

Simpson Completes Faculty Research Leave in Sweden

Dr. Kathy Simpson arrived in Stockholm, Sweden, on Jan. 2, 2009, to start her College of Education Faculty Research Leave for the semester.

Although ice coated every walking surface, and darkness did set in by 3:00 p.m., she quickly found that the weather doesn't stop



the Swedes from exercising every day. Physical activity is just a natural part of life--- as much as brushing one's teeth. From this and other experiences that can be gained only by living elsewhere, Dr. Simpson realized that she learned much outside of work that impacted her professionally, too. For example, she saw how it is possible to create a culture that values physical activity via education, infrastructure in urban and rural settings that encourage physical activity, e.g., walking/biking trails, parks, public transportation systems; health care for everyone; and a different philosophy about is important in life. A balanced life is paramount. Taking care of the environment is part of ensuring health of people. On the other hand, ostentatious displays of wealth are in extremely bad taste.

Dr. Simpson spent the first 6 weeks at the School of Health Sciences prosthesis program in Jönköping. Their program attracts students from all over the world, and is the only program in Scandinavia. Dr. Simpson attended several biomechanics classes on sport for individuals with lower extremity amputations and gave a talk on this topic. She also assisted her colleague, Dr. Lee Nolan, a top researcher in this area, with a sports and physical activity workshop for people with lower extremity amputations, as a way to encourage involvement in sport. Drs. Nolan and Simpson worked together on a Paralympics project at The Swedish School of Sport and Health Sciences in Stockholm. During this time, it was energizing to work in an entire building of biomechanists. It also was historically inspiring to work at the same institution where the Swedish system of gymnastics was born, which was one of the greatest influences on the development of physical activity in the US. Dr. Simpson also got to meet Dr. Åstrand, a pioneering giant in exercise physiology.

From the Department Head Kirk Cureton

During the last 6 months since our last newsletter, the financial situation at the University has been the dominant news. True to predictions, the situation has not improved, and so far, the budget has been cut another 2% on top of a reduction of about 10% that occurred last



year. Faculty and staff will take six furlough days this year, three in the fall and three in the spring, on days when there are no classes. The State operating funds we have received are sufficient to pay for leases on copy machines and to maintain phone lines. No funds for office supplies, long distance phone calls, mail, travel or other expenses. Without funds we received for office supplies at the end of the spring, indirect cost return and salary savings from grants, and funds from the Ramsey endowment, we would have difficulty functioning. But, due to these alternate sources of income, we are continuing all of our teaching, research and service programs, and have some funds for travel.

Additional reductions may be coming. State revenues have not improved and economic stimulus funds that have helped the University System to manage the reductions so far will be gone at the end of the year. Deans have been told to prepare to reduce budgets ~20%. The College of Education (COE) is developing a strategic plan that will provide guidance for this possible reduction. It is likely the COE will have to reduce faculty and staff, administrative units and programs, and become more efficient, in addition to efforts to increase revenue through increased credit hour production, grants and contracts, and gifts.

One consequence of the budget situation is that most position vacancies created through retirements or faculty leaving the University for another position have not been filled. This practice is continuing as the budget situation worsens. As I reported in the last newsletter, we were not able to fill the Mike O'Connor's position when he retired last spring. Ilse Mason has assumed his duties as coordinator of the Basic Physical Education program and others have absorbed his teaching responsibilities. Harry DuVal is retiring this May. Harry filled many important roles in the Department and completely absorbing his duties will not be possible. As most of you know, Harry is director of the Fitness Center and the adult fitness and cardiac rehabilitation service programs that are offered by the Center. He also directs the practicum and internship experiences of many undergraduate and graduate students in the exercise science programs who gain practical experience in the Fitness Center or in allied health or fitness settings off campus. Harry also is the coordinator of the exercise science academic programs in the Department, and an important part of the administrative and leadership team. In addition, Harry teaches required and elective undergraduate and graduate courses related

to fitness principles and programs, and advises master's students in the clinical exercise program. Planning has begun to have others assume these responsibilities starting in May, assuming we will not have a replacement. Elaine Cress has agreed to serve as interim director of the Fitness Center and to advise master's students in the clinical exercise physiology program. She will also teach the course in Fitness Programs during the summer. Bud Cooper will supervise exercise science program students enrolling for practicum and internship experiences. Phil Tomporowski has agreed to serve exercise science program coordinator. It is unclear at this point how we will cover the other courses taught by Harry.

