Dear Colleagues and Friends,

I am always excited to be able to read the events and activities of the Department each year as we ready the annual report for publication. It never ceases to amaze me as to how productive and ingenious our faculty members are. I particularly noted this year the number of educational and service programs the Department has established and the impact these programs have had on The University and our community. Let me just draw your attention to a few of these programs.

Each year we celebrate our department with the Mary Buice & Shorty Alderson Lecture in which we invite a renowned scholar to give a keynote address related to physical and health education. This year Dr. Jack Berryman, Professor in the Department of Bioethics and Humanities in the School of Medicine, University of Washington and a leading sport historian presented the Alderson lecture. Dr. Berryman’s presentation was entitled “Exercise as Medicine: An Historical Overview.”

Since 1932 the Department has provided the summer sports school for young children. This year the program was restructured by Dr. Mike Sanders, the coordinator of our University-wide physical activities program. The new camp emphasizes how to live a healthy and active lifestyle and is called SUCCESS Camp. This stands for Summer University Camp for Cultural Expression and Sports. The campers were provided nutritional information, dietary guidelines, and instruction on calorie counting during meals and exercise. They were informed of how exercise improves their bodies and the benefits of different types of exercises. The campers visited the many cultural wonders The University has to offer. The program was conducted in a fun-filled, game-type atmosphere, and by all accounts was a big hit with the campers and their parents.

The Fitness Institute of Texas (FIT) is not a new program in the Department, but it has undergone some restructuring this past year that has significantly improved its community outreach. With the restructuring, FIT initiated its GET FIT program. This is a 12-week exercise and behavioral health program that provides exercise and nutritional instruction for formally inactive and overweight individuals. The program has become so popular with faculty and staff at The University that extra sections had to be offered to meet demand. Much of the success for GET FIT is due to the creative programming of Mark Faries, Julie Drake and Brittany Crim under the direction of Phil Stanforth, Director of FIT.

A very timely program that has had an ongoing presence in the Department for about four years is the Autism Project. Dr. Jody Jensen and Pam Buchanan direct the program. The program uses physical activity paradigms to connect and interact with autistic children. The program has been so successful in improving the lives of autistic children that Jody and Pam have been asked to provide training to practically all the school districts in the state of Texas.

Finally, I have to mention The H. J. Lutcher Stark Center for Physical Culture and Sport. The Center is divided into the Stark Library, The Joe and Betty Weider Museum of Physical Culture, and the Sports Gallery which will house items from Ben Crenshaw’s golf collection; artifacts from Dr. Kenneth Cooper, the father of Aerobics; and an interactive display on the history of strength and conditioning for athletes underwritten by the National Strength and Conditioning Association. The exhibit areas of the Stark Center will also contain a fine art gallery and four photography galleries. The Center is committed to serving as a resource and research center and educating the public about the history of physical culture and sports. The Center is expected to have an official opening in the spring 2010.

I have elected to highlight five of our programs that serve The University and our community, but there are many more that I have not mentioned in my introduction. I ask you to take the time to peruse our annual report so that you may learn more about these programs and come to appreciate the significant contributions the faculty of the Department of Kinesiology and Health Education make to our University and our field of study.

Thank you for your continued support.

Sincerely,

John L. Ivy, PhD
Chair, Department of Kinesiology and Health Education
Teresa Lozano Long Endowed Chair

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<td>Community Outreach Programs</td>
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<td>Kinesiology Club</td>
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<td>Stark Center</td>
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<td>McCraw Lecture Series</td>
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<td>Grant &amp; Gift Income</td>
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<td>Faculty Publications</td>
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<tr>
<td>Faculty Presentations</td>
<td>46</td>
</tr>
<tr>
<td>Student Publications</td>
<td>50</td>
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<tr>
<td>Student Presentations</td>
<td>50</td>
</tr>
</tbody>
</table>
2009 Hall of Honor Inductees

The Hall of Honor recognizes the achievements and contributions of faculty and former students to the Department of Kinesiology and Health Education at The University of Texas at Austin and to professional fields related to physical activity and health. Induction to the Hall of Honor is the highest honor bestowed by the Department of Kinesiology and Health Education and is based on a demonstration in one or more specific areas of leadership, professional involvement, service, and academic and research achievement.

The 2009 Hall of Honor Inductees were Teresa Lozano Long and Barbara Springer.

Teresa Lozano Long
1962-1965 - EdD, Kinesiology and Health Education
Leader of Civic and Professional Organizations

Honorary Awards...
- The UT Distinguished Alumnus Award, 2004
- Thurgood Marshall Legal Society for Commitment to Diversity, U.S. School of Law
- Distinguished Achievement in Leadership and Philanthropy in Higher Education, The Association of Chicanos in Higher Education

Member...
- The University of Texas Commission of 125
- The University of Texas Press Advisory Council
- Executive Committee, University Interscholastic League
- 24 Boards of Directors serving education, governments, the arts (art, music ballet, opera), health, and medical needs community issues

Career Highlights...
- Consultant, U.S. Office of Education on Migrant and Health Start Programs
- Research Associate, Staff of the Governor’s Committee on Public School Education
- Texas Education Agency, Consultant and Research Assistant
- Advisory Board, National Museum of Women in the Arts
- Member, University of Texas Chancellor’s Council
- University of Texas Education Foundation Advisory Council

Col. Barbara A. Springer
PT, OCS, SCS
1999-2002 - PhD, Health Education/Health Promotion
Exemplary leader of health policy, health promotion and physical therapy programs in the United States Army

Honorary Awards...
- John W. Goldschmidt Award for Excellence in Medical Rehabilitation, 2007
- Excellence in Clinical Education Award, American Physical Therapy Association, 2008 Sports Physical Therapy Section
- Klein Endowed Graduate Award, The University of Texas, 2001
- Professor of Military Science Medal of Merit, 1985

Career Highlights...
- U.S. Army War College, Master of Strategic Studies, 2004-2006
- Chief, Physical Therapy Service, Walter Reed Army Medical Center
- Executive Committee Member, Military Amputee Research Program, Walter Reed Army Medical Center
- Research Coordinator, Physical Therapy Service, Walter Reed Army Medical Center
- Director, U.S. Military Sports Physical Therapy Residency, Keller Army Community Hospital, West Point, New York
- Chief, Physical Therapy Service, United States Military Academy, West Point, New York
Graduate Program

John B. Bartholomew, PhD, Graduate Advisor
Tan Thai, Graduate Coordinator

In Fall 2008, we had 188 graduate students - a record for the most students enrolled. The number of applications received for fall admission totaled 265. Of those, 114 (43%) were recommended for admission and 71 enrolled (62% of those admitted). Thus, we maintained both a strong criteria for acceptance and a high yield of targeted students.

We would not be able to maintain such a large program without strong financial support for students. We provided teaching assistant (TA) positions to 47 students. The TA provides a stipend, insurance and a tuition waiver for the student along with an extended opportunity to work with undergraduate students as they develop teaching expertise. We had a number of outstanding teachers amongst our students, particularly: Michael Casner (exercise physiology), Christopher Renzi (exercise physiology), Michael Newhouse-Bailey (sport management), and Kelly Welsh (health education), all of whom were awarded Mary Bruce Alderson Scholarships for outstanding graduate teaching. In addition, the department supported 24 students through graduate research assistant (GRA) positions. GRA positions provide the same support as a TA, and allow students to dedicate their time outside of class on research that is often funded by their supervising professor.

Numerous competitions are available at UT-Austin to recognize student achievement. One indication of the strength of our program is our success – across each of our sub-disciplines – in these competitions. In the past year, our students received awards totaling more than $120,000!

At the Departmental-level, the Long Fellowship is given in honor of former department Chair Dr. Lynn McCraw. It is now in its seventh year of providing approximately of $5,000 in support. This year it was used to recognize Matthew Bowers (sport management) as an outstanding doctoral student within the department. Likewise, Michael Casner (exercise physiology) received the Professor and Mrs. Karl K. Klein Fellowship.

Jill Barnes and Allison DeVan (exercise physiology) received the Mack Brown Endowed Scholarship in Kinesiology. Ann Newstead (movement science) received the Long Graduate Fellowship.

We were also very successful at the College-level competitions for awards. Juan Sebastian Giraldo (sport management), David Hammers (exercise physiology), and Katherine Velasquez (health education) received the Alexander Caswell Ellis Fellowship in Education. Zongtao He (sport management) received the Joseph L. Henderson and Katherine D. Henderson Foundation Scholarship and Sooin Jung (health education) received the College of Education Centennial Endowed Presidential Fellowship.

The most challenging competition is with University-wide awards. Again, the quality of our students shone through as we received three prestigious awards. Three doctoral students were recognized in the university-wide competition for University Continuing Fellowships. Jill Barnes (exercise physiology), Allison DeVan (exercise physiology) and Joel Trinity (exercise physiology) all received Continuing Fellowships that provide full tuition and a large stipend. We also received support for highly qualified applicants. Daniel Sikora (sport management) received the University Pre-emptive Fellowship and Stacy Hunter (exercise physiology) received the Diversity Fellowship.

The success of these students is often based on their ability to produce highly regarded research in collaboration with faculty. In fact, our graduate program is based on training students through an active participation in the research process. In support of these efforts, it is imperative that we support their ability to present their work with faculty at national and international meetings. This brings prestige to both the student and the department and is extremely important to the development of a strong graduate student. Generous support from Dean Justiz ($8,918) and the Graduate School ($2,600) enabled 26 graduate students to present their research at national meetings in 2008-2009. In most cases, the faculty supervisor of each student provided additional funds. A complete list of the student presentations, including the name and location of the meetings can be found on page 50.

We are, of course, most proud of our graduates. We graduated 47 masters and 5 doctoral students in 2008-2009. Of the doctoral students, all five were placed in impressive positions:

<table>
<thead>
<tr>
<th>Exercise Physiology</th>
<th>Masters</th>
<th>Doctoral</th>
<th>Non-Degree</th>
<th>Total</th>
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</thead>
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<tr>
<td></td>
<td>40</td>
<td>20</td>
<td>1</td>
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<td>33</td>
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<td>Health Education</td>
<td>15</td>
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<td>36</td>
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<td>Movement Science</td>
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<tr>
<td>General Masters in Kinesiology</td>
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<td>7</td>
<td>2</td>
<td>11</td>
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<tr>
<td><strong>TOTALS</strong></td>
<td><strong>113</strong></td>
<td><strong>71</strong></td>
<td><strong>2</strong></td>
<td><strong>188</strong></td>
</tr>
</tbody>
</table>

TOTAL ENROLLMENT FOR FALL 2008

<table>
<thead>
<tr>
<th>Masters</th>
<th>Doctoral</th>
<th>Non-Degree</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>115</td>
<td>71</td>
<td>2</td>
<td>188</td>
</tr>
</tbody>
</table>
• Jill Barnes, Ph.D. Kinesiology, accepted a postdoctoral position at the Mayo Clinic.
• Jennifer Loyo, Ph.D. Health Education, accepted a position intervening with and evaluating local Women, Infant, and Children (WIC) clinics.
• Edward Merritt, Ph.D. Kinesiology, accepted a postdoctoral position the University of Alabama Medical School at Birmingham.
• Carol Spaulding, Ph.D. Health Education, accepted a position as Director of Program Evaluation within the Institute for Obesity Research and Program Evaluation at Texas A&M University.
• Matthew Stults-Kolehmainen, Ph.D. Health Education, accepted a position as an Assistant Professor (tenure track) at Northern Illinois University.

