quality," Dean Ulrich attests. Faculty members have also taken on national leadership, with several serving as officers or fellows in their professional organizations and ten serve on the editorial boards of prominent research journals.



Athletic Training Education Program gains national accreditation.

Mike Leoni, BA '88, establishes the annual Movement for Life Golf Outing to support Kinesiology

research.

2003



Dean Ulrich works with a young research subject in her Developmental Neuromotor Control Laboratory.

One of the best outcomes of all of this growth is mentorship. A typical lab group includes master's and doctoral students and post-docs. Nearly all research faculty members also have a number of undergraduates working with them on projects. "In my lab, undergraduates have contributed to journal articles and accompanied me to conferences," the Dean notes. "An outstanding graduate program enhances the undergraduate experience."

#### A Challenging Education

From former Director Dee Edington, Dr. Ulrich inherited a strong focus on the undergraduate program. "Growing the graduate program was mandatory, but never at the risk of compromising the quality of the undergraduate program," Ulrich says.

And in fact, the number of students—

2004

Kinesiology sets a \$10

million goal as the Michigan

Difference

campaign begins.

including cross-campus transfers—who are interested in careers related to movement science, sport management, physical education and athletic training continues to grow. Because there are far more applicants than slots available, the quality of the undergraduate student body gets higher each year. Next to the School of Music, (where students must not only apply, but audition), Kinesiology has the highest yield of any unit.

Kinesiology has always been known for its friendly, collegial atmosphere. But what Ulrich emphasizes to prospective students is, "Come to Kinesiology because you want the very best preparation for the field you wish to pursue. Don't choose us for the family environment. That's a value-added feature, but secondary. Our first priority is to give you a challenging and exceptional education."



Board of Regents approves \$11.5 million to renovate historic Observatory Lodge as Kinesiology's new home.







Dean Ulrich gives an invited keynote address to the European Academy of Childhood Disability in Groningen, Netherlands.

This has informed all of her hiring decisions: "Because Michigan plays an important role with its research efforts in addressing the most important issues facing society today, excellent in research skills must be the first measure candidates for faculty positions must demonstrate," explains Dean Ulrich. "To make the finalist list of candidates one needs to be a top-notch scholar, but to be hired, candidates must also want to teach and be good teachers."

#### **Thinking Globally**

Education is not confined to the lab and the classroom. One of the initiatives that excites Dr. Ulrich most today is the new Center for Global Opportunities in Kinesiology. Its mission: To develop and promote opportunities for undergraduates to study, conduct research or do volunteer work in countries throughout the world.

"Most of our faculty and graduate students are already engaged in international research and participate in conferences around the world," she explains. "But undergraduates are less apt to know about these opportunities or know how to pursue them. The senior leadership on the U-M campus agrees that all of the individual schools and colleges should do more to promote these experiences."

She has made it a personal commitment, hiring a full-time staff person, **Sandra Wiley**, as International Program Coordinator. Ninety students have gained international experience since the Center began in 2006, and by the end of 2008–09, the number is projected at 150.

Twenty-two students have received Go-Global travel awards. So that no student is denied an international experience due to financial concerns, the Center is prepared to assist with funds through alumni donations and other resources. The goal is to make it as affordable and accessible as possible.

"We want our students to think of themselves as world citizens; to imagine their career paths in sport economics or preventive health care from an international perspective," Ulrich says. "Global thinking has become part of the Kinesiology culture."

#### **Viewing the Future**

Of the multiple ways Kinesiology has grown and changed over the past decade, none is more visible than the matter of space. Following an \$11.5 million renovation approved by the U-M Regents, most of the faculty and staff moved to Observatory Lodge in 2007. Kinesiology gained 25,098 square feet of space that includes 22 faculty offices, 31 staff offices, three classrooms, a student study center and four research laboratories. Combined with its continuing presence in the Central Campus Recreation/Kinesiology/ Dance Building and the Health Management Research Center on Huron Street, Kinesiology has gained a bigger footprint and greater visibility on campus.

The historic building on Observatory and Washington Heights with its gabled, Tudor façade celebrates tradition—Kinesiology's



The Judy and Fred Wilpon Family Foundation establish the Bone & Joint Injury Prevention & Rehabilitation Center with a \$5 million gift to Kinesiology and the School of Medicine.

#### 2006 Center for Global

Opportunities in Kinesiology is created to expand international study and research opportunities for students.





The Bickner Endowed Chair established, Bruce and Joan's generous gift make Kinesiology's first endowed professorship possible.



Kinesiology moves into Observatory Lodge, its new academic front door on campus.

#### 2008

The Ross School and Kinesiology formalize a dual degree between the two academic units. more-than-a-century at Michigan. The offices and classrooms inside, with their state-ofthe-art technology link to the future. "Some of the new buildings on campus blend in," Ulrich observes. "Not us! The exterior of this building is unique. When people see us, they remember us!

"I am so thrilled to have a front door for Kinesiology."

And she has laid the groundwork—(literally, raised the core of the down payment)—for a space that would house all activities not currently in Observatory Lodge, increasing efficiency and support our rapidly expanding funded research programs. That remains for the next dean's agenda because now, Ulrich is looking forward to her transition from administration back to teaching and research. "Change is good. It will be motivating for the faculty. The next dean will do things differently, and that should engage people; shake us up a bit!"

"I am a detail person as well as someone who likes to think of herself as seeing the big picture," she relates. "There are the major issues all deans must work on such as fundraising, staffing and space, but I also attend to tasks such as writing letters of recommendation for undergraduates, reviewing staff hires, and turning out lights in the building as I leave at night to save energy! Each of these is important to the success of Kinesiology at Michigan."

"It's hard to maintain this level of intensity. I won't say Kinesiology has been my life for the past 10 years, but I do spend most of my waking hours working on or thinking about it!"

And she has never lost her love of research. Before coming to Michigan, Ulrich was internationally recognized for her pioneering studies related to motor skill development in infants with Down syndrome. More recently Ulrich shifted her focus to children with spina bifida. She is at

midpoint in a five-year National Institutes of Health grant. And she is eager to begin writing the grant proposals needed to move this work to the next stage—clinical trials.

"I think the knowledge we're gaining can not only help children with spina bifida but be generalized to other disability populations with neural deficits" she says. "This research has a phenomenal potential for broader impact."

Among the many rewards of her tenure, she particularly cites the alumni she has come to know, and the interactions with her fellow deans. "Michigan values interdisciplinary collaboration at all levels. Sometimes I faced problems that I could not discuss internally, and my dean colleagues have always been there to offer an objective viewpoint."

During her year of administrative leave, in



Dean Ulrich and Nick Rademacher (MVS) discuss his options for both clinical and research experiences during medical school.

addition to working locally in her research lab, she looks forward to spending some time with colleagues at other universities who share her research focus. Visits such as these have not been possible on the tight schedule of the past ten years. She is also exploring developing a new course with a colleague in the Medical School which would combine clinical experience, the science of neuromotor control, and application to developmental disabilities.

"For one year (during her administrative leave), to be able to work just a 40-hour week, with evenings and weekends free—I can handle that," she declares. "I love to play tennis, read, travel, garden and spend time with my nieces and nephews. I've got lists that are so long!"

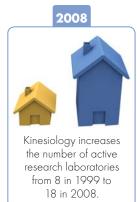
"Imagine the possibilities." 🐹

2008

The School of Art and Design and Kinesiology begin a dual degree program.



Kinesiology completes eight years of renovations within the Division's research laboratories, lecture halls, classrooms and offices in the CCRB/ Kinesiology/Dance Complex.





