

### Study Shows Employer-Sponsored Workouts Increase Physical Activity

A workplace program that encourages employees to set exercise goals substantially increased workers' physical activity, according to a new study by University of Georgia exercise and health researchers. For three months, 1,442 participants set weekly personal and team physical activity goals and received incentives for meeting them. After six weeks, 51 percent of the participants did at least five 30-minute moderate exercise sessions or three 20-minute vigorous exercise sessions weekly – up from 31 percent at the study's start. Meanwhile, only 25 percent of those in a control group of non-participants logged similar exercise sessions. The participants maintained their increased levels of activity throughout the study, and few people dropped out.



“The biggest surprise was the steady and sustained progress. That can probably be explained by the social incentives and support from personal goals and achievements that had direct impact on team success,” said lead researcher Rod Dishman, a professor of exercise science in UGA's College of Education. The findings were published in the February edition of the *American Journal of Preventive Medicine*.

The program, dubbed “Move to Improve,” is based on the idea that setting realistic exercise goals – in this case, gradually increasing weekly exercise times by 10-minute chunks – can help people get active and stay that way. Workers were given handbooks to help them set their personal exercise goals and overcome obstacles to staying active. For extra motivation, they were also split into small “teams” that each came up with a group exercise goal, providing vital peer encouragement.

“Personal and team goals work best when they are self-set, specific about how much activity and when, realistic but attainable and easily assessed, such as by weekly logs or pedometer steps,” said Dishman. The findings suggest that similar workplace programs, focused on exercise goal-setting, could help more adults become physically active.

This is especially true, he said, since the 16 Home Depot sites used in the study were spread out across the U.S. and Canada and included men and women of various races and employment levels. Despite evidence that physical inactivity is a major risk factor for coronary heart disease, Type 2 diabetes, obesity and some cancers, only a third of adults in the United States regularly participate in recommended levels of moderate or vigorous physical activity.

A sedentary lifestyle contributes directly to an estimated 200,000 deaths annually from coronary heart disease (CHD), Type 2 diabetes and colon cancer. The combined effect of physical inactivity and poor diet accounts for more than 300,000 deaths each year and is a key contributor to the 50 percent increase in obesity among U.S. adults during the past decade, say health experts. Workplaces offer unique opportunities to encourage adults to increase their

physical activity. Most adults spend half of their waking hours at the workplace, providing opportunities for individualized and mass reach interventions to be implemented, UGA researchers say.

“Evidence suggests that workplace fitness programs can be cost-effective, possibly reducing employer costs for insurance premiums, disability benefits and medical expenses,” said Dishman.

The findings were a culmination of a three-year study funded by a \$1.3 million grant from the Centers for Disease Control and Prevention (CDC). Co-principal investigators in the study were UGA colleagues David DeJoy, professor and Mark Wilson, associate professor, both in health promotion and behavior, and Bob Vandenberg, a professor of management. A full text of the study, “Move to Improve: A Randomized Workplace Trial to Increase Physical Activity” is available to subscribers of the *American Journal of Preventive Medicine* in its February 2009 issue at: [www.ajpm-online.net](http://www.ajpm-online.net). (Michael Childs, COE).

\*\*\*\*\*

**From the Department Head  
Kirk Cureton**



Times are tough ... The University of Georgia as you knew it is still here, but the economic downturn and budget cuts are having fundamental effects. The University cut its budget about 10% this year. This cut will be sustained, with a 1.5-2% additional cut for the upcoming year. What does this mean for the operation of our department? We are continuing to teach, conduct research and offer service programs as we have in the past. And, in many ways, the health of our Department, in terms of demand for our programs, credit hours produced, external funding, recognition for and impact of our research, and positions obtained by our students, has never been better.

But, we are being squeezed - learning to do more with less. Funds provided to the Department by the University have been sufficient to cover the leases on

copy machines, phone costs, and mail costs, but little else. There were no State funds provided for travel except from the President’s office and a small allocation at the end of the year. We have made it through the year using office supplies (copy paper, etc.) we had on hand, dramatically reducing printing in offices to avoid the cost of toner cartridges, and doing without. Even fewer State operating funds will be provided next year, so the current situation will continue for at least a year. Fortunately, we receive additional income from course lab fees (all Department labs now have fees to cover the cost of supplies used), programs such as the Fitness Center and summer workshops that generate income, salary savings and indirect cost return funds from grants, and Foundation endowment accounts that support Department programs, scholarships and awards. Through these latter sources of income we have been able to provide a minimal level of travel support for faculty and graduate students, and to cover critical needs for servicing or replacing equipment that have come up during the year. At the end of the year, the University returned some of the funds that had been held back during the year and we received some funds to pre-purchase supplies needed for next year, to invest in research equipment replacement, and equipment needed to develop a center that would provide exercise programs for individuals with movement disabilities. Overall, despite the dramatic cut in operating funds, we have been able to sustain our instructional program and modestly expand our research capabilities.

