Message from the Associate Dean

Elizabeth Wuorinen, Ph.D.

Dear SHHP Friends and Family,

Another calendar year has passed here in the wondrous great north. Many exciting things have happened over the summer and fall that continue to astound me on how great the faculty and staff here at the SHHP are. They have been busy attending incredible conferences, presenting their research, learning the latest and greatest, and meeting with many interesting people. We have many groups working on projects within the SHHP and the collaboration has been inspiring for all. The SHHP will have a presence on Washington Street at the new building that is going up adjacent to the hospital. There will be a research center where the Exercise Oncology group will conduct what it hopes to be groundbreaking projects with cancer survivors and nontraditional activity. The various programs within the SHHP will also have access to conduct community programs and outreach, as well as utilize the Educational Access Network to produce and provide educational modules for far-reaching audiences. The biomechanics group has been working with physical therapists in the area with multiple sclerosis patients utilizing the SpeedMaker device (see the story in the Sports Science section). Athletic Training has been busy preparing for the transition to a master’s program. Community Health is preparing for another trip to Belize. The Outdoor Recreation Leadership and Management program has curriculum changes in the works, as does Management of Health and Fitness. Everyone is busy preparing the students for the latest and greatest. We love to hear what our alumni are doing. Please keep in touch and let us know any exciting news that may be happening with you.
Athletic Training Students Conduct Research

Four senior AT student research groups, in conjunction with Julie Rochester’s ATR 490 course, are working to complete their research projects:

1. “The Effect of Required NCAA Travel on Northern Michigan University Student Athletes.” Abby Flaminio, Kelly Emard, Megan Elwart, Carla Pate (Research advisor – Julie Rochester)

2. “Understanding Student-Athlete Knowledge of Supplements and Supplement Use.” Morgan Codere, Avery Rochester, Shyla Cummings, Devon Rosseau (Research Advisor – Julie Rochester)


3 of the 4 projects have been submitted for consideration for Free Communications/Poster Presentations at the Winter 2018 Great Lakes Athletic Trainers’ Association’s Annual Winter Meeting and Symposium in Wheeling, Ill.

AT Students Attend Michigan Athletic Trainers’ Society’s (MATS) Annual Student Meeting and Compete in the State Quiz Bowl

Julie Rochester, along with seven AT students, attended this year’s MATS student meeting held at Grand Valley State University. Rochester served as a panelist for the “AT Legal Considerations” session. Abby Flaminio, Gladstone, Mich., Avery Rochester, Marquette, Mich., and Katie Pryor, Marquette, Mich., comprised and competed on the NMU Quiz Bowl team. NMU was the defending champion (2 years in a row), however, unfortunately came up short this year. Regardless, we are proud of their willingness to compete on behalf of

Maggy Moore, along with two undergraduates, Justin Young and Janice Hamachek, submitted and were accepted to present at Neuroscience 2017 in Washington, DC. This project was a collaborative effort between Psychology Professor Josh Carlson and Athletic Training Professor Maggy Moore. Students from multiple disciplines worked side by side on this project. Morgan Schmidt picked up where Justin and Janice left off, as they graduated last spring after submitting. They also submitted to NATA 2018 for the 69th annual convention in New Orleans to the Free Communications.

Senior Alyssa Vaniman submitted her case study on hand compartment syndrome to both GLATA and NATA to present in 2018. She worked very hard on this, spearheading the entire process, and was the only student to submit as the primary author to a national conference from her graduating class.
WILDCATS RETURN FROM BELIZE (Yuba Gautam and Lanae Joubert)

In May 2017, twenty NMU students returned home from San Ignacio, Belize, after participating in the fourth year of the course offering of HL/NU 386 Interdisciplinary Study in Global Health Care-Latin America. Students from Nursing, Community Health, Pre-PA, Pre-Med, and Sports Science were able to receive hands-on clinical experiences under the guidance of NMU professors Yuba Gautam, Michelle Johnson, and Lanae Joubert. In collaboration with local partner in Belize, Heart-to-Heart Belize (hearttoheartbelize.org/), the students were able to practice under a local Belizean physician (Dr. Pineda) to deliver care to over 200 community members in the villages of San Antonio, Succoz, and Benque Viejo.

During clinics, students did health assessments, provided BMI/blood sugar/blood pressure screenings, dispensed medications as ordered by the physician, and advocated for healthy eating and diabetes prevention. As an interdisciplinary group, they learned about each other’s expertise levels and drew upon them to address problems that arose. For example, the community health and Pre-PA students taught about Type II Diabetes, and nursing students did dental varnishing to kids. Students also conducted home visits for confined elderly patients and were able to work together to address issues such as high blood sugar, high blood pressure, and varicose veins.