Total annual research expenditures reach \$6.9 million dollars, up from \$2 million in 2000.



Kinesiology's endowment reaches over \$6.5 million dollars, up from \$270,000 in 1999.

## Instructional Impact: Growing the Graduate Program



When Dean Beverly Ulrich set aside seed money for

THE GRADUATE PROGRAM A DECADE AGO, SHE KNEW FACULTY

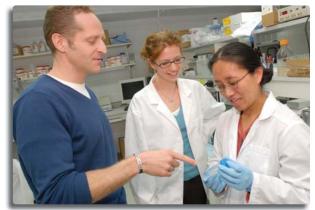
WOULD CULTIVATE ITS GROWTH AND APPEAL.

#### By Alice Rhein

While Kinesiology has expanded in every way possible since Dean Beverly Ulrich took the helm in 1999, the growth and increased quality of the graduate program can be traced back to one tiny seed, and a host of faculty who have nurtured it.

"In 1999, the division had only two fully-funded full-time PhD students," says Ulrich, who made it an immediate goal to grow the program and its funded research efforts. Setting aside \$250,000 "seed money," Ulrich provided the means for graduate faculty to recruit and mentor new doctoral students who would be funded as teaching assistants.

"The faculty worked really hard along with the graduate chair to pursue every opportunity to get funding. It was a strong team effort to build on that seed money and to take advantage of that opportunity to build the program," says Ulrich, who has carefully cultivated the environment for the program to expand from two fully funded doctoral students to a fall 2008 enrollment of 32.



Had Palmieri-Smith, assistant professor, Athletic Training, been at any other university, Thomas would have gladly followed her there.

**Keith Gordon**, PhD '05, offers a similar testament. "My reason for choosing Michigan over anywhere else was one-hundred percent because of Dan Ferris."

Gordon met Ferris at UCLA, where Ferris, now associate professor, Movement Science and graduate program chair, was completing Dr. Jeff Horowitz (left) talks with Lisa Locke (center) and Ming Huali (right) in his lab.

his post-doctorate in the department of neurology. When Ferris took a position as an assistant professor in Movement Science, Gordon followed him.

"I chose Michigan because of Dan's research in understand-

ing how people walk and how people control movement," says Gordon, now completing a post-doctorate at the Rehabilitation Institute of Chicago (RIC).

#### **Ripe Opportunities**

For Ferris, who became graduate program chair in 2006, growing the number of applicants and the number getting funded has been a main objective. "One factor I'm very proud of is our yield, or the percentage of students accepted into the doctoral program

#### Strong Faculty Attract Strong Students

Since 2000, when he came to U-M from his post-doctoral training at Washington University School of Medicine, St. Louis, MO, Dr. **Jeffrey Horowitz**, associate professor, Movement Science, says he's seen a progressive influx of strong PhD candidates entering U-M's program, and credits the success to recruiting very strong faculty to the Division. "I believe this is the single most important component to enhanced reputation of our graduate program that has led to the impressive rise in strong graduate students entering our program," he says.

Abbey Thomas, a doctoral student in

athletic training, is decidedly candid when

she offers her reason why she chose U-M's

advisor is," says Thomas, a Penn State gradu-

ate whose research with Dr. Rignn Palmieri-

**Smith** focuses on the relationship between

osteoarthritis.

ACL (anterior cruciate ligament) injury and

Kinesiology program. "This is where my



Dr. Dan Ferris (right) talks with graduate students Sasha Voloshina (left) and Joe Gwin (center).

who actually enroll, has been 100 percent for two years. In previous years, it was around 40 percent," he says.

For many students, the commitment to faculty is the strong bond, yet Ulrich says Ferris, and his predecessor Dr. **Bruce Watkins**, also worked to increase the visibility and quality of the graduate program. One of Ferris's first projects was to create an electronic newsletter to highlight new students, faculty, research, conference presentations and funding opportunities with one simple click. He also changed the makeup of the graduate committee to include more representatives from the departments.

Dean Ulrich notes that Ferris took it upon himself to build more cohesiveness among the graduate students. "He built a one-credit course that all graduate students enroll in and talk about the research on which they're working. It's a non-threatening environment in which students can really get excited about what they're doing," she says.

Course offerings have increased for graduate students, and new ones continue to evolve as the needs of students and faculty change. To provide the most productive mentoring experience, Ferris further developed the annual evaluation of doctoral students that gives them a chance to evaluate their mentors and determine if they are getting the support they need. This two-way street ensures that students are making adequate progress, and faculty are opening up opportunities for their students to submit papers, attend conferences and network with others in the field. Ferris has also initiated and encouraged social opportunities for students.

"Dan has made himself visible and accessible to the graduate students. He has encouraged a familial atmosphere among the graduate students within the Division, which contributes to the friendly learning and working environment we have," says Thomas.

#### **Funding to Flourish**

Yet successful recruitment and retention also creates an additional need: How to fund these students. In 2003, the percentage of students that were Division-funded to students funded by other sources such as Rackham, research or training grants was at 50/50. This year, the Division is funding 18 full-time students, which is a bit higher than the ratio of five years ago, but now far costlier as enrollment grows.

"The challenge for the next few years is to come up with alternative funding," says Ferris. Alumni can play an important part in this through networking and by helping endow fellowships for graduate students. "We have several set up, and would like more."

While faculty incentives are built in to help fund doctoral students who are included in grant proposals, Dean Ulrich says one department that has a hard time benefiting from this support is Sport Management. The research issues addressed by Sport Management faculty members are rarely funded by federal agencies, making their capacity to support graduate students smaller than that of faculty in other Kinesiology departments. Further, most of the Sport Management students are master's students and, as Ulrich notes, the Division doesn't fund any master's students. "It's a credit to the faculty and the quality of the program that these students are willing to fund their own way," she says.

Yet development efforts are underway to create the Don Canham Fellowship program in the SM department, where former athletic director and business owner Canham had his Kinesiology ties. Specifics are still forthcoming, but the Fellowship will likely fund a core number of students in the SM department and raise its stature from a solid program to one of the premiere in the country. "We'll also build a visiting board and get leaders in the industry to share more directly with us what the industry needs from these students when they go on the job market," says Ulrich. This is exactly the kind of endowed graduate fellowships that Ferris wants to see grow so that students in all departments will have equal opportunities to flourish.

#### Yielding new growth

Though more than half of the graduate students are funded as GSIs (graduate student instructors), the downside is that the time commitment involved in teaching makes it harder to complete their own studies and research training. That's why funding is such a strong component, and one that Ulrich knows will be of major importance for the next Dean of Kinesiology when she steps down at year's end.

"The research we do is focused on important societal questions. We know most of the science that allows our country to grow and progress in medicine and industry and all other areas is built on the backs of researchers in universities," says Ulrich, who has watched her \$250,000 seed grow to include millions in federal and non-federal funding each year.

And Kinesiology's vital contribution to research in the areas of movement and mobility cannot be underestimated. Whether it's research regarding the obesity epidemic, children with disabilities, elderly adults with strokes or Parkinson's, activity instruction, the business of activity and sport, or ACL injuries, Kinesiology's reach is broad and relevant.

"The graduate program is critical, and doctoral students are the future of the faculty," says Ulrich. "If we want to maintain the high quality we've established in Kinesiology, we need to nurture and support the next generation of PhDs." M

## An Alumna's View

v Pat Materka

#### "Casting a Wide Net" in the Search for Our Next Dean

If the School of Nursing set out to select a new dean, it would look to leaders within the nursing profession. A new dean for the Law School would almost certainly come from the field of law.