One of the consequences of budget reductions that will negatively affect us during the next year and possibly into the future is the limit on funds for new faculty and temporary instructional faculty. Dr. Michael O’Connor, coordinator of the Basic Physical Education Program will retire in May. His position has not been replaced. Ilse Mason will take over as coordinator and assume some of his teaching responsibilities in May. Other faculty will take on the remainder of his teaching by teaching some other classes less. These two faculty have taught physical activity courses in the Basic Physical Education Program which will no longer be taught. In addition, we have lost 2.5 graduate assistants who taught in the program. To compensate for the reduction in sections of Basic PE courses, we have increased the class size of most fitness courses for next year and are assigning some laboratory assistants sections of physical activity courses to teach. The upcoming loss of

faculty and graduate assistants has reduced the flexibility of the Department to assign graduate assistants to support faculty research and, if there are additional cuts in graduate assistants, could compromise our ability to provide the number of sections needed by students to meet the basic physical education requirement. We also have a need for temporary faculty to support the physical education and sport management instructional programs that may not be met. This will force faculty to teach larger classes and take on more supervision of practicum and internship experiences.

So much for the bad budget news. The merger of the majors in Exercise Science, and Physical Education and Sport Studies was completed this spring semester. We now offer only three graduate degree programs: the M.S., M.S.-nonthesis and Ph.D. in Kinesiology. This consolidation of graduate programs will reduce confusion over the multiple master's (M.Ed., M.A., M.S., M.S.-nonthesis) and doctoral (Ed.D. and Ph.D.) degrees we have offered in the past, simplify administration, and increase the enrollment in the remaining degree programs. While we have consolidated graduate programs, we are moving in the opposite direction with our undergraduate majors. We now have undergraduate majors in Exercise and Sport Science, Health and Physical Education, and Sport Management. We have just submitted a proposal for a fourth undergraduate major in Athletic Training. Currently, the undergraduate program in athletic training is an area of emphasis under the Exercise and Sport Science major. To retain its accreditation from the Commission on Accreditation of Athletic Training Education, this program must become an academic major. While this change may have some benefit for the athletic training profession and individuals who graduate from the program, the change is not necessary from an educational standpoint and counter to the move on campus to consolidate programs. A third curriculum change that is in progress is a proposal to increase the hour requirement for the Health and Physical Education major from 120 to 129. This change will permit the increase of 6 atypical 2-semester-hour courses to 3-semester-hour courses and will provide 2 more hours of credit (14 instead of 12) for the semester of student teaching internship required. This proposal is now being considered at the University level.

Our faculty have continued to be successful in attracting external funds. Drs. McCully,

Tompsonowski and Dishman currently have NIH grants or subcontracts for major 5-year studies. Dr. Ferrara is funded for a 3-year study of heat injury in high-school football in Georgia by the National Athletic Training Research and Education Foundation. Dr. Lesley White is finishing a 3-year grant from the National Multiple Sclerosis Society, and Dr. Pat O'Connor and I have or have just completed contracts from major corporations (McCormick and Coca-Cola). Several faculty are pursuing grants associated with the increased federal funding available as part of the economic stimulus funding. Faculty and graduate students have been very productive in research, publishing 1 book, 5 book chapters and 56 articles in professional journals during 2008. Research by Tomporowski, P. O'Connor, Dishman and McCully received considerable attention by the national press.

We look forward to continuing to advance our teaching, research and service program during the coming year, despite the budget challenges.

\*\*\*\*\*

### Paul Schempp Publishes New Book

Recently Paul Schempp published a new book in which he identifies the characteristics that define expert performers. The book title is "5 Steps to Expert: How to Go from Business Novice to Elite Performer"



(Davie-Black Publishing). The book provides a sequential set of deliberate practice steps for all those who desire to advance from their current ability to the next stage of mastery and also for those who coach and train for higher performance. Dr. Schempp explores the key traits shared by those at each of the five levels of expertise: beginner, capable, competent, proficient and expert. He lays out a progressive plan for cultivating the skill, knowledge and experience needed to reach and remain at the top of ones game. The major principle of the book is that experts are made not born. Dr. Schempp uses stories of top performers, questionnaires and assessment tools to apply his research and insight into human performance to the everyday workplace. The purpose

of his book is to help anyone elevate their level of performance toward becoming expert.