Several curriculum changes are underway. The addition of Bud Cooper to the faculty a year ago greatly increased our capacity to offer courses in athletic training. Therefore, several new graduate courses in athletic training have been proposed and will be phased in over the next several years, helping to provide a more advanced, specialized curriculum to graduate students in the Department pursuing athletic training as a career. A new undergraduate major in athletic training is under consideration by the University, which is required for the undergraduate program to maintain its accreditation. The undergraduate program in athletic training is currently an area of emphasis within the Exercise and Sport Science major. If approved, it should go into effect next fall. A ongoing research seminar for graduate students in research programs in sport management and policy is being offered for the first time this fall. This is made possible by a considerable increase in the number of Ph.D. students in the program (now ~10). Finally, at the beginning of the fall semester, the faculty voted to create formal areas of emphasis in Exercise Science, Physical Education and Sport Management and Policy within the graduate major in Kinesiology. Students must take a minimum of four courses in an area to qualify. The areas of emphasis will appear on the graduate transcript along with the name of the major (Kinesiology) to provide greater specificity.

As chronicled in this newsletter, the Department continues to get excellent recognition for activities of its faculty and programs. Student and faculty activities have been featured at least three times on the UGA home page, in Columns, on TV and in other University and nationally- distributed publications this fall. This recognition highlights the excellence of the achievements of our faculty and staff and impact our work is having. We can be proud of those

accomplishments.

Feature Articles

The Department of Kinesiology has had 2 feature articles written on faculty members and students in the past 3 months:

The Heat is On!



When pre-season football practices begin in August, UGA researchers will launch a study to help administrators and coaches set effective heat-related policies, and hopefully, save lives. The heat is on!

University of Georgia kinesiology researchers will launch a new study of 2,500 football players at 25 high schools across the state when pre-season practices begin in August that will provide the scientific data to help administrators and coaches set effective heat-related policies nationwide, and hopefully, save lives.

Since 1995, there have been 39 football deaths from heat-related injuries, according to the National Center for Catastrophic Sports Injury Research at the University of North Carolina. In 2003, the National Collegiate Athletic Association enacted heat-related football practice restrictions during the early August two-a-day period. However, no such restrictions exist in interscholastic football pre-season practice. In response to the frequency of heat-related deaths, the Georgia High Schools Association (GHSA) mandated that all schools develop a written policy for practice in extreme weather conditions, recommending the use of heat index rating or wet bulb globe temperature (WBGT), to determine whether or not practices should be held or modified.

However, many schools are struggling to develop this policy due to limited data available for the relationship between sport participation in various weather conditions and the risk of exertional heat illness, said Mike Ferrara, a professor of kinesiology and director of the athletic training education program in UGA’s College of Education.

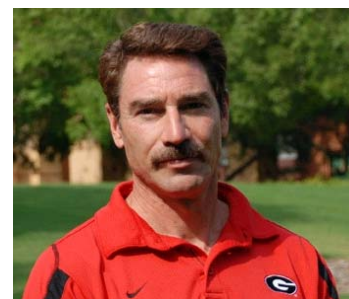
Ferrara and co-investigator Bud Cooper will

begin a three-year study in August to measure WBGT—a measure of humidity, integrated effects of radiation and wind, and ambient air temperature combined into a formula to give a WBGT reading—which has been recognized as the “gold standard” for measuring environmental conditions. They will correlate those figures to the rate of exertional heat illnesses (EHIs) to determine risk levels. The study is being funded by a \$150,000 grant from the National Athletic Trainers’ Association Research and Education Foundation, GHSA, Georgia Athletic Trainers Association and the National Federation of State High Schools Foundation.