But as Kinesiology launches a search for Dean **Beverly Ulrich's** successor, it has a hugely diverse candidate pool. Given the variety of Kinesiology's research and academic mission, its next leader might have come from such distinct areas as biomechanics or sport business, pedagogy or exercise science. Ideally, the new dean will not only have expertise in a chosen discipline, but an understanding of all facets of human movement.

"We are casting a wide net," says search committee member **Kathryn Clark**, MS '83, PhD '90. "It's a tricky process, because it calls for judging a dozen or more candidates very quickly, assessing their entire career up until now and projecting what they are likely to achieve over many years to come."

While it could be a dean on another campus seeking a lateral move, the more likely choice is a professor possibly a department chair—who will be promoted into the position, she predicts.

Exemplary research and scholarship get candidates noticed. It's a given that the finalists will be well published and respected in their fields.

"But in my view, the most important qualities are a willingness to listen to the faculty and staff who are already there, who have a history and a stake in Kinesiology's future," Clark says. "And then, the ability to articulate a vision that incorporates lots of those ideas, and gets everybody on board.

"Including alumni," she added. "And that's not an easy task, because Kinesiology today looks so different from the way it looked 25 years ago, when it was a department in the School of Education. Bev (Ulrich) has done a great job of convincing alumni that while the program here has changed and grown, it is doing exciting things, and you want to be part of it! The next dean needs to keep sounding this message."

#### Linking the Past and Future

Kathy Clark had strong ties to Michigan before she even arrived. Her parents are U-M graduates, so it was a natural choice for graduate school after completing her BS in Biology at the College of Wooster. As an athlete engaged in field hockey, basketball, lacrosse, field hockey and swimming, she was naturally attracted to Kinesiology and the study of movement. The friendships she formed with several faculty and research colleagues remain to this day.

Kathy is frequently cited as proof that a Kinesiology degree can take you places you've never dreamed of. For four years, she commuted to Washington as a Chief Scientist for NASA (the National Aeronautical and Space Administration). She is now in demand as a professional speaker, giving presentations and keynote addresses on topics like "Teamwork in 12 Languages," drawing upon her experience in building the International Space Station; "Women in Flight," and "How Do You Lift Weights in Space?"

"I make a living on the speaker circuit, but my passion is education," she states. As a consultant, she works independently or collaborates on K-12 projects aimed at improving young people's abilities to think, solve problems and improve math skills. Energetic, with a wry sense of humor, she aims to "entertain people and sneak in some education when they're not looking."



Dr. Clark gave the Commencement address at the beginning of Dr. Ulrich's tenure as dean. It seems fitting that she has come full circle as a member of the team charged with selecting her successor.

Movement Science Professor Greg Cartee chairs the 13-member committee which formed last spring. While the group meets with various constituencies and hammers out the job description, phase one of the task has been consigned to an external search firm, similar to what's known as "headhunters" in the corporate world. The search firm will narrow the field to a dozen or so candidates. The committee will then cull these down to four or five, invite them to campus for interviews and presentations, and then forward their recommendation to the Provost, who makes the final decision.

Kathy herself has been tagged by national search committees—to be a provost, a vice-president of research, and in one case, a university president.

She has also viewed the process from another perspective as Chair of the Board of Control (comparable to U-M's Board of Regents) of Michigan Tech University. "As chair of the BOC, I work closely with the Michigan Tech Provost, who is on the receiving end of recommendations for deanships. I have seen the hard work that has gone into the final selection of a school dean, and the qualifications that a provost or president is looking for."

The committee fully recognizes the importance of their decision and its consequences for years to come. The dean is not only charged with defining the vision of the school as it impacts the lives of students, but as it fits in with the mission of the University.

"The dean sets the tone for the working environment," Clark notes. "When a new dean comes in and says, 'From now on Kinesiology with emphasize X,' and the faculty is thinking, 'whoa, we want to do Y, that is a recipe for problems. Fortunately, several faculty and staff are members of the search committee, and everyone in Kinesiology has an opportunity to provide input. We're not doing this in a vacuum.

"It feels like a rewarding undertaking," she concludes. "I'm very fond of my degree and I'm very fond of Michigan. This is a nice way to give back to my school."

#### Dean Search Advisory Committee

**Greg Cartee, Chair** Professor, Movement Science Division of Kinesiology

**Joaquin Anguera** PhD Student, Movement Science U-M Kinesiology

Tammy Bimer Director of Budget and Administrative Services U-M Kinesiology

Weiyun Chen Associate Professor, Physical Education U-M Kinesiology

Kathryn Clark Alumna, U-M Kinesiology Senior Scientist, NASA Chair, Board of Control, Michigan Technological University

**Rodney Fort** Professor, Sport Management U-M Kinesiology

#### Carmen Green

Associate Professor, Anesthesiology U-M Medical School Faculty Associate, Research Center for Group Dynamics Institute for Social Research

#### Melissa Gross

Associate Dean for Research Associate Professor, Movement Science U-M Kinesiology Associate Professor U-M School of Art & Design Research Assistant Professor Institute of Gerontology Edward Hurvitz James W Rae Collegiate Professor of Physical Medicine and Rehabilitation Chair & Associate Professor, Physical Medicine and Rehabilitation U-M Medical School

Ormond MacDougald Professor, Molecular and Integrative Physiology Professor, Internal Medicine U-M Medical School

Kristin Thomas Undergraduate Student, Movement Science U-M Kinesiology

#### Pat Van Volkinburg

Academic Program Coordinator Clinical Associate Professor, Physical Education and Sport Management U-M Kinesiology

#### Kenneth Warner

Dean Avedis Donabedian Distinguished University Professor of Public Health U-M School of Public Health

## Behind every researcher...

by Alice Rhein photographs by Peter Smith

#### From infants to older adults, lab participants offer the most important link to understanding mobility issues

Kinesiology by definition is the science of human movement, so it stands to reason that research in the Division would involve human subjects. "What's exciting is the research that goes on here," says Dean Ulrich. "In many of our labs, we are working with people. We have research that ranges from mathematical modeling, to research with animals to studies of humans. But the majority of what we do is with people, such as individuals with Parkinson's disease spinal cord injuries, or babies and children with spina bifida, cerebral palsy, or Down syndrome."

Studies in Kinesiology involve mainly basic science, so when participants come to the labs, they are contributing to a knowledge base that may eventually result, or in some cases, predict better physical therapy practices, better information for surgical procedures, or better advice for reducing obesity or controlling diabetes. Whatever the case, the ultimate goal is always to enable that population, and science in general, to better understand and deal with mobility issues. And that process ultimately begins with one person studying one individual to determine how the body functions and moves.

## Regulating metabolism

For nearly 20 years, Sherry Noble has participated in various research

STUDIES, PRECISELY BECAUSE SHE KNOWS THAT IT CAN BE DIFFICULT TO FIND AFRICAN AMERICANS WILLING TO PARTICIPATE. "THERE ARE A LOT OF STUDIES THAT NEED AFRICAN AMERICANS, PARTICULARLY DIABETES AND HIGH BLOOD PRESSURE STUDIES. WE ARE A GROUP AFFECTED BY (THOSE DISEASES), BUT IT IS HARD GETTING RESEARCH PARTICIPANTS," SHE SAYS.



Jeffrey Horowitz, Associate Professor, Movement Science, says research participants like Noble are essential. "Basically all of the work we do is on human subjects, so we rely on the willingness and generosity of people like Sherry to allow us to do any of our work," says Horowitz, who runs the Substrate Metabolism Laboratory in the CCRB/Kinesiology/ Dance Complex.

