Message from the Associate Dean

Elizabeth Wuoiren, M.S. ’91,

Dear SHHP Friends and Family,

Happy Summer! The academic year has passed us by yet again and two new sets of graduates (December 2018 and May 2019) have gone off to find their way in the world. Our new faculty, Matt Kilgas, Derek Marr—Management of Health and Fitness, and Ryan Hines—Outdoor Recreation Leadership and Management (ORLM), have settled in and survived their first year. The seasoned faculty mentored the new faculty and students to a successful year.

There were exciting changes that took place during this academic year that will have a significant impact on the community as a whole and for our students here in the SHHP. Walls were taken down (rather than built) to allow for the expansion of the Injury Evaluation Care Clinic. This expansion will serve the surrounding and university communities by providing excellent rehabilitative care at a fraction of the cost. The other wonderful project that happen this year was the building of our Yurt in the woods behind the PEIF. The Yurt will allow for an outside learning environment and for an easy transition between learning and applied tasks, rather than making the long trek back into the classrooms within the PEIF, thus more learning time. We hope time has been good to each and every one of you. If you have interesting news or want to reach out to us—please, feel free. WE love hearing from our alumni.
Injury Evaluation Care Clinic

This year the NMU IECC was headed up by Alexis Schaefer, MS, ATC. Alexis completed her master’s in exercise science and her graduate assistantship at NMU in 2018. Alexis brings tremendous energy and innovation to the clinic. This year we have expanded our space and increased our clients. Alexis has worked hard this year to promote and advertise our services across campus. She also worked with the NMU Marketing department to develop a clinical logo:

Phasing out the undergraduate program in athletic training

The very last class of undergraduate athletic training students graduated from the program May 4, 2019. The athletic training program as it exists today was developed in the mid 1990’s and was awarded initial accreditation in 2001-2002. It was accredited again in 2007 and in 2017-2018. Through the years, the program prepared and produced athletic trainers who are now employed in the many different practice settings across the United States. We have former students who practice in colleges & universities, in high schools, in hospitals and clinics, in the performing arts, in industry, and with professional sports. The program has also developed professionals in other fields, including physical therapy, occupational therapy, and medicine. Through the programs’ success, NMU is supporting the transition of the program to the master’s level.

Master’s in Athletic Training up for accreditation and scheduled to begin Summer of 2019

The new master’s in athletic training program is in its final phases of accreditation through the CAATE (Commission on Accreditation of Athletic Training Education) substantive change process. The AT faculty are excited to kick off the new program Summer of 2019. They will begin reviewing applications for the first class of AT master’s students Winter of 2019. Check out the new program here:

https://www.nmu.edu/hhp/athletic-training-masters
Michigan Shape Conference

Julie Rochester, EdD, ATC presented at this year’s SHAPE conference on Mackinac Island in October. Her presentation, entitled “Early Sport Specialization – Injury Implications” focused on and reviewed some of the current research that is suggesting that athletes who specialize in one sport at an early age are more likely to sustain certain types of overuse/chronic musculoskeletal injuries.

Faculty Athletics Representatives Association (FARA)

Julie Rochester, EdD, ATC and Alexis Schaefer, MS, ATC both presented at this year’s FARA Annual Meeting & Symposium in Baltimore, MD, in November. Julie’s presentation was entitled “A Campus Wide Mental Health Awareness Effort”. This presentation focused on the efforts by Northern Michigan University to raise awareness regarding mental health issues, with a particular emphasis on suicide awareness and prevention. Alexis, who served as the NMU IECC Manager and is an alum of the SHHP Exercise Science Master’s Program (G ’18), gave a presentation and provided the audience with information regarding connections between student-athlete smartphones and the impact such use has on student-athlete mental health & well-being, with a specific emphasis on its effect on sleep. Julie currently serves as the President of FARA and will begin another one year term in November.

Outstanding Athletic Training Graduating Senior—

Morgan Schmidt, ATC

Morgan Schmidt, (Plymouth, MN) was selected as the outstanding graduating senior in the division of Athletic Training due to her outstanding academic achievement and dedication during her undergraduate experience at NMU. Morgan consistently went above and beyond to fully engage not only in her regular course work, but also in her clinical education. As an athletic training student, Morgan committed fully to becoming a competent, empathetic, and inquisitive clinician. She recently passed her board of certification exam in athletic training and secured a job as an athletic trainer at Dickinson County Memorial Hospital, where she will provide outreach athletic training services to high schools in the Iron Mountain, Michigan region.
Athletic Training Alumni Spotlight—Shawn Brown

The School of HHP and especially the AT program would like to welcome back to Marquette, Dr. Shawn Brown. Dr. Brown graduated from the NMU AT program in May of 2007 and has accepted a position as an Emergency Department Physician at UP Health System.