“We’ll be measuring the number of heat cramps, heat syncope (fainting), heat exhaustions and heat stroke cases in Georgia and compare those to the WBGT,” said Ferrara. “For instance, in the four-year NCAA study that we just completed, we found that the risk of EHIs increases five-fold when the WBGT was 82 degrees or greater.

“We also found that in the Southeastern U.S., the EHI risk was 2.5 times greater when compared to any other region of the country and this risk was increased three-fold during the month of August,” he said. “Further, the state of Georgia EHI rate was 1.9 times higher than the rest of the Southeast and 3.2 times higher than our national sample.”

“A research study on heat illness in high school football is very important for Georgia and the entire nation. The NCAA profited greatly from a similar study,” said Ralph Swearngin, GHSA executive director. “High school football coaches in Georgia have done an excellent job of monitoring the 32,000-plus players who play each year. I believe they have an understanding of the seriousness of this issue. However, the more information we can give them, the better they will be able to provide for the well-being of their players.” (UGA Homepage)



Bud Cooper, EdD, ATC, CSCS and Mike Ferrara, PhD, ATC have recently been awarded a grant from the National Athletic Trainers Association Research and Education Foundation to study the

effects of Exertional Heat Illnesses on high school football players in the state of Georgia. This 3-year study will examine the effects of extreme environmental conditions on the acclimatization of these athletes and the associated risks that are often seen when athletic participation occurs during these conditions. Both Bud and Mike have been featured on a number of media venues such as the Athens-Banner Herald, CNN News, The Weather Channel, WSB Channel 2 and various radio stations. (UGA Homepage)

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*Exercise Science Student Hannah Lipps featured on the COE Webpage as the Outstanding Student*



Junior Hannah Lipps plans to make a life helping others. Among other activities, she has been involved with UGA HEROs, a student philanthropic organization dedicated to helping children affected by HIV/AIDS. She says that if she knew she would not fail, she would cure multiple sclerosis. Today, she is already helping people overcome obstacles through physical movement as an instructor for UGA's Challenge Course and as a life guard at the Ramsey Student Center. Lipps plans to graduate next year with a degree in exercise and sports science, and then she will become a physical therapist and open her own practice.

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*Pulling Their Weight*

**Elaine Cress**, a professor of exercise science at UGA's College of Education and director of the Aging and Physical Performance Laboratory, talks with graduate student Christy Fricks about the importance of strength training for older adults, the pleasures of doing research that involves working with people directly, and the benefits of intergenerational exercise classes—where the young

and the old learn from each other, enjoy an enriched experience, and improve their fitness.

**Q: Why is strength training so important for older adults?**

**A:** We lose muscle mass as we age, and that's exacerbated by the fact that many of us also become more sedentary. And even those who are physically active may not necessarily work their muscles systematically. So over time older adults have more trouble doing everyday activities such as climbing stairs, carrying groceries, and interacting with their grandchildren. Without a methodical effort to overload the muscles regularly and progressively, people's strength and functionality diminishes and routine tasks gradually become more difficult. Strength training can prevent such declines and make those tasks easier.

**Q : What motivated you to begin teaching intergenerational exercise classes?**

**A:** I got the idea when I saw an older adult in the gym who was not doing things quite right. It occurred to me that I should get my students together with older adults in order to instruct them, and that the students would benefit just as much.



The perfect forum for students studying exercise and aging is to work with older adults who want to learn strength training. At any one time we have 15 students (both graduate and undergraduate) in the same class as 15 older adults who come our way from the Learning in Retirement (LIR) program [administered by the Institute on Higher Education and the Institute of Gerontology].

Our students usually have experience in exercise physiology, anatomy, or physical therapy. They don't always have experience in strength training, so they also strength train while learning to help the LIR participants. Along the way, the students develop skill in modifying the exercises to accommodate adults who have physical limitations or health concerns. They also monitor participants' progress and safety. The result is that older adults get so much more out of

this class than they would by simply going to the gym.