Horowitz knows Noble through several studies she's completed, most recently one that is part of an on-going study funded by the Atkins Foundation to understand metabolic adaptation that occurs in

Sherry Noble outside of her office in the Compuware building in downtown Detroit.

response to a diet high in saturated fats. For the study, Noble was admitted to the hospital for two days while a series of tests were performed to measure factors associated with how her body transports and metabolizes fat and carbohydrate.

"These tests included muscle and fat tissue biopsies, glucose and insulin infusions, stable-isotope tracer infusions and several blood draws," says Horowitz. Then for four weeks, Noble had to stay on a specific diet with meals prepared for her and calories calculated so that she would neither gain nor lose weight. On a weekly basis, she had her blood drawn, and at the end of four weeks, several of the tests were repeated.

"In order to be involved in clinical research, you have to have the mind set to follow rules. You have to be very careful to follow the protocol, whatever it is," says Noble, who found out about this particular study through a University website called *Engage*. "(Researchers) depend on us to follow the standards they have set."

## Aging and cerebral palsy

"Where did all the Children Go?" That's what Laura

Gable would like to title a book someday. Frustrated being an adult living with cerebral palsy (CP), the 43-year-old Ypsilanti mother says she doesn't understand why there isn't more information available about what happens to children with CP who become adults and start to show signs of age.



Laura Gable and her daughter Sydney enjoying time together at home.

"It's a lifelong thing. It's like having a stroke as an infant," says Gable, who was born premature and has hemiplegic CP. While her childhood symptoms were so mild that even she didn't know her diagnosis, she finds that the aging process is giving her less ability to compensate for her left-sided weakness.

It was her frustration that led her to search the Internet for someone or someplace that might help. As fate would have it, that place was right down Washtenaw Avenue, to Susan Brown's Motor Control Laboratory. Brown was working on Project ULTrA (upper limb training and assessment), a 3-year collaborative project with the Physical Medicine and Rehabilitation department funded by the National Institute on Disability and Rehabilitation Research through the U.S. Department of Education.

Gable's role involved upper limb reaching, hand grasp functioning and sensory training to determine differences between her right and left side, and also to look at changes made over an eight-week training period. The Motor Control Lab team brought the computer loaded with exercise software to her house, and Gable could communicate with the Motor Control Lab via a web cam for feedback. The project also collected data to determine how well the in-home therapy was working.

"I learned a lot about how different my two sides are and I loved being able to do it from my home. I didn't have to leave work," says Gable, who has a full-time job in the hematology lab at U-M hospital. "I think about people who can't get out, and this is a fabulous, high-tech tool that is 22nd Century in my opinion." Brown says ULTrA targets a growing, yet neglected segment of the population and sees that it offers real potential to open up the world for people who have mobility issues.

### Power walking

#### A tumor on Carol Long's spine and sub-

SEQUENT SURGERIES TO REMOVE AS MUCH OF THE TUMOR AS POSSIBLE LEFT THE 58-YEAR-OLD WITH NERVE DAMAGE IN HER LEFT LEG. FOR A DECADE, SHE MANAGED WITH ONE CANE, BUT NOW THE WATERFORD BOOKSTORE OWNER NEEDS TWO CANES AND AN ANKLE-FOOT ORTHOSIS (AFO) TO HOLD HER FOOT AND ANKLE IN THE CORRECT POSITION.

Long came to the attention of **Dan Ferris**, associate professor, Movement Science, who was recruiting subjects with incomplete spinal cord injuries for a study involving robotic braces.

"The first study was three years ago," says Ferris, who oversees the Human Neuromechanics Laboratory in the CCRB/Kinesiology/ Dance Complex. "We've had robotic braces that we've been testing on healthy individuals, with the idea that they could be used for the rehabilitation of individuals with neurological disabilities." The study looked at several patients with incomplete spinal cord injuries



Carol Long inside of her Waterford Township, Michigan store.

and had them practice walking on a treadmill using the power braces. Initial results indicated that when patients had to concentrate on walking and moving the brace, it was too cognitive of a task. "This is akin to the idea when most elderly fall. It's when they are multitasking," says Ferris.

So the study was published and Ferris switched gears to find an alternative way to control the brace by directly connecting to the nervous system of the patient. Long, along with two other participants, came back to train with the new brace, and Ferris was able to use that data to obtain a two-year NIH grant to do more in-depth training and assess long term effects. "The next step would be to do a multi-center clinical trial where we would use the braces in the clinic with 50 or 60 subjects," says Ferris, whose preliminary data suggests the orthosis makes muscles stronger, providing the nervous system with enhanced proprioceptive feedback linking muscle recruitment to joint motion.

Long is pleased that her participation could help the next person, and she loved the fact that the lab atmosphere was friendly and fun. But she hasn't stopped hoping that further research will bring her more mobility. "What I liked, because I don't walk right, is that when I was in the harness and had the parallel bars and the brace, it made me walk correctly. It was such a difference," says Long, whose walk is characterized as a step, catch up, step. "I wish there were some way to implement it." Yet at the same time, Long knows more than anyone that when it comes to research, everything is one step at a time.

## Leading by example

As a retired Michigan

STATE UNIVERSITY PROFESSOR AND RESEARCHER IN PHYSIOLOGY AND HEMATOLOGY, DR. GERALD DAVIS KNOWS ALL TOO WELL THE CHAL-LENGES OF FINDING THE RIGHT PAR-TICIPANTS FOR RESEARCH PROJECTS. WHEN HE WAS DIAGNOSED 12 YEARS AGO WITH PARKINSON'S DISEASE, A DEGENERATIVE NEUROLOGICAL DISORDER, DAVIS KNEW HE HAD ANOTHER WAY HE COULD HELP OUT THE SCIENTIFIC COMMUNITY.

During a Parkinson's support group that he attends with Joyce, his wife of 50 years, Davis learned about the need for participants. Not only did he sign up, he convinced several others in his Lansing support group to join, and his wife has also volunteered to be an agematched control for several studies.

Last year, Dr. Davis participated in Dr. **Rachael Seidler's** Neuromotor Behavior Laboratory study that involved determining



Dr. Davis (center) with Dr. Seidler (right) and graduate student Youngbin Kwak during a testing in the Neuromotor Behavior Laboratory.

the effect of dopaminergic medications on motor sequence learning. "Our study includes two testing days, one with patients on and one off medication, so we are able to compare performance across the medication states," says Seidler, who has had 19 patients involved in the ongoing study. "Participants perform a number of cognitive tasks that test abilities such as short term memory. We also assess motor skills, which include a small physical motor exam, which is videotaped and scored by a trained neurologist, as well as testing on the computer. The computer testing consists of short tasks that help us to understand the learning process and see if subjects are able to learn sequences as well as distinguish and adapt to changes in certain tasks."

Dr. Davis worked with several members of Dr. Seidler's team, and was most impressed with the lab's organization and efficiency. "They have sophisticated equipment and highly skilled and knowledgeable people. The team gives you great confidence. When you are going through the research protocol like this, you want

to have confidence in the people who are asking you to do things," says Dr. Davis. "Everyone was very well informed."

Though Joyce wasn't an age-match control for this particular study, she says other studies have helped her gain insight into Parkinson's. "It gives me a better understanding of Parkinson's and the things I need to know. I found the comparison very interesting," she says.