Faculty-Led Study Abroad—Belize, 2019

Dr. Julie Rochester (SHHP), Dr. Kristi Robinia (School of Nursing) and Professor Michelle Johnson (School of Nursing) led 22 NMU students on a faculty-led study abroad course in Belize. This course is a cultural immersion course with a focus on health. Students from a variety of health-related majors including athletic training, community health education, nursing, pre-medicine & clinical lab sciences participated in this experience. During the ten days in Belize, students set up two medical clinics where they offered various screenings (hypertension, diabetes, dental) to over 150 local villagers. In addition, the students spent two days in local elementary schools where they offered educational programming on topics such as nutrition and hydration, diabetes prevention, US/Belize cultural exchange, and dental health. The students provided dental varnishing to about 200 children in the local communities. The students also had the opportunity to provide educational programming at the local market in the city of San Ignacio, as well as visit local hospitals and nursing homes.

McKenzie Shelby, ATR student, and Julie Rochester at the base of the Mayan ruins. McKenzie applying dental varnish to local child.
Outstanding Graduating Senior - Community Health:

Molly Nutt

Molly Nutt graduated this May with a Bachelors in Community Health Education. She has been extremely dedicated to her profession and demonstrated exceptional talent while working for her undergraduate degree. Molly passed the Certified Health Education Specialist (CHES) exam right before graduation. CHES is a highly recognized national level certification in the Health Education Profession. Molly would like to thank her professors, instructors, and the staff at Northern Michigan University. They have opened several pathways for success and created a positive learning environment. Molly is grateful for her family and her friends who have been a significant support through her strengths and her weaknesses. Molly was truly honored to be a recipient of this award.

Regional Presentations: Community Health Education

The 122nd Annual Meeting of the Society of Health and Physical Educators of Michigan was held October 4-6, 2018 at the Mission Point Resort, on Mackinac Island. Professor Yuba Gautam, along with undergraduate student Kayla Destramppe, presented “Promotion of Oral Hygiene through Education and Training among Younger Children.”

Community Health graduate Erin Messerschmidt at a community health fair in Belize, May 2019.
HL 369 Students host Special Olympics Swim Meet and Dance4Food events: by Katie Moe M.S., ATC
NMU BS 04’ MS 06’

As part of the HL 369 (Campus Recreation Programming) course, students were challenged to create a recreational event that students, faculty/staff and community members could participate in as a part of their final course project. Students worked together to create events which included scheduling facilities and instructors, creating supplies and materials, marketing and advertising of their event. Additionally, students also had to find giveaways, recruit participants as well as garner support for local charitable organizations.

Students chose to support an on-campus student organization “Marquette Ending Hunger”, by having participants bring non-perishable food items to participate in lieu of having a PEIF pass. They also collaborated with on-campus departments that included CAPS, Forest Roberts Theater, Radio X, NMU Athletics and Recreational Sports along with several local business (TV6, ABC10, MQT nutrition and Econo Foods).

The two events students hosted were:

· “Special Olympic Regional Championship Swim Meet”
  Students were responsible for swim meet set up, securing volunteers, announcing, fundraising and organizing awards.
  This was the first time that Northern Michigan University hosted this event.

· “Dance4Food” a blacklight Zumba event/dance party was held in Vandament Arena.
  Students were responsible for creating the flow of the event, marketing & advertising and collecting can/non-perishable food donations which would be given to local food pantries.

In all, over 200 individuals came out to support these class projects, allowing our students real world experience in the field of health and campus recreation programming.
Outstanding Graduating Senior—MHF: Connor Ryan

Connor Ryan graduated in May 2019 with a B.S. in Management of Health and Fitness from the School of Health and Human Performance. Connor excelled in the classroom earning a 3.8 G.P.A., and even worked as a tutor within the program. Connor was always willing to ask questions and meet with his professors outside the classroom. In addition to his work in the classroom, Connor worked with Bree Carlson and the Michigan State Extension on Healthy Initiatives within the schools of Marquette County. Connor was also the head coach for the Ishpeming High School Wrestling team. During his time at NMU, he has earned numerous certifications including: NSCA Certified Personal Trainer (CPT), NSCA Certified Strength and Conditioning Coach (CSCS), Certified Physical Preparation Specialist (CPPS), Certified Group Fitness Instructor (YMCA), Certified Olympic Weightlifting Coach (USAW). Connor will use his passion for training and coaching as he begins his career as a personal trainer.

