I was alerted that the Institute for the Study of Youth Sports (ISYS) will be holding a 40th Anniversary Conference this fall. While I had been acquainted with the Institute, I did not really know much about its history, so I decided to do a little delving. I found an excellent source of information on the Michigan State Kinesiology Department website: www.education.msu.edu/kin/about/history.asp. The institute was officially established at Michigan State University on April 5, 1978 after a joint meeting of university officials and members of the Michigan legislature. Vern Seefeldt was Coordinator of the three-phase joint legislative study of youth sports in Michigan at the time and became the first director of the Institute.

The rapid increase in competitive sport for young children in the 60’s and 70’s was the impetus for the ISYS since parents, educators, and legislators questioned whether the programs were in the best interest of children. A senator approached Michigan State University to see if someone could conduct a one-year study to investigate the issue. With a budget allocation...
of $38,145, the university said the scope of the project could not be completed in one year, and they proposed a three year study in cooperation with the University of Michigan, Wayne State University, and Northern Michigan University. For details of the three year study – see the chapter written by Seefeldt on the MSU website. The data from these early studies is very interesting and I suggest you take a look.

The Joint Legislative Committee on Youth Sports issued three mandates as a condition of supporting the Institute (Quote from Seefeldt 1999 chapter on History of the Institute for the Study of Youth Sport).

- Conduct research pertaining to the beneficial and detrimental effects of organized athletic competition on children and youth
- Develop educational materials for the education of coaches and administrators of youth sport programs
- Conduct classes, clinics and workshops for the education of coaches, administrators, parents and youth athletes.

WOW – Very impressive goals that covered research, teaching and service. The chapter details and documents the work of the Institute over a 20-year period. Seefeldt retired as Director in 1995 and was followed by Robert Malina. Malina retired and was followed by Dan Gould. Interestingly, he was recruited as one of the first tenure track positions to support the Institute in 1979 and then moved on to some other university positions before returning as Director in 2004. I have known Dan since we were undergraduates sitting in the same classes and helping with research projects in 1972 at SUNY Brockport, so I decided to follow up with him to learn a little more about his role and the upcoming conference.

In 1999 the Institute held a 20th Anniversary Conference organized by Director Robert Malina. Individuals from nearly 30 countries attended. Now in 2018 the 40th Anniversary conference will be held. Dan provided some written comments about the Institute, but I also got the chance to sit and chat with him about the upcoming conference.

Please tell me a little about the Institute

ISYS is probably best known for its work studying and educating youth sport coaches. Initially studies were conducted that identified who youth sport coaches were and describing their educational needs. Later efforts focused on understanding coaching efficacy, what makes effective youth sport coaches and the role coaches play in influencing youth outcomes. Current efforts are examining coach athlete interactions, how coaches influence psychosocial or life skills development, and how coaches acquire and use knowledge. In addition to studies with coaches, ISYS researchers have examined why children participate and discontinue sport participation, issues involved in youth participation (e.g., contraindicative exercises, types of sports played and intensity of involvement) and longitudinal studies of the physical and psychological effects of sports on young athletes.

Relative to service, initial outreach and engagement activities involved traveling around the state and conducting of clinics for youth sport coaches. Later, that changed to the development of Program for Athletic Coaches Education that was used to educate school and non-school coaches. Today, our role is much more in the train-the-trainer format than in direct coaching education delivery, although we still do some direct delivery. ISYS partners with various organizations like Detroit Police Athletic League, the National Wrestling Coaches Association, and the Michigan High School Coaches Association to assist in the development of coaching education curriculum and materials. We have also developed educational materials for
Do you see the Institute as a local entity, national entity, or international entity. It appears as though you have numerous international scholars invited to the 40th anniversary. Do you have an active program to engage international scholars?

We work at all these levels but more so at the state and national levels. Over the years a number of international scholars have visited the Institute. We have also had a number of graduate students from outside of the U.S. and currently we are conducting research in several locations in Africa. Relative to research, we are active at national and international levels.

One of your purposes is to partner with sport organizations and governing bodies. How do you accomplish this goal and what are some of the outcomes that indicate your success in influencing such bodies – e.g. rule changes, mission statements of organizations, etc.

In terms of establishing partnerships it is important to get out and meet with youth sport stakeholders. Besides meeting with them it is critical to identify their needs and to look for ways we might be able to assist them in fulfilling their needs. It is critical to find good matches where their needs align with our capabilities and where we feel we can be successful in working with the partner (e.g., both of us have the infrastructure, motivation and right staff to make the partnership successful). Our partnerships involve a number of varied activities such as consulting on such issues as helping the National Wrestling Coaches Association establish a code of coaching ethics, helping Detroit PAL derive strategies for involving more females, helping develop the MHSAA’s coaching education curriculum, making presentations at the MHSAA women in sport leadership conference, designing a coach mentoring program for the United States Tennis Association and conducting program evaluation research for Detroit PAL.

Judging success is not always easy. However, when I look at organizations we have had long-term partnerships with the criteria we use to judge success include:

1. Are we asked back to be involved in new projects;
2. The number of people we influence or touch (e.g., in the last three years almost 16,000 high school youth have taken the online captains leadership course we developed with the Michigan High School Athletic Association and is offered through the National Federation of State High School Associations);
3. Opportunities these organizations provide for our graduate students;
4. The agencies provide funding for some of the projects we conduct; and,
5. The joint projects lead to scholarly articles and presentations or the organization allows us to conduct research with their athletes, parents and coaches that we might not be able to if we were not a trusted partner.

You are housed in the Department of Kinesiology at MSU. Do you have separate funding to support the Institute?

Initially the Institute budget was a direct line item in the university budget. This was gone by the time I arrived in 2004 but my sense is that over the years those funds got intermixed with the departmental and college budgets so we do not receive a yearly allocation. However, the director gets a course release for each semester. Other than that we are self-sufficient and raise our own funding each year. We do this through contracts, grants, development, and via some online coaching education course tuition. These online courses are delivered through partner agencies or for MSU graduate credit.

In previous issues of KT, I summarized...
some youth sport initiatives that had occurred. In the Summer 2016 KT, I reported on the Copenhagen Consensus conference that focused on physical activity in youth. Then in the Spring of 2017, I highlighted efforts by the USOC to convene experts to develop a more unified approach to youth athlete development. Do you expect that you will be working towards some sort of consensus statement or guidelines as a result of the 40th Anniversary celebration? 

Good question and idea, although to be frank I had not thought about it until you mentioned it. The main focus of the conference will be on bringing the best scholars in the world together to identify what we know about critical issues in youth sports, what we need to know, and how we might go about studying key issues in the future. Kinesiology Review will allow Al Smith (Department Chair) and I to guest edit a special issue where we can place the best papers from the conference in an issue devoted to the current status and future directions in youth sports research. We will also be holding a two-day positive youth development through sport think tank before the conference with some of the speakers. That might be a more targeted place for some consensus work.

What are some of the details of the upcoming conference?

The overall aim of the conference is to bring the best scholars in the world together to discuss the state of scientific knowledge on sport for children and youth. Conference goals:

- Advancing the scholarly study of youth sports;
- Summarizing the state of knowledge of key issues including sport specialization, parent involvement, overuse injury, and participation motivation and withdrawal;
- Identifying critical areas for future study; and
- Celebrating ISYS’s 40 years of research, outreach and leadership in youth sports

Some of the major speakers already on board include:

- Dawn Anderson-Butcher – Ohio State University
- Martin Camire, University of Ottawa
- Mark Eys – Wilfrid Laurier University
- Gretchen Kerr (University of Toronto)
- Camilla Knight – Swansea University
- Jeff Martin – Wayne State University
- Chris Harwood – Loughborough University
- Nick Holt – University of Alberta
- Thelma Horn – Miami University
- Jack Roberts – Michigan HS Athletic Assoc
- Stewart Vella – University of Wollongong
- Maureen Weiss – University of Minnesota
- Paul Wylleman—Virge University Brussels, Belgium

In addition to the scientific program, ISYS hopes to have completed their degrees and gone on to pursue their professional careers to return to campus not only for the conference but to take part in an ISYS alumni reunion social.