In summary, our Graduate program continued to achieve excellence. We continue to recruit high performing students, offer them the support required to achieve success, and graduate them to serve as leaders in the field.

Degrees Awarded

Masters Degree

Fall 2008
Pan Castillo, MEd, Exercise Physiology
Alice Davis, MEd, Exercise Physiology
Sara Kainer, MEd, General Kinesiology
Thomas Tweedle, MEd, General Kinesiology
Catherine Funke, MA, Exercise Physiology
William Sadler, MA, Health Education

Spring 2009
Stanley Babbitt, MEd, Sport Management
Ethel Garcia, MEd, Health Education
Brittany Gleason, MA, Exercise Physiology
Zongtao He, MEd, Sport Management
Karle Milewski, MEd, Exercise Physiology
Roland Robb, MA, Movement Science
Cheolhyun Ryu, MEd, Movement Science
Frederick Williamson, MEd, Exercise Physiology
Paige Abernathy, MEd, Health Education
Kimberly Baran, MEd, Exercise Physiology
Nadine Radley, MEd, Sport Management
Michael Casner, MA, Exercise Physiology
Elizabeth Conant, MEd, Sport Management
Esther Cory, MA, Movement Science
Daniel Ellis, MEd, Exercise Physiology
Tameka Jones-Watling, MEd, Exercise Physiology
Krista Kezbers, MEd, Exercise Physiology
Kathleen Ladner, MEd, Health Education
Richard Ohr, MEd, Sport Management
Christopher Renzi, MA, Exercise Physiology

Brian Smith, MEd, Sport Management
Brandon Twichell, MEd, Sport Management
Shan Yi, MEd, Sport Management
Meagan Hogg, MEd, Sport Management
Richard Roussel, MA, Movement Science
Rozell Jones, MEd, Exercise Physiology
Russell Segler, MEd, General Kinesiology

Summer 2009
Matthew Tierney, MA, Exercise Physiology
Adam Daavidoff, MEd, Sport Management
Rodrigo Pereira, MEd, Sport Management
Beth Stevens, MEd, Sport Management
Moses Khan, MEd, Exercise Physiology

Doctoral Degree

Carol Spaulding, PhD, Spring 2009, Health Education
“Parent media attitudes and guidance and child media use for a group of preschool children”
Dissertation chair: A. Loukas / N. Gottlieb

Jill Barnes, PhD, Summer 2009, Exercise Physiology
“The effects of acute muscle damage and autoimmune disease on vascular function: the potential role of inflammation”
Dissertation chair: H. Tanaka

Jennifer Loyo, PhD, Summer 2009, Health Education
“Test-retest reliability and validity of the feeding your preschooler questionnaire for low-income hispanic populations”
Dissertation chair: C. Holahan / N. Gottlieb

Edward Merritt, PhD, Summer 2009, Exercise Physiology
“Repair of skeletal muscle transection injury with tissue loss”
Dissertation chair: R. Farrar

Matthew Stults, PhD, Summer 2009, Health Education
“Physiological and psychological recovery from muscle disruption following resistance exercise: The impact of chronic stress and strain”
Dissertation chair: J. Bartholomew
Graduate Student Scholarships
A number of graduate students also received awards at the Alderson Lecture.

Alderson Graduate Teaching Scholarship
Michael Casner
Christopher Renzi
Michael Newhouse-Bailey
Kelly Welsh

Mack Brown Endowed Scholarship in Kinesiology
Jill Barnes
Allison Devan

Alexander Caswell Ellis Fellowship
Juan Sebastian Giraldo
David Hammers
Katherine Velasquez

Long Fellowship in honor of Dr. Lynn McCraw
Matthew Bowers

Henderson Foundation Scholarship
Zongtao He

Long Endowed Graduate Fellowship
Ann Newstead

Karl K. Klein Fellowship
Michael Casner

COE Centennial Endowed Presidential Fellowship
Sooin Jung

Pre-Emptive Graduate Recruiting Fellowship
Daniel Sikora

University Continuing Fellowship
Jill Barnes
Allison Devan
Joel Trinity

Diversity Fellowship
Stacy Hunter

Matt Bowers, Long Fellowship recipient, with Joe and Teresa Long

Dr. John Bartholomew with graduate scholarship recipients.
Undergraduate Program

Jan Todd, PhD, Undergraduate Program Coordinator

The Undergraduate Advisory Committee (UAC), for 2008-2009 consisted of Mike Sanders, Brian Farr, Chris Green, Lisa Griffin, Jason Gentry, Dolly Lambdin, Mary Steinhardt, Richard Hogeda, Jessica Silva and Jan Todd, as chair. The committee was gratified to see the new curriculum they’d designed over several previous years begin to be used by undergraduate students during this calendar year and in the group’s meetings, most of the business discussed related to final adjustments that needed to be made in terms of course content and the sequencing of classes. The UAC paid special attention to the new specialization tracks that are now an option for undergraduates instead of an out-of-the-department minor. No major changes were made to the curriculum during this calendar year.

Undergraduate Program Overview

The Department of Kinesiology and Health Education now offers two degrees at the undergraduate level. The Bachelor of Science in Athletic Training is a highly competitive major limited to 45 students at any one time. This means that approximately 15 students are admitted to the major each year. The vast majority of students in our department receive the Bachelor of Science in Kinesiology and Health. Five different majors are given under this degree: Sport Management, Exercise Science, Physical Culture and Sports, Health Promotion, and Applied Movement Science.

The Undergraduate Program is based on the belief that all Kinesiology and Health Education students should have a common core of intellectual knowledge in the field. Five lecture-based classes are now taken by all B.S. in Kinesiology and Health students, regardless of their major. In addition, students must also complete at least three physical activity classes. The new curriculum went into effect with the publication of the 2008-2010 Undergraduate Catalog in the fall of 2008, and so our first majors in the program went on the books in this calendar year.

ALL STUDENTS

<table>
<thead>
<tr>
<th>Major</th>
<th>Fall 2008</th>
<th>Spring 2009</th>
<th>Average</th>
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<tbody>
<tr>
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<td>136</td>
<td>131</td>
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<td>120</td>
<td>120</td>
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<td>Health Promotion</td>
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<tr>
<td>Gen KIN/Exercise Science</td>
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<td>84.5</td>
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<tr>
<td>Physical Culture &amp; Sport Studies</td>
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<td>6</td>
</tr>
<tr>
<td>TOTALS</td>
<td>71</td>
<td>2</td>
<td>188</td>
</tr>
</tbody>
</table>

Student Numbers

Although the new curriculum is now in place we will continue to have students completing the old degree program for the next several years. However, the distribution of majors during 2008-2009 can be seen in the accompanying chart. The number of graduates for 2008-2009 is reflected in the chart below.

<table>
<thead>
<tr>
<th>GRADUATES</th>
<th>Fall 2008</th>
<th>Spring 2009</th>
<th>Summer 2009</th>
<th>Totals</th>
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<tr>
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<td>Gen KIN/Exercise Science</td>
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<td>45</td>
<td>6</td>
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<tr>
<td>Teacher Cert/Applied Movt Sci</td>
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</tr>
<tr>
<td>Athletic Training</td>
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<tr>
<td>Physical Culture &amp; Sport Studies</td>
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</tr>
<tr>
<td>TOTALS</td>
<td>72</td>
<td>85</td>
<td>38</td>
<td>195</td>
</tr>
</tbody>
</table>

2009 Alderson Lecture

Jan Todd, Coordinator

One of the Undergraduate Committee’s main efforts each year is the planning of the annual Alderson Lecture and the selection of the undergraduate Alderson Scholarship recipients. The Alderson Lecture is presented each year in honor of the late Dr. C.J. (Shorty) Alderson and the late Dr. Mary Buice Alderson, former members of the faculty of the Department of Kinesiology and Health Education and 2007 inductees of the Kinesiology and Health Education Hall of Honor. Few people have had such positive effects on a profession as did the Aldersons. They served a combined 85 years as physical educators, most of which were at The University as student in 1912 and served from 1924 to 1969 in various capacities as a coach and teacher. He continued to be active in his profession until his death in 1970. Dr. Mary Alderson joined the U.T. faculty in 1946 after having taught in the Hillsboro Public Schools, Hillsboro Junior College, and Mississippi State College for Women. She retired in 1973 and passed away December 25, 1993.

Undergraduate Alderson Scholarship Recipients

On April 14, 2009 the Undergraduate Advisory Committee awarded 21 Alderson scholarships to deserving undergraduates at the evening lecture. Each of these students received a $1500 award and was publicly recognized for their academic achievement and community involvement. During the program, several other undergraduate awards were presented, including a new award to honor retired professor Charles W. Craven.
2009 Alderson Apprentice Teacher Scholarship
Dustin Cox
William Schott Hartt
Jesus Mares
Mariah Kate McAfee
Aaron Vanecek

Alderson PETE Recruitment Scholarship
Kassandra Knapp

NASPE Student Major of the Year Award
Mariah McAfee

The Alderson lecture and scholarship ceremony was held at the Thompson Conference Center. The 2009 Alderson Lecturer was the Dr. Jack Berryman, of the University of Washington Medical School. His title was “Exercise as Medicine: An Historical Overview.” Dr. Berryman is Professor in the Department of Bioethics and Humanities and Adjunct Professor in the Department of Orthopaedics and Sports Medicine in the School of Medicine at the University of Washington, Seattle. He is a founder and past president of the Pacific Northwest Historians Guild and is past president of the North American Society for Sport History. Dr. Berryman served as editor and managing editor of the Journal of Sport History and was guest editor for a special issue on “Sport, Exercise, and American Medicine” (1987). Because of his pioneering and innovative work in the history of exercise and sports medicine, Professor Berryman was elected Fellow in the American Academy of Kinesiology and Physical Education. He was also invited to present the D. B. Dill Historical Lecture before the American College of Sports Medicine an unprecedented two times, in 1994 and in 2004, and was presented with the Distinguished Service Award for Exceptional Contributions by the North American Society for Sport History and the Distinguished Educator Award by Lock Haven University. In 2001, Professor Berryman became the first historian to be elected Fellow in the American College of Sports Medicine. He currently serves as chair of the American College of Sports Medicine’s Office of Museum, History, and Archives and is the Official Historian for the College. Dr. Berryman was one of the contributing authors of Physical Activity and Health: A Report of the Surgeon General (U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 1996). He is also author of Out of Many One: A History of the American College of Sports Medicine (Human Kinetics Publishers, 1995), and co-editor (with Roberta J. Park) of Sport and Exercise Science: Essays in the History of Sports Medicine (University of Illinois Press, 1992). In addition he has published more than 90 articles in the most distinguished journals in the field of sport and medical history.