Organization of the Year - Health Promotion Society

Out of over 300 student organizations at NMU, the Health Promotion Society (HPS) was voted as Northern Michigan University’s Student Organization of the year for the 2018-2019 school year. The Health Promotion Society continued to enhance campus wellness by focusing on sexual assault prevention at Northern Michigan University through their presentation of the It’s on Us campaign. They also hosted the annual Wildcat Wellness Health Fair in February. Both events had more than 400 students, faculty, staff and community members in attendance. Additionally, HPS worked on the “Consent 101” project which aimed to reframe consent and help students to build a better foundation for asking for and giving consent. This grant funded project will entail a series of Skill-Builder workshops to assess student understanding of consent and NMU’s policies regarding sexual assault, harassment, and consent, as well as to teach students how to ensure that any sexual interactions are accompanied by freely given consent. Congratulations to this excellent group of students!
Outstanding Graduating Senior Outdoor Recreation Leadership and Management: Dylan Gonda

Dylan Gonda is the Outstanding Graduating Senior in Outdoor Recreation Leadership & Management. Earning a 3.8 GPA and a minor in Art & Design, Dylan was a member of the Honors Program and Student Leader Fellowship Program. Dylan’s passion for outdoor recreation and storytelling inspired him to create “Great Lakes Great Stories” in 2016 which involved organizing and leading a bike trip around Lake Superior to record the oral histories of the Great Lakes Region. He, along with two other NMU students, were named to the NMU Adventure Team and awarded the first Fresh Coast Film Festival Scholarship for their experience. Dylan presented a poster at the 2018 Association for Experiential Education/GAP Year Conference in Orlando, FL and a short film at the 2017 Fresh Coast Film Festival. Currently, Dylan is attempting to complete and beat the cumulative time record for the Bikepacking Triple Crown which includes the Arizona Trail Race, the Tour Divide, and Colorado Trail Race.

https://www.ramblingonbikes.com/blog

ORLM student, Dylan Gonda NMU’18, along with fellow Honors Program students, Ryan Watling and Olivia Walcott, presented a poster titled, “The Power of Mission Driven Story Recording: Great Lakes Great Stories” at the 2018 Association for Experiential Education/GAP Year Association Conference in Orlando, FL.

The ORLM program hosted the Annual ORLM Pop-Up Art Show at the Marquette Arts and Culture Center in December 2018, and along with the SHHP “Meet the Directors” for Fresh Coast Film Festival, 2018.
Dr. Jacquie Medina earned her National Association for Interpretation (NAI) Certified Interpretive Trainer Certification in fall 2018. The completion of this year long certification process allows Dr. Medina to deliver the NAI Certified Interpretive Guide curriculum within the ORLM curriculum. Students who successfully complete the training will earn the NAI Certified Interpretive Guide certification.

Fall 2018 Outstanding Student Interpreter Award:

Alex Flood was the recipient of the fall 2018 Outstanding Student Interpreter Award for RE 381 Interpretation I: Guided Services. Voted on by his peers, he exemplified the integrity, professionalism, generosity and high standards fostered and modeled by Dr. Jean Kinnear during her 30-year career at NMU. As part of his course work, Alex co-led a tour to Morgan Falls for the Fresh Coast Film Festival and facilitated a discovery table on Chronic Wasting Disease for 4-6th grade students at North Star Montessori Academy. This in-class award honors Jean's work and supports the continued professional development of young interpreters studying at NMU. As the recipient of this award, Alex received a one-year student membership to the National Association for Interpretation.