\*\*\*\*\*

### **Kirk Cureton Awarded ACSM Citation Award**

Kirk Cureton, Professor and Head, Department of Kinesiology, will be awarded a 2009 Citation Award from the American College of Sports Medicine at the Annual (ACSM) Awards Banquet, Friday May 9<sup>th</sup> in Seattle. Kirk distinguished himself and ACSM through his exemplary contributions as a scientist and educator. Kirk has been an ACSM Fellow since 1976. He is internationally recognized as a scholar on youth fitness testing, sex differences in physical performance, human body composition, and heat stress and physical performance.

A meticulous researcher and dedicated mentor, he has graduated some 30 doctoral students over the past 33 years. His commitment to ACSM continues through his students: over 80% are current members of ACSM and about half are Fellows. This multiplier effect is an impressive legacy as some 20 former students now mentor graduate students of their own.

He has presented over 40 papers at ACSM national meetings. Even more noteworthy, he has published over 30 manuscripts in ACSM’s flagship journal *Medicine and Science in Sport and Exercise*. This represents a large proportion of his total research output of over 100 peer-reviewed publications. He has served ACSM in many roles, most notably as Associate Editor of *MSSE*, Member of the Board Trustees, and Vice-President.

For more than three decades, Dr. Cureton has been a prominent leader in exercise science and ACSM through his careful and consistent work as a scientist, educator, and advocate.

\*\*\*\*\*

### **Taiwanese Students, Faculty Visit UGA Athletic Training Program**

Three students and two faculty members from the National Taiwan Sport University took classes in the University of Georgia’s athletic training education program this spring as part of UGA’s Study Abroad in Taiwan program. “It was pretty entertaining,” said

Lauren Melvin, a senior majoring in athletic training. “I loved taking them places, especially out to eat, and seeing the expressions on their faces as they tried different foods.”

The trip to UGA also left a good impression on the students from Taiwan.

“The faculty and students were very friendly and hospitable,” said LB Li, through an interpreter. “We enjoy the friendship very much. We were very excited to see them since they came to Taiwan last year and we had lots of common memories.” Naturally, the scope and magnitude of the UGA football program left the biggest impression on the visiting students. “Sanford Stadium was huge,” said Alice Hung. “We have never seen such a big stadium. We wish we could see the stadium full with people,” said Wendy Wu.

“The football mat drills were a shock to us,” said Eileen Chen, a visiting instructor from NTSU. “It was quite amazing, the dedication and motivation those coaches and athletes possess.”



The first part of the study abroad exchange began last spring when 18 UGA athletic training students spent three weeks at NTSU observing certified Taiwanese athletic trainers work with NTSU intercollegiate teams, in professional baseball and at the offices of associated physicians.

During their visit, the UGA students learned about medical practices and techniques that are used in Taiwan plus traditional Chinese therapeutic techniques used to treat athletes and physically active individuals such as acupressure massage, pain relief techniques, acupuncture, rehabilitation techniques and cranial therapy.

NTSU was founded in 1987 on 64-hectares multi-purpose sports complex located in Kweishan, Taoyuan (northern Taiwan). The university offers

five graduate institutes and seven departments offering degrees from bachelors to doctoral. The athletic training education program, modeled after curriculums offered in the United States, was established in 2000 under the direction of Michael Huang.

Huang has been a visiting scholar in the athletic training education program at UGA since August 2008. The study abroad program between the two schools was developed by Ferrara and Huang after a few years of discussions and planning. “It’s a great cultural exchange,” said Ferrara. For more information about the Study Abroad in Taiwan program: [www.coe.uga.edu/atsat/](http://www.coe.uga.edu/atsat/) (Michael Childs, COE)



\*\*\*\*\*

### **COE Grad Student Gets Experience on Sport's Biggest Stage: Super Bowl XLIII**



Christina Baker (third from left), a master’s student in sports management and policy, and her Team UT colleagues arrive in Tampa for Super Bowl XLIII.

A kinesiology graduate student and her professor went to the Super Bowl XLIII earlier this month, but they didn’t have much time to see the game. In fact, seeing the game was never part of the plan.

Christina Baker, a master’s student in sports management and policy, and Billy Hawkins, an associate professor in the department of kinesiology, joined a group of University of Tennessee students and their professors in a program that allows them to get first-hand experience in marketing, security and quality control at activities before and during the nation’s largest sporting event.