Several poster sessions will be held at the conference. These presentations should be data-based, theoretical, or research review papers that have not been previously published or presented elsewhere at a national or international conference. Procedures for submitting a presentation can be found at the conference website, [http://education.msu.edu/isys/anniversary/](http://education.msu.edu/isys/anniversary/).

It was a delight to chat with Dan and see his obvious enthusiasm and passion for the work he does at the Institute and in helping improve the quality of youth sport programs, not only through research questions asked but also by the delivery of knowledge to coaches, and athletes, and parents. I have no doubt the upcoming conference will be a success. KT
It’s hard to believe that I’ve hit the halfway point of my AKA Presidency. We recently had a successful summer Executive Committee retreat in Chicago (June 21-22, 2018), and a lot of great progress was made. As I look back and reflect on the past six months, I am struck by the progress we’ve made. And when I say “we”, I truly mean that. This organization is blessed to have so many hard-working and dedicated field leaders who selflessly give to advance the mission of AKA. Below are just a few highlights of activities from the past six months that I feel illustrate the strengths of our organization—

- **Dr. Gil Reeve** has shown tremendous passion and leadership in his new role of AKA Executive Director. As an organization, we have focused the past six months on clarifying and improving various processes that will help the organization for years to come. It’s been a real pleasure to get to know Gil more, and to share ideas in a truly collaborative way that are advancing AKA.

- **Dr. Penny McCullagh** continues to do an admirable job with Kinesiology Today. More importantly, Penny serves as someone I can always trust to bounce ideas with. She gives selflessly, values the diversity and heterogeneity of kinesiology, and steps up whenever needed. As an example, the organization was asked to participate in a Korean conference, and Penny volunteered to provide an overview of kinesiology as a field and the AKA mission and structure. We are lucky to have Penny’s passion and commitment—particularly now that we are competing with her beautiful grandchild!

- **Drs. Nancy Williams** (Penn State University) and **Michael Delp** (Florida State University) have been working closely with Gil and myself on the 2019 Workshop that will focus on “Recruiting, Retaining, and Evaluating Kinesiology Faculty”. We recently finished a membership survey that is helping us prioritize session themes, and are about to solicit two more workshop committee members that will help us with the next steps in planning. We are pleased with the progress, and believe the 2019 Workshop will be yet another hit with department chairs and other academic leaders.

- **Dr. Tom Templin** has been working diligently on the themed edition of KR for the 2018 Workshop. Tom also stepped up and agreed to help coordinate the pre-workshop on “Alumni Engagement and Fundraising”. Through Tom’s extensive network, I am pleased to share that **Drs. Ron Zernicke** (University of Michigan) and **Jane Clark** (University of Maryland) have agreed to team up and lead this pre-workshop! With a maximum enrollment of 36 for each pre-workshop, all of you should be ready to register as soon it goes live in September!

- Speaking of pre-workshops, I’m also very pleased to share that **Drs.**
Derek Smith (University of Wyoming) and Tannah Broman (Arizona State University) have agreed to lead the pre-workshop on “Advising in Kinesiology”. In recent years, we’ve strategically programmed at least one pre-workshop that is geared toward kinesiology faculty/staff beyond just the department chair. For example, in 2018 we successfully had one on Internships. In 2019, Derek and Tannah will be facilitating a session on the challenges and opportunities of advising, with a couple targeted sessions on managing transfers and collaborations with community colleges!

- Dr. John Bartholomew (University of Texas at Austin), has been working with me on the AKA Leadership Institute. I’m pleased to share that the Executive Committee selected 8 outstanding candidates from a competitive pool of applicants. We will be sharing the names of those individuals in an upcoming press release and future KT.

- Drs. Jeff Fairbrother (University of Tennessee), Mary Rudisill (Auburn University), Mike Bemben (University of Oklahoma), and Karen Francis (University of San Francisco) have been working with Gil on an updated AKA Strategic Plan. The draft version of this new Strategic Plan was presented at the summer EC retreat, and discussions were positive and favorable. We anticipate making further progress on this over the next few months, with the goal of having a plan to approve with the AKA Board of Directors at the 2019 Workshop.

  - I would be remised if I did not acknowledge and thank Ms. Kim Scott – the backbone of our organization. Anyone who has served in any type of leadership role with AKA over the past decade knows the value of Kim to our organization. Kim recently retired from Human Kinetics (Congratulations Kim!), and the EC unanimously approved the hiring of Kim as an independent consultant for AKA in a similar role to what she’s been doing for AKA. We are blessed to have Kim, who keeps the organization and leadership on-track!

These are but a few of the many initiatives and leaders that are helping advance AKA. It is the teamwork of many that make AKA a special organization!

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2019 AKA Leadership Institute Fellowship

We are pleased to announce the participants in the first AKA Leadership Institute

**Institute Participants**

- Brian Focht, Ohio State University
- Bravo Gonzalo, West Virginia University
- Karen Meaney, Texas State University
- Sara Michaeliszyn, Youngstown State University
- Marc Norcross, Oregon State University
- Jared Russel, Auburn University
- Dan Tarara, High Point University
- Mark Urtel, IUPUI
- R. Matthew Brothers, PhD, University of Texas at Arlington

**Webinar Moderators**

- Wojtek Chodzko-Zajko
- Nancy Williams
- Mary Rudisill
- Phil Martin
- Rick Kreider
- Duane Knudson

**Mentors**

- Gil Reeve
- Mary Rudisill
- Paul Carpenter
- Janet Buckworth
- Rick Kreider
- Karl Newell

**One-on-One Mentors for Bi-Monthly Meetings:**

- Rick Kreider, Texas A&M University
- Mary Rudisill, Auburn University
- Janet Buckworth, University of Georgia
- Paul Carpenter, CSU-East Bay
- Duane Knudson, Texas State University

**Webinar Speakers**

- Karl Newell, University of Georgia
- T. Gilmour Reeve, AKA Executive Director
- Phil Martin, Iowa State University
- Mary Rudisill, Auburn University
- Wojtek Chadzko-Zajko, University of Illinois at Urbana-Champaign
- Rick Kreider, Texas A & M University
- Nancy Williams, Penn State University
Physical Education Loses a Giant
By Penny McCullagh, Ph.D., KT Editor

Don Hellison was a professor in the College of Education, and Director of the Urban Youth Leader Project at the University of Illinois –Chicago (UIC). Don was 80 and he passed away June 6, 2018. He is survived by his wife Judy. One can examine his academic profile and vitae, and see lists of publications, books, and honors, but they would fail to demonstrate the impact his work has had on so many individuals and programs.

Much of Hellison’s work focuses on the development, implementation and evaluation of an alternative physical activity program model that teaches life skills and values, especially for underserved youth. He taught in these youth programs on a part-time basis since 1970. His work is based on the Teaching Personal and Social Responsibility (TPSR) model (Hellison, 2011). If you are unaware of this model, I suggest you check out the TPSR Alliance web site. The Alliance was created in 2007 as a joint venture between Don and Gloria Balague. Gloria is an internationally known sport psychology consultant and Clinical Associate Professor Emerita of the Department of Psychology at UIC with Don.

I wanted to get some personal perspectives on the influence of Don’s work so I contacted Gloria along with some other colleagues who had a close connection with Don.

Gloria Balague, Ph.D.
As I think about Don Hellison and how we met, I realize we were both a bit of a misfit in our departments. I was interested in Applied Sport Psychology in a Research 1 Psychology Department. He was in Kinesiology, interested in pedagogy and the whole person and what has been termed humanistic physical education when many departments were turning to a heavy emphasis on physiology and animal models and when many departments were dropping their physical education focus.