Interpretive Panels for Tory Woods:

ORLM students in the self-guided interpretive media class collaborated with the Upper Peninsula Land Conservancy to design interpretive panels for the Tory Woods Conservation Preserve in winter 2017. This past fall, these signs were installed at Tory's Woods! It is great to see academic service learning projects come to fruition. Read the Mining Journal article at http://www.miningjournal.net/news/front-page-news/2018/11/connecting-with-nature/
Outdoor Living Skills Class: by Ryan Hines

This semester the students enrolled in RE155, Outdoor Living Skills, had some fun learning in and about the skills necessary to safely and comfortably live in the outdoors! They did some experiential learning on campus, such as learning how to tie knots, light and use backcountry stoves, tie tarps, dress appropriately and so much more. As a class, students have built a quinzee snow shelter as part of an end of the semester project. RE155 students also went on an overnight field experience to the McCormick Wilderness where they were challenged to apply their knowledge and skills in a wilderness environment at the McCormick Wilderness. Making new friends, hiking, crossing streams, navigating using a map and compass, and sleeping outside, fun was had by all. Camping is IN TENTS!!
Adventure Activities, Facilitation and Group Behavior: by Ryan Hines

Students in Ryan Hines’ Adventure Activities, Facilitation and Group Behavior course, RE251, were fully engaged and immersed in adventure this semester! As a way to experientially engage students in content, concepts, theory and practice of adventure activities and facilitation, we were able to do a variety of activities outside of the ‘classroom’, including going on an Interpretive Hike led by students in Dr. Jacquie Medina’s Interpretation class, several team building initiatives, and a climbing wall belay training taught by climbing instructors at NMU’s Outdoor Recreation Center! As part of the structure of the course, students also engaged in the planning and implementation of various team building and group behavior-oriented initiatives and adventure skills activities; one student group even taught us how to kayak and challenged us with a game of kayak tag and yoga balance!

Kristina Iglesias is the recipient of the winter 2019 Outstanding Student Interpreter Award for RE 382 Interpretation II: Self-Guided Media. Voted on by her peers, she exemplified the integrity, professionalism, generosity and high standards fostered and modeled by Dr. Jean Kinnear during her 30-year career at NMU. As part of her course work, Kristina created an interpretive panel on sea lamprey, a brochure on women’s history, and a logo. Kristina generously shared her knowledge and keen eye for design with her classmates. This in-class award honors Jean’s work and supports the continued professional development of young interpreters studying at NMU. As the recipient of this award, Kristina received a one-year student membership to the National Association for Interpretation.
Secondary Physical Education Students present at Health Fair:

Dr. Marguerite Moore (Maggy) took the PE 318 class Motor Learning and Secondary School Physical Education to the Bothwell Health Fair to teach 6-8th grade students about the signs and symptoms of concussion. The interactive presentation included a demonstration with concussion goggles where students completed everyday tasks such as catching a ball, picking up a ball from the ground, reaching to a target on the wall, heel to toe walking on a line, and sitting on a chair with the goggles. They also received information about what to do if they experience these symptoms after a blow to the head, body or fall. The demonstration was popular with the students with hundreds of students having the opportunity to participate with both the NMU faculty and students as well as nine other booths from local groups and nonprofits in an all-day event.

Adapted Physical Education outing with local students:

Our NMU-SHHP Adapted Physical Education class culminated the semester by inviting our cooperating school students for an afternoon of bowling and pizza. The NMU students spent ten weeks, five weeks with a local elementary school and the other five weeks in a high school. The opportunity provided the NMU students with experiential learning with facilitating modified physical education activities and developing a meaningful rapport with students of differing abilities. NMU instructor Jeff Wuorinen describes the interactions with the local school communities as “invaluable to our NMU students in applying the lessons discussed in our classroom”.

Abram Cook, James Brown, Maggy Moore, Miriam Newell, Paige Dubois, Lauren Alarie
Alumni Spotlight: Kristina Anderson ’17 Secondary Physical Education and Health

After graduating from NMU, I looked into teaching PE abroad. I created a profile on a website that specializes in teaching abroad. Within a few weeks, Shanghai High School International Division in China reached out to me. Next thing I knew, I signed a contract and was preparing for my move to Shanghai.

SHSID has about 3,000 international students from grades 1-12. The students come from over 60 different countries and speak English and Chinese. The PE department consists of international and local teachers. The international teachers work closely together and continually look at ways to improve the student experiences. I am currently teaching grades 2-5 and a 7&8 grade track and field optional class. Along with teaching, I am also coaching the U13 girls basketball team.

Shanghai in general is a huge city. I’m still trying to navigate my way around. The culture is different, and took some getting used to. There is a large expat community here. This really helps during the holidays, because there’s a little taste of home. I’ve really enjoyed seeing other parts of China and what life is like outside of the big city.