**Q: How does your teaching connect with your research interests?**

**A:** My research interest is maintaining function in older adults, and exercise is the best way to do that. I used to be a bench scientist studying muscle biopsies. But I much prefer to work with people. Through my classes in both gerontology and kinesiology I gain insights into what students want to learn about gerontology. By meeting twice a week with the older adults in the LIR strength training class I really get to know them. They provide specific examples to reinforce my teaching, and I gain insights about how to modify exercises to help older adults. LIR members are willing volunteers in many of my research studies, and they also speak to my classes. Students working in my laboratory also bring remarkable talent that assists my research goals. Currently I am working to understand the impact of older adults' functionality based on where they live.

**Q: In what ways does your research apply to people's daily lives?**

**A:** In my research I measure physical function and look at various interventions that help older adults to carry out everyday activities.

When I began, I was looking more at muscle and bone response to exercise. But I soon learned that older adults were more concerned about being able to walk up the stairs, or to get out of the bathtub without crawling on their knees, than they were about some strength number. So while I agreed that it's important to know their strength and cardiovascular fitness levels, I also started asking, "How can we measure the things that participants really care about?"

I developed the Continuous Scale Physical Function Performance (CS-PFP) Test, a method that quantifies the performance of everyday tasks such as sweeping the floor, transferring laundry, or carrying groceries. The CS-PFP has been validated against laboratory measures of cardiovascular fitness and strength, and because it's standardized it can be administered at diverse locations. The test has now been translated into several languages and is used in countries around the world.

The CS-PFP gives us information about how people actually do things in their lives. It measures upper-body strength, lower-body strength, upper-

body flexibility, balance, coordination, and endurance. This is practical from a research standpoint because it helps us understand what part of people's problems in physical function is due to limitations in these measures. A lot of researchers around the country are using this test to look at interventions to improve function in people who have, say, Parkinson's disease, fibromyalgia, or congestive heart failure.

I believe the individuals who take the test benefit from it as well. When people know their level of physical function, they are motivated to improve. They think, "Okay, I know now what I need to do." Others are encouraged by how well they did and feel more confident that they can reclaim activities they had discontinued.

**Q: How important is balance in older adults' functionality?**

**A:** Balance is very important. Let's say a woman has fallen. Even if the fall didn't result in physical injuries, the incident may scare her and profoundly limit what she chooses to do from then on. In effect, if someone is capable of doing a task, but elects not to do it, this indicates that he or she has essentially lost the ability to perform the task. Balance and coordination are part of our test.

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**Athletic Training Program Goes to Taiwan for Study Abroad**

The University of Georgia Athletic Training Education Program in association with the National Taiwan Sport University (NTSU) offered its 2nd study abroad experience specifically designed for athletic training students. The program was lead by Mike Ferrara and Bud Cooper from UGA and Dr. Michael Huang from NTSU who was a visiting scholar at UGA for the 2008-09 academic year.

The program was from May 17-June 5, 2009. There were 11 students who participated with 6 students from UGA and others from University of Michigan, University of Toledo, University of Northern Colorado, and University of North Carolina-Wilmington.

The academic program focused on traditional Asian therapies to include acupressure massage, pain relief techniques, acupuncture, herbal medicine, rehabilitation techniques and pain point therapy. The classes were taught by physicians and practitioners

from Taiwan and all classes were in English or translated to English. The students also gained clinical experience with Asian sports (i.e. Judo, Taekwondo, WuSu) and traditional sports (i.e. baseball, basketball, gymnastics, track and field) working alongside NTSU athletic training students. Students also visited the Taiwan Nation Sports Training Center in Kaohsiung, where all of the top Taiwan athletes are housed for international training. Students were also given a tour of the newly constructed stadium complex that will host the 2009 World Games Festival.