2009 Alderson Undergraduate Scholarships: Justin Bielamowicz, Blake Boren, Taylor Gill, Lauren Holt, Scott Howell, Shannon Kincade, Lauren Lichterman, Nicholas Martinez, Jordenne Parker, Erin Seaton, David Self, Kaitlin Starrett, Ross Toungate, Megan Vasquez, Maegan Williams, Anthony Winn

Charles Craven Award
Nick Garcia, Jr., pictured here with Charlie Craven

Lynn McCraw Award
Sean Hill

2009 Alderson Lecture Guest Speaker
Dr. Jack Berryman
ATHLETIC TRAINING EDUCATION PROGRAM

Brian Farr, Coordinator

The Athletic Training Education Program (ATEP) was awarded an additional year of initial accreditation by the Commission on Accreditation of Athletic Training Education (CAATE) based on the students’ performance, annual reports, and program’s success. The Bachelor of Science in Athletic Training (BSAT) degree has been implemented and will replace the previous degree of a B.S. in Kinesiology and Health with a major in Athletic Training. We also continue our agreement with the UT Medical Branch at Galveston’s Doctorate in Physical Therapy program whereby three graduates of our program that meet all admission’s prerequisites will be admitted to their DPT program on a non-competitive basis.

Students

Forty-eight students were enrolled in the ATEP during the 2008-09 academic year. Over 50 students participated in the Directed Observation (D.O.) Program with 21 students being admitted for the fall 2009 semester.

The 2008-09 academic year also saw ATEP students continue their work with area high schools, physicians’ offices, the University Health Center, UT RecSports, and St. Edward’s University, in addition to UT Intercollegiate Athletics teams as part of their clinical education rotations.

Four ATEP students (Brad Endres, Jeff Schmidt, Jared Hutchens, and Jose Ponce) were selected for NFL internships, one each with the Detroit Lions, the Dallas Cowboys, the Tampa Bay Buccaneers, and the New England Patriots. The UT ATEP was one of only two programs in the nation that had four students selected for internships. Kassi Johnson received a South West Athletic Trainers’ Association (SWATA) Scholarship and Kara Miller received a National Athletic Trainers’ Association (NATA) Scholarship.

Eighteen students attended the NATA Annual Symposium. These students were recognized by the NATA and SWATA for volunteering for more hours than any other student group. In recognition of their efforts, the SWATA donated $300 to their student organization fund.

Awards

Annual student awards are presented by the Department of Intercollegiate Athletics through the Athletic Training and Sports Medicine staff in conjunction with the Athletic Training Education Program.

This year’s award recipients were:

Student Athletic Trainer of the Year: Marissa Carrizales
Most Improved Student Athletic Trainer: Jun “Danny” Oh
P.R.I.D.E. Award for Classroom Excellence: Jessica Yanta
LATSA Inspiration Award: Brad Endres

Service Awards

Mary Baker, Teryl Boland, Mary Buckner, Marissa Carrizales, Gabby Enriquez, Laforie Gaitan, Amanda Martinez, Danny Oh, Diana Ramirez, Adrianna Rodriguez, Mallory Sitzman, Jessica Yanta

Academic Awards


Graduates

Twelve students graduated in the 2008-09 academic year. Our graduates were employed by Texas A&M International University, Brackenridge Hospital, Whitesboro ISD, and Gold’s Gym. Four students obtained graduate assistantships with Texas State University, UT-Tyler, Rice University, and Arizona State University. One student was admitted to Texas Women’s University Physical Therapy School. One student is fulfilling his mandatory military
service in his home country of Korea. One student entered the MSW program at UT. Unfortunately, one student became very ill and was hospitalized for several months and is still trying to recover. She plans on attending PT school upon her recovery.

We are proud to announce that we had a 100% passing rate for first time candidates challenging the Texas licensure examination. Average passing rates for first time candidates for the entire state hover around 80%. We also had a 100% passing rate for first time candidates sitting for the BOC examination. The national average passing rate for first time candidates is 50%. UT ATEP graduates have an overall first time passing rate of 65% for the BOC compared to the national average that has varied from 37% to 50% during that same period. UT ATEP graduates have an overall first time passing rate of 93% for the Texas LAT examination compared to the state average of approximately 77%.

Faculty & Staff

The 2008-09 academic year was also the sixth year for Brian Farr, Lecturer and Director of the Athletic Training Major and ATEP. Farr came from the Department of Intercollegiate Athletics, where he served as the Head Athletic Trainer with the Men’s Basketball Team. He also designed the curriculum for the current major, coordinated the athletic training student internship program, and taught courses in the Department of Kinesiology and Health Education.

Farr is a nationally Certified Athletic Trainer (ATC), a Texas Licensed Athletic Trainer (LAT), and a Certified Strength and Conditioning Specialist (CSCS). He is active in the NATA and serves as a BOC reviewer for home study continuing education programs. Farr is also a member of the South West Athletic Trainers’ Association (SWATA) and serves on the Public Relations Committee and the Student Research Committee.

Farr, along with members of the athletic training staff, also organized the Longhorn Sports Medicine Camp. This summer camp provides an opportunity for high school students to come to UT for three days of lectures and demonstrations on various athletic training topics. More than 100 students attended the 2009.

Farr is also the faculty sponsor for the Longhorn Athletic Training Student Association (LATSA). The LATSA, open to all UT students that are interested in athletic training and sports medicine, saw its highest membership numbers since it was founded in 2000. The group sponsored “High School Sunday”, an event that invites high school students to campus for a tour and orientation to the UT ATEP. This year’s High School Sunday was attended by over 60 students, parents, and professionals. The association has plans to raise money that will be used to bring in guest speakers, send student members to athletic training and sports medicine conferences, assist in covering the costs of the licensure and certification examinations, and create a scholarship fund.

Donald Nguyen, who serves as the ATEP Clinical Coordinator and lecturer as well as an assistant athletic trainer with the Athletics Department, supported Brian Farr. A host of clinical supervisors that included athletic trainers and physicians from UT Athletics, the UT Health Center, Texas Sports & Family Medicine, St. Edwards University, Pflugerville High School, Westwood High School, Leander High School, and McNeil High School continue their work with the ATEP.

ATEP faculty members gave presentations at the local, state, and national level including:

- Reaching Today’s Athletic Training Students – presented at the College Athletic Trainers’ Society Annual Meeting
- Manual Therapy Techniques for the Knee – presented at the Central Texas Athletic Trainers Society Annual Workshop
- Sports Related Concussions – presented at the Texas Private High School Coaches Association Annual Convention
- Manual Therapy Techniques for the Knee – presented at the University of Mary Hardin Baylor Sports Medicine Workshop
- Injury Recognition and Prevention – presented to the UT Air Force ROTC

ATEP faculty also participated in professional service activities including: serving as a session moderator at the NATA Annual Symposium; serving as a CEU program reviewer for the Board of Certification; serving on the SWATA Student Research and Education Committee; serving on the SWATA Public Relations Committee; serving as an invited reviewer for two published textbooks; coordinating the injury prevention section for the Texas DPS Wellness Education Program; serving as a consultant to the UT Athletics Department Sports Medicine Staff; serving as a faculty representative for the College Sports Medicine Foundation’s Workshop in Athens, Greece.
EXERCISE PHYSIOLOGY

Roger P. Farrar, Coordinator

Our group consists of graduate faculty members Dr. John Bartholomew, Exercise and Health Psychology, Dr. Edward Coyle, Exercise Physiology, Dr. Roger Farrar, Exercise Physiology, Dr. John Ivy, Exercise Physiology, and Dr. Hirofumi Tanaka, Exercise Physiology. In addition to this group of Exercise Physiologists and Psychologist we are fortunate to offer clinical applications of exercise to the field of rehabilitation in our undergraduate major of Athletic Training, directed by Brian Farr, and in the areas of fitness assessment and body composition through the Fitness Institute of Texas, directed by Phil Stanforth. We continue to search for an additional faculty member that will complement the existing research expertise of our existing faculty and one that will represent future leadership in our field. Exercise Physiology is integral to addressing national health needs in the areas of obesity, metabolic disorders, aging, inactivity, and rehabilitation from injury and disuse. Our group is actively gathering data that will inform the public, health practitioners, teachers, and the medical and scientific communities as to ways that exercise enhances function and health from early childhood through the lifespan. These studies range from epidemiological alterations in populations in Texas and the nation, cardiovascular changes that occur in vascular structure and function in aging and clinical populations including people with Lupus. We are also determining some of the physiological limits for our military soldiers as they seek to defend us in harsh climatic conditions throughout the world. A variety of research questions are ongoing to determine the metabolic and cardiovascular limitations of these various populations. How can nutrition be modified to optimize resistance to fatigue, enhance muscular force and mass, and restore muscular tissue that has been compromised during activity or through injury? Some of these answers are being actively pursued with modifications in the ratios of protein and carbohydrate in the diet and ergogenic aid supplements and the timing of the administration of these supplements. There are many ergogenic aids that are affective in addressing some of these conditions, but similar benefits are being discovered through ingesting chocolate milk and/or cereals such as Wheaties and low fat milk.

We all experience soreness when overexerting in recreational sports, and research is being conducted that demonstrates that this soreness can be moderated by ingesting pomegranate juice known for its antioxidant constituents.

When muscles are damaged through extreme exercise or accidents remediation from injury may be found through the use of the subject’s own progenitor cells, called stem cells, found in bone marrow and adipose tissue.

Our faculty is engaged in research ranging from changes in body composition and function through nutrition and exercise to restoration of tissue through utilization of our own cells to assist in tissue regeneration. We are eagerly awaiting new vistas and scientific approaches that our new faculty member will bring and compliment existing research expertise present in our current faculty.

Dr. John Ivy

Last year we outlined how Dr. Ivy’s research had impacted athletes from weekend worriers to Olympic Gold medalists through his formulation of a new sports drink, PureSport. This drink continues to be distributed through various nutritional and fitness venues and continues to impact optimal performance in these athletes. Proper timing of the ingestion of this combination of carbohydrate and protein has been demonstrated to affect glycogen storage, muscle protein synthesis, reduction in fatigue and increased recovery from prolonged bouts of exercise. This work has been expanded from altered formulation and timing of ergogenic aid drinks and supplements to the utilization of more common foods such as Wheaties with skimmed milk. This work led to Dr. Ivy being asked to serve as a consultant to Wheaties for their new formulation of the cereal. Dr. Ivy was rewarded the ultimate prize of appearing on the Wheaties cereal box. Interested parties should visit the Wheaties web page to observe a series of short videos of Dr. Ivy working with five elite athletes, including Peyton Manning of the Indianapolis Colts professional football team, and Kevin Garnet of the Boston Celtics professional basketball team. While these web-based videos are lighthearted and humorous they also give testimony to the impact that Dr. Ivy’s research has had on sport nutrition.
If Dr. Ivy’s laboratory is successful in demonstrating that chocolate is in fact beneficial prior to exercise or as we recover, we will all thank him as we snack on a chocolate bar after an exercise bout. Currently this work studying the effect of chocolate milk on exercise recovery and training adaptation is funded by a grant from the National Dairy Council.