The program, known as Team UT, has allowed sport management students to work behind the scenes at the last two Super Bowls – in Phoenix and Miami – learning how large-scale sporting events are planned and implemented.

This year, the group worked with organizers of the Tampa Bay Super Bowl Host Committee, the NFL Experience, NFL Tailgate, the transportation organization and the sponsoring gala event.

“Of all the things we did, the best part was working with the kids at the NFL Clinic Fields,” Baker said. “Youth football coaches from the Tampa area and NFL players joined to teach children agility, passing, receiving and kicking skills. We helped with getting the kids ready and excited for the different activities. The highlight of the week for me was working with the children and seeing how much fun they were having at the event.”

The UGA student was invited to participate in Team UT after Hawkins discussed the possibility with the program’s founder and advisor, Fritz Polite, an assistant professor of sport management at UT. Baker was chosen from several potential UGA candidates.

While conducting their research, Team UT kept detailed blogs concerning their activities. A history of their preparation, travel and work in Tampa can be found on their blogs.

“We encountered some long days, but it was an exciting and worthy experience for us,” Hawkins

said. "It's an invaluable practical learning environment for sport management practitioners who are seeking to gain insight into what is involved in hosting a sporting event of this magnitude." (Cindy Rhoten, COE).

### **Bryan McCullick Spends Fall Semester in Ireland**

As part of the College of Education's Faculty Research Leave Program and the hospitality of Drs. Julia Walsh, Fiona Chambers, and John Bradley, Dr. McCullick was honored to be a visiting scholar at *University College, Cork (UCC)* in Ireland. His trip was as productive and fulfilling beyond imagination. Relationships, personal and professional, were made and further cemented as he was able to write, publish, learn quite a bit about his own teaching, and the professional preparation of Irish physical education and sport teachers.

During his semester, Bryan primarily spent the time writing manuscripts, learning about Irish physical education teacher education and the historical and political influence of Irish sport on society and Irish pre-service teachers' apprenticeship of observation. He was invited to give lectures at the *University of Limerick* (thank you Deborah Tannehill, Ann MacPhail, and Mary O'Sullivan), *UCC*, and at the *Gaelic Athletic Association's (GAA) Games Development Conference* where over 800 coaches were in attendance at world-famous Croke Park. A grant proposal centered on a study of informal coaching education co-authored with Dr. Walsh was written and submitted.

Dr. McCullick was pleased to find out that a lot of the research done in the Sport Instruction Laboratory on PETE and Coaching Education, Teaching/Coaching Expertise, and some initial forays into Underserved Youth Development were warmly received by both Irish scholars and teachers. The research conducted in the PETE, Coaching Education, and Expertise areas is currently informing some of the policies established by sporting organizations and teacher education programs in Ireland and interest in our next studies is high.

Beyond the great scholarly environment, Dr. McCullick's had an interesting experience with the second year PETE students at *UCC*. He was able to give two guest lectures in a physical education majors' and teach them in a "methods of softball"

module for the second year physical education majors at *UCC*. During this six week experience, he experienced perhaps one of his most challenging yet most rewarding instructional experiences so far in his career. When Dr. Walsh asked to teach the module he thought it would be something that would be quite easy to do. After one week spent in Ireland (even before the class began), however, he realized that nearly none of his students had ever played the games of softball or baseball in their lives. Furthermore, his acclimatization to Ireland included an introduction to the Gaelic sports of Hurling and Gaelic Football and the very popular rugby and soccer. Quickly, Dr. McCullick realized that none of these sports, which are Irish childhood staples, involved the use of an overhand throw, let alone the use of a glove. It was then a challenge to teach very skilled movers an entirely new physical activity coupled with teaching the complexities of the sport and include pedagogical strategies for teaching it to schoolchildren. While the students picked up the skill of hitting with absolutely no problems (their Hurling and Rounders experiences helped here), the fielding aspects and intricate rules (e.g., tagging up on a fly ball with less than two outs) were difficult to grasp at first. However, due to the doggedness and intelligence of the PE majors' all were able to participate in a "real" game of softball (played during free time between the two sections) and competently teach specific skills related to the sport.

\*\*\*\*\*

### **Faculty Activities**

**Thomas Baker** was awarded an Early Career Faculty Grant.

**Mike Ferrara** has been selected for the National Athletic Trainer's Association (NATA) Hall of Fame, the NATA's highest honor. Additionally, Mike will receive the Fullbright Scholar Award to lecture and do research in Ireland next Spring.

