

Department of Kinesiology

University of Wisconsin-Oshkosh

THRIVING

"My mission in life is not merely to survive, but to thrive: and to do so with some passion, some compassion, some humor, and some style." - Maya Angelou

It may seem like a strange time in higher education and at UW Oshkosh to talk about THRIVING, but when I look at our department, our students, and our news here in this newsletter, THRIVING is the best word that comes to mind. Yes, the institution has certainly been in the news this academic year for financial struggles, restructuring, and leadership concerns. And while there have certainly been large changes across campus this year and colleagues we will miss, the Department of Kinesiology has continued to move forward and hasn't dwelt on the issues. Why? Mainly because we have students in our department that are thriving.

The Department of Kinesiology has a large number of students and ones that are doing great things all the time. This spring edition of the newsletter will try to highlight some of the great things that are happening but know that there are many more that we try to share more regularly through other platforms as well. Some of the stories here talk about our alumni who are thriving in their roles post-UW Oshkosh. We hope to highlight more of these stories, so please reach out and share the great things that you are doing as a UWO Kinesiology alumnus. So many of our alumni are serving in amazing roles where they get to help others truly thrive also, just like Brooke describes below.

The faculty and students within the Department of Kinesiology and the MS in Athletic Training program also, are thriving in the research realm as well. The stories detailed below will discuss several faculty projects, presentations, and grants through the new SPIRL lab. Many faculty are also guiding students in their labs to help with research projects or develop their own projects. The high-impact practice of undergraduate research can make a huge impact on the trajectory of a student's path and learning, and several students are also able to get paid for their work in the labs. Make sure to check out the stories here and the SPIRL website to learn more about the awesome research projects going on. You may also get to see the UWO Kinesiology faculty presenting at a conference near you as many of them are thriving in the area of research.

As always, we are proud of our alumni working in all areas of the state and nation. Please continue to represent our university and the department well as you thrive in your current and future roles. Let us know how we can help you or can connect you to our current students. Just as we love to connect students to our alumni, we love when alumni connect new future students with our department and keep the tradition going.

Sincerely,
Dr. Robert C. Sipes
Chair, Department of Kinesiology
Director, MS in Athletic Training Program

Department Highlights



SPIRL Research Highlights



Program and Alumni Highlights

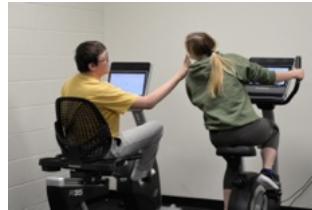
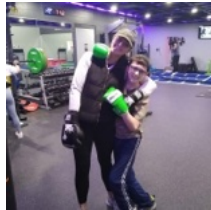


Congratulations to Our Fall Graduates



Department Highlights

Alum Brooke Penoske Riehl Thriving with Innovative Growth



1. What inspired you to open Innovative Growth?

I was inspired to open up an Inclusive Exercise Clinic because I saw my two passions (exercise and helping individuals with special needs) did not coexist. There's opportunities for these individuals to get involved but not on a daily basis. We are taught exercise is medicine but it's not accessible for all. Most clients I worked with previously had no knowledge on exercise or even their own body parts. It's not because they aren't able to learn so; it's because they are in a fixed environment where they are taught how to socially fit in with neurotypicals rather than learning about themselves or learning about their interests. Everyone deserves the right to feel included and have the knowledge on exercise and wellness so I decided to create services and an environment where neurotypicals have to adapt to their world instead of the other way around.

2. Tell us a bit about what you offer.

The first service I offered, and our most popular is our 1:1 exercise therapy. This is completely tailored to each individual's needs and interests. Some are working on grasping a ball and building engagement and others are doing a whole weight lifting routine and everything in between! We also offer small group classes, private swim lessons, open play in our sensory exercise gym, family resources and exercise classes, support groups, movement disorder program, birthday parties and more!

