Welcome to the Health and Kinesiology Fall 2014 newsletter. The fields of Health and Kinesiology are continuously undergoing significant growth and change. To maintain our leadership position in the field, HK also continues to grow. As you will read in the newsletter, HK is preparing to meet future challenges with the addition of new faculty, with exciting new research, and with changes in our academic programs. The HK faculty continues to pursue opportunities for our students to enrich their educational experience such as through Study Abroad, enhanced research opportunities, and service-learning engagement. HK is a leader in faculty-led, student-centered research. Our students are preparing for careers focused on improving lives through the development of a healthy and active lifestyle as reflected in our motto - Healthy Ideas in Motion…

The next time you are in West Lafayette, please consider visiting us in historic Lambert Fieldhouse. If you are unable to make it back to campus, please visit us on the Internet at www.purdue.edu/hhs/hk. Your continued support is vital to the success of the Department of Health and Kinesiology.

Ismail Center Moves to Lyles-Porter Hall

Opened in April 1999 and with roots since the 1960’s in the Adult Fitness Program, the A.H. Ismail Center for Health, Exercise and Nutrition serves as a learning research laboratory. In August 2014, the Ismail Center relocated to the newly constructed Lyles-Porter Hall. The multi-user design of Lyles-Porter brings together several clinical areas of the College of Health and Human Sciences along with the IU School of Medicine. Equipped with state-of-the-art TechnoGym research grade exercise equipment, the Ismail Center now stands ready to fulfill its mission.

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New HK Faculty Members

**Frank Snyder**, PhD, MPH, joined HK in August of 2013. He came to us from Yale University.

Dr. Snyder’s research in public health encompasses health promotion and understanding how social and environmental factors influence youth health behaviors and development. He also evaluates the effectiveness of school- and community-based interventions and health services in enhancing youth health outcomes.

Dr. Snyder specializes in prevention of youth health risk behaviors, positive youth development, design and evaluation of school- and community-based interventions, health promotion and behavior theory, and quantitative methods in the social and behavioral sciences.

**Bruno Roseguini**, PhD, joined HK beginning with the Fall 2014 term.

Dr. Roseguini received his PhD in Biomedical Sciences from the University of Missouri and his MS in Cardiology and Cardiovascular Sciences from Federal University of Rio Grande do Sul in Porto Alegre, RS, Brazil.

Dr. Roseguini’s primary research focus is to elucidate the mechanistic basis underlying exercise intolerance in peripheral artery disease (PAD) and explore novel therapeutic interventions to restore vascular and skeletal muscle function and improve functional capacity in patients with this condition. He utilizes a translational approach with experiments in rodent models as well as in patients with symptomatic PAD.

**Yumary Ruiz**, PhD, MPH, joined HK this Fall 2014 term.

Dr. Ruiz received her PhD in Health Promotion and Disease Prevention from Purdue University, her MPH in Community Health Education from San Jose State University, and her BS in Biology from the University of California Los Angeles.

Dr. Ruiz’s scholarly and teaching interests are in the area of health disparities among racial, ethnic and migrant populations. Her current research explores the impact of migration on poor health outcomes among Mexican migrants residing in metropolitan areas such as New York City. Additional areas of research include the role of families in preventing adolescent risk behaviors, drug and HIV prevention interventions in the Spanish-speaking Caribbean, and the development of Community Health Worker interventions. She has expertise in qualitative and community-based participatory research methods.
Dr. Thomas Templin had an amazing year!

He was inducted into Purdue’s Book of Great Teachers. Held every five years, the induction ceremony took place in Purdue Memorial Union. President Mitch Daniels and Dale Whittaker, vice provost for undergraduate academic affairs, spoke at the event.

Tom also received the Indiana University John R. Endwright Distinguished Alumni Service Award. This is an annual award which recognizes outstanding service and contributions by a graduate of the School. As a measure of accomplishment in service to the School and/or profession, the award is a reflection of former Dean Endwright’s commitment to strong ties between the School and its graduates.

Tom was also the C.H. McCloy Research Lecturer for AAHPERD in 2014. This award centers on an in-depth lecture of a research topic at the annual meeting and is an opportunity to give formal peer recognition to persons who have made outstanding contributions to AAHPERD through their research efforts. Tom has studied teacher socialization over his career and a version of his lecture will appear in an upcoming issue of the Research Quarterly for Exercise and Sport. Former doctoral student, Kevin Richards, co-authored the paper with Tom.

HK Faculty Awards & News

Laura Claxton was recently promoted to Associate Professor. Dr. Claxton’s research focuses on motor development in infants and small children.

Tarra Hodge received Purdue’s Teaching for Tomorrow Award.

Frank Snyder received the 2013-2014 Outstanding Graduate Faculty Teacher Award.