The students also participated in a myriad of cultural activities including visiting various temples and museums which included the National Palace Museum and Taipei 101, the world's tallest building. The group also hiked Toroko Gorge, one of Taiwan's national treasures along with taking the bullet train to Kenting Beach in the southern most part of the country. The students also learned Tai-Chi, a Chinese martial art practiced with the aim of promoting health and longevity.

One of the many highlights of the trip was the buddy system between NTSU and UGA students. Each student was assigned a buddy to help with local culture, language and food. All the students commented on the great experience they had and the relationships they formed with their peers and the NTSU students.



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**Kudos to Faculty, Graduate Students, and Alumni**

**Kirk Cureton** is serving as chair of the Fitness Assessment Committee, appointed to advise the Georgia State Department of Education on implementation of House Bill 229 mandating physical fitness assessment of all youth grades 1-12 who are in physical education classes in the public schools of Georgia.

**Michael Ferrara**, Director of UGA's athletic training education program received a Fulbright Scholar for the 2009-10 year. He will travel to Dublin City University, Ireland, to teach athletic training and research sport-related concussion during the Spring semester 2010. The Fulbright Program is the flagship international educational exchange program sponsored by the U.S. government and is designed to "increase mutual understanding between the people of the United States and the people of other countries." With this goal as a starting point, the Fulbright Program has provided almost 300,000 participants—chosen for their academic merit and leadership potential — with the opportunity to study, teach and conduct research, exchange ideas and contribute to finding solutions to shared international concerns. The Fulbright Program is sponsored by the United States Department of State, Bureau of Educational and Cultural Affairs. Under a cooperative agreement with the Bureau, the Council for International Exchange of Scholars (CIES) assists in the administration of the Fulbright Scholar Program for faculty and professionals.

Early this summer **Mike Ferrara** (Professor, Dept. of Kinesiology) and Ron Courson (Director of Sports Medicine, UGA) began a trip of a lifetime – hiking to Mt. Everest Base Camp. Accompanied by Ferrara's two children Megan and Nick along with 3 other individuals, this group began their ascent to the base camp, 18,000 feet above sea level. "This was truly a life changing event for me and one that I would recommend to anyone".



Congratulations to **Pat O'Connor** who qualified for the Boston Marathon this coming Spring.

**Cherie Rooks** (Ph.D. student) received one of two first-ever Steven Horvath Travel Awards from the American College of Sports Medicine to support travel to the annual meeting in Seattle at the end of May.

**Emily Wughalter**, Ed.D. 1980, is a Professor at San Jose State University and has been selected among all faculty members to receive one of the most prestigious awards given to a faculty member annually. She was selected as the 2009 Outstanding

Professor. She was also invited to give the Honors Convocation Lecture.

Ashraf Gorgey (Ph.D. in Exercise Science, 2005) is now with the Department of Veterans Affairs, Hunter Holmes McGuire Medical Center, Spinal Cord Injury & Disorders Service, Richmond, VA (Ashraf.Gorgey@va.gov).

Nate Thom (Ph.D., 2009) is now a stress physiologist at Science Applications International Corporation in San Diego, CA. This corporation is a fortune 500 company specializing scientific, engineering, and technology applications in federal funding for Department of Defense, homeland security, environmental protection.

Kudos to **Jake Resch** (Ph.D. Student) who has been awarded a Graduate School Teaching Seminar Assistantship. Working with the Center for Teaching and Learning, Jake will assist Bryan McCullick in teaching the GRSC 7770, Graduate Teaching Seminar, to incoming graduate teaching and lab assistants in our department in the fall.

**Jake Resch** was selected by the Center for Teaching and Learning in Collaboration with the Graduate School to participate in the Future Faculty Program. This program is designed to provide support and resources to graduate assistants to improve their classroom or laboratory teaching and to facilitate the transition from being a graduate student to being a faculty member in higher education.

Congratulations to **Jae Yom** (Ph.D. student) and family on the birth of their second child, Hayden.