## Stepping out with baby

#### DEAN BEVERLY ULRICH'S

Developmental Neuromotor Control Laboratory is not some PLACE REBECCA FLYNN PLANNED TO BE WHEN SHE WAS PREGNANT WITH HER SECOND SON, CHARLIE, NOW 3, CHARLIE WAS BORN WITH SPINA BIFIDA, AN INCOMPLETE FORMATION of the spinal cord. Flynn was CONTACTED SHORTLY AFTER HE WAS BORN TO SEE IF SHE WOULD CON-SENT TO HAVE CHARLIE PARTICI-PATE IN A STUDY TO LOOK AT THE INFANT'S CONTROL, COORDINATION AND QUALITY OF STEPPING MOVE-MENTS FROM THE TIME HE WAS ONE MONTH UNTIL 18 MONTHS OF AGE.

"Of course we said 'sure," says Flynn, who works in administration at the U-M School of Dentistry. Flynn describes the study where Charlie had reflective markers placed on his joints and muscle sensors adhered to the back and front of his legs for the computer to pick up. Then Dean Ulrich would hold him with just his feet on the treadmill and, at different speeds, she would track his movement on the computer. The purpose of Ulrich's study was to describe and analyze the development of leg control in infants born with and without spina bifida. In her proposal, Dean Ulrich stated, "We expect that our results will help us understand the impact of internal (spinal cord lesions) and external (environmental) factors on motor skill acquisition in humans." For Flynn, she knows that procedures, therapy and activity guidelines completed a generation ago are benefiting her son, and her participation was a meaningful way to give something to the next generation.

"Possibly the research could lead to a new physical therapy technique. If they found that stepping was something reflexive with these little babies and we started working with kids with spina bifida younger and younger, it could potentially increase their odds of walking more independently than they would have otherwise," says Flynn, whose own son walks with a walker and braces.

Based on the results of her studies like the one Charlie participated in, Ulrich is already planning a clinical trial to test a therapeutic protocol that might, indeed help more little ones like Charlie "kick" the need for walkers and braces.



Charlie Flynn (front) and his (left to right) father Greg, brother Connor and mother Rebecca at their Howell, Michigan home.

#### World of thanks While participants do receive some compensation for their time, it would be difficult to find anyone who says they participate purely for monetary gain. For some, it's a way of lending a hand to advancing research. For most, it's the hope that they can help others, if not themselves.

"Most often there is no direct physical change for the research subject when we conduct basic science studies. For these individuals the greatest motivator is having contributed to the body of knowledge for the condition or disease the study is examining. To participate, it takes time out of a busy schedule, and for families with babies who have disabilities or adults with disabilities, they are extremely busy with medical visits, therapy and other demands. I am amazed that they still take the time to get involved in this," says Ulrich. "We don't pay tribute enough to the people out there who contribute to making this work. We couldn't do what we do without them."



## Commencement 20







#### U-M Kinesiology conferred four Doctoral, nine Master's, and over 170 Bachelor degrees at its annual Commencement Exercise April 25 in Hill Auditorium.

The Class of 2008, parents, family and friends were addressed by Patty Freedson, PhD, Professor and Chair of the Kinesiology Department, School of Public Health and Health Sciences, University of Massachusetts/Amherst and the student speaker was Matt Fisher, PE '08.

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: Robyn Odzark and Beth Smith
- Stephen Galetti Exceptional Student award: Jeff Prince
- Bernard Patrick Maloy Award for Excellence in Writing: Kenneth Fellows
- Student Choice Awards for Excellence in Teaching: Tony Drew and Scott McLean

Dr. Vic Katch and Shelly Kovacs were also recognized for each of their 30 plus years of service to U-M Kinesiology

#### Order photos from the Kinesiology **Commencement Photo Gallery!**

The 2008 Kinesiology Commencement Photo Gallery is made available through the Kinesiology Alumni Society and alumni support through the Kinesiology Annual Fund. Visit the alumni events page of the Kinesiology website or go directly to: http://www.kines. umich.edu/alumni/comm08/index\_1.htm to view the photos. If you would like a copy of one of the photos, please email kin-dev@umich.edu with the file name (found on each photo's page) and we will send you a high-resolution electronic version for you to print out.









#### **Photo Captions**

- Jennifer Cisler (MVS) and Rebecca Edgeworth (MVS) greet each other prior to the commencement ceremony.
- Deidre Jones (PE) is ready for the ceremony to begin.
- 3 The Kinesiology students process into Hill Auditorium, when they exited they were officially Kinesiology alumni.
- Corrie Feldkamp (SM), who made a miracle recovery (see article in Movement Fall 2007) after surviving being hit by a car, is all smiles on graduation day.
- 5 Dean Beverly Ulrich delivers her address and notes the impressive achievements of this year's graduating class.
- 6 (Left to right) Emily Kalmbach (PE), Joe Mach (PE;), Rebecca Chinsky (PE), Andrew Hypner (PE) and Dana Restrick (PE) listen to Dr. Freedson's keynote address.
- Shelly Kovacs and Dr. Victor Katch receive special recognition from Dean Ulrich for each of their 30+ years of service to Kinesiology.
- 8 Matt Fisher (PE), enlivens the commencement exercises with his memorable speech.
- 9 Pat VanVolkinburg addresses the soon-tobe graduates one last time.
- 10 Dr. Seidler (left) and Dr. Watkins present Joaquin Anguera with his PhD hood.





 (Center) Brett Murray (MVS), his sister Skye and mother Betsy celebrate his graduation.
Sport Management MS Graduates (left to right) Kimoon Lee, Marcus Bach-Armas,

Brian Mills and Stephanie Rose enjoy one last photo all together. The '08 AT class gathers for a group photo

13 The '08 AT class gathers for a group photo: (Front row, left to right) Jill Brenner, Jenna Baynes, Caitlin Meadows and Leah Dvorkin. (Back row, left to right) Callum

Chia, Dan Rosseau, Seth Eisenberg, Gregory Rosequist, Brittany Gillenwater, Jason Cohen, Navid Hannanvash and Melissa Leake.







## "Have courage, work hard, and never be afraid to take chances."

by Pat Materka

This advice, at the heart of Dr. Patty Freedson's 2008 Kinesiology commencement address, might have been drawn directly from her own life experience. They are reoccurring themes that brought her to Michigan, steered her toward exercise physiology, and charted her career.

Now Chair of the Department of Kinesiology at the University of Massachusetts/ Amherst, Patty has been passionate about physical activity and sports since childhood. "I began swimming competitively at age six," she relates, "at a time when sports—especially for little girls—were not at all popular."

By high school, she was playing field hockey in the fall, basketball in winter, and throwing discus and shot put with the track and field team in spring. Oh, and taking up tennis. She traveled with her teams to tournaments and state championships and enjoyed every minute of it.

"Growing up in a small town in Pennsylvania, you'd think I would have been drawn to a small college close to home. But in fact, I always wanted to come to a big university. I knew that's where I'd find the most opportunities," she said.

Both parents supported her choice, but her mother became a particular ally in the search process. She helped identify the places to apply and then mapped out a visit to five campuses. "Many parents take their teenagers on a 'college tour' these days, but it was highly unusual then," Patty points out. "And the minute I saw Ann Arbor, I just fell in love with it: the campus, the community, the rah-rah-ness of the sports. Michigan was where I wanted to be."

After a false start as a nursing student, she cast about for new options. "I had joined the tennis team, which at that time was not part of the Athletic Department but self-funded. Playing in local tournaments across the state, I realized: Sports are what I enjoy most. So I transferred to the School of Education to become a physical education teacher.

"That first semester we were required to take one of three science courses, and I chose exercise physiology," Patty continued. "I vividly remember my first day of class with a feisty young assistant professor, Dr. Victor Katch, who frankly scared me to death as he described the course content. Within minutes, however, I found myself captivated. His energy and passion about the science of the human response to exercise was absolutely contagious."