When Don was awarded the IOC President’s Prize in 1995, the University seemed totally unaware of it. Not that Don cared: He did what he did because it mattered to him. When Kinesiology became no longer a home for his Urban Youth program (a title he preferred to the “at risk youth” one) Don went briefly to Social Work, where philosophically he was well-matched but where the tight program requirements left no room for his courses and program. From there he went to Education, where he had many friends and collaborators. That was his final home at UIC but he always missed the physical education students because he saw the power of physical activity and sport.

It was there, in Education, that I co-taught Sport and Youth Development with him for several years. It was the most fun I have had teaching because of how much I learned from him. He practiced what he taught and invested heavily on the students, looking for evaluation methods that would contribute to
the growth and learning of all, teachers and instructors. I was very aware of his uniqueness and of the value of his method, and became concerned with the future of all that knowledge. We developed the TPSR Alliance and started organizing a yearly conference. Don was very afraid of us becoming another organization, where formal administrative issues would be central, relegating the real protagonists, children, and those who work with them, to a second plane. He kept us on our toes to make sure we did not have “talking heads” in our conferences and that there were no presentations where someone talked TO the others, but conversations WITH one another around an issue or idea. He said, and meant it, that TPSR belongs to the ones who use it, and they could change it to suit their needs.

David Walsh, Ph.D. Professor San Francisco State University.

I met Don Hellison in 1994 as a physical education teacher education student at the UIC. Martial Arts was the physical activity that attracted me to the field, and reading Don’s freshly printed 1995 edition of “Teaching responsibility through physical activity” resonated profoundly. His TPSR Model was the primary focus of my undergraduate, masters, and doctoral degrees. Today, as Professor of Kinesiology I continue Don’s work and now legacy through the youth programs I run, the classes I teach, and scholarship I write.

I am just one of the many educators who has been deeply touched by Don’s work. I am fortunate to have had the opportunity to work directly with him for many years, and am proud to have called him a dear friend. I used to drive with him to the South Side of Chicago to work in one of his youth programs. I clearly remember the cold, grey, early morning drives. It was never too early for Don to talk about “What’s worth doing?” and “What kind of professional contribution can we make?” If you knew Don, you also knew he loved beer! We spent many nights, over many years, in Chicago bars, where Don could easily slide into a discussion about his beliefs in creativity, process over product, the power of developing relationships, and being guided by a strong moral compass. Those years were life changing for me. I learned so much from him!

Paul Wright, Ph.D., EC Lane and MN Zimmerman Endowed Professor, Dept. of Kinesiology and Physical Education, Northern Illinois University

I met Don in 1996. I didn’t know anything about physical education pedagogy or the TPSR model. I was simply making “cold calls” to universities to find a program where I could combine my interest in research, teaching, and martial arts. When I finally got someone on the phone from the Kinesiology Department at UIC, they said, “I think Don Hellison does something like that; let me put you in touch with him”. That chance introduction changed my life. By the next semester, I was enrolled in the master’s degree program at UIC and working in a TPSR after-school martial arts club under Don’s direction. I then went into a doctoral program at UIC under Don’s guidance and have never looked back. In addition to being my academic advisor and mentor, Don was one of the best friends and role models I have ever had. Not only did I learn how to work with
children and youth under his guidance, I learned a lot about how to mentor and collaborate with others and how to navigate academia holding on to what Don would call “a shred of integrity”.

Don’s values, insights, and questions --- represented in TPSR --- have inspired youth and adults across countries, across languages, across professional fields, and across academic disciplines. However, if you look past the TPSR model and all the professional accomplishments, you’ll find Don’s legacy is built on a foundation of wonderful, rich, and lasting relationships. The TPSR Alliance, for example, is a community of practice made up of individuals who were initially inspired by Don’s ideas and our shared values. We represent just a small portion of the many lives Don has touched, directly and indirectly. The outpouring of love I have seen in response to Don’s passing has been quite touching, but not entirely surprising. I don’t know anyone else who is more committed to their values or more generous with their talents. I know my life, and many others, are so much better because of Don.

Jim Stiehl, Professor Emeritus, School of Sport and Exercise Science, University of Northern Colorado

The Luther Halsey Gulick Award for long and distinguished service was established in 1923 and is recognized as the highest honor afforded a member of SHAPE (Society of Health and Physical Educators – formerly AAHPERD). Jim nominated Don for the Gullick award which he received in 2008. Here are just a few of the statements Jim included in his letter.

“Although a full professor at a powerful Research I university, Don constantly verifies his work where it counts – in the gym, on the playground, and in tough, inner-city neighborhoods – out there in “the swamp of practice.” He works daily with troubled and troubling kids – kids who he sees not as problems to be remedied, but as resources to be developed. He is committed not only to adding years to their lives, but life to their years through physical activity.

Don’s jargon-free articulation of important ideas and the “bigger picture” has captured the attention of individuals both inside and outside our profession and higher education. He has tirelessly promoted and contributed to a profession in which he frequently was marginalized, and yet continued to champion its heritage and its possibilities. For him, the profession has never been simply a vocation; it is his passion, his calling. Even when critical of our purposes and practices, he always conveys the potential of our profession, effectively arguing how we must and can serve the interests of the larger community.

Time and again he has created that best of academic relationships in which
the scholar and apprentice are joined in a common quest. He nurtures scholarship while, at the same time, is nourished by it. He assists others in defining their own sense of purpose and their own scholarly agenda. Whether mentored directly or indirectly by Don, many professionals owe him gratitude for his courage of convictions, his critical thinking, and his unwavering commitment to making a difference in the lives of others.

Finally, despite continued success and a well-deserved reputation, Don has not rested on his laurels. Rather, he continually advocates for our profession, for young people, and for the value of physical activity in people’s lives. Furthermore, most of us would acknowledge that arrogance and self-importance are not rare in academic life. But Don is the antithesis of conceit. His unassuming manner and professional demeanor provides a role model for all of us who aspire to those virtues that describe the humane life: good workmanship and habits of persistence, honesty, and dignity.”

It was with great sadness that I learned of Don Hellison’s passing. Don made his career decision based on a question he asked himself, “What is worth doing?” He continued to refine his life’s work based on two additional questions: “Is it working and what is possible?” Don certainly did what was worth doing and he proved the TPSR can work and is possible.

While Don’s passion was working directly with youth, we was equally generous with his time in helping teachers. Anyone who met Don at a conference knew he’d always take the time to answer a question or discuss ideas with anyone. Don was an outstanding scholar and researcher who was one of the most accessible, down-to-earth people I’ve ever known. Each time I’d contact him to set up a meeting about his book, or just discuss physical education in general, at an upcoming conference and he’d always respond with “sure, let’s grab some beers and talk.” He also showed me the best fish chowder restaurant on earth during a meeting at a Canadian physical education conference in St. John’s, Newfoundland.

Don was a great believer in day-to-day consistency when teaching or leading a TPSR program. However, he also believed in the need for teachers and leaders to insert themselves and their knowledge of the youth they are serving into their work. In his book, Don used this quote from Ralph Waldo Emerson to illustrate his point: “Do not go where the path may lead, go instead where there is no path and leave a trail.” Don has certainly left us a trail as a starting point. Now it’s up to all of us to forge our own trails in pursuit of what is worth doing. His legacy will live on through all those Don has touched directly or indirectly.