Dane Cook (Ph.D., 1998, Exercise Psychology), Assistant Professor of Kinesiology at the University of Wisconsin Madison, is featured in the Department of Kinesiology, August 2009 Newsletter (you can read more about his research at: <http://kinesiology.education.wisc.edu/newsletter/post/Feature-Story.aspx>). Dr. Cook is using brain imaging to study individuals with chronic pain and fatigue, such as

individuals with chronic fatigue syndrome and fibromyalgia, to determine how exercise affects pain. He has received three federal grants totaling more than 2.1 million dollars to study the neurobiology of pain.

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### **Presentations by KINS Faculty**

**Baker, T.A., & Maxcy, J.G.** (2009, May). Getting paid to play: An analysis of the application of antitrust law and labor law to NCAA Athletics. North American Society for Sport Management (NASSM) Annual Conference, Columbia, SC.

Bang, H., & **Won, D.** (2009, June). Returning and first-time volunteers at the sony ericsson: Theory of planned behavior. Poster presented at the Annual Meeting of the North American Society for Sport Management (NASSM), Columbia, SC.

Bigelman, K.A., Singhal, A., Pasley, J.D., Trilk, J.L., & **Cureton, K.J.** (2009, May). Short-duration quercetin supplementation does not alter substrate utilization, cycling economy, or RPE in untrained men. Paper presented at the annual meeting of the American College of Sports Medicine, Seattle, WA.

Bravo, G.A., & **Won, D.** (2009, June). Giving and receiving: An examination of the psychological contract in NCAA coaches. Poster presented at the Annual Meeting of the North American Society for Sport Management (NASSM), Columbia, SC.

**Brown, C.N.** (2009, March). Clinical gait assessment: Using video to analyze gait for your patients. 34<sup>th</sup> Annual Southeastern Athletic Trainers' Association Clinical Symposium and Members Meeting, Panama City Beach, FL.

**Brown, C.N.** (2009, March). How to identify and treat chronic ankle instability workshop. Hip and thigh injuries workshop. 24<sup>th</sup> Annual Southeastern Athletic Trainers' Association Athletic Training Student Workshop. Atlanta, GA.

**Brown, C.N.** (2009, June). Integrating technology into the athletic training classroom. 60<sup>th</sup> Annual National Athletic Trainers' Association Clinical Symposia Workshop. San Francisco, CA.

**Cooper, E.R., Ferrara, M.S., Resch, J.,** Broglio, S.P., Casa, D.J., & Powell, J.W. (2009, June). Exertional heat illness rates for college football participants during pre-season practice – A predictor for heat acclimatization. National Athletic Trainers' Association Annual Business Meeting and Clinical Symposium, San Antonio, TX.

**Cooper, E.R.,** Broglio, S.P., Monk, A. & Sopiartz, K (2009, March). The influence of ankle support on postural stability. Southeast Athletic Trainers' Association Clinical Symposium, Panama City, FL.

**Cress, M.E.,** Ermaolo, A., & Tolomio, S., (2009, July). Physical Functional Performance in older adults living in a retirement community in Italy and the United States. International Association of Gerontology and Geriatrics quadrennial conference, Paris, France.

**Cress, M.E.** (2009, July). Continuous scale physical functional performance overview and administration 2orkshop. Basel Switzerland.

**Cureton, K.J.,** Singhal, A., Pasley, J.D., Bigelman, K.A., Trilk, J.L., & **McCully, K.K.** (2009, May). Short-duration quercetin supplementation does not improve VO<sub>2</sub>peak or cycling performance in untrained men. Paper presented at the annual meeting of the American College of Sports Medicine, Seattle, WA.

Hinriksdóttir, G., Arngrímsson, S.A., Prior, B.M., & **Cureton, K.J.** (2009, May). Body mass index misclassifies fatness of college athletes. Paper presented at the annual meeting of the American College of Sports Medicine, Seattle, WA.

Kressig, R.W. & **Cress, M.E.** (2009, July). Self-rated and performance based function in independent living older adults in Switzerland. International Association of Gerontology and Geriatrics quadrennial conference, Paris, France.