Driving all of this research is the desire to uncover basic constituents in our diets that will enhance our well being, as well as our athletic performance. In this regard, Dr. Ivy has pursued ways of optimizing exercise and dietary regimes to reduce the incidence and severity of adult onset diabetes. Currently he has two grants from Abbott Laboratories to study the effect of amino acid supplements on glucose tolerance and insulin resistance in young healthy adults, as well as in healthy, overweight adults. His work over the years in rodent models has demonstrated that amino acid supplementation and exercise enhances glucose sensitivity in the muscle and greater glucose clearance. These data have led to these translational studies in humans.

Dr. Edward Coyle

Last year we cited Dr. Coyle’s work with the Department of Defense evaluating the effects of elevated environmental temperature, prolonged work bouts and sleep deprivation on optimal physical and psychological performance. As we see thousands of troops deployed to Afghanistan, we realize the importance of this work. Our troops are asked to defend us and reduce the threat of terrorism for the Afghan people and the rest of the free world. Temperatures range from -20 to -30 °F to extreme heat, 120-130 °F. These changes in temperature and humidity coupled with ranges of high altitude provide extreme physiological stressors for our combat soldiers. When you couple the extremes of environmental stressors with sleep deprivation common during warfare, understanding how these conditions can affect physical and mental function is critical for our fighting troops. Currently Dr. Coyle’s laboratory is focused on the limits of cardiac function during periods of prolonged exercise and fatigue. This research has been funded by a subcontract grant to the University of Texas from the Department of Defense entitled “Sustaining and enhancing high optempo performance.”

This past year Dr. Coyle finished up a separate study evaluating the effect of pomegranate juice upon eccentric muscle damage. While this juice does not have the same appeal as eating chocolate, Dr. Coyle’s laboratory group has quantified the reduction of delayed muscle soreness through the administration of dietary intake of pomegranate juice prior to bouts of lengthening contractions. These lengthening contractions have been demonstrated to induce micro-tears in the muscle, which result in swelling and damage in the muscle. This damage also reduces maximal force that the muscle can exert, as well as delayed soreness that manifest itself for several days after the bout of exercise. The antioxidants, called phenols, contained in pomegranate juice, act to reduce the damage and subsequent soreness. Pomegranate has been found to contain a specific antioxidant, ellagitannin that has a high potency for scavenging free radicals and reducing muscle soreness.

Dr. Coyle was also invited to present to the International Olympic Committee in Lausanne Switzerland on “Metabolic and Performance Effects of Short-term Fasting”. Dr. Coyle directs the Sports Sciences and Nutrition program in our department and has devoted years of study on the effects of nutrition upon elite athletic performance.

Dr. Roger Farrar

Dr. Roger Farrar continues to utilize adult stem cells as a therapeutic modality in the repair of muscular damage. These progenitor cells are found in abundance in bone marrow and more recently in adipose tissue. They may be removed from a patient and expanded in cell culture to clinically relevant quantities. The appeal of these cells is that they can be harvested from a patient and re-infused into the donor patient, reducing chances for a negative immune response. These stem cells have the ability to differentiate into muscle, bone, nerve and blood vessels depending upon the environmental cues provided by the tissue environment in which they are placed. These cues include stiffness of the environment, chemical cues released from the damaged tissue, blood supply and neural supply. This research has been funded by a grant from the Department of Defense entitled “Regeneration of Injured Muscle through Stem Cell Repopulation”. Currently the research has been focused on model development in animals, but like Dr. Ivy’s translational research Dr. Farrar hopes to adapt these applications to human populations.

The importance of this work is found in the fact that when large portions of muscle are lost, in battlefield or in accidents, the muscle does not have the ability to regenerate across large distances where the void has been created. By placing a decellularized collagen matrix gleaned from muscle and sutured into the defect, the progenitor cells are able to grow in the matrix, differentiate into blood vessels, nerves, and muscle and to fill the

Dr. Coyle testing Leo Manzano, UT NCAA 1500meter champion, before he left for Beijing to compete in the Olympics for the U.S. Track & Field Team.
Critical to this model is the fact the collagen matrix also serves to transmit forces between and amongst the remnants of the remaining muscle. The stretch and tension placed on these cells as they grow stimulates regeneration as well appropriate orientation of the muscle cells. This orientation allows for development of meaningful muscular force at the tendons. The first study in a series of studies was recently published from Dr. Farrar’s laboratory, demonstrating that this model of repair could withstand the force of load bearing muscles and would over time develop meaningful mass and force to restore the function in this damaged-muscle. A meaningful cosmetic benefit of this regeneration is restored morphology of the muscle, providing an important restoration of appearance as well as function.

Application of stem cells, due to their ability to differentiate into a variety of tissue has great therapeutic potential. Dr. Farrar’s laboratory is working with companies including SpineSmith, Theken, and Integra Inc. on a model of spinal fusion. Both stem cells from adipose and bone marrow are being employed along with a bone matrix material to determine if they will accelerate the healing of the vertebrae undergoing spinal fusion. This work is still in the pilot stages, but early results are very promising.

A second form of injury is the bouts of ischemia/reperfusion imposed by tourniquet application. Surprisingly the tourniquet, which provides a bloodless surgical environment for many surgeries, approximately 20,000 per day throughout the world, has been demonstrated to induce damage to the muscular tissue when it is reperfused with blood subsequent to the tourniquet application. Dr. Farrar’s laboratory has demonstrated that the ischemia/reperfusion induced by tourniquet application has greater affect in skeletal muscle in older subjects than younger subjects. The older subjects, representing a greater percentage of population experience greater damage and have slower recovery. This model is being examined to determine what interventions can be introduced to lessen the damage and hasten the recovery, especially during the aging process.

**Dr. John Bartholomew**

Dr. John Bartholomew, an Exercise Psychologist, is involved in research that spans two areas, Exercise Psychology and Health Education. He and Dr. Esbelle Jowers, Research Scientist, are funded through NIH on a grant entitled “Evaluation of the Texas I-CAN Curriculum”. His research also has been funded for the last five years by the Texas Department of Health, Diabetes Council for a program entitled Walk Texas. This research program is designed to facilitate populations of people throughout Texas to become engaged in regular walking as a readily accessible form of exercise to reduce the prevalence of adult onset obesity in Texas. Dr. Bartholomew has received an additional $420,000 from an NIH R21 award to examine the effect of low fat components in the lunch program for elementary and middle school children.

When Dr. Bartholomew was recruited he was brought in to bridge the disciplines of Exercise Physiology, Exercise Psychology and Health. His formal training was that of Exercise Psychology, focusing on the affects of exercise upon stress and mood, and the effects of exercise upon health and psychological well being. As he worked in these areas, he has explored the attributes of exercise, health and nutrition and melded these three components into a holistic model of healthy living. Importantly he has applied this model in underserved populations to address childhood obesity, nutrition, and activity patterns in the school systems. Due to the epidemic in obesity and particularly childhood obesity, Dr. Bartholomew’s research has placed him in a leadership position in this area of research.

**Dr. Hirofumi Tanaka**

Dr. Hirofumi Tanaka continues in his research focus of the influence of aging and lifestyle modification on cardiovascular function and disease risk in humans. This past year Dr. Tanaka published 12 articles in refereed journals, the majority of which were on the effect of exercise upon arterial structure and function in different elderly populations. Interestingly, he also published on the effects of horseback riding on cardiovascular and metabolic responses. Obviously Dr. Tanaka is integrating his research models to those applicable to Texas culture and active life styles. Recently he was awarded an American Heart Association grant to evaluate the effect of swimming as an exercise intervention upon blood pressure and arterial function. In Austin, blessed with a fitness oriented population, there are many different activity models that can be studied, from the occasional recreational participant to elite swimmers, cyclist, and runners, many of whom compete at the national and international level.

Dr Tanaka sponsored Allison DeVan’s NIH R32 pre-doctoral fellowship investigation entitled “Smoking and Exercise on Arterial Stiffness”. This funding has allowed Allison to fully devote her time to her research.
Due to her productivity and research publications, Allison was also awarded the William C. Powers Graduate Fellowship. This fellowship is awarded by the graduate school and is actively sought after by graduate students in all disciplines.

Taka Tarumi, another doctoral candidate of Dr. Tanaka’s, was awarded the Educational Centennial Endowed Presidential Scholarship. Both of these fellowships are a testimony to the quality of graduate students that has been molded by Dr. Tanaka’s mentorship.

Dr. Tanaka was also invited to present two presentations at the 1 Simposio de Exercicio Fisico Basedo em Evidencia, Porot Alegre, Brazil in July and August this summer.

Brian Farr

Brian Farr is the Head of the Athletic Training program housed within the Department of Kinesiology and Health Education. Brian teaches a majority of the academic classes for these majors, as well overseeing the clinical experience of 30 students each year. These students complete clinical training with the University of Texas Intercollegiate Athletic program, as well as working with the local school districts and their athletic programs. In order to be certified in the state of Texas these students must successfully complete over a thousand hours of clinical experience before they take the board examinations. The Athletic Training program is described in greater detail on page 8.

Phil Stanforth

Phil Stanforth continues to lead the Fitness Institute of Texas, FIT. The institute evaluates roughly 1,500 students per year in a battery of fitness tests. The institute also carries out fitness tests for numerous University of Texas athletic teams, and individuals from the community who come to be evaluated for their work capacity, and body composition. FIT also collaborates with research components on campus and businesses in the community. Phil provides invaluable training each year for 10-15 interns, both graduate and undergraduate students. Phil is also a very popular teacher in his Physiological Basis of Conditioning class, and Diagnosis and Evaluation of Fitness. Both of these classes emphasize clinical aspects of exercise including body composition, work capacity, and common methods of evaluating these parameters. His hands on approach and clinical expertise is greatly valued and appreciated. The FIT program is described in greater detail on page 31.

Research Publications

The scope of the research is broad reaching and requires our students to receive course work ranging from clinical evaluation of work capacity to biochemical and cellular adaptations to metabolic and mechanical loads placed on heart and skeletal musculature. The research conducted in the various laboratories within Exercise Physiology has resulted in over 20 publications in national and international journals.

Teaching Facilities

The Cullen Education Trust Fund grant was specific to teaching facilities and undergraduate teaching laboratories. The new equipment for the undergraduate Exercise Physiology laboratory will include: electronic analyzers for both CO2 and O2, dry test gas meters to determine gas volumes, Wingate bicycle ergometer. These component systems will compliment the metabolic cart allowing the students to gain greater understanding of the parameters that determine oxygen consumption and work capacity measures.

In addition the undergraduate Applied Human Anatomy/Athletic training laboratories will be getting additional human plastinated specimens for these core classes. These specimens will greatly enhance the opportunity for learning human anatomy and their application to athletic training.

Graduate Fellowships

Each year approximately 25 new graduate students enter our graduate program in Exercise Physiology. These students come from around the world, and from diverse academic backgrounds. The diversity of cultural and academic backgrounds bring a rich texture to our graduate program. We are very proud of these students and a number of these students received competitive scholarships this past year.