When I worked with Don on the third edition of his book (Teaching Personal and Social Responsibility Through Physical Activity), he was adamant that the cover should not be flashy or colorful. While our graphic designers weren’t happy, Don didn’t want bright shinny objects to get in the way of the message, and I agreed. I think his book, and his life, are summed up by these lyrics from the song “Plain Brown Wrapper” by Gary Morris:

On the outside a plain brown wrapper
On the inside solid gold
But the inside’s all that matters
And the outside’s just for show

Scott Wikgren
Associate Director and Acquisitions Editor, Academic Division, Human Kinetics

From “The Gym Voice”

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Steve Jefferies, Ph.D. Professor Emeritus, Dept. of Physical Education, School and Public Health, Central Washington University

As I was looking up information about Don, I came across this wonderful forum created by Steve Jefferies. I tried to contact Steve, but was not able to do so but wanted people to be able to access the forum. Steve served as President of Shape America in 2015-2016. In addition to providing his own comments about Don’s work, he created an open forum where individuals could respond. Here are some of his thoughts about Don.

“Don brought his thinking to the physical education world not by way of isolated ivory-towered theorizing, but through some tough real-world personal experience. Early in his career Don sought out the hardest inner-city teaching situations and toughest kids: Places and people that most of us would run from, not to. He dove in and together with his student-majors and graduate students tried to figure out how to improve these kids’ lives. It wasn’t so much that traditional thinking was wrong, but rather that before getting students to do any of these things you first had to get them to listen and cooperate. Absent a willingness to learn, everything else was irrelevant. Don’s book remains a great read for a professional library. It’s also one that I’ll treasure because I took all the photos, managing to slip in several of my own young kids!”

I would encourage you to visit the site and provide additional comments. If you have not heard Don speak, this site has an interview with Don. If you did know Don, you might want to listen again, just to hear his voice and wise words.

http://www.pheamerica.org/2017/don-hellison-celebrating-a-life-well-lived/

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I Am Still Chasing Myself!

“If you give up on yourself, shame on you! It’s your body – take care of it!”

Ida Keeling started running at 67 years old and is still running at 102. She set world records in the 95-99 age group and then when she was 100, she became the first woman to complete a 100-meter run in that age group. Her daughter took her to a 5K when she was 67. She was suffering from depression and had lost two sons. Her daughter wanted her to find a passion. While she recognizes that she has slowed down considerably, she still keeps moving. To get some words of wisdom, visit Ida Keeling’s YouTube interview.

- PMc

https://www.youtube.com/watch?v=C_kSWGeFzGs
Walking is a Workout!

By Amy Rose, Staff Writer

For those looking to step up their walking workouts, Lee Scott, the founder and head coach of WoW Power Walking, (www.wowpowerwalking.com) has developed a program that emphasizes technique and interval training to get more from walking. Scott’s interest in developing a program increased after being asked to teach a power walking class at a local community center in 2001. The class became so popular, the experienced fitness and yoga instructor was inspired to start her own business to offering the power-walking program all year long. Scott not only leads several classes in her local Toronto community, but also certifies others to teach the Wow Power Walking technique and lead walking groups across Canada and the United States.

Scott says her program is based on two foundations: teaching proper walking technique and taking the group through a variety of drills to get their heart rate up and increase strength. Good walking form helps participants get more benefit from their walking. Scott teaches clients to use a four step progression to learn good walking form, including keeping a good straight posture with eyes up toward the horizon, using shorter strides and keep the elbows bent to help propel their walking with more power. “If their walk is an ungainly walk, they are at a higher risk of injury,” Scott said. Focusing on good technique and proper stride is fundamental to getting the most out of the workouts.

After the technique is taught, walkers are taken through a 60-90 minute workout that includes a strolling warm-up and some warm-up drills and then moves into speed interval training that is done at the walker’s own pace, followed by a cool-down walk and performance stretching. “Everyone is going to be at a different pace,” said Scott, but she finds ways to make everyone feel comfortable and included in the group. Using a looping technique, where the faster walkers loop back and join the slower group is one way to keep everyone together and involved, while encouraging individual pacing.

Scott uses a wide variety of walking techniques, drills, and locations to keep walkers engaged in the workouts, while bringing up the intensity and fitness level of the workout. For instance she will track the time for walkers around a certain course and then have them walk it again and to improve

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their personal time, or she incorporates hill repeat training to work on strength. The workouts are done in an outdoor setting, such as parks and trails. Scott gets creative while using the environment around her to improve the workout and the experience. Throwing in exercises such as squats and lunges to improve leg strength or upper body exercises to work on back and arm muscles is also part of the workout.

The obvious benefits of walking workouts include less impact on the joints, especially for those over 40, ramping up metabolic rate of walking to help weight loss and it provides a physical activity opportunity for those who may not think of themselves as athletic, since most people feel comfortable with walking.

Scott says the group also provides a social opportunity to interact with others while working out, which is also a benefit that participants enjoy. “They tap into the energy of the group and the encouragement from other walkers,” Scott says. Often the workouts will end with a stop at a coffee shop or some other type of fellowship time.

Those looking for a more competitive edge or to replace their running experience with something a little more gentle on the joints, have discovered power walking as a good substitute. Lynn Ballantine started running in 2004, after accidentally signing up for a half-marathon training group she was hooked on distance running and eventually competed in 17 marathons including Boston and New York. In March of 2012, Ballantine tore her meniscus and was also diagnosed with arthritis in her right knee. Determined to keep running, she wore a knee brace, but it just wasn’t the same experience for her. Ballantine remembered hearing about Scott and her walking program and decided to give it a try. After less than a year in the walking program, the 67-year-old was able to ditch the knee brace and is back to top walking form. Ballantine travels almost an hour to workout with Scott’s walking groups, “For what I was looking for, she was the right person for me.”

She has also gotten back into competitive racing in the walking division. Although she and Scott both wish, more races included a walking division for those wishing to exclusively walk the longer distances.

A few races try to incorporate a walking division for the half and full marathon. They provide “walker” identifiers on the racing bibs and a longer race time for completion. Unfortunately, many race organizers often shy away from including the category because it is hard to monitor the pace of racers on the course. People tend to want to run/walk instead.

“People don’t understand that a power walker can be just as powerful as a runner,” Ballantine says. “We really appreciate the walking division to see how we are doing against other power walkers. Often the faster walkers will finish ahead of slower runners.”

In an effort to attract more people to power walking, Scott offers coaching certification to others who want to start a Wow...
Power Walking group. Fitness instructor Michelle Maloney completed the certification course after meeting Scott at an American College of Sports Medicine conference. Maloney thought it sounded like something her clients would embrace, so she contacted Scott about the training course. Prospective coaches receive a training manual and access to videos, plus weekly phone calls with Scott to answer questions and discuss the material. “Her manual really does a good job of explaining the exercise science behind the technique, so you as a coach understand it and can explain it to your class,” Maloney said. “As a person who runs also, it can actually be harder if you are doing it right. It gets your heart rate up and burns calories.” Coaches in Training also send short videos to Scott, who analyzes their walking technique to make sure they can properly model it for their clients.

Maloney has gotten a lot of positive feedback from her walkers, they too like the camaraderie of the class and feel they get a better workout than walking on their own. Clients also report that it feels weird to walk casually after learning the proper power walking techniques. “It can be an excellent workout and that surprises people when they do it,” Maloney added. Scott is currently working with a publisher to share her walking and training techniques with more people. Scott not only hopes to promote walking as a workout, but also within the running community. “I think it is a great opportunity to bring another group into the race running community,” She says she hopes it will inspire others to do the same. She points out that it is “a significant achievement if someone walks a marathon in a good time, just like running.”

### Four Step Progression for Power Walking

- **Progression 1** (Upper body focus): Bring eyes up to focus energy over the ground, not into it. Bend arms to reduce resistance of a long lever arm- allows for a faster arm cadence, which results in a faster leg cadence.
- **Progression 2** (Lower body focus): Shorten the length of the front step to increase step cadence. A heel strike with toe lift facilitates a full range of motion around the ankle joint.
- **Progression 3** (Posterior muscle chain recruitment): Pull back with arms to recruit power of large muscles in the back. Engage glutes on leg movement from heel strike to toe push-off.
- **Progression 4** (Complex recruitment of core muscles for pelvic movement): Walk a plank (i.e. foot placement) and allow pelvic motion to lengthen stride as each leg moves behind you.
Will Cheerleading Become an Olympic Sport?