**Maxcy, J.G.** (2009, September). The effect on player transfers of a luxury tax on club payrolls: The case of major league baseball. First European Conference in Sports Economics, Center of Economics, University of Paris, Paris, France.

**Maxcy, J.G.** (2009, February). An economic assessment of the current state of labor relations in

North American professional sports. University of Michigan, Kinesiology Seminar Series. UM, Division of Kinesiology, Ann Arbor, MI.

**Maxcy, J.G.** (2009). American team-sport leagues: Characteristics and regulation. Center for Sport Law and Economics, Limoges, University, France.

**McCullick, B.** (2009). Trying to be 'The Man in the Arena': my attempt at using physical education and sport to develop underserved boys' personal and social responsibility skills. Invited address to the German Association of Sport Sciences (DVS), Munster, Germany.

Orini, S., & **Cress, M.E.,** (2009, July). Depression and nutritional status as predictors of perceived stress and functional performance in retirement community and independent living older adults in the Southeastern region of the United States. International Association of Gerontology and Geriatrics quadrennial conference, Paris, France.

Pasley, J.D., Singhal, A., Bigelman, K.A., Trilk, J.L., & **Cureton, K.J.** (2009, May). Short-duration quercetin supplementation does not decrease pain intensity associated with high-intensity cycling in untrained men. Paper presented at the annual meeting of the American Pain Society, San Diego, CA.

Pasley, J.D., Singhal, A., Bigelman, K.A., & **Cureton, K.J.** (2009, June). Short-duration quercetin supplementation does not alter mood associated with high-intensity cycling in untrained men. Paper presented at the Institutional Research and Academic Achievement Conference, San Francisco, CA.

**Schmidt, M.D.,** Dwyer, T., & Venn, A. (2009, June). Predictors of potential bias in self-reported walking activity in Australian adults. International Conference on Activity and Diet Methods, Washington, DC.

Trilk, J.L., Singhal, A., Bigelman, K.A. & **Cureton, K.J.** (2009, April). Sprint interval training increases VO<sub>2</sub>max and central circulatory capacity in sedentary, overweight women. Paper presented at the Experimental Biology annual meeting, New Orleans, LA.

Trilk, J.L., Bigelman, K.A., Singhal, A., & **Cureton, K.J.** (2009, May). Effects of sprint interval training

on insulin sensitivity and glucose tolerance in sedentary, overweight women. Paper presented at the annual meeting of the American College of Sports Medicine, Seattle, WA.

**Tomporowski, P.D.** (2009, May). Exercise effects on brain and cognition: A life-span perspective. Invited Featured Science Symposium. Session Chair and Keynote Presentation. American College of Sports Medicine Meeting. Seattle, WA.

### Publications

Audiffren, M., **Tomporowski, P.D.**, & Zagrodnik, J. (2009). Acute aerobic exercise and information processing: Modulation of executive control in a random number generation task. *Acta Psychologica*, 132, 85-95.

Au, B.T., Blizzard, L., **Schmidt, M.D.**, Pham, H.L., Granger, R.H., & Dwyer, T. (2009). The association between smoking and hypertension in a population-based sample of Vietnamese men. *Journal of Hypertension* (Epub ahead of print on October 13, 2009). Doi: 10.1097/HJH.0b013e32833310e0

Bravo, G.A., **Won, D.**, & Ferreira, M. (2009). Attributes, trade-offs and choice: A conjoint analysis in sport management programs. *Sport Management Education Journal*, 3(1), 19-33.

Broglio, S.P., Monk, A., Sopiarsz, K., & **Cooper, E.R.** (2008). The influence of ankle support on postural stability. *Journal of Science and Medicine in Sport*, doi: 10.1016/j.jsams.2007.12.010

Broglio, S.P., Sosnoff, J.J., & **Ferrara, M.S.** (2009). The relationship of athlete-reported concussion symptoms and objective measures of neurocognitive function and postural control. *Clinical Journal of Sports Medicine*, 19, 377-82.