Alice Wilcoxson was selected to serve on the Executive Committee for Education for the NATA.

Randy Black received the Lifetime Achievement Award from The National Association of Peer Program Professionals (NAPPP).
Tribute to Margery Ismail

Mrs. Ismail passed away in April of this year. The wife of A.H. Ismail, for whom the Ismail Center is named, she was ahead of her time in many ways. She taught Geography at IU Kokomo and Purdue University prior to becoming the Director of International Student Services at Purdue, a position she held from 1983 until her retirement in 1993. Following her retirement she was awarded Director Emerita status. She was instrumental in founding the International Center at Purdue, and the local chapter of the Royal Overseas League. Margery was also active in the YWCA, Wabash Lifet ime Learning Association, Rotary, Lafayette Urban Ministry, Purdue Women’s Club, and Purdue Retirees. She developed the Common Ground program for the Greater Lafayette Chamber of Commerce, and was recognized by the Daughters of the American Revolution with the “Americanism Medal”, given to naturalized citizens for exemplifying the ideals of America; leadership, service, patriotism and trustworthiness. Margery had an adventurous spirit and traveled to more than 100 countries in her lifetime.

As Our 100th Anniversary Approaches

While we do not have a transcript of the events that transpired on June 8, 1915, the minutes from the Purdue University Board of Trustees note “Second, Beginning with September 1, 1915, candidates for graduation must present the equivalent of one credit in physical training for each year spent in the University after that date.” It was then in the catalog of 1915-16 that the Department of Physical Education first appears. In 2015-16, we will celebrate the 100th Anniversary of our department now known as Health and Kinesiology. We are currently in the planning phase for events to celebrate our 100th Anniversary and of course welcome your suggestions and ideas. We hope to share these events with you in our spring newsletter and that you will be able to join us at one or more of the 100th Anniversary events during 2015-16.
Undergraduate Degree Program Update

In 2011-2012, we were asked to assess our undergraduate and graduate programs with the subsequent findings used in the Purdue Academic Program Assessment (APA) report. Our Health and Physical Education (HPE) degree program was identified as having low student enrollment, a problem which has arisen at many institutions throughout the country. In the spring of 2014, it was decided that HK would no longer accept students into our HPE degree. Students currently enrolled and making adequate progress in the program will be able to complete their degree. This was a difficult decision and one not taken lightly.

In recent years, our undergraduate degree in health has experienced changes in name and focus. Established in 2013, the undergraduate degree in Public Health reflects changes in our understanding of societal challenges related to leading a healthy and active lifestyle. The curriculum is designed for students interested in designing and implementing effective public health policies and programs.

HK Alumni in the News

Athletic Training Alum, Adam Rippy, used CPR to save a 13-year old girl’s life during Marshall County Relays in Culver, IN.

Dr. Travis Dorsch, Sport Psychology Alum, received an award from the inaugural NCAA Innovations in Research and Practice Grant Program.

Harry Thibault, Movement & Sports Science Alum, is Chairman of the Niles Charter Township Park Commission where he has been promoting the development of the paved, off-road urban 34-mile IN-MI River Valley Trail between Niles, MI and Mishawaka, IN.

Exercise Physiology Alum Kim Stein is the senior principal scientist of the Gatorade Sports Science Institute, where she helps translate science into useable information for athletes.

Share your news! Purdue.edu/hhs/alumni/update_record

Pete’s Pals Accolades

Pete’s Pals received a 2013 Tony and Mary Hulman Health Achievement Award from the Indiana Public Health Association in the area of preventive Medicine and Public Health. Pete’s Pals also received one of Purdue’s four Focus Awards on March 1 for outstanding contributions to furthering the University’s commitment to disability accessibility and diversity.

Fitness Tip:

Healthy Ideas in Motion...

Physical activity promotes, while being sedentary undermines optimum health. In addition to formal exercise: try breaking up sitting with standing and walking throughout the day; or take the stairs whenever possible. Recent evidence suggests such small activity changes can positively impact your health.
HK Grad Student Achievement Awards

Lindley McDavid was awarded the outstanding student paper award for North American Society for the Psychology of Sport and Physical Activity in the sport and exercise psychology area. Lindley also earned the 2014 HK Outstanding Engagement Award as well as the 2014 Carole J. Widule Award for Outstanding Graduate Scholarship.

Barry Hill received Purdue's Graduate Teaching Excellence Award which is the highest honor Purdue gives to a graduate student.

Andrew Eberline received the A. A. Annarino Award for Outstanding Graduate Teaching. This award was established in honor of Anthony Annarino, a long-time department faculty member and former president of AHPERD.

Tammy Sheehy was awarded the Outstanding Master's Student Award which recognizes a master's student who has exhibited outstanding ability in scholarly activities and promise for a productive career in his or her field.