At the end of that class, the normally shy, quiet sophomore approached her teacher and announced that she wanted to become an exercise physiologist. Dr. Katch became her mentor, introducing her to the world of data collection and scientific research.

She felt so in sync with her new field of interest that she earned three degrees: BS '75, MS '76 and a PhD '80, all from Michigan.

After a post-doc at University of California— Santa Barbara Institute of Environmental Stress where she studied the physiological impact of prolonged bouts of exercise in women, Dr. Freedson came to U-Mass—Amherst. She moved up the ranks to full professor in 1994, and was named department chair in 2006.



She has earned numerous honors from the American Alliance for Health, Physical Education, Recreation and Dance, the American College of Sports Medicine, and U-Mass, including Distinguished Faculty Lecturer and the Outstanding Accomplishments in Research and Creative Activity Award.

Kinesiology at U-Mass-Amherst is housed within the School of Public Health and Health Sciences, and focuses on movement science. Besides overseeing 13 tenure-track faculty, 410 undergraduates and 50 graduate students, Dr. Freedson continues her research on novel methods to assess physical activity using wearable monitors. In 2007, the National Institutes of Health awarded her research team \$2.1 million to develop a new multi-sensor monitoring device to obtain long-term measures of physical activity and predict energy expenditure.

An avid golfer, Patty also makes time for volunteer work, travel, theater and cultural events. Her interest in exercise physiology is stronger than ever.

"This is an extremely exciting time for our field—both on the research level and in the practical applications to personal health, fitness and wellness. Kinesiology is linking up with other fields to address issues such as health care delivery and cost, disease prevention and environmental stress. The unprecedented global awareness of the health benefits of physical activity and exercise is not a fad. It's not going to go away.

"There is no better time to be doing what we're doing. "

## Building a Tradition of Giving

by Franchesca Gayadan

They wanted to let everyone know that they were here. And members of the Kinesiology class of 2008 did just that by giving to their class gift for the Division. "The Senior Gift Program was started so that our class could personally give something back to Kinesiology, as a way of saying thank you," explains **Kellen Sarb**, a 2008 graduate who helped spearhead the project.



#### **Class of 2008 Senior Class Gift Committee**

Left to right: Sabrina Silver (MVS), Dave Brohl (PE), Drew Van Tongeren (SM), Kellen Sarb (SM), Emily Van de Water (MVS), Rebecca Chinsky (PE), Caitlin Meadows (AT), Megan Colella (MVS) and James Harasin (SM).

Senior class giving, though not a tradition for Kinesiology, is a custom for many other schools on campus. Perhaps the most notable example is the block M on the Diag, a gift from the Engineering class of 1953. The members of the class of 2008 class therefore set a lofty goal when they decided to start building a new tradition for Kinesiology. Sarb, along with nine other seniors rose to the challenge, forming a Senior Class Gift Committee to organize the campaign. Armed with posters, pledge forms, and cookies, the members started collecting donations from their peers. They suggested that students donate \$20.08 to honor their class, though any amount was welcomed. At the end of the semester long campaign, the committee's efforts paid off, literally, with \$1,400 in donations. True to their goal of investing in the future of Kinesiology, the money raised was divided into three Kinesiology leadership awards, which were then given to Kinesiology juniors who had distinguished themselves through their extracurricular and academic achievements.

In its effort to leave a mark on the University, the class of 2008 has inspired its younger peers in the Division. It began with the nominations for potential recipients of the awards. Although both faculty and students were solicited, the majority of recommendations came from students. "I think students can sometimes get caught up in their academic work, and it's nice to know that someone took the time to think about what their fellow students are doing on campus and recognize them for it," said **Katie Scheich** '09, who nominated a classmate, and who was herself nominated by a peer.

Scheich, along with **Kristin Thomas** and **Stephanie Osmer** were the recipients of the awards. Each embodies the well-rounded student Kinesiology is committed to producing, as evidenced by their stellar academic records and their wide variety of activities. Their commitments for the summer alone range from being research assistants in various Kinesiology labs, to training for a 204 mile bike ride.

Although they've all received recognitions in the past, this one was special. "This award is unique because it's from the students. It's a real honor because it is based on your character and how your peers see you," said Osmer. She wasn't alone in this sentiment. "It says a lot that college students who typically don't have a lot of money felt strongly enough to support a fellow Kinesiology student," said Thomas.

In the end, the 2008 class gift affected Kinesiology students in ways beyond its monetary value. It sent a message to the following classes, reminding them just how valuable the Kinesiology experience has been, and can be. "They [the seniors] recognize that Kinesiology has added to their lives and they want to give back. It's a nice perspective for 21- and 22-year-olds to have, rather than just being concerned with themselves and their next step after Michigan," said Osmer. "The senior gift shows that they [seniors] are invested in the future of kinesiology. It shows that they have faith in us [the next class]—that we are the upcoming leaders," said Osmer.

"I always want to leave something better than I found it," said Osmer. And now each succeeding class has inherited the privilege of doing so. "The senior class gift was a great idea. It's an opportunity for both underclassmen and following classes to see that seniors care enough to leave a legacy," said Thomas. All three students plan on taking part in their class' Senior Class Gift Committee. "We get a lot out of our experiences and it's great to give back to following classes," said Schiech.

## Gift Will Support Doctoral Fellows In Injury Prevention & Rehabilitation by Pat Materka



Dr. **George A. Wade**, BS '64, MS '66, Director of the Idaho Sports Medicine Institute, has pledged \$175,000 to fund doctoral fellowships in Kinesiology's Bone & Joint Injury Prevention & Rehabilitation Center.

The five-year commitment will be matched 1 to 2 by the U-M's President's Donor Challenge, bringing its total value to more than \$262,000, according to Kinesiology Director of Development **Jim McIntyre**. The endowment will support doctoral fellows studying prevention and rehabilitation science in perpetuity.

"I came to Michigan on a track scholarship and attended graduate school on a teaching fellowship," Wade noted. "I've always believed in giving back to my school, and supporting graduate education—especially in my own field of sports medicine and orthopedics—seems like a perfect fit."

"I wouldn't have what I have today without Michigan." Wade has named the fellowship in honor of his mentor, Dr. **Andrew Kozar**, MA '57, PhD '61, who was a member of the physical education faculty when

George entered U-M on a track scholarship. Teaching and coaching was his planned career until Kozar left U-M to become head of men's physical education at the University of Tennessee, and hired Wade as an instructor. Then, Kozar convinced him to enter UT's medical school.

"George was the best student I had the privilege to work with at Michigan. I was impressed by his excellence as an athlete and his love of learning," recalls Kozar, now Professor Emeritus in Exercise, Sport and Leisure Studies and a former Executive Assistant to the President of UT-Knoxville.

After earning his MD from UT in 1970, Wade returned to Ann Arbor for his internship and residency in physical medicine, rehabilitation and orthopedic surgery. He also served seven years as assistant team physician under U-M Head Team Physician **Gerald O'Connor**, considered a pioneer in the field of sports medicine.