**Brown, C.N.**, Bowser, B., & Orellana, A. (2009). Sagittal plane kinematics in individuals with chronic ankle instability during single leg landing. *Journal of Athletic Training*, 44(3)S-18.

**Brown, C.N.**, Orellana, A.M., **Larson, R.**, **Schik, C.**, & **White, L.J.** (2009). Somatosensory deficits in individuals with multiple sclerosis. Published online, available at: [http://www.ms-care.org/cmsc/images/pdf/2009CMSCAbstract\\_poster22.pdf](http://www.ms-care.org/cmsc/images/pdf/2009CMSCAbstract_poster22.pdf)

**Cooper, E.R.**, **Ferrara, M.S.**, **Resch, J.**, Broglio, S.P., Casa, D.J., & Powell, J.W. (2009). Exertional heat illness rates for college football participants during pre-season practice – A predictor for heat acclimatization. *Journal of Athletic Training*, 44(3), S37.

**Cureton, K.J.** (2009). Athlete burnout: A physiological perspective. *Journal of Intercollegiate Sport*, 2, 31-34.

**Cureton, K.J.**, **Tomporowski, P.D.**, Singhal, A., Pasley, J.D., Bigelman, K.A., **Lambourne, K.**, Trilk, J.L., **McCully, K.K.**, Arnaud, M.J., & Zhao, Q. (2009). Dietary quercetin supplementation is not ergogenic in untrained men. *Journal of Applied Physiology*, 107, 1095-1104.

**Dishman, R.K.**, Thom, N.J., **Rooks, C.R.**, Motl, R.W., Horwath, C., & Nigg, C.R. Failure of post-action stages of the transtheoretical model to predict change in regular physical activity: A multiethnic cohort study. *Annals of Behavioral Medicine*, 37(3), 280-93.

**Dishman, R.K.**, Vandenberg, R.J., Motl, R.W., Wilson, M.G., & Dejoy, D.M. (2009). Dose relations between goal setting, theory-based correlates of goal setting and increases in physical activity during a workplace trial. *Health Education Research*, [Epub ahead of print].

**Dishman, R.K.**, Dunn, A.L., Sallis, J.F., Vandenberg, R.J., & Pratt, C.A. (2009). Social-cognitive correlates of physical activity in a multi-ethnic cohort of middle-school girls: Two-year prospective study. *J Pediatr Psychol*, [Epub ahead of print].

Hwang, S., & **Won, D.** (In press). A conjoint analysis regarding influencing factors in golfers' preferred golf ranges in Korea. *International Journal of Leisure and Tourism Marketing*, 1(3).

Kim, M., **Won, D.**, & Harrolle, M.G. (2009). Influences of gifts on prospective volunteers: A conjoint analysis approach. *International Journal of Sport Management*, 10(1), 51-67.

Manns, P.J., Tomczak, C.R., Jelani, A., **Cress, M.E.**, & Haennel, R.G. (2009). Use of the continuous scale physical functional performance test in stroke

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### **Grants**

**Brown, C.N.** College of Education Grant Writing Mentorship Program. *Pilot data for federal grant application*. Principal Investigator.

**Cooper, E.R. & Ferrara, M.S.** Co-Principle Investigators, *The Risk of Exertional Heat Injuries in Interscholastic Football*, National Athletic Trainers Research and Education Foundation, \$147,000, funded January 1, 2009 for 3 years.

**McCullick, B.** (PI) (2009). *Introducing Hurling and Gaelic Football to Underserved Youth of the American South*. Grant submitted to the Gaelic Athletic Association (GAA) for \$733 (**Funded 9/09**).

**Tomporowski, P.D.** - External funding: BUPA Foundation, BUPA House, 15-19 Bloomsbury Way London, WC1A 2BA. *Paradigm shift in use of physical activity in disease treatment and prevention: associations between objectively measured physical activity and cognition in 11-13 year olds in ALSPAC*. \$115,000 - Funded.

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