**Kevin McCully** received the Henry J. Montoye Scholar Award, Southeast American College of Sports Medicine, 2009. This involved a scholarly presentation on February 14, 2009.

**Pat O'Connor** and **Rod Dishman** have been awarded a collaborative development grant from UGA's College of Education. The grant will be used

to conduct a small randomized controlled trial comparing the effects of six weeks of moderate intensity strength training to cognitive-behavioral therapy (a therapy with established efficacy) in the treatment of sedentary women with generalized anxiety disorder. Generalized anxiety disorder is among the most common anxiety disorders and it results in significant impairment and disability for those affected. Doctoral student **Matt Herring** was instrumental in preparing the grant application and he will continue to play an integral role in the project. Cindy Suveg, Assistant Professor of Psychology, and one of her doctoral students also will be collaborating on the project. The data obtained from this investigation is expected to be used to secure funding for a larger project related to this topic.

\*\*\*\*\*

## Recent Faculty and Student Publications and Presentations

### Publications

Black, C.D., **O'Connor, P.J.** (2008). Acute effects of dietary ginger on muscle pain during moderate intensity cycling exercise. *International Journal of Sport Nutrition & Exercise Metabolism*, 18(6):653-664.

Callisaya, M.L., Blizzard, L., **Schmidt, M.D.**, McGinley, J., Srikanth, V.K. A population-based study of sensorimotor factors affecting gait in older people. *Age and Aging* (Epub 3/5/09 ahead of print).

Cannon, J.G., Sabatier, M.J., Marinik, E.L., Schwark, E.H., Haddow, S., Cortez-Cooper, M., Bergeron, M.F., Sloan, G.J., **McCully, K.K.** (2009). Femoral artery diameter and arteriogenic cytokines in healthy women. *Vascular Pharmacology*, 50:104-109.

**Dishman, R.K., O'Connor, P.J.** (2009). Lessons in exercise neurobiology: The case of endorphins. *Mental Health and Physical Activity*, DOI:10.1016/j.mhpa.2009.01.002, 1-6. <<http://dx.doi.org/10.1016/j.mhpa.2009.01.002>>.

Dwyer, T., Magnusson, C.G., **Schmidt, M.D.**, Ukoumunne, O.C., Zimmet, P., Blair, S., Thomson, R., Raitakari, O.T., Ponsonby, A., Cleland, V.J., Venn, A. Decline in physical fitness from childhood to adulthood associated with increased obesity and

insulin resistance in adults. *Diabetes Care* (Epub 12/23/08 ahead of print).

Maridakis, V., **O'Connor, P., Tomporowski, P.** (2009). Sensitivity to change in cognitive performance and mood measures of energy and fatigue in response to morning caffeine alone or in combination with carbohydrate. *International Journal of Neuroscience*, 119.

McCullick, B. (2009). Ten years in and I don't know Jack ... umm, PETE. In L. Housner (Ed.), *Historic Traditions & Future Directions in Research on Teaching & Teacher Education in Physical Education* (pp. 363-369). Morgantown, WV: Fitness Information Technology.

**McCully, K.K.** (2009). Technology to advance research in Kinesiology: The case for light, sound, and radio frequencies. *Quest*, 61:108-113.

McKercher, C., **Schmidt, M.D.**, Sanderson K., Patton, G., Dwyer, T., Venn, A.J. (2009). Physical activity and depression in young adults. *American Journal of Preventive Medicine*, 36:161-164.

McMorris, T., **Tomporowski, P.D.**, Audiffren, M. (2009). *Exercise and Cognition*. John Wiley & Sons.

Singhal, A., **Trilk, J.L.**, Jenkins, N.T., **Bigelman, K.A., Cureton, K.J.** (2009). Effect of intensity of resistance exercise on postprandial lipemia. *Journal of Applied Physiology*, 106, 823-829.

**Tomporowski, P.D.** (2009). Methodological Issues: Research Approaches, Research Design, and Task Selection. In T. McMorris, P.D. Tomporowski, M. Audiffren (Eds.), *Exercise and Cognition* (pp. 91-113). John Wiley and Sons.

Wei, S., **Schmidt, M.D.**, Dwyer, T., Norman, R.J., Venn, A.J. Obesity and menstrual irregularity: Associations with SHBG, testosterone and insulin. *Obesity* (Epub 1/29/09 ahead of print).

**Won, D.**, Hwang, S. (2008). The course to tee off: Golfers' participation constraints, age, income, and leisure identity salience. *International Council for Health, Physical Education, Recreation, Sport and Dance, Journal of Research*, 3(2), 55-61.