As a trip highlight, students spent half a day in a local elementary school. They designed and delivered lessons on dental care, diabetes education, and culture exchange. Over 200 children received dental varnish as a prophylaxis against caries. The children especially enjoyed our ‘fake’ snow, and pictures comparing and contrasting Marquette’s environment with the Belizean landscape. The second half of
that day, students visited and participated in a cultural exchange with the elderly in a local long-term care facility. Finally, the trip concluded with a community education event in the local marketplace. The students designed interactive lessons on healthy eating habits to prevent diabetes and distributed healthy snacks and recipes. The faculty wish to thank everyone who provided support monies to develop teaching materials and the College of Health Sciences & Professional Studies for supply support. A fifth course offering is planned for May 2018. Interested students should contact Dr. Lanae Joubert (ljoubert@nmu.edu).

**SPartners Program**

The SPartners Program got off to a great start last semester. It is a school web-based nutrition and physical activity program for promoting health in 5th grade students. It is a grant-funded program run by Bree Carlson. NMU students are recruited through classes (see below) to help implement the program. Please see the SPartner update here: [Link to SPartner SHF Update](#).

Winter semester they will be doing collaborative SPartner programming at Michigan Tech, LSSU, and NMU! Also, the Academic Service Learning SPartner courses will be offered next semester. We encourage students to sign up - details below! Schedule for Winter:

**HL495A 01 2.00 LEC ST: Pediatric Health Mentorship Team**

*PEIF 140 - 20 Student Capacity*  Meet Wednesdays from 4:00-5:40/TBD

**HL495B 01 2.00 LEC ST: Pediatric Health Research Team**

*PEIF 140 20 - Student Capacity*

Saturday, January 20, 10:00 a.m.-12:40 p.m. and 1:20 p.m.-4:00 p.m.
Saturday, January 27, 10:00 a.m.-12:40 p.m. and 1:20 p.m.-4:00 p.m.
It’s On Us

The Health Promotion Society hosted a week of activities entitled “It’s On Us” to get everyone involved in the fight against sexual assault. The events took place during the week of October 22, 2017. There was a showing of the film “The Hunting Ground” and other awareness activities throughout the week. This campaign was initiated in 2014 by President Obama and Vice President Biden.

Katie Rozeveld is the HPS president, and the group has been VERY proactive in offering this event during the semester that statistically is the time of greatest risk for incoming college students. Details are available at: facebook.com/ItsOnUsNMU/?ref=br_rs

ALUMNI Update

Congratulations to alum Jamie Thayer, owner/operator of Anytime Fitness Harvey and her team (which includes many of our alumni - Erin Holmberg, Michael Darlington West, and Josh Harju) for beating over 3,000 Anytime Fitness clubs, including international ones, and winning the prestigious “Community Outreach Club of the Year” Award at the Anytime Fitness International Conference in Palm Springs, Calif. last month! And, Jamie only took leadership a little more than a year ago. WOW! Anytime Fitness of Harvey is engaged in many Community Outreach endeavors, including work with veterans, special Olympians, breast cancer survivors, and local youth teams, and through sponsoring many events in the community.

Jamie’s leadership is directed by her passion, intelligence, humanity, and creativity. If you were in school with Jamie or worked with her, you know how unique, creative, effective, caring, focused, and conscientious she is. Congratulations Team “Anytime Fitness of Harvey”!

Jamie & Erin(r) celebrating with corporate coach Derrick(l). The Oscars of the Anytime Fitness franchise.
Adam has surfaced as a leader in the Physical Education and Health disciplines within the School of Health and Human Performance. He has very high standards of success for himself, and that translates in to his classroom for his students as well. Adam is always seeking out ways to improve his craft, and asks many questions of how he can grow as an educator to better meet the needs of his students.

In his student teaching placement at Bothwell Middle School, Adam has been the lead-teacher and taken over instruction within the first few weeks of the semester. His strengths include, stellar planning and implementation of those lessons, communication and inter-personal skills, and a unique ability to create both an academic learning atmosphere that is fun and engaging at the same time. His professional teaching behaviors are a great reflection of Physical Education, the School of Health and Human Performance, and the School of Education, Leadership, and Public Service.

Brent Pettigrew awarded for Physical Education/Health Division in Secondary Education

Brent is an excellent representation of a beginning teacher candidate, and demonstrates efficiency in all categories of the Professional Behaviors model at NMU. I believe his strengths to be planning excellent lesson/unit plans for his classroom, engaging in positive and appropriate relationships with students, communication and inter-personal skills, and a great ability to self-reflect and use it to enhance his teaching. Brent is a life-long learner, and strives to improve himself every day.