It was on a rafting trip in Idaho with his friend **Jack Harvey**, BS '68, who later became U-M Head Track Coach for 25 years, that Wade fell in love with the area that has become his home. He returned every year on vacation and moved there permanently in 1978, opening a solo practice in orthopedic medicine. The next year, he became team physician at Boise State University and opened the Idaho Sports Medicine Institute which he directs to this day. The ISMI is now located adjacent to the BSU football stadium and stands as a model for sports medicine clinics across the country. Along with his friends Andy Kozar and Jack Harvey, Dr. Wade has kept in touch with Dr. **Robert Hensinger**, a U-M orthopedic surgeon. The concept of the Bone & Joint Injury Prevention & Rehabilitation Center was born in April 2000 when Wade came to deliver the Kinesiology Commencement address. During that visit, Wade and Hensinger spoke with Dean **Beverly Ulrich** about the importance of developing a liaison between Orthopedic Surgery and Kinesiology for the study of sport-related injuries, especially in children. Ulrich and Hensinger developed a concept paper and proposal which ultimately led to a \$5 million gift to Kinesiology and the School of Medicine from the Judy and Fred Wilpon Family Foundation.

**Fred Wilpon**, '58, was a U-M freshman pitcher whose dream of playing pro baseball ended with a torn rotator cuff. "As a player and as a fan, I know how much happiness sports activities can bring a person," said Wilpon, chairman and chief executive officer of the New York Mets. "Judy and I wanted to create this Center to ensure that children and adults who love sports can enjoy them to the fullest with reduced risk of injury and impairment."

Wade met with Wilpon during a Mets game in 2005 as the project was moving forward, and the two recognized their shared interests in prevention, rehabilitation, orthopedic surgery and sports medicine.

The Bone & Joint Injury Prevention & Rehabilitation Center aims to create lifelong musculoskeletal health, emphasizing physical activity and exercise across the lifespan. Its goal is to prevent injury and achieve optimal health, mobility, and quality of life throughout each person's lifespan.

"Prevention is the name of the game," Wade concludes. "If you can prevent an injury, it's a hundred times better than trying to fix it."

## Kinesiology Welcomes Peter Bodary

#### by Alice Rhein

Dr. **Peter Bodary** joined the Kinesiology faculty in June as an Assistant Professor, Movement Science. He is a native of New Boston, Michigan, where he continues to live with his wife, Cricket, and four daughters, Andrea, 12, Dana, 9, Caroline, 7 and Elise, 3. Dr. Bodary joins U-M from Wayne State University's Department of Nutrition and Food Science where he operated a lab focused on the causes and cardiovascular consequences of altered adipose tissue distribution.

Dr. Bodary already has a history at the U-M; he completed his post-doctoral training and was later a research faculty member in the Division of Cardiovascular Medicine. Dr. Bodary holds a BS from Grand Valley State University in Allendale, Michigan, an MS from the University of Toledo and a PhD from the University of South Carolina.

In addition to teaching Exercise Physiology (MVS 340), Dr. Bodary will expand on the research he began while at Wayne State through his Vascular Biology Lab (VBL), in which he focuses on understanding the cardiovascular effects of altered adiposity (fatness) and exercise. Moving with Dr. Bodary and joining him in the Vascular Biology Lab are two post-doctoral fellows: Dr. **Heidi Iglay** (PhD in Nutrition/Gerontology, Purdue) and Dr. **Soo Jin Yang** (PhD in Nutritional Biology, UC Davis). The final member of the research team moving from WSU is **Sanjoy Khan**. Sanjoy is a graduate student from India who joined the laboratory in January, coming from Dr. Reddy's Pharmaceutical Company.

Dr. Bodary's lab is located in the CCRB/ Dance/Kinesiology complex. He is currently planning translational studies to examine the relationship between adiposity, insulin resistance and thrombosis risk in human populations. He has been the recipient of several awards, including the 2005 Junior Faculty Award from the American Diabetes Association, and the 2004 Young Investigator Prize for Thrombosis, awarded by the



American Heart Association. Dr. Bodary will also become a member of Kinesiology's Center for Exercise Research (CXR) which includes several exercise physiologists from Kinesiology. CXR facilitates collaborative multidisciplinary studies on the effects of exercise on human physiology and health.

### ConnectKines

ConnectKines is the career network of U-M Kinesiology graduates. It offers current students and alumni the opportunity to contact those who are working in career fields of interest.

- Find other Kinesiology alumni working in your field or a field in which you are interested
- Find Kinesiology alumni living in a certain geographic area
- \* Get reacquainted with a classmate with whom you've lost touch
- Serve as a resource for current Kinesiology students by providing career information, networking, or informational interviews
- Receive occasional requests to serve on career panels or participate in career programs
- ConnectKines is a LinkedIn group. To join you must be a Kinesiology alum or current student

#### Alumni

To join visit the Kinesiology LinkedIn site. If you do not already have an account, you will need to register and fill out the profile information. (Registration is free.)

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## YOII an

There is no better way to express our sincere appreciation for the most successful fundraising year in the history of U-M Kinesiology. In 2007–2008, we received more than \$2 million in contributions from alumni, friends, foundations and corporations.

What we're most happy about this year's success is how many of you have chosen to support your alma mater. This past academic year U-M Kinesiology realized a 42 percent increase over the previous year, reaching the largest number of alumni donors in our history. Our total number of donors surpassed 1,000 for the first time as well. This is counter to a national trend showing the number of alumni giving to their colleges remained the same or declined.

Through your help and support, U-M Kinesiology is quickly becoming recognized for a number of reasons. You have helped to make us known for our innovation in collaborating with colleagues across campus, across the country and even abroad. We have been able to provide new learning opportunities for students at all levels and in all of Kinesiology's disciplines. We also have enhanced our long-standing reputation for rigorous quality education in a welcoming, supportive environment.

What is most important is how much this helps our students and faculty. With your support, we continue our research leading to a deeper understanding of how to manage obesity, hypertension and diabetes. We are revealing the impact that physical activity and mobility can provide toward a better quality of life for children with physical disabilities. We are beginning to offer undergraduates a new view of the world through the Kinesiology Center for Global Opportunities. We have established scholarships and endowed funds that will support our students and research by faculty in perpetuity and we have founded the Bickner Endowed Chair, the first endowed professorship in U-M Kinesiology and one of the largest endowed funds for faculty in movement science or sport management in American higher education.

We wrap up the Michigan Difference Campaign on December 31, 2008. To date we have raised \$9.7 million of our \$10 million goal. With your continued help, we are confident we will reach that \$10 million mark.

And again, thank you for your support.

Jim McIntyre Director of Development mjmcinty@umich.edu (734) 615-4272



### Don Canham: The Man...The Legend by Dave Diles

"Don Canham, perhaps the brightest mind in intercollegiate athletics...." The words first came across either a television screen or a piece of Associated Press copy–I don't recall now when I first said or wrote them–but precious little has changed since.

Of course, the "perhaps" part of it was rightfully deleted long ago, and the term itself became axiomatic. Just who, before or since, has had the vision, the intelligence, the courage and the presence of command? Don't struggle trying to come up with a name. There isn't one.

I used the term for eons on local and on national television, in books and articles, in speeches across the country and face-to-face, when frequently we'd meet. Don sort of came to expect it, almost as he would, "how are you?" He was a rollicking type-A personality with a carefully controlled ego but I think he enjoyed the description with which I saddled him. He may have even believed it.

And he had every right to! The day of the surprise announcement that the youthful track coach at the University of Michigan had been tabbed to succeed the legendary H. O. (Fritz) Crisler as director of athletics at the University of Michigan, I had the unique privilege of informing the world of the event. We timed it during the NCAA Indoor Track and Field Championships at Detroit's Cobo Arena and I was part of the ABC Sports team covering the event live.

I even prompted Canham on what to say. He said that following Crisler was a monumental assignment and left him without adequate words to utter. "Just tell this national audience that you feel like the guy who followed Babe Ruth in the New York Yankee lineup" was my advice. The words came out crisply from the tanned face with the crooked smile and for years afterward Don Canham would remark how frequently someone remembered verbatim what he'd said that day.