**Won, D.,** Bang, H., Shonk, D.J. (2008). Influencing factors of regional ski destinations: The influence of consumption situation and recreation specialization. *Journal of Sport & Tourism*, 13(4), 249-271.

**Won, D.,** Hwang, S. (2009). Factors influencing the college skiers and snowboarder's choice of a ski destination in Korea: A conjoint study. *Managing Leisure*, 14(1), 17-27.

*Presentations*

**Brown, C.N.** (March, 2009). 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.** (February, 2009). How to Identify and Treat Chronic Ankle Instability Workshop. 24<sup>th</sup> Annual Southeastern Athletic Trainers' Association Athletic Training Student Workshop. Atlanta, GA.

**Brown, C.N.** (February, 2009). Hip and Thigh Injuries Workshop. 24<sup>th</sup> Annual Southeastern Athletic Trainers' Association Athletic Training Student Workshop, Atlanta, GA.

**Cooper, E.R.,** (March, 2009). Influence of Ankle Support on Postural Stability. 34<sup>th</sup> Annual Southeastern Athletic Trainers' Association Clinical Symposium and Members Meeting. Panama City Beach, FL.

**Cureton, K.J.** (January, 2009). The sources and consequences of athlete burnout among collegiate athletes: Reaction from an exercise physiologist. 2009 NCAA Scholarly Colloquium on College Sports, Washington, D.C.

**McCullick, B.A.** (April, 2009). Considering a "ex Post" cost/benefit analysis of our (arguably) higher profile/status. American Alliance for Health, Physical Education, Recreation, & Dance, Tampa, FL.

\*\*\*\*\*

*Student Awards*

**Brandon Tanner** was selected as one of the top 100 student employees at The University of Georgia.

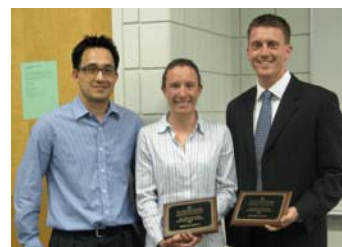
**Bradley Bowser, Denise Coulombe, and James Zagrodnik** each received Outstanding Teaching Assistant Awards. This award is given to the top 10% of graduate students serving as teaching or laboratory assistants at the University.



**Amanda Hammons** won the Mary Ella Lunday Soule Undergraduate Scholarship Award.



**Rebecca Larson and Matthew Grant** each won a Mary Ella Lunday Graduate Soule Scholarship Award.



Graduate Students **Caroline Schik** and **Matthew Herring** each won a Louise E. Kindig Research Award.



**Thomas Johnson** won a Castronis Award



**Jared Hughes** won a Clifford Gray Lewis Scholarship Award



\*\*\*\*\*

### Alumni News

**Ashley Allen** (B.S.Ed. 2009) will attend the Medical College of Georgia for a M.A. in the Physician’s Assistant program.

**Marta Amerein** (B.S.Ed. 2009) will intern as an athletic trainer with the University of Maryland’s football and gymnastics programs.

**Melissa Anderson** (B.S.Ed. 2009) will attend the University of Texas Southwestern in Dallas for a D.P.T. degree.

**Michael Arambula** (B.S.Ed. 2009) will attend Georgia State University for a D.P.T. degree.

**Anna Arp** (B.S.Ed. 2009) will be a “Fellow” in the Hughston Athletic Training Fellowship Program where she will serve as the Head Athletic Trainer at Coral Ridge High School, while pursuing a M.A. degree in Health & Physical Education at Columbus State University.

**Laura Beauchamp** (B.S.Ed. 2009) will attend North Georgia College and State University for a D.P.T. degree.

**Poonam Bhakta** (B.S.Ed. 2009) will attend Emory University for a D.P.T. degree.

**Vincent Blankenship** (B.S.Ed. 2009) will attend the Medical College of Georgia for a D.P.T. degree.

**Brad Bowser**, Doctoral candidate specializing in biomechanics, has received an NIH postdoctoral fellowship in the Department of Physical Therapy at the University of Delaware beginning July 1, 2009.

**Katelyn Carnow** (B.S.Ed. 2009) will attend the Medical College of Georgia for a D.P.T. degree.

**Mary Elizabeth Dailey** (B.S.Ed. 2009) will attend Emory University for a D.P.T. degree.

**Kelly Darr** (B.S.Ed. 2009) will attend the Medical College of Georgia for a D.P.T. degree.

**Kelliann Davis** (M.Ed. 2002) received her Ph.D. in Exercise Physiology from the University of Pittsburgh in August, 2008. She is currently working in the Physical Activity and Weight Management Research Center at the University of Pittsburgh implementing behavioral weight loss intervention programs.