I’ll be returning for another year at my current school. Some advice for future graduates... if you’ve ever been interested in living abroad, go for it! It gets you out of your comfort zone and allows you to learn a lot about yourself. I’ve met some amazing people and have grown as an educator in my short time abroad. Best of luck.

Great Job Kristina! We’re proud of the work you’re doing, and the way in which you represent the NMU Physical Education program!
Outstanding Graduating Senior—Sports Science: Matt Dary

Matthew (Matt) Dary is an outstanding student from the School of Health and Human Performance. Matt has demonstrated excellence within and beyond the classroom. Matt excels academically graduating summa cum laude with a 4.0 GPA, and is described by his professors as a respected, responsible and self-directed learner. Matt has also demonstrated excellence beyond the classroom with a depth and breadth of research exposure due to his willingness to help faculty and peers with their research. This research experience has allowed him to co-author several scholarly works presented at regional and international conferences. Matt is also generous with his time outside of school, where he has received coaching certifications and was an assistant coach with Marquette Senior High School girls varsity basketball team.

Outstanding Graduating Graduate Student—Exercise Science: Stephanie Moore, M.S.

Stephanie Moore graduated in December 2018, with a Master of Science in Exercise Science from the School of Health & Human Performance. After qualifying for the 2016 Half Ironman World Championships, she passed on going to compete to take up a Graduate Assistantship in the School of Health & Human Performance. While a Master's student, Stephanie was the recipient of an NMU Excellence in Education Award, as well as an International Society of Biomechanics in Sports (ISBS) Student Mini Research Grant and Student Internship Grant to support conduction of her thesis Biomechanical Adaptations to an Implemented Ramp Angle in Recreational Alpine Skiers. She collected data at NMU and the University of Salzburg (Austria). She received a Student Travel Grant to present her research at the ISBS meeting in Auckland, New Zealand. She also presented at the ISBS meeting at Miami of Ohio and the International Congress on Science and Skiing in Vuokatti, Finland. She has received a three year Doctoral Fellowship to pursue her PhD at the University of Salzburg and will start in June 2019. Stephanie is originally from Mukilteo, WA and has a B.S. from Gonzaga University.
Drs. Lanae Joubert and Matt Kilgas travel with students to Mid-West American College of Sports Medicine Meeting

SHHP faculty members, Matt Kilgas and Lanae Joubert, traveled to the Midwest Chapter of the American College of Sports Medicine (MWACSM) meeting early November with 10 NMU students. Many of these students had never attended a professional conference before. The MWACSM is a chapter rich in tradition with a strong student focus. Through the years, it has offered outstanding educational programs and opportunities for networking through the regional annual meeting. This was an incredible opportunity for us to network with other students and professionals and educators in the field of sport and exercise physiology. This year’s meeting included some amazing keynote speakers, such as Dr. Barry Braun, an exercise physiologist professor and Head of the Department of Health and Exercise Science at Colorado State University. Dr. Braun’s research is focused on optimizing the use of exercise to prevent type-2 diabetes and he has published more than 100 peer-reviewed research articles with funding from NIH and the American Diabetes Association. A few of Dr. Joubert’s students shared what they learned from his talk with other students in her obesity and weight management class. Additionally, Dr. Elizabeth Joy, Medical Director for Community Health, Nutrition Services, and the Office of Health Promotion and Wellness at Intermountain Healthcare in Salt Lake City, UT, spoke on her work with athletes suffering from the Female Athlete Triad. Again, students were able to share what they learned from her keynote with other students taking Dr. Joubert’s sports nutrition course. NMU’s Exercise Science graduate student, Amy Boettcher, presented her thesis research on blood-flow restriction training in swimmers, which was well-received. About 600 attendees, several of which were students from diverse-sized Midwest Universities and Colleges, contributed to the success of this event by presenting research, networking and sharing their passion for exercise-related information. NMU students were very appreciative of this experience.

Matt Dary (left), helped collect data for Amy Boettcher (right), an NMU graduate student in exercise science.

Left to right: Jake Winkler, Matt Dary, Shayla Huebner, Rebecca Sutherland, Jordan Berglund, Brenda Ardeland, Michelle Juergen, Kyle Christensen, Elliot and Amy Boettcher, Dr. Matt Kilgas at MWACSM 2018.
Dr. Sarah Breen and students attend the 36th Annual International Society of Biomechanics in Sport, Auckland, New Zealand

NMU Student Attendees and Travel Grant Recipients: Ashlyn Jendro MS, Ine Mylle, Alyssa Rebensburg, MS, Olivia Perrin, Stephanie Moore, MS, Ashley Vansumeren, MS. Missing from picture: Brian Budd, MS.