Continuing Fellowships are designated for graduate students in a university wide competition, based on academic records and research productivity. This year we were honored that three of our graduate students received these awards: Allison DeVan (Dr. Hiro Tanaka adviser); Jill Cook Barnes (Dr. Hiro Tanaka adviser); Joel Trinity (Dr. Ed Coyle adviser).

David Hammers (Dr. Roger Farrar adviser) received the Ellis Fellowship in Education from the College of Education.

Mack Brown Fellowships were awarded to Jill Barnes (Dr. Hiro Tanaka Adviser), and Allison DeVan (Dr. Hiro Tanaka Adviser).
HEALTH EDUCATION

Alexandra Loukas, Coordinator

The 2008-2009 academic year was marked by exciting changes for Health Education:

• Dr. Keryn Pasch joined our faculty in the fall and began teaching our undergraduate Foundations of Health Promotion I and Foundations of Health Promotion II classes. Dr. Pasch earned her PhD in Epidemiology with a minor in Interpersonal Relationships Research at the University of Minnesota;

• The new Health Promotion major was offered to our undergraduate students for the first time in the fall. This new major allows students to delve deeper into health promotion and in this way better prepares them for applied careers and/or entry into a graduate program; and

• Our doctoral program in Health Promotion was streamlined and strengthened to increase our graduates’ competitiveness for the careers they wish to pursue.

In addition to these changes, a long-time member of our faculty, Dr. Elizabeth “Polly” Edmundson, resigned her position at The University. Dr. Edmundson played a valuable role in our area, coordinating the Certified Health Education Specialist (CHES) certification for our students and teaching undergraduate and graduate courses in epidemiology and human sexuality. We wish Dr. Edmundson all the best in her future endeavors.

Health Education faculty continued to maintain national leadership and research productivity in health promotion, while offering outstanding instructional programs at both the undergraduate and Masters and Doctoral level.

Undergraduate Programs

At the undergraduate level, we offer the BS in Kinesiology and Health with a major in Health Promotion. Upon graduation, our majors are prepared for careers in community health care settings, corporate and personal wellness centers, government agencies, voluntary health agencies, fitness rehabilitation, and personal training. Many of these students pursue graduate degrees in health promotion or related fields of study such as physical therapy, public health, nursing, nutrition, or counseling. The Fifth Annual Internship and Career Day organized by The College of Education Advising and Career Services Center for our undergraduate students was a great success.

Graduate Programs

The graduate programs in Health Education at UT Austin are interdisciplinary programs that prepare students for academic, research, and applied careers in health promotion. The masters programs prepare researchers and practitioners for leadership roles in higher education, schools, community health care settings, business, government agencies, and voluntary health agencies. The PhD in Health Education prepares students for academic and research careers with emphasis on health promotion. Research in health promotion is conducted in a variety of settings (e.g., school, community, worksite, health care, university) and addresses health issues across the life span. Over the past five years, all masters’ graduates from the Health Education program have passed the national Certified Health Education Specialist (CHES) examination.

Faculty

Our core faculty represents a diversity of interests in health promotion and behavioral health. Dr. John Bartholomew brings an interest in the psychological factors that are associated with physical activity: the psychological response to exercise (stress, mood, etc.) and the psychological factors that promote activity (motivation, self-efficacy, etc.). Dr. Nell Gottlieb, a research professor, focuses on the design, implementation, and evaluation of health education programs. Her current applied public health research includes physical activity, nutrition, and tobacco control in community, worksite, and health care settings. Dr. Carole Holahan studies psychosocial factors in health and well-being across the life span, successful aging, coping with illness, and women’s health. Dr. Alexandra Loukas, the HED coordinator, studies adolescent and young adult health, particularly adolescent aggression and tobacco use and cessation in disparate populations, with a special interest in examining how factors from multiple ecological levels (e.g., family, school, culture) interact to protect adolescents and young adults from negative health outcomes. Dr. Keryn Pasch studies the influence of parenting and media on adolescent health behavior, including alcohol use and obesity related behaviors. She also researches the clustering of adolescent health risk behaviors. Dr. Fred Peterson focuses on child, adolescent, and school health promotion, adolescent risk-taking behavior, and global warming education with a focus on teacher health literacy and evidence-based instruction. Dr. Mary Steinhardt’s research explores the determinants and methods for building resilience and strength when challenged with change and stressful situations. Current projects include resilience-based diabetes self-management programs for African Americans, reducing teacher burnout, and enhancing the resilience of wives of deployed military servicemen. Dr. Harold W. (“Bill”) Kohl III holds a joint appointment at the University of Texas Health Science Center, School of Public Health (Austin Regional campus). Dr. Kohl’s research interests include current focus on physical activity, exercise, fitness and health and public health interventions in environment and policy to promote physical activity.

Health Education faculty continue to have a professional national presence. This past year the faculty published, or had accepted for publication, 18 research articles in Addictive Behaviors, The Diabetes Educator, Disability and Rehabilitation, Ethnicity and Health, Health Education and Behavior, The Health Educator, Health & Place, the Journal of Adolescent Health, the Journal of...

The faculty also gave 21 research presentations at national and international conferences, including the annual meeting of the Society for Behavioral Medicine, the American College of Sports Medicine Annual Meeting, the National Conference on Tobacco or Health, the Biennial Meeting of the Society for Research in Child Development, the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, the annual meeting of the Society for Prevention Research, the annual meeting of the American Nutrition Society at the Experimental Biology Society, the annual meeting of the Obesity Society, the American Public Health Association Annual Conference, the American College Health Association Conference, and the American Academy of Health Behavior Annual Conference.

Grants and Funding

Health Education faculty received a total of $1,343,426 in external funding for research and development. The grants, contracts, and contributions were from the following: the National Cancer Institute/NIH; the National Institute on Drug Abuse/NIH; the Texas Department of State Health Services; 3M; the Association for Supervision & Curriculum Development; City of Austin/Travis County Health and Human Services Dept.; the Division of Housing and Food Services, UT Austin; the Office of the Vice President of Research, UT Austin; and the University of Arizona, Tucson.

Faculty Activity and Honors

Health Education faculty provided important service to the community and made numerous contributions to the field during the past year. Among these, Dr. Holahan served on the American Psychological Association Division 20 (Adult Development and Aging) Student Awards Committee. Dr. Loukas continued her service on the Finance Committee of the Society for Research on Adolescence and Dr. Pasch was elected the Chair-Elect of Early Career Preventionist Network of the Society for Prevention Research. The HED faculty is proud of Dr. Bill Kohl, who was the co-recipient of the Charles C. Shepard Science Award for Prevention and Control from the Centers for Disease Control and Prevention in June 2009.

Professional Service

The Health Education faculty served on editorial boards and provided reviews for articles in journals such as Addiction, the American Journal of Health Behavior, the American Journal of Preventive Medicine, Armed Forces & Society, the British Journal of Nutrition, Developmental Psychology, Evaluation and Program Planning, Health and Place, the International Journal of Behavioral Nutrition and Physical Activity, the International Journal of Occupational and Environmental Health, the Journal of Adolescent Health, the Journal of Adolescence, the Journal of Family Theory & Research, the Journal of Nutrition Education and Behavior, the Journal of Physical Activity and Health, the Journal of Primary Prevention, the Journal of Youth & Adolescence, Psychology, Psychology of Addictive Behaviors, and Social Science and Medicine.

The faculty also contributed to the university through service on a number of University-wide committees. Dr. Loukas served on the Research Policy Committee and was a member of the Institutional Review Board. Dr. Holahan served on the Women’s Faculty Organization Steering Committee. Both Dr. Peterson and
Dr. Steinhardt served on the Bridging Disciplines Program (BDP) Faculty Advisory Panel. Dr. Steinhardt served on the Faculty Council, the Recreational Sports Committee, the Faculty Building Advisory Committee, the UT Cactus Yearbook Goodfellow Award Committee, the Regents Teaching Award Selection Committee, and the University-wide Gender Equity Report Open Forum Panel.

The HED faculty is especially proud of Dr. Mary Steinhardt, who served as Faculty Ombudsperson for The University in the 2008-09 school year.

**Student Honors**

Several health education students received prestigious competitive awards last year. Karissa Horton received an AAHE/Will Rogers Institute Fellowship, Lauren Grieco received a Professional Development Award from the School of Graduate Studies, Denise Herrera and Katherine Velasquez both received a Long Fellowship and Karissa Horton and Kelly Welsh both received an Ellis Fellowship.

**Internship Placements**

This year our undergraduate Health Promotion and Fitness Students and MEd Students completed internships in a variety of settings in Austin and elsewhere in Texas, as well as some out-of-state. These included 3M Austin Fitness Center, Active Life Movement, Advanced Rehabilitation, Capitol Metro, Chevron, the City of Austin - Safe Routes, Cooper Fitness Center, Galveston Island Beach Patrol, Hidalgo Independent School District, Hit Center, KidVenture, North Austin Sports Medicine, Planned Parenthood’s Teen Clinic, Rising Phoenix Adventures, Round Rock Medical Center, St. David’s Medical Center, Seton Medical Center, Sustainable Food Center, Telos Fitness Center, Train 4 the Game, UT Austin’s Division of Housing and Food and Recreational Sports, Velocity Sports Performance (West Los Angeles, CA), Well at Dell Fitness Center, and Woodcreek Wellness Center.

**New Graduates**

We are very proud of our recent graduates. Matthew Stults-Kohlemeian, Carol Spaulding and Jennifer Loyo earned doctorate degrees, while Paige Abernathy earned the M.Ed. degree, and Christian Gloria, Bill Sadler and Katie Faulk earned the MA degree.
MOVEMENT SCIENCE

Lawrence Abraham, Coordinator

The faculty and students of the Movement Science program focus their study and research on multidisciplinary analysis of human movement, using a combination of biomechanical, neurophysiological, developmental, cognitive, and behavioral approaches. The 2008-2009 year saw our graduate program continue to evolve and grow in several ways. Again this year the program faculty and students were engaged locally, nationally, and internationally in outstanding scholarly and service activities.

Movement Science website: http://www.edb.utexas.edu/mvmtsci/

2008-2009 Faculty

Professor Lawrence Abraham – studies the coordination of human movement, with particular emphasis on the interaction of neural and mechanical mechanisms.

Professor Jody Jensen – studies the development of movement skills and changes in movement competence from infancy through older adulthood, with special emphasis on children with autism.

Professor Waneen Spirduso – examines the relationship of health and physical activity to cognitive function in older adults.

Associate Professor Jonathan Dingwell – uses concepts and tools from physics and mechanics to study both basic science and clinical questions related to biomechanics and neuromuscular control of movement.

Assistant Professor Lisa Griffin – investigates how the central nervous system controls muscle force during adulthood and aging and how motor control changes during perturbations such as muscle fatigue, strength and endurance training, and neurological disorders.