**Nicole DeBarge** (B.S.Ed. 2009) will attend the University of South Carolina for a M.S. degree in Applied Physiology.

**Tom Dipiro** (B.S.Ed. 2009) will attend the South Carolina College of Pharmacy in Charleston.

**Jason Dumrongulraska** (B.S.Ed. 2009) will attend Arcadia University in Pennsylvania for a M.A. in the Physician’s Assistant school.

**Rebekah Elkins** (B.S.Ed. 2009) will attend the Medical College of Georgia for a M.A. degree in Occupational Therapy.

**Niles Fleet** (B.S.Ed. 2009) will attend the Medical College of Georgia for a D.P.T. degree.

**Benjamin Ford** (B.S.Ed. 2009) will attend medical school at the Medical College of Georgia.

**Elan Golan** (B.S.Ed. 2008) will attend medical school at George Washington University.

**John Griffin** (B.S.Ed. 2009) will attend the Medical College of Georgia for a D.P.T. degree.

**Karen Guilkey** (B.S.Ed. 2009) will attend Emory University for a D.P.T. degree. Karen also received The College of Education's Outstanding Honors Student in April 2009.

**Matthew Holt** (B.S.Ed. 2009) has accepted a position with South Cover.

**Arthur Hudson** (B.S.Ed. 2009) will attend the Medical College of Georgia for a M.A. in the Physician's Assistant program.

**Sally Hubbard** (M.Ed. 2001) is now an attorney for the Institute for Health Research and Policy at the University of Illinois at Chicago. As an attorney, she does research related to land use policies, the built environment, and how they affect physical activity, among other variables (shubbar1@uic.edu).

**Kimberly Jackson** (B.S.Ed. 2009) will attend Regis University in Denver for a D.P.T. degree.

**Hiroki Kariya** (B.S.Ed. 2009) will attend the University of North Carolina at Charlotte for a M.A. in Health Administration where he also hopes to work as an athletic trainer.

**Daniel Kline** (B.S.Ed. 2009) will attend the Medical College of Georgia for a D.P.T. degree.

**Brittany Lloyd** (B.S.Ed. 1008) will attend Barry University in Miami for a M.A. degree in the Physician's Assistant school.

**Lauren Magee** (B.S.Ed. 2009) will attend Pace University in New York City for a M.A. degree in the Physician's Assistant school.

**Amanda Macia** (B.S.Ed. 2009) will attend the University of Central Florida, near Orlando, for a D.P.T. degree.

**Richard Marks** (B.S.Ed. 2008) will attend medical school at Mercer University's Savannah campus.

**Jordan Mellinger** (B.S.Ed. 2009) will attend the Medical College of Georgia for a D.P.T. degree.

**James Merwin** (B.S.Ed. 2008) will attend North Georgia College and State University for a D.P.T. degree.

**Kristen Miller** (B.S.Ed. 2009) will attend the Medical College of Georgia for a D.P.T. degree.

**Stuart Kinglsey** (B.S. 2009) will start an internship with the UGA Athletic Association Ticket Office.

**Sara Mullinax** (B.S.Ed. 2009) will attend Auburn University for a M.A. in Kinesiology degree with an emphasis in Health Promotion.

**Sara Beth Partain** (B.S.Ed. 2009) will attend Armstrong College & State University for a D.P.T. degree.

**Michelle Pollitt** (B.S.Ed. 2009) will attend Mercer University in Atlanta for a M.A. degree in the Physician's Assistant school.

**Keith Prusaczyk** (Ph.D. 1987) is the director for the Navy Medical Advance Development Program with the Naval Medical Research Center (NMRC) in Silver Spring, MD. Prusaczyk is also a strategic adviser and working group representative for Rear Adm. Richard C. Vinci, NMSC commander for the acquisition of force health protection and future naval capabilities. NMSC has oversight of NMRC and Navy Medicine's Research and Development Program.

**Melissa Ragan** (B.S.Ed. 2008) has accepted a position to teach Biology at the Early County (Georgia) High School.

**Nathan Renaud** (B.S.Ed. 2009) will attend Emory University for a M.A. degree in the Anesthesiology Assistant School.

**Tabani Richards** (B.S.Ed. 2009) will work as an athletic trainer with the San Francisco Forty-Niners prior to graduate school.