By Penny McCullagh, KT Editor

Well maybe it will. In the Fall 2017 issue of Kinesiology Today, in the Editor’s Column, I highlighted an online publication called *The Conversation* (see link below) and urged individuals in kinesiology to publish stories there, since it is a highly read source of articles produced by academics. Well I was browsing through The Conversation and came across an article written by Jaime Schultz, an Associate Professor of Kinesiology at The Pennsylvania State University. Jaime conducts research from an historical perspective and wrote an extensive article about the possibility of cheerleading becoming an Olympic Sport. February 2, 2017. I will attempt to summarize her major points.

Here are a few highlights of her report:

- The International Olympic Committee (IOC) voted to provisionally recognize cheerleading and will provide at least $25,000 to the International Cheer Union (ICU) each year for three years to promote the sport.
- In the past, President Webb of the ICU has argued that cheerleading is not a sport, but is pleased with this recent recognition by the IOC.
- Cheerleading started as a men’s activity back in the late 1800’s but, by the 1930 girls and women began to participate.
- With the passing of Title IX, many institutions argued that cheerleading was a sport – it was primarily females and this would add to the gender balance.
- In 1975 the Office of Civil Rights deemed that cheerleading was not a sport but an extracurricular activity.
- Jack Webb, a former cheerleader, formed the Universal Cheerleaders Association and then started his own company called Varsity Spirit Corporation that offers workshops, competitions, education, insurance, and also sells uniforms and equipment related to the activity.
- The definition was questioned when a high school dropped volleyball in favor of cheerleading. In the court trial (where Webb served as an expert witness), the judge ruled that cheerleading was not a sport – some argue that his Varsity Spirit Corporation would suffer financially if it came under the strict regulations of high school sport.

Jaime Schultz

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Safety concerns lead organizations such as the American Pediatric Association to deem cheerleading a sport with the hope of creating better guidelines for the activity in terms of coaching, equipment, training, etc.

A new association was formed called the National Collegiate Acrobatics and Tumbling Association (NCATA) where participants do not “cheer” but do acrobatics and stunts. This group has requested emerging sport status from the NCAA.

From her article, it is obvious that Schultz did considerable research on the topic and admits she is still a little confused about what will happen or when. I urge you to read her entire article in The Conversation.

While it is not clear if cheerleading will become an Olympic sport, the IOC did agree to add five new sports to the 2020 Tokyo Games: Baseball/Softball, karate, skateboard, sports climbing and surfing. On the IOC web site (see link below), Tokyo 2020 President Yoshiro Mori said:

“The inclusion of the package of new sports will afford young athletes the chance of a lifetime to realise their dreams of competing in the Olympic Games – the world’s greatest sporting stage – and inspire them to achieve their best, both in sport and in life.”

I had a few questions for Jaime about her experience with The Conversation and she was gracious to supply some information.

**How did you first become aware of The Conversation and have you published there previously?**

In advance of the 2016 Olympic Games, an editor from The Conversation asked me to write an article about the IAAF’s hyperandrogenism policy and Dutee Chand’s challenge of that policy in the Court of Arbitration for Sport (https://theconversation.com/so-what-if-some-female-olympians-have-high-testosterone-62935). That article reached a wide audience (80,000 readers).

I enjoyed writing for a general audience and it’s something I’ve tried hard to do since then, even in my academic publications. The Conversation editors helped a great deal in getting the article ready for publication. The website also provides a program that assesses your “readability,” taking into consideration things like how many syllables per word, how many words per sentence, and how many sentences per paragraph. There are general guidelines for these things that makes an essay more “readable.” It was a valuable skill to learn.

In addition to that first essay, and the essay on cheerleading, I published a third article on a new policy from the IAAF about hyperandrogenism (https://theconversation.com/a-sexist-policy-may-end-the-career-of-one-of-the-commonwealths-greatest-female-runners-94390). This was an interesting experience because the comments got so heated that the editors had to turn them off. I published this in the Australian version of The Conversation and about 60,000 people read the article.

**What impact did you think your article had by publishing in this source?**

I’m not certain what the impact was. I did receive a few comments from readers about the article on cheerleading. There was a link to my book, Qualifying Times, embedded in the article, and I think it gave a boost to its visibility. I also think it made my name and general research interests more noticeable, and I have noticed that I seem to be contacted more often by journalists than I did before the publication of my first article in The Conversation.

**What recommendations do you have for others who might want to publish in The Conversation?**

I think it’s a really worthwhile thing to do. If
someone is interested, there’s a proposal process on The Conversation’s website. It's a fairly brief process. You submit 1-2 sentences about your story idea, about 100 words about why the story is interesting or significant for non-academic readers, and answer a few other questions. Editors will usually respond in a day or two about the suitability of your idea.

What is your latest information about cheerleading and The Olympics?

I haven’t heard much of anything about how cheerleading is developing and the probability that it might become an Olympic sport. It was difficult for me to discern what a competition might look like and whether it’s a mixed-sex sport or not. It remains a bit of a mystery to me, I'm afraid.

https://theconversation.com/cheerleadings-peculiar-path-to-potential-olympic-sport-70386


No Tour de France for Women

The Tour de France is probably the most famous staged bike race in the world and it all started in 1903. Despite the gains women have made in sport over the last 100 years, they still do not have a race similar to the Tour. For the men in 2018 there were 221 starters who rode 21 stages over 3349 kilometers (https://www.letour.fr/en/history).

Is this event just too grueling for women? Well at least 13 women set out to demonstrate that it is not! They call themselves “Donnons Des Elles Au Velos” and they rode the same circuit before The Tour. Unfortunately, the women do not have the honor of wearing the yellow jersey each day, or winning prize money. They also do not have all the support crews and have to ride alongside regular traffic. The women have the opportunity to compete in a one-day race but that is certainly not the same.

The Donnons started doing this race four years ago with only three women. It sure would be exciting to be at the Champs-Elysees in Paris to see the finish. - PMc

http://www.cyclingfans.com/womens-tour-de-france/live
https://mashable.com/2018/07/30/women-tour-de-france/#QL9r486djqqy
Dr. Ken Ravizza, a California State University Fullerton professor emeritus, who was among the leading sport psychology consultants in the nation died Sunday, July 9th, six days after suffering a heart attack. He was 70.

For those of you who knew Ken from the early years, you know he received a Ph.D. in sport philosophy with an emphasis on existential philosophy/phenomenology. This might be defined as the study of the structures of experience and consciousness. This training may have had a profound effect on how Ken approached his sport psychology consulting. He wanted performers to be in the moment and focus on what they needed to do.

Ken became a member of the faculty at CSU Fullerton in 1977 and remained there for his entire academic career. He primarily taught courses in stress management and sport psychology but was a pioneer in working with athletes in applied sport psychology. He first started working with gymnastics in 1978 and then with baseball in 1979. The college teams he worked with achieved high levels of success. Over his career he consulted with many Olympic teams and other universities. He is most recently known for his work with professional baseball, including the Anaheim Angels, the Tampa Bay Rays and most recently the Chicago Cubs.

Justin Turner attended CSU Fullerton and was a member of the 2004 College World Series Championship team. He was drafted but decided to stay at Fullerton and play his senior year. He then went on to play for the Cincinnati Reds, the Orioles, the Mets and finally came home to play for the Los Angeles Dodgers. On July 9th he tweeted “This morning the sports world lost one of the best mental game coaches to ever do it. There’s no doubt in my mind I would have never made it to the big leagues without Ken. He always had a different perspective, and I’ll never forget his voice”. See the link below to hear some words from Joe Maddon, Manager of the Chicago Cubs.

