### JW OSHKOSH

## Department of Kinesiology

Newsletter for students, alumni, & faculty

October 2012

Greetings to all alumni and friends! I am pleased to provide you with an update from the Kinesiology Department here at UW Oshkosh. As many of you probably know, I have been a faculty member here for several years (15 to be exact!) and have served as department chair for a good portion of that time. After stepping down from the chair duties, I am back this year in a cochair capacity with my highly capable and respected colleague, Dr. Leigh Ann

We enjoy putting out this newsletter each year as a way to update you on the department and to showcase our students, faculty and academic programs. As always, we have many exciting things happening in Kinesiology. We were and has been a welcomed addition to our staff. We were also able to hire Sue Foitik as our academic department associate. Sue has quickly learned the rope and has settled in nicely to her role, which, at times, includes serving as a lifesaver for old department chairs!

Our Athletic Training Education Program and Kinesiology major continue to be very popular choices among UW Oshkosh students, and we continue to be impressed at the quality of students entering our department. I am sometimes asked what it is that I like best about my job as a professor. Without question, it is the opportunity to work with such a vibrant and dedicated group of students and faculty. Our goal is to keep growing our academic programs to meet the increased demand. We recently completed a self-study report as the initial step toward obtaining accreditation of our Exercise and Fitness emphasis through the Committee on Accreditation for the Exercise Sciences (CoAES).

The Kinesiology Club and Athletic Training Club remain very active with numerous campus and community events scheduled throughout the school year. Information about the Clubs is posted on the department homepage. As someone with UW Oshkosh ties, you represent our most important informational resource, and we greatly value and feedback you can provide. This newsletter is an open invitation to visit or call us at any time. I will be happy to meet with you personally to discuss the past, present, or exciting future of our department.

> Dr. Dan Schmidt Professor and Co-Chair

We wound like to congratulate **Kinesiology and Athletic Training** students that graduated this spring and summer!

**Kinesiology Graduates:** EXERCISE SCIENCE EXERCISE & FITNESS

Armstrong, Stefanie Katy Buman Jesse Klein Haelle Maurer Grant O'Connell Jayne Tettenborn Caitlyn Yerges Peter Zblewski

Michael Koss

STRENGTH & **CONDITIONING** William Brieder Jordan Soukup Charles M Stueck Jennifer Dedolph **Abby Hermus** Alyssa Hitchcock Seneca Haley

Baker, Nicolette Ryan Carow Kayla DeBruin Alyssa Epright Heather Formiller **Stephanie Gross** Ciara Kissane **Kvle Peters** Tara Tasch Ien Cook Kathie Dahlman Angela Jopp Kierryn Malone **April Morrissey** Leah Shroat

> **HEALTHCARE SCIENCE** Carlson, Nina

### **Athletic Training Graduates:**

Raeann Bennett **Jennifer Kellerhuis** Sara Blindauer

Mindy Broeren Chelsie Hogan Lucy Bouressa Amanda (Borchardt) Cox

# Student Attends

This past summer I had the pleasure of attending the National Strength and Conditioning Conference in Providence, RI. There were around 30 different types of presentations given in one day that offered different types of hands-on training, research studies, ways to apply research studies to training programs, and also over 50 poster presentations. There were presentations given by some big names in the field, such as Dr. William Kramer and Dr. Jay Hoffman, who are constantly brought up in class. It was great to finally put a face to the name. One of the most intriguing presentations I went to was by Dr. Jeff Volek, who gave his view on the role of carbohydrate for athletes. He stated that the best diet for an athlete, once adapted to the diet, is 80% fat, 15% protein and 2-3% CHO, which is drastically different from what we are taught. It was interesting to see this difference in opinion. The NSCA conference was a great chance to meet professionals in the field and to network. I was able to also meet with some professionals from Wisconsin and see familiar faces that I saw at the State NSCA meeting. It was a great experience and I plan on attending again!"

-Andrew Shirek, Strength & Conditioning student, on his experience at the NSCA Conference

# Student

Kaitlyn Schoofs is a student in the Strength and Conditioning emphasis. She earned an internship with Kimberly-Clark Corporation (KC) this semester and has much to rave about regarding her new work!

"I got my internship at KC with help from my instructors, Craig Biwer and David Beiser, who is also a current employee at KC. I was also involved in the Kinesiology Club, eventually becoming an executive board member. The Club really helped me network with KC. In addition, I found numerous other ways to broaden my knowledge in the field such as working at the Student Recreation and Wellness Center and becoming a certified group exercise instructor.

I work in the Exercise Facility and in the Health Services Department at KC. I have many responsibilities and objectives to implement during the semester. In a nutshell, I manage the fitness floor and teach group exercise classes in the Exercise Facility during my time in health services I work on many promotional projects.

There are many ways that my education from UWO is helping me to be successful in my position at KC. The Kinesiology Strength and Conditioning curriculum has provided me with the knowledge I need to work with the employees at Kimberly-Clark. I immediately felt confident and able to jump into my new responsibilities. Many of the skills we learned in the classroom are skills that I have been using during my internship. But, I have learned a lot thus far working at KC as well, and I am looking forward to completing my upcoming projects and presentations."

After my internship ends in December I plan to obtain a career in corporate fitness. I will be applying to many different corporations. If KC is hiring I definitely will be sending in an application.

## (inesiology Club Golf Outing

The Kinesiology Club's 3<sup>rd</sup> Annual Golf Outing was held on Saturday, September 29 at Lake Breezewood Golf Course. Eight groups tee'd off that morning. They played 18 holes of scramble format golf, enjoyed a clubhouse dinner and drinks, and won various prizes. Many area businesses sponsored holes and provided prizes for the raffle at the event. Mike Koss had the longest putt and longest drive for males. Mark Terpening was the male with the shot closest to the pin. Heidi Kolonko had the longest drive for the females. Emily Dieringer was the female with the shot closest to the pin and the longest putt by a female. The overall winning team included members Heidi, John, and Donna Kolonko and Scott Skstrom, who were awarded certificates and t-shirts for their avid golf skills. The event succeeded in raising \$475 for the club the money will help the Club sponsor educational events. Everyone that participated really enjoyed themselves. The kinesiology club would like to thank everyone that participated in and donated to the event.

# Learning Experience...

Alex Dewitt is a student in the Strength and Conditioning program. He recently was part of a very special project involving the Appleton  $S \cdot W \cdot A \cdot T \cdot$  team. He and several other Kinesiology students worked with instructor, Craig Biwer, to train the team and teach them about how to better live a healthy lifestyle. Here is what Alex had to say about his experience.

"One of the leaders of the S·W·A·T· team contacted Mr· Biwer, asking if he could help them with their training. Craig asked a few of the senior level students if we would like to lead the training. We created their programs and went to the Appleton Police Department to train them multiple times each week. Each officer was given their own personalized routine to complete on their own. We organized various types of group training and conditioning. We wanted many of the exercises to be geared toward the duties of a  $S \cdot W \cdot A \cdot T \cdot$  team, so during workouts we incorporated the actual equipment they use in the field. We included gas masks and weighted vest training to mimic all the gear they typically wear. We did sandbag dragging, door-ramming, and fireman carry drills. In addition, we helped establish baseline testing for the entire S·W·A·T· team; we determined tests and minimum standards to qualify for the team. I have learned a lot about how to vary exercise programs and target specific areas to fit the needs of an individual with a very specific job. Not only was this a great learning experience, but there was never a time I went there that I did not have fun."