Years ago Michigan Stadium was nearly as empty as filled on some fall Saturdays and stadia across the country were a sea of concrete. Professional football had selected a youthful, bright and aggressive commissioner in Alvin (Pete) Rozelle. He hustled corporate America, network television, built his game and won over legions of fans. Meantime, college football sat on its hands and complained. Nearly everyone save Don Canham.

"Quit griping, go to work and start emulating," Canham urged. "We've lost a generation of fans."

The fans are back in droves and their children and grandchildren are waiting in line to purchase season tickets.

In the sidebar to the right you'll read about the Don Canham Fellows Program. It is one I'm proud to be associated with and one that gives each of us an opportunity to pay tribute to an extraordinarily great and good man.

Dave Diles for many years was sports director of WXZ-TV (Channel 7) and WXYZ Radio, served more than 20 years as a member of the ABC Sports broadcast team and is the author of eight books.



Dave Diles (left) with Ron Kramer, AB '57, LSA, (right), co-chairs, Canham Fellows Program campaign.

#### Kinesiology Launches Canham Fellows Program

#### by M. James McIntyre

Don Canham is frequently credited for launching U-M Kinesiology's sport management program by initiating the sports marketing clinics for fellow collegiate athletic administrators in the mid-1970s. Since the Sport Management program's inception in 1985, scores of U-M alumni earned bachelor's degrees and have gone on to top sports organizations at collegiate and professional levels as well as businesses that rely on sport and physical activity as a key to their business strategy.

Today the sport industry, including marketing and sponsorship sales, is a business enterprise that exceed \$216 million; greater than the American tourism industry and equivalent to the total GDP of some European countries. As a result, there is a growing demand for quality graduates at the master's degree level that is simply not being met.

With the Canham Fellows Program U-M Kinesiology will attract the best master's degree candidates in sport management to the University of Michigan. They will not only study the management of sports enterprises, but also how can organizations integrate or use sport and sports teams into their business strategy.

The goal is to generate a \$3 million endowment that will help entice and support the top ten master's degree students in Sport Management. Each Canham Fellow will receive a \$15,000 stipend, an equivalent to a full-year's tuition for an in-state graduate student.

Individuals and organizations making commitments of \$2,500 or more (payable over five years or through an appropriate planned gift) will be recognized by U-M Kinesiology in Observatory Lodge. For more information, contact James McIntyre, Director of Development, (734) 615-4272, mjmcinty@umich.edu.

#### Freshman Class Scholarship Winners

Four academically outstanding freshmen have enrolled in Kinesiology thanks to scholarship funding.

#### The Georgia Woodson Scholarship

Charles Woodson established this scholarship in honor of his mother, Dr. Georgia Woodson. This financial aid scholarship is open to any student at the University who comes from a single parent head of household home in the preferred geographic locations identified by the Woodson family.



#### Adrienne Pack 2008 Financial Aid Georgia Woodson Scholar

Adrienne Pack, Detroit, Michigan, graduated from Cass Technical High School. She enjoys spending

time with family and friends and at Michigan is in organizations such as the sports committee, Sport Business Association and the Kinesiology Ambassadors. Her intended major is Sport Management and the thing she enjoys about being at Michigan is meeting so many different people with common, yet diverse goals. Adrienne states she is, "Very grateful and truly appreciative for the reception of this scholarship." KINESIOLOGY studying movement

#### The Charles Woodson Scholarship

The Woodson Scholarship is awarded to incoming Kinesiology Freshman who has financial need and show outstanding promise in Kinesiology. The fund will give preference to entering Kinesiology undergraduates from the communities of Fremont, Ohio, his hometown, as well as Detroit/Ann Arbor, Oakland, California and Green Bay, Wisconsin; communities where Woodson has played football.



Jerome Grant 2008 Kinesiology Charles Woodson Scholar Jerome Grant, Detroit Michigan, graduated from Cass Technical High School. He enjoys playing chess He plans on study-

and community service. He plans on studying Movement Science and plans to pursue a career in sports medicine.

In response to receiving the Charles Woodson Scholarship, Jerome states, "Being blessed with this award means a great deal to me. It shows that there are some who recognize potential within me, and for that I am greatly thankful! Receiving this award will take away some of the stress of trying to finance my education at Michigan; that alone is overwhelming. Once again, I appreciate the opportunity."

#### The Sydney J. and Irene Shipman Scholarship

Shipman scholarships provide incentive merit scholarships for talented prospective undergraduate students admitted to the University of Michigan. Fifteen Shipman Scholarships are awarded annually with a monetary value of \$12,000 per year for four years of undergraduate study plus room and board (about \$8,000 per year).



Brian Harris 2008 Kinesiology Shipman Scholar Brian Harris, Tampa Florida, graduated from Freedom High School where he was a member of the newspaper staff

and Captain of the football and table tennis teams. He plans to major in sport management and ultimately pursue a career as an athletic director or general manager of a professional sports team.

#### Stamps Scholars Program

Penelope W. and E. Roe Stamps established the Stamps Scholars Program, which provides \$10,000 annual merit scholarships to outstanding undergraduates for up to four years. The University and schools and colleges provide additional need-based and meritbased financial aid to the recipients.



Genevieve Davis 2008 Kinesiology Stamps Scholar Genevieve Davis, Okemos, Michigan, graduated from Okemos High School where she was involved in ACTION,

a community service club, as well as German Club and National Honor Society. She plans on majoring in Movement Science in preparation for medical school.

## "Take Me Out to the Ballgame"

**Kinesiology Alumni Event in Toledo** 

The Kinesiology Alumni Board hosted an alumni gathering over Memorial Day weekend at a Toledo MudHens baseball game. Alumni gathered at 5th3rd Field for a special evening that included a pregame dinner in the Roost, private tours of the facility by Kinesiology's own **Scott Jeffer** ('93) Mud-Hens assistant general manager and the MudHens game against the Louisville Bats. After the game, all the kids got to run the bases and everyone enjoyed the fireworks! Look for this event again in 2009. If you have any questions, call the Kinesiology Office of Development at **(734) 647-2689**.

- Jay and Chris Miles ('80) and their two boys Aaron and Keegan take in all the front row game action.
- Team mascot Muddy with the Ebach kids: Connor, Madelyn and Cassidy.
- Isabella Cimmino (Daughter of Noel Cimmino, '94) enjoys the game with her grandmother Ellen Cimmino.
- 4 Patricia Bubel ('56), Lorri Sipes, Maggie Hostetler, Sally Scaden and Kate O'Brien represent Ann Arbor well at 5th3rd Field.
- (Left to right) Judy and Bill Canning ('73) enjoy the game with their daughter Michelle.
- 6 Lisa and Scott Jeffer ('94) with their daughter Grace were wonderful hosts for everyone.
- 7 Connor, Madelyn and Cassidy Ebach enjoy the game and the food!
- 8 Rick Ebach and KAS Board President Patty Donohue Ebach ('85) take a moment to pause for a photo outside the stadium.















Save the Date! Saturday, May 30, 2009 is the next MudHens/KIN game!

## TEN YEARS OF LEADERSHIP

The Division of Kinesiology requests the pleasure of your company at a reception in honor of

### Dean Beverly Ulrich

in celebration of her 10 years as dean as she prepares to step down.

#### Tuesday, December 2, 2008

3:00 p.m.-5:00 p.m. Program at 4:00 p.m.

The Michigan League, Hussey Room 911 North University, Ann Arbor

If you have any questions about the event please call Kinesiology's Office of Development at (734) 647-2689.







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