2008-2009 Graduates

• Esther Cory, M.A. KIN – Movement Science (Jensen)
• Michelle Garel, M.A. KIN – Movement Science (Dingwell)
• Roland Robb, M.A. KIN – Movement Science (Dingwell)
• Richard Roussel, M.A. KIN – Movement Science (Spirduso/Abraham)
• Cheol-Hyun Ryu, M.Ed. KIN – Movement Science (Spirduso)

2008-2009 Graduate Students

Masters: Nicole Bohnsack (Abraham), Ester Cory (Jensen), Jillian DeLaTorre (Jensen), Michelle Garel (Dingwell), Landon Hamilton (Spirduso), Joseph Hernandez (Spirduso), Ana Leandro (Jensen), Kristen Madl (Abraham)

Doctoral: Rebecca Behling (Jensen), Mike Decker (Griffin/Abraham), Trena Herrings (Spirduso/Abraham), Amy Lam (Abraham), Patricia M. McAndrew (Dingwell), Joni Mettler (Griffin), Ann Newstead (Jensen), Christie Powell (Jensen), Yesha Parmar (Griffin), Roland Robb (Dingwell), Rick Roussel (Spirduso/Abraham), Cheol-Hyun Ryu (Spirduso), Shawn J. Scott (Dingwell), Rutvi Shah (Jensen), Kena Shah (Griffin), Tamanna Shaikh (Griffin), Lindsay Slater (Jensen), C.J. Stanfill (Jensen), Ashok Subramanian (Griffin), Anckit Wadhwa (Griffin), Renate Van Zandwijk (Jensen).

Scholarship

The Movement Science group’s reputation is built on its strong foundation of research and in 2008-2009, the scholarly productivity of our group continued to gain both national and international recognition.

Much of this increased activity in recent years has been due to our continued success at attracting both federal and non-federal funding. This year Jon Dingwell began work on his 2-year $141,849 NIH grant titled “Changes in Control of Movement Timing and Stability With Muscle Fatigue” and continued work on his two-year $399,119 NIH grant to study the effects of large and small perturbations on the dynamic stability of human walking. Also, Lisa Griffin completed the final year of her 3-year $213,864 NIH grant, “Motor Unit Activity and Force Steadiness Changes with Aging”.

In 2008-09 our faculty and graduate students published 13 scientific articles in national or international peer reviewed research journals and 2 papers in refereed proceedings of international meetings. Our faculty and students additionally gave a total of 18 scientific presentations on their research, including 17 at eleven different national and international conferences, from State College, PA and Las Vegas, NV to Burnaby, BC and Malaga, Spain.

Jody Jensen gave the Senior Scholar lecture at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity.
Waneen Spirduso completed a revision of her popular book, “Reading and Understanding Research” (Sage), with her co-authors Steve Silverman and Larry Locke.

Jody Jensen, with colleague Pamela Buchanan, continued to build her research focus on children with autism under the auspices of The University of Texas Autism Project (UTAP), which includes collaboration with UT Medical Branch at Galveston, Dell Children’s Medical Center, and the Austin Independent School District.

**Teaching**

Over the course of 2008-09 a reorganization of the core courses in the masters and doctoral degree programs, designed to reflect the current expertise and interests of the faculty and to best prepare students for research and clinical careers, was implemented. In addition, a new undergraduate biomechanics course, KIN 320 Applied Biomechanics, was offered for the first time to supplement the longstanding KIN 326K Biomechanical Analysis of Movement. We are also proud of the nearly 200 undergraduate students who were sponsored this year in independent study coursework, which provided them with hands-on experience in research and clinical settings.

**Service**

The members of our group have also provided significant scholarly service over the past year. Jon Dingwell served as a consulting Editor for the Journal of Motor Behavior and the Journal of Biomechanics and as a proposal reviewer for the annual national Health Research Awards grant competition of Ireland. Our faculty members were active manuscript reviewers for a collective total of 17 scholarly journals. Additional external reviewing service was provided by Jody Jensen (reviewer for promotion: at the University of Northern Illinois) and Jon Dingwell (Health Research Board of Ireland awards grant competition).

As an activity of the Autism Project, Jody Jensen (with Pam Buchanan) organized 17 professional development workshops for teachers and parents titled “Working with children with Autism – Sensory and Motor Integration” on the UT campus and represented UTAP at the Dell Autism Family Symposium.

Collaborative biomechanical research with the Center for the Intrepid at Brooke Army Medical Center investigates motor performance of military amputees with prosthetic limbs.

On our campus, the Movement Science Faculty also provided exceptional service. Jody Jensen chaired the UT Institutional Review Board for her second year, served on the search committee for the Director of the Office of Research Support and co-chaired the UT System IRB Taskforce to draft policy changes to reduce regulatory burden on researchers and institutions related to human subject research. Larry Abraham was appointed Associate Dean of the School of Undergraduate Studies and continued as the education Co-Director for the nationally acclaimed secondary math and science teacher preparation program UTeach Natural Sciences, including overseeing the replication of the UTeach teacher certification program across the United States. Dr. Abraham also continued to serve on the University Faculty Council, the Faculty Rules Committee, the Committee for Undergraduate Program Review and the Faculty Advisory Committee for the Budget, and chaired the Faculty Educational Policy Committee. Jon Dingwell served on the Executive Committee of the Biomedical Engineering Graduate Studies Committee and on the UT Faculty Council. Lisa Griffin served on the Graduate Studies Committee for both the UT Institute of Neuroscience and the Department of Biomedical Engineering.

The Non-linear Biodynamics Lab studies effects of training and fatigue on the consistency of repetitive motion such as running.

The Aging Motor Behavior Lab investigates effects of exercise, age and neurological disability on precision control in the hand.
Within our department, Jody Jensen again chaired the Kinesiology and Health Education Graduate Studies Committee.

**Faculty Honors**

In February 2009 Jody Jensen was a keynote speaker at the American Physical Therapy Association annual meeting. In June 2009 she gave the Senior Scholar keynote address at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Dr. Jensen was also elected President-Elect of the North American Society for the Psychology of Sport and Physical Activity.

Larry Abraham was a Fellow in the Spence Professorship in Education; held a Dean’s Fellowship in the Fall 2008 semester, and was elected Chair of the Biomechanics Academy of the National Association for Sport and Physical Education.

Jon Dingwell and Lisa Griffin both held Faculty Fellowships in the Lee Hage Jamail Regents Chair in Education. Dr. Griffin received word that she would be promoted to Associate Professor with tenure, effective in Fall of 2009.

We are extremely proud of Waneen Spirduso, who in addition to serving as the Vice President of American Kinesiology Association received, in the spring of 2009, the Science Honor Award from the President’s Council on Physical Fitness.

**Student Fellowships, Grants, and Honors**

Deanna Gates, a doctoral student in Dr. Dingwell’s laboratory, received a $2500 UT Endowed Graduate Fellowship from the UT Department of Biomedical Engineering and a $25,000 UT Continuing Fellowship.

The Developmental Motor Control Lab studies biomechanical changes in movement patterns throughout child development.
PHYSICAL EDUCATION TEACHER EDUCATION (PETE)

Teresita Ramirez, Coordinator

The goal of the Physical Education Teacher Education (PETE) program is to prepare physical educators who empower youth with the skills, knowledge, habits, and desire to be physically active for a lifetime. One of the preeminent goals of the Department of Kinesiology and Health Education is to educate citizens in the knowledge, skills, desire and habits needed to make physical activity a regular part of their lives. As indicated in the Physical Activity Guidelines for Americans and the Healthy People 2010 report, physical education in the schools is the one delivery system that can influence the lives of every child and family. Public school physical education impacts our entire society – not just those who are fortunate and have the resources to join health clubs or the guidance and encouragement to participate in youth sports. Texas Senate Bills 19, 42, and 530 reinforce the need for schools to take a prominent role in providing daily physical activity for all elementary, middle, and high school students. To prevent and reduce the epidemic of cardiovascular disease, obesity, and Type II diabetes, significant changes need to occur in the American lifestyle. Teaching citizens to care for their bodies is fundamental in school physical education and preparing teachers to meet this challenge effectively is vital and important work. Each physical educator touches several hundred youth each year and thousands of individuals over the course of his/her career.

PETE Faculty Search

Dr. Ivy’s directive to hire a tenure track faculty member for the PETE program was approved by the College of Education and the University and the department initiated a faculty search fall 2008. The faculty search team was led by Dr. Larry Abraham and the members of the search committee included: Dr. Jody Jenson, Dr. Dolly Lambdin, Dr. Mary Steinhardt, Tere Ramirez, and Dustin Cox (undergraduate PETE student) from the Department of Kinesiology & Health Education, and representing the Department of Curriculum and Instruction were Dr. Xiaofen Keating, Dr. Louis Harrison, and Brian Dauenhauer (PETE graduate student).

Dr. Darla Castelli, associate professor from the University of Illinois Champagne-Urbana was recommended by the committee and accepted the offer from Dr. Ivy and will begin in August 2009. Dr. Castelli’s research examines the effects of physical activity on cognitive performance in children.

PETE Graduate Program

The PETE graduate program in the Department of Curriculum and Instruction is in its second year of existence. The program began with two PhD students and in 2008-2009 the enrollment grew to three PhD students and three masters students.

The PETE program prepares expert teachers, curriculum developers, and instructional leaders in the field of Physical Education. The graduate physical educators will be leaders in the field of physical education and have the knowledge, skills, cultural competency and commitment necessary to guide youth in the process of becoming healthy lifetime participants in physical activity. This program has a unique focus on developing cultural competency and utilization of new technology in physical education through an array of courses offered in the program.

We Move Texas!
Program Projects and Activities

NASPE $17,000 Grant: National Scope and Sequence for Fitness Education K-16

The Physical Education Teacher Education received a NASPE 2 year grant for $17,000. The Fitness Education Project was designed to create for NASPE an instructional scope and sequence for fitness education from elementary school through college. The results of the project will help improve fitness education at all educational levels and aid in increasing knowledge and physical activity levels among youth (and eventually adults) resulting in a decline in obesity in our society.

PETE Exergaming Lab

Coming soon is an Exergaming Lab. Dr. Dolly Lambdin received College of Education Vision Plan Funding: Physical Activity Technology Lab in Spring 2008. The lab will be located in room 39 in Anna Hiss Gymnasium. Included in the Exergaming Lab will be Wii, Wii Fit, gamebikes (where the students ride exercise bikes and are participating in a videogame) Eyetoy, and DDR. The lab will be used with teacher education courses for students to become familiar with Exergaming equipment so that they can help teachers introduce it in the schools. The lab will also be used by participants in the FIT exercise programs as an option for ways to exercise on days they do not have FIT class. Research on the various exergames including physiological measures, perceived exertion, and effects on cognitive function are in planning stages.

PETE Round-up

The third annual PETE Round-Up was held on September 23, 2008 and was a huge success. 46 students, 16 faculty, 4 alumni, and 13 friends for a total of 79 attended the festivities. The goal of the Round-Up is to advise interested and new students about the PETE program and to meet and greet faculty and students who are already in the program. The PETE faculty offered three group academic advising sessions that were held throughout the day and then culminated with a social. The social began with “The Alumni Games,” Texas Exes attended and lead some activities. The alumni modeled quality instruction and the students participated in and learned active and fun games. Students also participated in several physical challenges lead by the apprentice teachers. Students enjoyed refreshments and food and went home with some great prizes. The Round-Up was supported by Apple, Run Tex, and Department of Kinesiology and Health Education.