Brent is a double major in Physical Education and Math, with a minor in Health, and he requested to experience all three content areas during his student teaching placement at Marquette Senior High School. He jumped right in and took over the teaching duties early on in the semester, and has excelled ever since. The cooperating teachers speak highly of Brent’s ability to plan and deliver quality lessons, and to build positive rapport with students that help manage and engage student behaviors. He is creative in his lesson design, and utilizes technology daily within the classroom. Furthermore, Brent has volunteered for after-school events and activities, and is committed to becoming a vital part of the educational community within the school.
Organization for Outdoor Recreation Professionals

The Organization for Outdoor Recreation Professionals (OORP) is the student organization sponsored by the ORLM degree program. In the Fall 2017 semester, OORP has been very active under the leadership of several students but primarily senior Emily Gantner, the current president of the organization. The club continues to maintain an interest in engaging in adventures in the outdoors, but has expanded their purpose this semester to service and development.

Last April, five ORLM students presented to the Marquette City Commissioners the principles of Leave No Trace (LNT) and how an educational effort about this could assist in decreasing signs of human impacts in local park lands. This year, OORP has adopted this effort. OORP has been meeting with Andrew Maciver, Coordinator of Marquette Parks and Recreation, throughout the semester, discussing issues related to negative human impacts at Presque Isle Park. OORP students have been brainstorming projects that could be used for an education campaign. Student ideas range from developing video lessons that teach Leave No Trace ethics, interpretive information about Leave No Trace on parks web pages, to face to face presentations to NMU students and parks visitors. Students involved in this project have come up with very creative ideas that will be implemented with the support of the city during the winter semester. Heidi Hummel, a freshman from Duluth, will be summarizing this work to present for her Freshman Fellows project.

Celebrating a passion for outdoor recreation, OORP students have developed a series that highlights local adventurers. Recognizing that there are many people in the Marquette community that have done some amazing outdoor things, OORP collaborated with the Ore Dock to develop a series called “Local Badass.” Senior Alexa Alagon was able to secure Brice Sturmer to open the series on November 29. Brice is the owner of Velodrome Coffee in Marquette. He has traveled in rural Guatemala and is an avid cyclist. Brice spoke about his adventures in Guatemala and how he has been able to take his passion for coffee and the people of rural Guatemala to develop a dream business. OORP students viewed the event as a success, with approximately fifty people showing up to enjoy the evening. They look forward to the next Badass event in January.

OORP students also look forward to bringing in prestigious speakers to the university. For the winter 2018 semester, OORP is making arrangements to bring Rose Marcario to speak. Rose is the CEO of Patagonia. Patagonia is an outdoor retailer whose mission is to build the best product, cause no unnecessary harm, use business to inspire and implement solutions to the environmental crisis. Rose came to Patagonia in 2008 and created an employee environment of the empowerment of women in outdoor retail. Her leadership has inspired the company to view men and women as having different needs for outdoor clothing and equipment and the development of more functional outdoor clothing for women. ORLM Senior Megan Jakubiak has been working with the NMU Student Finance Committee to finalize arrangements. The OORP students see Rose as a speaker that will interest students from across several disciplines.
Rising Star Award
Jessica Bale was awarded the Rising Star Award by the North Country Trail (NCT) Hikers Chapter at the 2017 North Country Trail Association (NCTA) Celebration. This award is given to a young person aged 8-25 who demonstrates commitment to the NCT and the NCTA through activities and who shows potential for furthering the mission of the NCTA. Jessica completed a fieldwork experience with the NCT Hikers Chapter in winter 2017. During this time, she helped with trail maintenance, created the NCTA poster, wrote articles for the NCTA magazine, and represented the NCT at a variety of events.

Below, students in RE 250 Education in Outdoor Settings participate in the Teaching Family Homes Challenge.
3rd Annual ORLM Pop-Up Art Show
December 7, 2017
Marquette Arts & Culture Center

Students from the RE 381 Interpretation class lead interpretive talks with North Star Montessori Academy youth at Presque Isle
2nd Annual Fresh Coast Film Festival

ORLM students in RE 381 Interpretation I: Foundations and Guided Services got first-hand experience leading tours this fall for the Fresh Coast Film Festival. Working with ORLM alumnus, Bill Thompson, students designed and implemented eight outdoor tours for participants in the Fresh Coast Film Festival, including hikes to Echo Lake and various waterfalls, biking tours on the Iron Ore History Trail and NTN South Trails, and rock climbing at Cliff’s Ridge.