I first heard of Ken’s passing from the Past President’s List serve for the Association for Applied Sport Psychology. Well there were many praises about Ken’s contributions to the field, the words of former Past-President Damon Burton really hit home:

“When I was on the E-Board, the ‘Ravizza Rule’ guided conference planning. Get Ken on as many presentations, panels and workshops as possible, and put those presentations in the biggest rooms we had. Despite our best efforts, 80% or more of the time it was still Standing- Room- Only. Interestingly, the audiences included a lot of students who hoped to gain some of that Ravizza wisdom. However, I always marveled at the eclectic mix of the audience that included diverse interests, career stages and perspectives. Judging from the widespread response to Ken’s passing, the Ravizza Rule is still in effect, and we’re all the better for Ken’s willingness to share his insights, personality and humility with anyone he met.

Ken was arguably the best and brightest consultant of his era, in part, because he could find a way to connect with almost

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I am sure as the days pass, the tributes will continue to pour in. And I am sure that for everyone that knew him – we will never forget his calm approach and that embracing voice that would often start out with “How ya doing?”

Some sources to check out:
https://www.kenravizza.com/
http://calstate.fullerton.edu/news/inside/2006/sports_psychology.html

To see a few words from Joe Maddon, Chicago Cubs Manager:

Shellenbarger, S. (2018). What You Can Learn From MLB’s Mental-Skills Coaches; Baseball’s psychology specialists explain how the advice they give All-Star players can also work at the office. Wall Street Journal (online): New York, N.Y., June 11.


Upcoming AKA Webinar

**Title:** Promoting Inclusive Excellence in Your Kinesiology Academic Unit: Strategic Principles and Practices to Consider  
**Date:** Wednesday, October 10  
**Time:** Noon ET  
**Presenters:** Drs. Jared Russell (Auburn University) & Langston Clark (The University of Texas at San Antonio)  
**Description:** Presenters will define inclusive excellence (IE) and provide a general framework from which leadership can strategically apply relevant IE principles to their kinesiology academic units. Specifically, as an example of inclusive excellence in practice, the presentation will discuss promising practices for preparing diverse students in kinesiology and related fields. Topics to be covered include culturally sustaining pedagogy, mentoring, and the promotion of academic excellence in all students, regardless of cultural backgrounds.
What is good for the heart may also be good for the brain many years later, a new study suggests.

Researchers out of the University of Gothenburg in Sweden had to go back to data first developed in 1968 to develop their findings. After look at 44 years’ worth of follow-up data, they found that highly-fit people were 88 percent less likely to develop dementia later in life compared with their medium-fit counterparts. And conversely, people who were not in good shape were 41 percent more likely to be diagnosed with dementia.

The findings come at an appropriate time as a significant portion of the world’s population begins moving into a phase of life at which they are at higher risk for developing dementia. “With (the) aging population, there is a need for preventing and mitigating strategies for dementia,” said Helena Hörder, one of the study’s authors and a postdoctoral researcher at the Institute of Neuroscience and Physiology at the University of Gothenburg.

While there is little doubt in the scientific world that high physical fitness is beneficial for the brain, there is a lack of longitudinal research on the association between fitness and dementia, Hörder said. The typical follow-up time is about 10 years. But the Gothenburg team’s study looked at data between 1968 and 2012, and there is a strong association between high cardiovascular fitness and lower risk of dementia at advanced ages.

The foundation of the research is the Prospective Population Study of Women survey, for which 1,462 women between the ages of 38 to 60 were examined. Of those women, 191 were asked to complete an ergometer cycling test in 1968 to evaluate their cardiovascular fitness. From there, they were separated into groups based on their fitness level – 59 were classified as having low fitness, 92 were medium fitness and 40 were high fitness. Follow-ups were conducted over 44 years to determine which of the women had been diagnosed with dementia.

Among the medium fitness participants, 23 (25 percent) had been diagnosed with some form of dementia by the end of the 44 years. Only two (5 percent) of the 40 in the high fitness group had a similar diagnosis. But 19 of 59 (32 percent) of those in the low fitness group had been diagnosed as such. After adjusting for a number of factors like age, hypertension, and tobacco and alcohol use, researchers determined that the high fitness group was at an 88 percent lower risk for dementia than those who were of average fitness.

The researchers also found a “very high” dementia risk among 20 women for whom the bicycle test had to be interrupted because of abnormal changes in their heart rhythm, high blood pressure, chest pain or the participants gave up. Nine of those 20 women developed dementia later in life. “This indicates that adverse cardiovascular processes might be going on in midlife that seem to increase the risk for dementia,” the researchers wrote.

Not only was the risk of a dementia diagnosis lower for more fit people, but it also took longer to develop. Dementia did not set in for high fitness participants until age 90 on average – about 33 years after the fitness examination. For the lower fitness group, dementia onset came about 26 years after the exam, around age 81.

Dementia is not a specific disease, but rather a term that describes “a group of
symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities," according to the Alzheimer's Association. There are 5.7 million Americans living with Alzheimer's disease, one form of dementia.

The authors of the study wrote that they would like to see further research focused on when during the course of life that cardiovascular fitness might be most important to deterring dementia later. “Maybe cardiovascular fitness and brain reserve is built up already during young age, and this is the most important period,” Hörder said.

The mechanisms behind the effect of fitness on the brain when it comes to dementia are still unknown. The researchers suggest it could have something to do with indirect factors, like the beneficial effect of exercise on blood pressure, cholesterol, obesity and diabetes. Or fitness could have a direct effect on changing the actual structure of the brain by enhancing neuronal structures, neurotransmitters and overall growth of the brain.

“There is emerging evidence for a direct independent effect of on brain structure,” Hörder said. “Acute aerobic physical exercise raises the cardiac output in response to increased needs for oxygen and energetic substrates … which increases the cerebral blood flow. The increased cerebral blood flow triggers various neurobiological mechanisms in the brain tissue.” That is another area which Hörder said could use more investigation.

As for the practical applications, Hörder's advice is pretty simple: “A healthy heart during the life course increases the opportunities for a healthy brain.”


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2019 AKA Leadership Workshop

Date: January 24-26, 2019
Location: Hilton Phoenix Airport, Phoenix, AZ
Room Rate: $159 single and $169 double occupancy
Reservation Deadline: December 14, 2018, Online Registration will open October 1, 2018

Pre-Workshop #1: Advising in Kinesiology: Challenges and Opportunities
Co-chairs: Tannah Broman (Arizona State University) and Derek Smith (University of Wyoming)

Pre-Workshop 2: Alumni Engagement and Fundraising
Co-chairs: Ron Zernicke (University of Michigan) and Jane Clark (University of Maryland)

Main Workshop Theme: Hiring, Evaluating, and Retaining Faculty and Staff in Kinesiology
Call for Presenters will be issued: September 2018
In recent KT editions, we’ve taken a closer dive into three of the nine societal sectors within the National Physical Activity Plan (NPAP), including 1) Business and Industry, 2) Community, Recreation, Fitness, and Parks, and 3) Education. In this issue, I will focus on the Faith-Based Setting sector, of which I am a standing committee member.

This sector of the NPAP aims to leverage the fact that nearly 3 in 4 American’s report a religious/spiritual affiliation. Moreover, religious affiliation is higher in two key populations that often demonstrate reduced physical activity when compared to general population – older adults and non-Hispanic black adults. As such, there is a unique opportunity to use faith-based settings for advancing physical activity, and several studies have yielded positive health behavior changes in faith-based settings.

The Faith-Based Settings sector of the NPAP includes the following key strategies:

1. Faith-based organizations should identify effective applications of their health ministries to promote physical activity.
2. Faith-based organizations should establish partnerships with organizations from other sectors to promote physical activity in a manner that is consistent with their values, beliefs, and practices.
3. Large faith-based organizations should institutionalize physical activity promotion programs for their employees.
4. Large faith-based organizations should identify or develop marketing materials tailored for faith community leaders to enhance their perceptions of the value of physical activity.
5. Physical activity and public health organizations should partner with faith-based organizations in developing and delivering physical activity programs that are accessible to and tailored for diverse groups of constituents.