HK Grad Student 2013/2014 Graduates

Fall 2013:
Lindsey Simpson, Master of Public Health
Kevin Richards, PhD Pedagogy

Spring 2014:
Krystal Brazel, MS Athletic Training
Katie Breedlove, PhD Athletic Training
Alexandra Graves, MS Sports & Recreation Management
Laurel Hanna, MS Sports & Recreation Management

Brittney Heise, MS Sports & Recreation Management
Nicole Kraz, MS Athletic Training
Samantha Paige, Master of Public Health
Grace Quattrocki, Master of Public Health
Jacqueline Reiter, Master of Public Health
Leanne Thompson, MS Sports & Recreation Management
Grant Thorne, MS Pedagogy

Lindsey Vacek-Stolley, PhD, Health Promotions

Summer 2014
Ravi Aggu Sher, Master of Public Health
Nicole Blaize, PhD Exercise Physiology
Samina Khan, Master of Public Health
Josh Liddy, MS Motor Control & Development
Lauren Parker, PhD Health Promotion
Tammy Sheehy, MS Sport Psychology
Nicole Sobiech, Master of Public Health

Welcome To Our New Graduate Students

MS, Athletic Training
Brooke McKinnon
Grant Ream

MS Exercise Physiology
Alisha Kuhlenhoelter
Dustin Neff
Devlin Thompson
Jessica Weiss

PhD, Motor Control & Development
Amanda Arnold
Joshua Liddy
Nicole Marcione

MPH, Public Health
Ola Abdelhadi
Paige Boyer
phanlada cantha-hill
Felix Fandoh
Hannah Shields

MS Recreation & Sport Management
Parker Flynn
Rebecca Krombeen
Ian McDougall
Cassie Rice
Hanna Roberts
Austin Schaffer
Kelsey Vance

MS, Sport History
Ian Brumm
Justin Sinz
Whitney Trujillo
Camden Wentz

MS, Sports Psychology
Shaina Riciputi

PhD, Sports Psychology
Christopher Bilder
Brook Lamphere
HK Research News

People 65 years and older are America’s fastest-growing population, a category particularly at risk for falls. In 2010 about 21,700 older adults died from unintentional fall injuries, and 2.3 million nonfatal fall injuries among older adults were treated in emergency departments.

Health & Kinesiology professor Shirley Rietdyk, Babak Ziaie, a professor in the School of Electrical and Computer Engineering and Weldon School of Biomedical Engineering, doctoral student Albert Kim and graduate student Junyoung (Justin) Kim, collaborated to modify a smartphone so that it can be used to measure a person’s walking gait to prevent falls in people with compromised balance, such as the elderly or those with Parkinson’s disease. Until now, there has been no portable, user-friendly system that could be worn for a period of time to record a person’s gait, said Ziaie.

The innovation, being commercialized as SmartGait, is designed as a tool to aid health care officials in assessing a person’s risk of falling and identifying ways to avoid injury.

A video about the SmartGait technology can be viewed at http://youtu.be/oLXnTx6Rb6A.

Haddad, Rietdyk, Zelaznik Receive NSF Grant

Drs. Shirley Rietdyk, Jeff Haddad, and Howie Zelaznik, in collaboration with Professor Arvind Raman of Mechanical Engineering, were awarded a $550,000 grant from the National Science Foundation for their work on Nonlinear Dynamics and Bifurcations of Human Posture on Tunable Balance Boards.

“Falls are an important public health issue. Every 17 seconds an older adult is treated in an emergency room, and every 30 minutes an older adult dies from a fall related injury (CDC, 2010). The smart balance board will be a major improvement in diagnostic and rehabilitative devices. Our long-term goal is wide availability of the smart balance board, in order to improve quality of life and reduce the economic burden (exceeding $19 billion annually in direct medical costs) associated with falls.”

Haddad, Huber Receive Microsoft Research Award

Dr. Jeff Haddad and Dr. Jessica Huber, Professor of SLHS, were presented with a Microsoft Research Award for Software Engineering Innovation at the Microsoft Faculty Research Summit in Redmond, WA. The goal of the work for which they were recognized is to develop and test the effectiveness of a home-based training paradigm using the Microsoft Kinect that is specifically designed to target both the cognitive and balance deficits common to people with Parkinson’s disease.
HK496 Undergrad Research

At the end of each semester, students and faculty in the Movement and Sport Science major gather for the HK 496 Research Presentation Night. At this event, students present results from research they conducted with faculty and graduate students throughout the semester. Research projects are in the areas of biomechanics, exercise physiology, motor control, motor development, sport sociology, and sport/exercise psychology. The HK 496 course is designed to provide a “hands-on” learning experience for the students in the major and fosters an appreciation for and knowledge of research common to the field of Kinesiology. These students frequently continue on to PT/OT school, medical school, or graduate school. Following are pictures from this past semester’s event.