Individual Experiences:
Stephanie Moore, MS

The 2018 ISBS conference in Auckland provided a remarkable venue for establishing new professional contacts, inspiring research discussions, and the exposure to new cultural experiences. The highlight of my conference experience was being able to present some of the work I have done for my Master’s thesis project. After this presentation, I received valuable feedback, engaged in several stimulating discussions, and was able to formally thank the ISBS society for awarding two grants to support the thesis project in 2017. After returning from the conference in New Zealand, I feel I have a group of new friends that would be excellent colleagues in future collaborations. Further, speaking with established researchers and professors about PhD programs has broadened the range of possibilities I have moving forward. Lastly, having a group of friends and colleagues from the NMU community to share the experience with was the cherry on top of a fantastic, character-building experience!
Alyssa Rebensburg, MS

The 2018 ISBS conference was the second conference I’ve attended, but the first that I’ve presented at. I gave an oral presentation on a recent project led by Dr. Breen which looked at the effects of a novel rehabilitation device on walking performance in persons with multiple sclerosis. One thing in particular that I liked about the conference was the student night, in which we participated in Maori cultural experience. At this event, we learned a song in Maori and a haka, in addition to being served a traditional Maori meal. Thank you to the School of Health and Human Performance and the Student Travel Fund for funding this trip.

Ashley Vansumeren, MS

Having the opportunity to present research and spend the week in New Zealand surrounded by students and professors with the same passions as me was an incredible experience. At ISBS, I presented my paper as a poster presentation as a semi-finalist for the ISBS New Investigator Award and was able to speak with numerous people about my research and had several recommendations for future research. At the conference, I also received the ISBS Student Mini Research Grant, which will aid in covering costs needed to complete my thesis. While in Auckland, we had the opportunity to do a walking tour of the city, tour AUT Millennium and get a hands-on experience of the research conducted there, and be immersed in the Maori culture during our student night. Throughout the week, I was able to network and connect with other students, mentors, and professionals in the biomechanics field who all gave great advice about future schooling and jobs. I’m already looking forward to the next conference!
Brian Budd, MS

The 2018 International Conference on Biomechanics in Sports in Auckland, New Zealand was my second experience at this annual conference. I was awarded a Student Travel Grant through the conference and I gave an oral presentation regarding some of my masters’ research regarding weightlifting and training techniques. This unique conference experience of combining experts in the field of biomechanics and exercise science from around the world allowed me to create future research questions, as well as connections to different research laboratories and researchers for future projects. We had the opportunity to connect with other students with similar research topics, as well as learn from highly experienced researchers in our specific field. As a group we toured state-of-the-art exercise science research facilities and checked out some of the newer equipment and technology used for collecting data. My trip to New Zealand allowed me to make connections that will benefit me in the future as far as research, education, and my career. I want to thank Northern Michigan University, specifically the School of Health and Human Performance, and my advisor Dr. Randy Jensen.

Ine Mylle

Going to ISBS in New Zealand was an absolutely crazy experience! Just knowing you traveled all the way across the world to attend a conference seems crazy, but the beauty of the country makes the long travel well worth it! With the opening ceremony and the student night, we got to experience and participate in the authentic Maori culture including a haka performance, Maori songs, a typical meal and many other traditional things. Presenting the paper was more stressful just because of the fact that you know that all these people attending your presentation and poster session are experts in biomechanics. Overall, it went well and I learned a lot from various topics within biomechanics. Meeting and networking with some of these presenters also gave me advantages that might be useful in the future.
Attending ISBS this year in Auckland, New Zealand was an unforgettable experience. It was my first time outside of North America and my first time flying across an ocean. While at the conference, I presented my ISBS paper as an oral presentation. It was my first time presenting at an international conference, which was an eye opening experience filled with opportunities to engage and network with experts in the field throughout the week. The conference hosts put on various activities such as tours of the AUT Millennium Center, walking tours of downtown Auckland, and a student night where we learned to do the Haka. Having learned about elite athlete support here at NMU, it was astonishing to visit AUT Millennium and see first-hand the level of professional multi-disciplinary support that such a small country like New Zealand is able to provide to their athletes. Attending ISBS provided me with invaluable opportunities to immerse myself in a new culture as well as broaden my horizon as far as research possibilities and potential career paths. It was fascinating to see authors who I’ve read about actually present in person and to see some things I’ve learned in the classroom here at NMU come alive 8,000 miles away in New Zealand.
Bone and Joint Health Week: by Emily Ferroni, Bailey Widman, & John Youngs