3. What do you enjoy the most about owning your own business? What are the biggest challenges?

I enjoy owning my own business for many reasons but my favorite is having no boundaries in how I work. I am able to add, subtract and adapt services in any way I choose and I get to make a difference every single day in the decisions I make. As great as it all is; it does come with its challenges. You don't know what you don't know and I have found there's a lot to learn every single day. There is so much legal paperwork that needs to be done. It takes away from being with our exercise buddies but it has to be done in order to continue to provide the services we do.

4. Goals for the future?

For the future, I am hopeful to continue to advocate for the special needs and special populations community by franchising Innovative Growth and giving more people the opportunity to reach their full potential; outside of the fixed environment most people put them in. I would love to have my own stand-alone building where I can have more indoor space, outdoor space and a pool so we can do our swim lessons right at IG! This is also why I love being a business owner. I am a dreamer, and always will be. The dreamer in me can keep growing because I am able to set how high the sky is.

5. How did your time at UWO help to prepare you for your role now?

My time at UWO helped me tremendously. Having a degree made me a well rounded person and I was able to learn about different expertise outside of the Kinesiology world as well. The hard work I put into each class while working multiple jobs made me a hard worker. I had no choice but to work hard. I would not be able to do what I do today without my ACSM- EP certificate. Having my certificate, my degree, and all of the Kinesiology classes, made me not so cookie-cutter in my thinking. Because of this, I can talk about multiple topics and help others even more. And yes..even biomechanics!

If this career route sounds like something you are passionate about, feel free to reach out to Brooke at innovativegrowthexercise@gmail.com. We are hiring and also give UWO students the opportunity to intern with us!

Department Highlights

Exercise & Sport Science Major: Accreditation on the Horizon

Our Exercise & Sport Science major is seeking accreditation with the Committee on Accreditation for the Exercise Sciences (CoAES). Following submission last September of our self-study and a recent site visit by the CoAES site reviewers, we believe we are well on our way to earning this accreditation.

Why accreditation, why now? In 2020, the American College of Sports Medicine (ACSM) mandated that as of August 15, 2027, candidates for the ACSM Certified Exercise Physiologist (ACSM-EP) exam will be required to have a bachelor's degree or higher in Exercise Science from a regionally accredited college or university that is also programmatically accredited by the Committee on Accreditation for the Exercise Sciences (CoAES).

In a press release from 11/4/2020: "To align ACSM exercise professionals with those from peer professions, such as nursing, physical therapy and athletic training, accreditation for exercise science programs by the Committee on Accreditation for the Exercise Sciences was determined as essential."

If I'm a current ESS major will this accreditation change anything for me? No. When the ESS major here at UW Oshkosh was approved in 2020, the Department of Kinesiology aligned the curriculum to meet all Performance Domains currently established for the ACSM Certified Exercise Physiologist exam. Upon graduation, any Exercise & Sport Science major can now sit for the exam as long as they also have current CPR/AED certification.

One of our goals as a department is to be as proactive as possible on all professional fronts. By firmly establishing the CoAES accreditation now we are likely to avoid a "mad rush" of accreditation seekers as August of 2027 approaches. More importantly, the Department of Kinesiology remains committed to preparing our students to succeed in a competitive work force. CoAES accreditation is further proof of that commitment and ensures our students will have the background and training to lead the next generation of health and fitness professionals.



Green Bay Packer Assistant Athletic Trainer Erin Roberge Visits Pre-Rehabilitation Professions Society

The Pre-Rehabilitation Professions Society (PRPS) had Erin Roberge, Assistant Athletic Trainer for the Green Bay Packers, present on her experiences as an athletic trainer working in the NFL. She also demonstrated to the students how to apply and remove a cast.



Please share your alumni updates with us. We'd love to hear your stories.
Contact Kate Jenkins at harrellk@uwosh.edu

Sport Performance and Injury Research Laboratory (SPIRL) Updates



Dr. Kevin Biese, published the following papers in the past six months:

- Secondary School Athletic Trainers' Perceptions of How Youth Sport Specialization Impacts Workload.