Picture 1: (from left to right): Emely Richardson, Laura Beckman, and Soraya Toppin-Herbert presenting results from their project on individual differences in spatial variability. Faculty Mentor: Dr. Howard Zelaznik.

Picture 2: (from left to right): Marissa Blaisdell, Chelsea Hershberger, and Aubrey DeBoer presenting result from their project assessing whether the Wii Balance Board can be valid measure of infant postural sway. Faculty Mentor: Dr. Laura Claxton. Graduate Student Mentor: Rachel Harris.

Picture 3: (from left to right): Katie Kozy, Alyssa Barnes, and Breanna Walton presenting their project on examining differences in postural sway in infants at high and low risk for autism spectrum disorder. Faculty Mentor: Dr. Laura Claxton. Graduate Student Mentor: Rachel Harris.
Picture 4: (from left to right): Emily Albright, Matt Hebda, and Jing Tian discussing the relationship between gaze behavior and obstacle contacts in adaptive gait. Faculty Mentor: Dr. Shirley Rietdyk.

Picture 5: (from left to right): Whitney Trujillo, Dustin Neff, Shane Hanley, and Carolyn Chorich presenting data on Fitts' Law performance at high index of difficulty values. Faculty Mentor: Dr. Howard Zelaznik.

Picture 6: Cory Hensley discussing his project on the relationship between VO2 max and downhill running speed. Faculty Mentor: Darlene Sedlock. Graduate Student Mentor: Jennifer Hockemeyer.

Picture 7: (from left to right): Mara Schmidt and Erin Mehringer presenting their research on using the Microsoft Kinect to assess bimanual coordination. Faculty Mentor: Dr. Jeffrey Haddad. Graduate Student Mentor: Joshua Liddy.
HK Study Abroad in China!

Larry Leverenz and 19 Athletic Training students travelled to China this summer for HK Study Abroad. Their 18-day trip included opportunities to study at Beijing Sport University, as well as trips to Shanghai and Nanshan. HK Students have been making this trip annually since 2007.

HK at the State Fair

August 8 was Purdue Day at the State Fair, and it was HK’s turn to represent the College of Health and Human Sciences. The turnout was great as was the fair food! We had many giveaways for our alumni and friends who stopped by our tent. Some of the activities included a balance beam exercise, yoga, strength/handgrip gauge, and a display about the sugar content in sodas. News coverage of our event can be viewed at http://wlfi.com/2014/01/25/purdue-day-indiana-state-fair-2014/
HK Featured in Purdue Exponent Summer Fitness Series

The Purdue Exponent published a summer-long, ten-issue Health & Wellness fitness series. Saran Mishra, Editor In Chief, and Emily Sterneman, Photo Editor, met with the staff and student interns at the Ismail Center to evaluate their fitness levels and develop a summer fitness plan. The graphics at the right show their statistics at the beginning of the program and again after eleven weeks. After eleven weeks of exercise, both Saran and Emily increased their overall fitness the result of both muscle and cardiovascular improvements. Links to some of the articles can be found at http://www.pfturdue.edu/hhs/hk/news/fitness_series.php

2014 Charles Cowell Lecture

Imagining “The Old Grey Educator Tour”: Realigning Cowell’s Adjustability and Readiness with the Pursuit of Successful Aging Education

David J. Waters, DVM, PhD, and 2014 Charles Cowell Lecturer, shared some of the new insights on successful aging and cancer avoidance that he is gaining by studying the oldest-living pet dogs in the U.S. in their homes, moving aging research “out of the laboratory and into the living room.” Professor of Veterinary Clinical Sciences at Purdue University, Dr. Waters delivered the Cowell Lecture on day 34 of The Old Grey Muzzle Tour, his 50-day, cross-country scientific expedition that is championing a new paradigm in biogerontology research.
Purdue University’s Department of Health and Kinesiology is committed to the university’s vision through creation of new knowledge through research and study in various disciplines centering on well-being, as well as the preparation of health and physical activity professionals. Equally, through various engagement programs and field experiences, students gain real world experience in the promotion of health and physical activity.

We recognize our obligation to maintain a spirit of community, support depth and breadth of scholarly interests and diversity of ideas, and foster cooperative efforts in scholarship, teaching, and service. We recognize our obligation to contribute to society and work to improve the quality of life.

On October 12, 2013, we celebrated the 75th anniversary of Ward L. Lambert Fieldhouse with an open house. Nearly 80 HK alumni of all ages attended the event. Attendees participated in building tours and watched a fun, reminiscent video from the 1940’s Purdue archive. Attendees were also given the opportunity to see an interesting presentation about the construction of Lambert. And of course there was cake!