On October 18, 2018—a Bone and Joint Health Awareness event was held in Jamrich Hall from 12-4pm as part of their ES476 Exercise for Special Populations class. This event was held to promote the knowledge of preventative measures that can be taken in the college population to avoid different bone and joint diseases later on in life. The event was advertised on the NMU calendar, through social media use, and announcements within different class periods. Information on Osteoarthritis (OA) and Osteoporosis (OP) were the main focus of the event. Students and others who passed by had the opportunity to participate in an activity, gain knowledge from the information board, grab a pamphlet to take home with them, and get a little reward for learning something new or refreshing their awareness!

Emily Ferroni, Bailey Widman, and John Youngs organized this event. The team of students shared the roles to get the information out to the students in a clear and understandable manner. John was in charge of coming up with fun activities and educating about how physical activity plays a role in the prevention of OA and OP. Bailey was in charge of the preventative care and interesting statistics to grab the attention of the attendees. Emily was in charge of the general information about the diseases—what, who, risk factors, and signs & symptoms.

There were multiple aspects that highlighted the event. Many students took away information that they wanted to share with their mom and dad, whom they thought should be aware of this information. It was always fun to see what people thought they knew about the diseases already, and what they were shocked to find out from what we provided them. Some professors stopped by and also asked to be educated as they had joint problems and wanted to know more about the preventative measures and onset of Osteoarthritis. One woman genuinely thanked us for providing her with material on Osteoporosis, as she had limited knowledge on the information and found it to be a “life saver” enabling her to make some changes to her lifestyle that she found necessary.
World Heart Day: by Breanne Seaton, Tyler Adams, and Angela Brown

Students from the School of Human Health and Performance hosted a World Heart Day event on October 1st, 2018 as part of their ES476 Exercise for Special Populations class. World Heart Day is a global event that was created to inform people around the world that Cardiovascular Disease (CVD) is the world’s leading cause of death, and to highlight the actions that people can take to prevent and control CVD. World Heart Day aims to educate individuals that from controlling risk factors, such as tobacco use, unhealthy diet, and physical inactivity, a minimum of 80% of premature deaths from stroke and heart disease could be avoided.

The purpose of the event was to promote heart health and educate young adults on ways to maintain a healthy heart. Information was provided, both through a poster and free pamphlets, on what World Heart Day is, what CVD is and the associated risk factors, the FITT principle for aerobic and resistance training exercise, and tips for achieving and maintaining a healthy heart. The event took place in Jamrich hall from 9am to 1pm. The event included an informational poster, brochures, opportunity for individuals to share how they keep their heart healthy and a chance to be physically active by jumping rope for free muffins.

The students involved in the development and hosting of this event were Breanne Seaton (chairperson), Tyler Adams (secretary), and Angela Brown (committee member). As chairperson, Breanne contributed to the event by setting up committee meetings, suggesting and assigning tasks, gathering information to display, advertising the event through the Jamrich calendar, amongst other minor tasks. Tyler provided both of the display boards for the event and contacted Jamrich to secure the time slot for the event. Angela provided donated muffins from Babycakes for the jump rope “reward”, contacted the PEIF to borrow the jump ropes, and created the informational pamphlets provided for bypassing individuals at the booth. The poster boards were put together by the three committee members, which included cutting out paper hearts, adding informational lists, and creating designs for the boards.

During the event, there were approximately 65 individuals that stopped by and took a look at the booth. Forty-nine individuals shared how they keep their heart healthy by placing a provided cut-out heart on a board titled “How Do You Keep Your Heart Healthy?” We also had 33 individuals that decided to jump rope for a muffin. One thing about the event that was noticed is if people came to look at our information, and one person of the group decided to put a heart on the board or jump rope, then everyone in the group participated. More people would participate in groups than come up to our table individually.