[CLICK HERE TO READ MORE](#)

- Overuse Injury Definitions and Rates of Overuse Injury in Epidemiology Studies Concerning High School-Aged Athletes: A Critically Appraised Topic. *This was a publication from a student project with Tricia Cich who graduated in Fall 2023.*

[CLICK HERE TO READ MORE](#)

- The Influence of Race, Socioeconomic Status, and Physical Activity on the Mental Health Benefits of Sport Participation During COVID-19.

[CLICK HERE TO READ MORE](#)

- Does Increased Physical Activity Explain the Psychosocial Benefits of Sport Participation During COVID-19?

[CLICK HERE TO READ MORE](#)



Lace Luedke, PT, DPT, PhD, presented the research platform "Performance Perfectionism in Sport and Injury Risk in High School Cross Country Runners" as part of a Science Meets Practice educational session on injuries in adolescent distance runners at APTA's Combined Section Meeting in Boston, MA in February. The research was a collaboration with colleagues at the University of Wisconsin Madison including Mikel Joachim, MS, PhD, Bryan Heiderscheit, PT, PhD, FAPTA and Stephanie Kliethermes, PhD.



Dr. Brian Wallace was awarded a WiSys Spark Grant (\$10,000) entitled Different Sport Turf Surfaces on Lower Body Biomechanics.

He will be co-presenting in Madison with McNair Coordinator Cordelia Bowlus and KIN student Melissa Doersch at the OPID Spring Conference on Teaching and Learning: The Joys of Teaching, a workshop on the importance and impact of undergraduate research.

Student Sam Kiesner is doing a project on the kinetics associated with plyometrics from different heights with subjects over and under 220 pounds. It is based off the NSCA's recommendation that people over 220 lbs shouldn't do drops from over 18" (with no evidence/support/proof)

Sport Performance & Injury Research Laboratory



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Brian Wallace: wallaceb@uwosh.edu

Visit SPIRL at: <https://uwosh.edu/kinesiology/spirl/>

Current Student-Led Research Projects

Two students received funding for research projects through awards from the Office of Student Research & Creative Activity

Olivia Davel is conducting a research project titled "Validation of Three Consumer Body Composition Testing Devices." "My research aims to determine the reliability and agreement of body composition measurements of The Galaxy Watch and Apple Watch compared to the InBody 570. The research goal is to find a more accessible way to accurately measure body composition."

Drue Polka is conducting a research project titled "How the hormones in the menstrual cycle effect muscular strength, power output, and mobility." The goal of this research is to help strengthen the knowledge of women's health in relation to performance.

Congratulations Fall 2023 Graduates

Ashlyn Bowman
Ally Frostman
Ashley Hradisky
Noah Phillips
Justin Radke
Rachael Roskopf
Rachel Seidl
Tounyia Vang
Kamille Ament
Chris Doherty
Amy Gehringer
Jordan Gollhardt
Sam Kiesner
Andrew Kuligoski
Makayla White



Oh the Places They Go: Alum Takes the Next Step

Alex Lopez '24, will be attending Aurora University to pursue a masters in Exercise Science, while being a GA in Strength and Conditioning and a full-time S&C coach for 5 AU teams.

"I chose graduate school to further my education and gain more hands-on experience coaching at the collegiate level. My hope is after I graduate, I will become an assistant strength and conditioning/sports performance coach at the collegiate level. The UWO Kinesiology program helped me prepare for these next steps with the guidance of amazing professors who take the time to get to know each student and personalize ways to make learning easier. They are your biggest fans and inspire me to strive to be the best I can be."



Please don't hesitate to contact us at kin@uwosh.edu or visit our website <http://www.uwosh.edu/kinesiology> to find out more about Kinesiology at UWO.