PETE Faculty and Students attend press conference: Fit Kids are Smart Kids!

On March 9, 2009 Dr. Kenneth Cooper, Gov. Rick Perry, and Senator Jane Nelson had a press conference at the State Capitol to announce findings of a study of more than 2.4 million Texas Students who participated in the FitnessGram. Dr. Cooper reported that students who are physical fit are more likely to do well on the state’s standardized test and have good school attendance. He also reported that Fit students are also less likely to have disciplinary referrals.
Faculty Accomplishments and Awards

Bob Haugen, Summer USTA Coach in Naples, Florida

Dolly Lambdin, 2009 NASPE Physical Education Teacher Education Honor Award

Campbell Miller, Awards at National Dance Competitions: 1st Place, Strictly Blues at Lonestar Championships, Jan09; 1st Place, Strictly Blues at Enter the Blues, Feb09; 1st Place, Blues Jack and Jill at Enter the Blues, Feb09; 1st Place, Champions Jack and Jill at Blues Shout! May09

Tere Ramírez, Texas Parks and Wildlife, Golden Award

Student Achievements

Alderson Apprentice Teacher Scholarship Recipients

Dustin Cox, Scott Hart, Jesus Mares, Mariah McAfee, Aaron Vanecek

Alderson Undergraduate Scholarship Recipients

Blake Boren, Erin Seaton, Megan Vasquez

2008-2009 National Association for Sport and Physical Education (NASPE) Outstanding Major Award

Mariah McAfee

TAHPERD Outstanding Students of the Year

Students are recognized for their commitment to physical education: James Do, Danielle Fuqua, Scott Hayes, Aaron Vanecek, Erin Seaton

Wadi Sports Camp, Cairo, Egypt

Dustin Cox was invited to work as a camp counselor at the Wadi Sports Camp in Cairo, Egypt this summer. The camp’s focus is teaching young adults values and character development through team sports.


Ann Miller, Aquatic Education Coordinator with Texas Parks and Wildlife, shares fishing expertise within the angler education instructor program.
PETE students begin teaching careers.

Cris Benitez, Lyndon B. Johnson Middle School, Pharr, Texas
Christopher Cantu, Wiesbaden MS, Wiesbaden, Germany
Brittany Fox, PE teacher assistant, Highland Park Elementary, Pflugerville ISD
Ashley Glenn, McReynolds Middle School, Houston, Texas
Hondo Gonzalez, Hector Garcia Middle School Northside ISD, San Antonio, Texas
Angie Helvey, Kirby Hall School, Austin, Texas
Arthur Leon, Small Middle School, Austin ISD
Sarah Mark, Run Tex and St. Gabriel’s School, Austin, Texas
William Potthoff, Substitute PE Teacher, Pease Elementary, Austin ISD
Joe Riojas, Taft Middle School, Taft, Texas
Anthony J. Villanueva, Anson High School, Anson, Texas

PETE student is accepted to graduate school.

Jennifer Diaz, Graduate School, Texas State University

Service Learning Placements for Kinesiology Classes

Teachers from area school districts contribute significantly to the teacher preparation program. Students enrolled in classes participate in early field experiences where they observe and serve as assistants in a variety of physical education classes and programs. These school districts include Austin, Pflugerville, Round Rock. Other schools and programs which also contribute are Dell Jewish Community Center, Texas School for the Blind and Visually Impaired and Youth Interactive.

2008 – 2009 Public School Cooperating Teachers

Each year we depend on public school teachers for their leadership and expertise in training future physical education teachers during the internship and teaching practicum. Cooperating teachers spend numerous hours guiding interns and apprentice teachers, reviewing unit and lesson plans, and providing feedback on their teaching performance.
**Austin Independent School District**

*Elementary Schools:* Jennifer Barnes, St. Elmo Elementary; Patty Brauss, Gullet Elementary; Marcia Casas, McBee Elementary; Karen Clark, Casey Elementary; Aimee Edwards, Davis Elementary; David Edwards, Overton Elementary; Judy Howard, T. A. Brown Elementary; Lynda Levis, Bryker Woods Elementary; Tracy Lord, Cowan Elementary; LuAnn Patrick, Mills Elementary; Theresa Ponzoha, Zilker Elementary; Cindy Samok, Casis Elementary

*Secondary Schools:* Clarissa Alvarado, Paredes Middle School; Janiece Beardslee, Lamar Middle School; Josh Brevard, Small Middle School; Letti Garza, Small Middle School; Karen Guerra, Martin Middle School; Melissa Hernandez, Small Middle School; Joe Mendoza, Paredes Middle School; Dale Potter, Lamar Middle School; Jenny Petkovsek, Garcia Middle School

**Round Rock Independent School District**

*Elementary Schools:* Terry Condasky, Great Oaks Elementary; Kelli Page, Blackland Prairie Elementary; Frank Tighe, Canyon Creek Elementary; Deena Wolfe, Great Oaks Elementary

*Secondary Schools:* Eric Azios, Canyon Vista Middle School; Jennifer Howell, Chisholm Trail Middle School; Nichole Hunt, Canyon Vista Middle School; David Rice, Canyon Vista Middle School; Melonie Milner-Mills, Chisholm Trail Middle School; Tracy Williams, Canyon Vista Middle School

**Community Service Learning**

The Physical Education Teacher Education faculty coordinated thousands of student volunteer hours for events in the Austin area community. Students enrolled in various classes in the Department of Kinesiology and Health Education (KIN 314, 360, 119s, 219s, EDC 370E and EDC 370S) have served as volunteers in special programs in area school districts, community as well as assisted teachers in their classrooms.

Our students gain valuable experience as they work these events which included: AISD/AAPER Cross Country Run, AISD Volleyball PlayDay, Explore UT, Field Days in the Austin and Round Rock Independent School District, Jump Rope for Heart, Marathon Kids’ Kick Off Mile and Final Mile, Texas School for the Blind and Visually Impaired and Youth Interactive.

**Explore UT Volleyball Playday**

The Department of Kinesiology and Health Education, UT Division of Recreational Sports and the Austin Association of Physical Education and Recreation (AAPER) sponsor the Volleyball Playday for 5th grade students in the Austin Independent School District. School teams come to The University for a fun filled day! Students play a developmentally appropriate game of volleyball and participate the biggest open house in Texas – Explore UT. This year there were 3,200 visitors including players, coaches, volunteers and spectators. 43 elementary schools participated.
PHYSICAL EDUCATION DIVISION

Michael T. Sanders, Director

The Physical Education Division is dedicated to promoting an improved quality of life for all university faculty, staff, and students through increased appreciation of the human body as well as understanding of the relationship between positive lifestyle choices and long-term improvements in health and well being. The purpose of division programming is to serve as a catalyst for all participants to learn, play, compete and achieve an active balanced lifestyle.

Participation in physical activity offers a broad range of benefits, including the prevention of obesity, improved self confidence, and an overall sense of well-being. The Physical Education Division provides a structured atmosphere in which to incorporate physical health activities and ideally develop healthy habits for life. Studies indicate that promotion of a healthy lifestyle taught in physical education classes can influence long-term health benefits such as reduced rates of obesity, heart disease, high cholesterol, diabetes, and high blood pressure.

The division faculty and teaching assistants are committed in providing participants with a diverse and broad educational foundation to make healthy choice selections and a personal self evaluation system. Divisional course offerings are a direct result of providing the university faculty, staff, and students with opportunities that cater to the participant’s interests, experiences and background.

To accommodate more faculty, staff and students, class size enrollments have been increased and additional sections have been added. The 2008-2009 Physical Education Division Statistics are as follows:

Courses Offered

- Team Sports (Basketball, Softball, Volleyball)
- Individual and Dual Sports (Aerobics, Conditioning, Fencing, Golf, Handball, Martial Arts, Racquetball, Tennis, Weightlifting)
- Ballroom Dance (Beginning, Intermediate)
- Aquatics (Swimming, Scuba Diving)

Enrollment Summary

- Fall 2008, 124 sections, 3,490 students
- Spring 2009, 128 sections, 3,595 students
- 243 varied course offerings
- 11,500 hours instruction

Additional courses will be added 2009-2010 and include Advanced Golf (2 credit class), Advanced Scuba Diving (2 credit class), and Soccer.

Instructional Staff

Faculty

Pictured above: Pete Tyson, Don Crowley, Peter Oliver, Julee Guinn, San Yoon, Mike Sanders, Kim Beckwith, Geoff Rich, Campbell Miller.

Not pictured: Dave Baron, Bob Haugen, Rob Mack, Terri Mitchell, Randy Oehrlein, Paul Schimelman, Kim Tyson.

Teaching Assistants

James Casler, Michael Casner, Phillip Doerner, Erik Gnagy, Lauren Grieco, Michael Groth, Joni Mettler, Tammy Metzger, Michael Newhouse-Bailey, Tolga Ozyurtcu, Rick Roussel, C.J. Stanfill, Tamanna Shaikh, Kyle Tarp, Justin Trombold, Brandon Twichell.

Kinesiology and Health Education Specializations

The Physical Education Division faculty serve as a vital component in the newly approved (by Undergraduate Committee) Kinesiology and Health Education Specializations. Kim Tyson serves as Director of the Specializations Program, Dr. Kim Beckwith-Strength and Conditioning Coaching Specialization, Dr. Michael Sanders-Coaching Specialization and Kim Tyson Aquatics Specialization. In addition the Undergraduate Committee has approved the recommendation that all KHE majors can count three hours of Physical Education Division classes in their respective majors.

U.S. Ryder Cup and Play Golf America University

Justin Leonard, former University of Texas Student-Athlete, donated $90,000 to Kinesiology and Health Education Department on April 2009. Michael Ray, Executive Director Southern Texas PGA Section made the presentation at the Alderson Lecture on behalf of Justin Leonard to The University of Texas, Kinesiology and Health Education Department, Dr. John Ivy, Department Chair, to support its Play Golf America University program. Play Golf America University, formerly GOLF: For Business & Life, is a PGA of America college and university golf program, designed to teach and engage students in the game of golf through PGA professional instruction and other golf programs.
university’s cultural gems. The camps were open to boys and girls 7-14 years old and ran for two weeks in June 2009. Students were placed in groups of five or six, with four graduate students from the department acting as group counselors. Students received education on health and fitness, with the instructors providing the participants with sound nutritional advice.

Campers were given nutritional information for the foods that they eat each day, as well as dietary guidelines, with a daily nutrition analysis sheet that showed the number of calories burned during various physical activities. At the end of each day the students tabulated and recorded in their own journal how many calories they took in and how many they expended. The camp was all about physical activity and it served as positive experience for the students because many of the activities are built around games, including structured and unstructured play. The students learned how to make the “right” choices and were able to see the consequences those choices have on their caloric intake and output. As an example campers were given a pedometer and at the end of each day they had to report the number of steps they had taken and how many calories they expended.

The camps not only introduced children to the ingredients of a healthy lifestyle but also to The University of Texas at Austin campus, providing tours of cultural offerings like the LBJ Library and Texas Memorial Museum.