**Ashley Rish** will attend Armstrong College & State University for a D.P.T. degree.

**Sean O'Rourke** (B.S.Ed. 2009) will attend medical school at the Medical College of Georgia.

**Jared Shafer** (B.S.Ed. 2008) will attend the Medical College of Georgia for a M.A. degree in the Physician's Assistant program.

**Maggie Sibley** (B.S.Ed. 2009) will attend Armstrong College & State University for a D.P.T. degree.

**Miranda Simmons** (B.S.Ed. 2008) will serve as the Coordinator for Cardiac Rehabilitation at St. Mary's Hospital in Athens. She received the Archibald Memorial Hospital Scholarship and plans on attending Physician Assistant school.

**Bryce Sorrier** (B.S.Ed. 2009) will attend Arizona State for a M.A. degree in Athletic Training.

**Michael Tankovich** (B.S.Ed. 2009) will attend Armstrong College & State University for a D.P.T. degree.

**Tasha Temple** (B.S.Ed. 2009) will attend the University of Alabama at Tuscaloosa for a M.A. degree in Athletic Training. She will serve as a Graduate Assistant with the Crew and Tennis teams while working at UAB.

**Matthew Thompson** (B.S.Ed. 2009) will attend UGA for a degree in Workforce Education.

**Ana Valladares** (B.S.Ed. 2009) will attend the University of Texas at San Antonio for a D.P.T. degree.

**Kevin Willenbring** (B.S.Ed. 2009) will attend Armstrong College & State University for a D.P.T. degree.

**Jeff Weidemeyer** (B.S. 2009) will attend the University of Texas for a law degree.

***LET US HEAR ABOUT YOU!***

Help to keep in touch with your fellow classmates by completing this form and returning it to  
Ilse Mason – isannen@uga.edu

Name

Address

City

State

Zip

Home Phone

Work Phone

E-Mail

Degree(s), Year(s), and Major

Present Occupation/Employer

News to share in the next newsletter or recommendations:

## ***Make a gift to the Department of Kinesiology...***

**W**hile we have already gained a national reputation for excellence, we need your help to continue to raise our standards and stay competitive. We hope to encourage our alumni and friends to consider the kind of impact they can make with a gift to the College of Education Department of Kinesiology.

The Department of Kinesiology welcomes gifts from individuals, corporations, and foundations, and uses those resources to help lift the department to heights it could not attain solely through public funding. Gifts are used to provide scholarships for students, support distinguished faculty scholars and researchers, strengthen research and teaching programs, and build vitally needed facilities for University activities.

The following information can assist you in leaving a legacy to benefit the Kinesiology students and faculty for today and generations to come:

- Make an **annual gift** – for example, consider making a gift of \$1 a week (\$52) to the department each year. You can give to the Kinesiology Department support fund or to any of the academic programs:
  - Kinesiology Department Support Fund
    - Exercise Science Program
    - Physical Education Program
    - Sport Management Program
- Make a lead gift to the Department by first making a **pledge** and then paying on that pledge monthly or quarterly
- Check if your company, organization or university has a **matching gift program**. If so, the department could receive double or triple the amount that you gave.  
[Matching Gift Web site](#) ▶ (Please allow time for webpage to load.)
- Appreciated **stocks and bonds**, as well as marketable securities, provide important income for the department while allowing the donor to avoid gift and estate taxation. These gifts also help donors avoid taxes on capital gains on the appreciation of the value of the securities.

### **Give by Mail**

Please write your check to the “Arch Foundation” and designate your gift for the “College of Education Department of Kinesiology (program if desired).” Mail your contribution to:

The University of Georgia  
Gift Accounting  
394 S. Milledge Avenue  
Athens, GA 30602-5582

### **Give Online**

To make a credit card gift or payment to the University of Georgia, [click here](#) (Please allow time for webpage to load.). Please designate the appropriate Academic Unit, Department, and Account when contributing online.

### **Gift/Estate Planning**

The Gift Planning Office offers a full range of gift planning services to assist accounting, banking, financial planning, insurance, securities, and legal professionals and their clients. Gift Planning work turnaround time is normally within one business day, and the office works as confidentially as the client or adviser requests.

[Gift Planning Office Web site](#) ▶ (Please allow time for webpage to load.)

**I**f you have questions about giving or do not see the fund to which you would like to give listed, please contact Siara Abdulla in the College of Education Development Office at (706) 542-2267.

*Thank you for your support of the UGA Department of Kinesiology!*