For the second year, the ORLM program hosted the “Meet the Directors” roundtable. Ten film directors from the Fresh Coast Film Festival shared their stories with faculty and staff from NMU and encouraged students to produce their own films. Two ORLM students, Dylan Gonda and Nathaniel Langley, each had films shown in this year’s festival.
Skijoring at SHHP

Exercise Science graduate student Ashlyn Jendro is working on her thesis, *Performance Factors of Adult One-Dog Canicross Runners*, with Dr. Sarah Clarke, Dr. Randy Jensen, Dr. Elizabeth Wuorinen and Dr. Tim Hunt. Canicross is a sport, similar to skijoring, where a dog is towing a runner as they run behind. This sport is popular in the sled dog racing community as a training routine in the fall, before snow flies and sled training can take place. In early November, Ashlyn and her team, Dr. Sarah Clarke, Stephanie Moore, Mindie Clark, Olivia Perrin and Alyssa Rebensburg, traveled to Pearson, Wisconsin to collect data at Redpaw’s Dirty Dog Dryland Derby. Participants and their dogs went through a series of anthropometric measurements and video collection was taken at several locations during the event.

Overall it was a successful weekend, even in the midst of receiving 5 inches of snow the night before race day, resulting in a “snow day” for data collection. Ashlyn would like to send out a special thank you for all of those involved in the study, those who suffered through the cold weather to help her with data collection, as well as the NMU library and the Spooner grant for the support they provided in her project.
Talking the Talk on Walking the Walk: A novel training intervention and practitioner education program to improve walking performance and patient care in persons with Multiple Sclerosis

Dr. Sarah Clarke & Dr. Randy Jensen (School of Health and Human Performance) have partnered with Dr. Judith Puncochar (School of Education) and UPHS Rehab Services to investigate a novel rehabilitation intervention to improve walking performance in persons with Multiple Sclerosis (MS). The NewGait™ device has been successfully implemented by UPHS Rehab Services physical therapists into rehabilitation programs for this population. Preliminary research shows that this device has the capacity to improve walking gait and lead to an improved quality of life in persons with MS.

Participants in the project attend rehabilitation sessions with a PT two times a week for eight weeks. Half of the participants took part in traditional rehabilitation exercises to improve strength, balance, and walking, while the remaining participants performed the same exercises when wearing the NewGait™ device. Before beginning the rehab regime, participants visited the Exercise Science Lab for an analysis of their walking patterns and muscle function. This testing also occurred post-rehabilitation.

Participant recruitment started in October of 2017, and the first stage of testing will complete in December. However, recruitment is still ongoing for a second stage of testing to begin after the start of the new year.

Participant Inclusion Criteria:

- Need to have a walking impairment that should at a minimum, require the patient to take periods of rest or use a walking aid in order to walk over 300 yards
- Need to be at a stable phase of MS chronic progressive pattern OR relapsing-remitting with no relapse during the last three months

Special thanks to the UPHS Rehab Services physical therapists Cathy Ruprecht and Kim Spranger, and Lynn-Vanwelsenaers from Teter Orthotics & Prosthetics. Thanks also to our student volunteers who have helped during participant testing, Aditi Vyas, Olivia Perrin, Alyssa Rebensburg, Ashlyn Jendro, Lauren Anderson, Kailey Nelson, Ine Mylle, Christian Nagelkirk, and Travis Rice.

Funding for this project was provided by the Superior Health Foundation and the Northern Michigan University Prime Award. Support has also been received from Speedmaker™, the NewGait™ manufacturers, and Ossur, the device brace manufacturers.
Dr. Julie Rochester elected to National Offices

Dr. Julie Rochester was elected in November 2017, by peer faculty across nation to serve as the President of NCAA's Faculty Athletic Representative's Association (FARA). FARA is the collective voice of faculty athletics representatives in all three NCAA divisions. It is FARA’s role to advocate for faculty athletics representatives and to represent their concerns at the national level. Previous to being elected FARA president, Julie served as FARA’s NCAA Division II representative as well as the vice-president and has served as NMU’s faculty athletic representative since 2007.

This past fall, Dr. Julie Rochester was selected and appointed, by NCAA leadership, to serve as a member of the NCAA Division II Management Council. She will serve a three-year term. The NCAA Management Council reports directly to the NCAA Presidents Council and is charged with recommending administrative policy and regulations that govern the division. The Management Council reviews and acts on recommendations from the Division II committee structure and from Division II representatives to committees with Association-wide functions. The Council also is responsible for appointing Division II representatives to those committees. Currently 29 members help achieve diversity of representation. They include one administrator or representative from each of the Division II multisport voting conferences; one administrator or representative of Division II independent institutions (provided there are at least six Division II independent institutions); two representatives from the Division II Student-Athlete Advisory Committee; and two “at-large” positions.

Dr. Randy Jensen Awarded for International Society of Biomechanics in Sports Lifetime Achievement

This is a special membership category that is reserved for members who have made outstanding contributions to International Society of Biomechanics in Sports (ISBS). The work of the member should have enabled ISBS to further develop and thrive. This work is typically not academic (research-related) and is, therefore, not covered by other ISBS awards.
Welcome to the SHHP Hallways