We would like to thank Babycakes for providing muffins, to the SHHP for providing the jump ropes for the event, and to all of the individuals that took the time out of their days to stop by our event booth!
MEET RYAN HINES
OUTDOOR RECREATION LEADERSHIP and MANAGEMENT

Hello! My name is Ryan Hines and I am very excited to be a new faculty member at Northern Michigan University in the Department of Outdoor Recreation and Leadership Management in the School of Health and Human Performance. I recently moved to Marquette from Bloomington, Indiana with my wife and two sweet dogs. I am currently completing my dissertation and expect to hold a Ph.D. in Leisure Behavior from the Department of Recreation, Park, and Tourism Studies in the School of Public Health at Indiana University, Bloomington, by Fall of 2019. In addition to teaching academic classes and engaging in adventure research, I worked for Indiana University Outdoor Adventures as an Instructor of Canoeing and Kayaking during my 5-year tenure at Indiana University. I grew up in the Athens, Georgia area and have been involved in the outdoor recreation industry since 1997. Specifically, my experience includes emphases in Adventure and Outdoor Recreation Education, professional guiding, Outdoor Leadership Training, Adventure/Eco Tourism, and Interpretation in environmental, historical, and cultural contexts. I graduated from the University of Georgia in 2004 with a Bachelor's degree in Recreation and Leisure Studies, and earned a Masters in Education from The University of Georgia in 2012. Since then, I have been working towards completing my Ph.D. at I.U.. I enjoy fishing, all types of canoeing and kayaking, mushroom hunting, creek stomping, surfing, photography, scuba diving and snorkeling, and pretty much doing anything that involves being outside. Beyond scholarly presentations and publications, I have been featured professionally on television shows, in -print publications, and local news segments, including The Bachelorette, Rachel Ray, Eastern Fly Fishing magazine, and have also had my photography featured in an Outdoor Adventure Education text book, USA Today Ten Best, Golden Isles Magazine, and multiple online publications as well. ADVENTURE ON!!!
MEET DEREK MARR: MANAGEMENT OF HEALTH AND FITNESS

Derek Marr just finished his first year at Northern Michigan University in the School of Health and Human Performance, where he is an Assistant Professor in the Management of Health and Fitness program. Prior to NMU, Marr served as a clinical assistant at Southern Methodist University in Dallas Texas. He also has extensive experience in athletic performance having coached Track and Field / Cross County at the University of Missouri, Baylor University and Northwood University. He has also worked as a mental performance coach / consultant at SMU, University of Missouri and for many other teams / individuals. Marr also worked on research with Untied State of America Track and Field (USATF), exploring the psychosocial aspects of performance in the 2012 Individual Olympic Medalists.

Marr’s educational preparation includes a bachelor degree in physical education from Grand Valley State University, a master degree from Baylor University in sport pedagogy and a doctor of philosophy degree from the University of Missouri. In addition, Marr holds numerous certifications including the NSCA - CSCS, USATFCCCA - endurance specialist and the USATF - Level Two.

Marr is married to his wife Shaylee and has one Son. They enjoy running, hiking, camping and anything outdoors.

MEET MATT KILGAS: MANAGEMENT OF HEALTH AND FITNESS

Dr. Matt Kilgas recently completed his Ph.D. in Integrative Physiology from Michigan Technological University. His research involves finding better ways to increase muscle size and strength, maintain health, and improve performance in healthy and clinical populations. Specifically, adapting novel exercise programs (blood flow restricted exercise, eccentric-based exercise, etc.) to overcome the barriers associated with traditional exercise training. In the past, he has collaborated on projects ranging from using eccentric exercise to improve wheelchair mobility in those with spinal cord injury to using exercise with blood flow restriction to recover quadriceps strength following ACL reconstruction. Matt also earned his M.S. in Exercise Science at NMU where he worked with Dr. Drum, Dr. Jensen, and Dr. Watts on his thesis looking at the effect of chalk on friction in rock climbers, and many other projects.

Additionally, Matt has earned a certificate in Post-Secondary STEM Education and has worked on projects related to classroom performance. Specifically, he has collaborated with Dr. Joubert, Dr. Gautam, and Dr. Drum to examine the effects of In-class cycling to augment student performance, and has published in the journal Advances in Physiological Education, where he outlined a team-based activity he performed in his exercise physiology teaching laboratory that was inspired by Abbott et al.’s classic 1952 Journal of Physiology paper titled “The physiological cost of negative work.” Matt is looking forward to being back in Marquette where he enjoys biking, hiking, and rock climbing with his wife Sara.