6. Physical activity and public health organizations should create and maintain an electronic resource for faith-based organizations to access evidence-based programs and best practices for promoting physical activity in faith-based settings.

There are multiple dimensions of health – physical, mental, spiritual, etc. What excites me about the faith-based sector of NPAP is that it attempts to couple spiritual and physical health, with the clear benefit of reaching demographics that could greatly benefit from more structured physical activity. Moreover, if you look at the size and utilization of many churches throughout the United States, they have more than ample space to provide novel settings for physical activity. In fact, some churches have multi-purpose rooms that are used for basketball, volleyball, and other recreational activities—but all too often only by children and teenagers in the congregations. How many of those spaces are being used for yoga, tai chi, and other activities that may be more attac-
tive to older church members that might greatly benefit from more physical and social interaction? While there appears to be some pockets of success in the United States, there is still much to be accomplished in this sector of the NPAP. To learn more about the faith-based sector, and specific tactics associated with the key strategies, visit the following link: http://www.physicalactivityplan.org/faithbased.html

Please continue to join me for quarterly reviews of the NPAP societal sectors over the next several issues of KT, and attempt to incorporate applicable tactics into your individual, organizational, student service, and community outreach goals.

Full access to the NPAP can be access via the following link: http://physicalactivityplan.org/docs/2016NPAP_Finalforwebsite.pdf

There Are Some Good Guys Out There.
The outlook wasn’t brilliant when Jack Kocon of Totino-Grace High School, stepped to the plate with two outs and the score in favor of Mounds View High School, 17-10. It was early June and the teams were vying to move forward to the state championship. In came the pitch from Ty Koehn, and it was strike three – you are out!

The Mounds View Bench erupted and ran out to join the team on the mound. But instead of waiting there for his own teammates to rejoice, pitcher Ty ran to home plate to give the batter he had just struck out a hug.

As it turns out Ty and Jack had been good friends since their early teens, playing on some of the same teams. Then they split and went to separate high schools but remained friends. When questioned about his response, one source quoted Ty as saying: “Our friendship is more important than the outcome of a game. I had to make sure he knew that before we celebrated”.

When Jack was asked about what he thought, he stated “In 20 years, I won’t remember the score of this game, but I will remember what Ty did for me”.

The act of friendship drew national attention to the high school and you can examine some of the postings on the school district’s web site (see below). The coach remarked that Ty’s response was wonderful and also noted many of the players on the team would have done the same. So take me out to the ball game to see some more acts of kindness anytime!

- PMc

https://www.moundsviewschools.org/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceId=2314&ViewId=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataId=11620&PageId=1
Hardly a day goes by that I don’t get a little frustrated. I am proud of how far the world of kinesiology has advanced, but also recognize we still have a long way to go. When I entered this field, kinesiology was not a common name for departments. That was in the early 70’s and most departments had the name of Physical Education in their title. I was at SUNY Brockport at an exciting time, when Warren Fraleigh was Dean and he had brought in a number of young Ph.D.’s who were anxious to not only teach classes, but also be involved in research. The traditional men’s and women’s departments reorganized and became the Department of Sport Science and the Department of Human Movement.

Over the last 50 years, many departments have changed their focus from primarily physical education to embrace the many sub-disciplines spanning from the humanities, to the behavioral sciences through the life sciences. While different departments focus differentially on these topics, we have numerous academic societies that focus on these sub-disciplines (many are affiliates of the American Kinesiology Association). There are two primary societies that have the name Kinesiology and focus on kinesiology. The National Academy of Kinesiology (http://nationalacademyofkinesiology.org/) promotes the study and applications of the art and science of human movement and honors by election individuals who have made significant contributions to the field. The American Kinesiology Association (www.americankinesiology.org) promotes kinesiology as a field of study and supports its member departments by providing resources and leadership opportunities.

Shirl Hoffman (2011) provided data that indicated about 20% of departments used Kinesiology in their title and that nearly 50% of doctoral programs did so. Nearly 30 years ago, in a trilogy of articles, Karl Newell made convincing arguments for the name. Hoffman also noted that as the field began to change there was not a nation-wide effort to unify and use common terms for the field. In California and Texas there was a concerted effort to make all the department names Kinesiology, but that did not happen elsewhere.

In the last 50 years, we have produced an abundance of evidence-based research examining the pros and cons and parameters of sport, physical activity, and other various movement forms. Some academic societies have developed certifications that require individuals to pass exams to demonstrate their competency in various aspects of our field. Many scholars outside of kinesiology also produce research related to physical activity and this is good for our field, especially when we see collaborative research across disciplines, but our lack of common terminology is a problem. A recent article published by Duane Knudson (July, 2018), reviews some of these issues and he suggests that it is imperative that Kinesiology establishes standards for nomenclature. I urge you to read his article.

So why am I frustrated? I am frustrated because we do not have good name recognition in the world. While other countries use different terms to examine movement, most of them seem to be far more unified with their titles than we are in the United States.
States. AKA has identified over 800 departments in our field but only about 20% use the term kinesiology. Now some departments are adding other titles to embrace the growing interest in allied health field. Why is Kinesiology not good enough on its own?

While we all commonly understand what we study and are accepting of a host of terms, I do not believe that this is good for our field as a whole. Chemistry is chemistry. History is history. Psychology which has many more sub-disciplinary areas than we do – is still called psychology. Even on our university campuses we are often not well understood and certainly when university presidents assemble, we are not a common entity. When we move beyond the ivory tower walls, we often become more of a mystery and operate in a world of sport, exercise, nutrition, and rehabilitation, where many individuals are self-proclaimed experts and have little knowledge of our expertise.

My challenge to each and every one of you in our field is to make a concerted effort to stretch the understanding of our field to other individuals on your campus, and to other individuals outside the realm of academia. During this academic year, see if you can educate one entity. I would like to hear from you if you were successful. If your department is already a member of AKA, identify another department that is not and get them on board.

I just wish everyone would use the term Kinesiology, join AKA in force, and then encourage AKA to help make national strides for us all.


Evidence building to Bust ‘Exercise Non-Response’

By Patrick Wade, Staff Writer

It can be frustrating to spend hours training and not see any results, and for a long time, it was thought that some people are just genetically predisposed to be unable to improve their fitness through exercise. Individuals vary in terms of how they respond to exercise – that much has been known for decades. And depending on the regimen, some people seem biologically doomed to an exercise limbo where they train and train, but cannot improve their fitness at all. As many as one in five people are reported to experience this phenomenon, known as “exercise nonresponse,” according to researchers at the University of Zurich.

But a burgeoning body of research seems to challenge the idea that exercise non-responders exist, and it suggests rather that people who are not improving their fitness through exercise might just need to train harder, longer or differently.

Dr. Robert Ross and his team at Queen’s University in Kingston, Ontario, are one group that has taken a look at the issue. He is not quite ready to concede that the “exercise non-responder” label is a myth – science has not yet answered that question, he says – but the data suggests that most people will see results by increasing the amount or intensity of exercise or by changing their routine altogether.

In an article published in Mayo Clinic Proceedings in 2015, his team reviewed data from a study in which 121 sedentary, obese adults were separated into three groups and subjected to 24 weeks of exercise, each group at a different level: low amount-low intensity, high amount-low intensity, or high amount-high intensity. The researchers then looked at their individual responses to the different amounts and different intensities of exercise. And sure enough, some of the people in the lower groups were indeed “cardiorespiratory fitness non-responders.”

In other words, those people showed no measurable change in their fitness level over the 24 weeks – about 38.5 percent of people in the low amount-low intensity group and 17.6 percent of those in the high amount-low intensity group. However, everyone in the high amount-high intensity group improved their fitness in a measurable way. There was not a single non-responder among them.

A separate study published in 2017 by researchers at the University of Zurich seemed to echo those results. In that study, 78 individuals were put into five groups, all of which completed identical 60-minute workouts for six weeks. The difference was that each group completed one, two, three, four or five workouts per week. Non-response declined progressively throughout those groups – from 69 percent in the group exercising 60 minutes per week to 29 percent in the group exercising for 180 minutes per week. And in groups four and five, whose participants exercised for 240 and 300 minutes per week, everyone improved their cardiorespiratory fitness in a measurable way.

They took it another step further, as well. The individuals classified as “non-responders” after the first intervention were asked to complete another six-week training regimen, but this time adding two additional sessions per week for a total of an extra 120 minutes weekly. There were no non-responders after the second six weeks – all the participants in this study showed some kind of measurable improvement in cardiorespiratory fitness following an increase in the amount of exercise.

What fitness experts took from those results was that the notion of exercise non-
response is a myth, and that if your fitness is not improving you simply have to train harder or longer. Even the University of Zurich researchers took a strong stance in their conclusion saying that, "individual CRF (cardiorespiratory fitness) non-response to exercise training is abolished by increasing the dose of exercise and primarily a function of haematological adaptations in oxygen-carrying capacity."

While that may be true for many people, Ross said, the issue is much more complex than that. For one thing, looking at an individual’s response to exercise in terms of cardiorespiratory fitness is a very narrow view of the question. If someone spends weeks exercising without any apparent improvement in cardiovascular function, that is not to say that person’s blood pressure or insulin resistance, for example, has not changed for the better. And for someone else subjected to the exact same amount of exercise – maybe their fitness has improved, but their blood pressure has not. Exercise may just elicit a different response in each trait. For others, it may just be that a particular dose or style of exercise is not effective.

“In clinical medicine, you may go to the doctor and you may have hypertension, and the doctor will prescribe a medication,” Ross said. “If the doctor sees, boy, you’re doing everything right but your blood pressure isn’t coming down on this particular medication, what will they do? They’ll prescribe a different medicine.”

An article published in the journal PLoS One in 2016 seems to support that idea. A separate group of Queen’s University researchers put 21 active adults through either endurance training or sprint interval training four times a week. After three weeks, a number of people showed no improvement in three different fitness traits: oxygen utilization, lactate threshold and submaximal heart rate. After a three month rest period however, the researchers crossed all the participants over and asked them to complete the opposite training style – if they did the endurance regimen in the first test, they completed interval training in the next test. By the end of both tests, everyone showed some measurable improvement in at least one of the three fitness traits.

“These results suggest that the individual response to exercise training is highly variable following different training protocols and that the incidence of non-response to exercise training may be reduced by changing the training stimulus,” the researchers concluded.

Still, Ross said, the body of research is building but has yet to render a definitive verdict.


Executive Director Column

AKA: “Membership Has Its Rewards”

By T. Gilmour Reeve, Ph.D., Executive Director

American Express Credit Cards uses the slogan “membership has its rewards” to reflect the many benefits of its Membership Rewards program. The American Kinesiology Association (AKA) offers multiple rewards—benefits—to its members as well. These benefits are offered through our programs and services for our member departments to support AKA’s mission “to promote and enhance kinesiology as a unified field of study.” Our Membership Committee prepared a list of these benefits to use in its recruiting of kinesiology academic units. The Committee has been successful in its efforts with our membership continuing to increase each year.

I wonder whether our current member departments are aware of all the benefits that are available. Over the past years, AKA has added new programs and services and longtime member departments may have missed the addition of our new benefits. The Membership Committee has organized these benefits into four categories: Education; Communication/Publications; Resources; and Awards. In the next few paragraphs, I’ll provide brief descriptions of the kinds of programs and services that are in each category. These are only the highpoints. The AKA website provides more details. Also, please contact me (tgreeve@americankinesiology.org) if you want to discuss these benefits or would like to suggest other programs and services that AKA might offer our member departments.

Education. These benefits provide professional development opportunities for administrators and faculty interested in leadership positions in kinesiology. Our annual leadership workshop brings together over 120 university administrators and faculty to discuss current and emerging issues in higher education that impact our academic programs of teaching, research, and service. Each year, additional specialized programs are offered as pre-workshop sessions to offer in-depth discussions on focused topics. The next workshop is scheduled for January 24-27, 2019, in Phoenix, AZ. More information will be available on our website (http://americankinesiology.org) in early fall, including a call for presentation proposals.

AKA sponsors webinars each year. These webinars are free on-line programs that feature leading scholars who share their expertise on variety of kinesiology topics. Another benefit is our Career Center webpage that provides information with links to various career opportunities for students and faculty advisors.

A new program initiated this year is the AKA Leadership Institute. The institute uses a mentoring model to provide a year-long training program for new department chairs, associate chairs, and emerging faculty leaders. This program brings together a cohort group of 8 to 10 Institute Fellows with mentors in face-to-face workshops and webinars over a 12 month period to cover the critical knowledge and skills for successful leadership. The first cohort group is now being formed with the first meetings set for the AKA workshop in Phoenix, AZ. The Leadership Institute will become the “gold standard” for leadership training for kinesiology professionals.

Communications/Publications. AKA continuously monitors and reports on current and emerging issues in higher education that impact kinesiology programs, research, and services. In a collaborative
effort, AKA and the National Academy of Kinesiology (NAK) sponsor Kinesiology Review. This refereed journal, published quarterly by Human Kinetics, presents cutting-edge review articles on important kinesiology topics. Additionally, one issue each year of KR is dedicated to NAK’s Academy Papers and another issue to the papers from AKA’s annual workshop. AKA also distributes electronically to our member departments Kinesiology Today, an informative newsletter with articles and interviews that faculty within the department use as a resource to share with students. The AKA website contains a wide variety of materials that also serve as resources for administrators, faculty and students.

Resources. AKA offers a number of other resources for our member departments. Our Career Center allows member departments to list position vacancies within their departments and colleges for free. These position vacancies are posted on our website and each week new position announcements are distributed via email to our list of all kinesiology departments in the country. Another resource is our Strategic Planning and Assessment Support Program. Departments developing or revising strategic plans or assessment of student learning outcomes may have an AKA facilitator come to their campus to lead their faculty through a workshop on planning and/or assessment. There is no consulting fee associated with this service and the departments only cost is the travel and housing associated with bringing the facilitator to campus. AKA also posts information about other meetings and provides links to our affiliate organizations. Again, this information is especially useful for faculty and students.

Awards. AKA promotes our member departments by recognizing their outstanding undergraduate and graduate students. There are four categories for student awards: Undergraduate Scholar Award; Master’s Scholar Award; Doctoral Scholar Award; and Graduate Student Award. Using AKA’s award criteria, departmental faculty and administrators nominate their top student for each award. These students are recognized with an AKA certificate for their nomination and then the AKA Awards Committee presents certificates for the national award winner and honorable mention winners for each award. These awards are determined during the spring semester so that departments may present the AKA certificates during their end-of-year programs for their students.

AKA also presents the Jerry R. Thomas Distinguished Leadership Award to outstanding chairs, deans or other administrators. This award is presented to three categories of departments. Those departments that grant only the bachelor’s degree, or those that grant the Master’s degree, or those that grant the doctoral degree. Information regarding all of the AKA awards and previous winners are posted on the AKA website.

It is obvious that AKA “membership has its rewards!” But like a lot of situations, those rewards require that each department take advantage of what is offered. For each of the categories listed above, every department should be participating in AKA’s rewards – benefits – programs. Be sure to take advantage of these programs every year to get the full benefit of your departmental membership.

Footnote: Special thanks to the AKA Membership Committee for preparing the benefits materials. The current committee members include Sarah Price (chair), Tannah Broman, Karen Frances, Gary Hiese, Karen McConnell, Ting Liu, Christopher Robertson, Jason Carter (liaison), and Kim Scott (business manager).