**S.U.C.C.E.S.S Camp**

What’s the best way to create healthy, fit adults? Educate them on nutrition and physical fitness when they are children.

With that goal in mind, the College of Education’s Department of Kinesiology and Health Education conducted summer camps – aptly called S.U.C.C.E.S.S camps (Summer University Camp for Cultural Expression and Sports) as a means to introduce children to health facts in a fun, game-filled, non-threatening setting. In addition to teaching health basics, the camps built leadership skills and self-confidence, and introduced the students to the

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**Faculty Accomplishments and Activities**

Dr. Kim Beckwith is area coordinator for Weight Training and Conditioning in the PED program as well as coordinator of the Strength and Conditioning Specialization sequence for undergraduates. The PED program includes 22 sections of Weight Training and Conditioning. Dr. Beckwith also teaches an Advanced Weight Training class for the Kinesiology Department.
Mr. Don Crowley is actively involved in curriculum development and expansion for Kinesiology and Physical Education classes, these areas include aquatics, recreation, education and competition. His professional participation is focused on aquatics safety instruction for American Red Cross and National Drowning Prevention Alliance.

Ms. Julee Guinn was awarded an undergraduate and master’s degree from Baylor University. Ms. Guinn is area coordinator for Aerobics and Conditioning. A marathoner and former coach, Ms. Guinn brings tremendous amounts of experience and the increasing enrollment in her classes is further testimony to quality instruction.

Ms. Campbell Miller, new faculty member, has made an immediate impact for both the Kinesiology undergraduate curriculum and Physical Education Program. A graduate of Stanford University (Computer Science) Ms. Miller has studied under world-renowned Richard Powers at Stanford. Richard Powers is an expert in American social dance. Ms. Miller’s innovative pedagogical techniques have led to improvements in the curriculum delivery and her classes are always in high demand.

Mr. Peter Oliver continues both internal and external professional involvement in the area of Scuba. Continued curriculum revision and addition of KIN 213 Advanced Scuba has improved the quality of program delivery. In addition his external participations extend to the following publications: Co-Author: Public Safety Diving Instructor Guide. Expected Publication 2009. Editor: NAUI Wreck Penetration Diving Instructor Guide. Expected Publication 2009.

The new area coordinator of team sports, Mr. Geoff Rich, brings over ten years of experience in sports camps as well as direct involvement in coaching numerous team and individual sports. Certified as a Youth Sports Coach, Mr. Rich also has certifications with other Recreation and Sport Certification organizations. Internationally Mr. Rich has developed sports camps in Costa Rica and Egypt.

Newly named Director of the Physical Education Division, Dr. Michael Sanders also teaches classes in Kinesiology and is coordinator of the Coaching Specialization Sequence. In addition he is Director of the S.U.C.C.E.S.S. Camp. His professional interests are concerned with physical performance and its parameters. Recent publication includes: Sanders, M.T. & Sanders, B.R. Principles of Resistance Training. In W.A. Bandy and B.R. Sanders (Eds.), Therapeutic Exercise for Physical Therapist Assistants, 2nd ed. Baltimore: Lippincott Williams & Wilkins, 2008.

Internationally recognized as an expert in Martial Arts, Master San Yoon serves as a technical consultant to the World Hosin-Hapkido Federation. In addition his 2nd edition of “Hosin-Hapkido” is respected as an excellent source of technical information for the martial arts.

Respected as an expert in Aquatics Safety, Mr. Kim Tyson has authored numerous American Red Cross Safety Manuals. Serving as a national and international consultant for water safety, Mr. Tyson brings this expertise as Director of the new Kinesiology and Health Specializations Program and also serves as the Aquatics Specialization Program Coordinator.

Holding numerous positions in The National Handball Association, Mr. Pete Tyson’s reputation and time involvement in handball was instrumental in bringing the 2010 United Sate Handball Association National Open Championships to The University of Texas. Over 500 players competing in 48 divisions will attend representing Canada, Ireland, Mexico and the United States.
Each year the Sport Management program faculty review the program to determine how they can improve the research that they do, the research that students do, and the curriculum that students are provided. This year was a year of significant changes and substantial enhancements. Along the way, the program’s faculty continue to be invited to consult and to take leadership roles. Sport Management faculty also served on committees throughout the Department, the College, and the University.

Teaching

Substantial improvements were made to Sport Management teaching at all levels. In the undergraduate program, a new lower division survey course in sport management was added for all students in the department. Consequently, the department’s undergraduates are now all taught the fundamentals of managing sport and physical activity. The course was taught for the first time this year.

The Masters program was substantially revised. The growth of graduate elective courses and students’ requests for opportunities to build industry-relevant foci caused the faculty to realize that it would now be possible to provide more flexibility and better structure to the program. Following a review of the curriculum and current course offerings, it was noted that the old core of seven courses could be streamlined to five. Strategic Management for Sport was brought into the core as a capstone course, while Facility Management became an elective, and students being given the option to choose either Legal Issues in Sport or Ethics in Sport. (They can still take both if they so desire.) On top of the core, students can now choose one of five specializations, each which is built from two required courses and two courses selected from a list. A non-specialist option through which students can tailor a specialization is also provided. The Graduate Studies Committee approved the new curriculum for implementation beginning the next academic year. The five specializations are:

- Sport Marketing
- Management of Sport
- Facility and Event Management
- Sport Development
- Research in Sport Management

The new Masters core also enabled some streamlining of the doctoral curriculum, as the number of required courses has been reduced by two while also requiring all doctoral students to complete the Strategic Management for Sport course. Thus, all doctoral students are trained to integrate management, marketing, and finance and to apply those strategically.

In order to further the internationalization of our curriculum, the sport management program offered for the first time a 6-credit summer course in cooperation with Florida State University in London, England and Paris, France. The program ran from June 25th to August 7th and 5 of the 19 students enrolled were from the University of Texas. During their stay they visited sport events such as Wimbledon, the British Open of Golf and the Tour de France. They also toured sport facilities such as the Wembley Stadium, Lord’s Cricket Ground, the Chelsea Stadium, the Roland Garros tennis facility, and the Emirates stadium among others. Speakers from the British Olympic Committee, Birkbeck College, and Populous Facility Design gave presentations to the students. The program was sufficiently successful that it will be enhanced and offered in future summers.
Finally, during the year, a new undergraduate major was implemented specifically for students who wish to specialize in the humanities and social sciences as they apply to sport. This enables undergraduates to focus on historical, philosophical, and social issues in sport. The new major is called “Physical Culture and Sport.” It shares a number of core courses with the Sport Management major, so it is consequently administered through the Sport Management group.

Throughout the year, students also did substantial work with the sport industry. For example, students completed internships with organizations as diverse as the United States Olympic Committee, the Dallas Convention and Visitors Bureau, the Houston Astros, the Byron Nelson Classic the Austin Sports and Social Club, the University Interscholastic League, Sportstar Relocation Services, New Zealand Tennis, Austin TurfCats, Houston Dynamo, and the Centre for Olympic Studies (just to name a few). In addition students completed class projects for several local sports organizations, including University of Texas Athletics and Austin Duathletes.

In order to enable this enhanced level of teaching, three new faculty joined the Sport Management group during the year:

Dr. Bob Heere was hired as an assistant professor, filling the line previously held by Dr. Carla Costa. Dr. Heere completed his doctorate at Florida State University, and subsequently held faculty positions at the Auckland University of Technology (in New Zealand), the Cruyff Institute (in the Netherlands), and Florida State University. His research examines the uses of sport for community building. Dr. Heere is also spearheading our new summer international program.

Dr. Thomas Hunt was hired as a Lecturer to contribute to delivery of the new undergraduate major in Physical Culture and Sport. Dr. Hunt earned his JD from Baylor University, and is a member of the bar. He also earned an interdisciplinary Ph.D. from the University of Texas. His research examines the historical roots of contemporary sport policy issues. During the year, he was hired to begin the following year as an Assistant Professor.

Dr. Brianna Smith was hired as a part-time Lecturer to enable the program to deliver its new lower-division survey course. Dr. Smith was previously a post-doctoral fellow with the Sport Management program. Prior to that, she was Research Director for Youth InterACTIVE. Dr. Smith’s research focuses on the development and management of sport systems.

In addition to our new faculty, the program attracted two visiting scholars from Korea, one from China, and a pre-doctoral fellow from China. These scholars have helped to broaden and to further internationalize the program’s curriculum.

Excellence among our teaching assistants was also recognized as doctoral students Mike Newhouse-Bailey and Joyce Olushola won Alderson teaching awards.

Scholarship

As is always the case, University of Texas faculty continued to publish extensively and to present their work nationally and internationally. This included fourteen journal articles, two book chapters, and a monograph. Four of these publications included graduate students as co-authors. A full list of publications appears elsewhere in this report. It is noteworthy that our faculty published in leading journals in the field: Iron Game History: The Journal of Physical Culture; Journal of Olympic History; Journal of Sport Management; Journal of Sport & Tourism; Journal for the Study of Sports and Athletes in Education; Sociology of Sport Journal; Sport Management Review; Sport & Strategie; Women in Sport and Physical Activity Journal.

Sport Management faculty gave twenty presentations at national or international conferences. Nine of these were with graduate students. One of those was an entire session at the Annual Conference of the North American Society for Sport Management, which was devoted to the international study of sport participation and community which was conducted jointly by faculty and students through the Sport and Life Quality Lab.
In addition faculty from the program had editorial responsibilities for high profile journals in the field:

- **International Journal of Event and Festival Management** (Laurence Chalip, North American regional editor)
- **Iron Game History: The Journal of Physical Culture** (Jan Todd, editor)
- **Journal of Sport History** (Thomas Hunt, journal surveys editor)
- **Journal of Sport & Tourism** (Laurence Chalip & Chris Green, associate editors)
- **Sport Management Education Journal** (Marlene Dixon, case study editor)
- **Sport & Strategie** (Bob Heere, “Global Section” editor)

Sport Management faculty also served as ad hoc reviewers for:

- **Event Management**
- **International Journal of Hospitality Management**
- **International Journal of Sport Management and Marketing**
- **Leisure Sciences**
- **Tourism Management**

Given the program’s high level of leadership, it is not surprising that its members are often appointed or elected to leadership roles in professional associations. Laurence Chalip served on the Selection Committee for the North American Society for Sport Management’s highest award: The Earle F. Zeigler Award. Marlene Dixon was elected to the Executive Council of the North American Society for Sport Management.

**The Future**

To further the ongoing excellence of the Sport Management program, the sport management faculty met each month to review the program’s progress, and to plan for the future. Manuals and procedures are reviewed and revised on an ongoing basis; curricula are revised and updated; procedures to further enhance the program’s research culture are devised. The Sport Management faculty are not content to rest on the achievements that have made the University of Texas program a world leader; the faculty seek to make it better each year.
COMMUNITY OUTREACH PROGRAMS

FITNESS INSTITUTE OF TEXAS

Philip Stanforth, Director

In its 8th year of operation, the Fitness Institute of Texas (FIT) continued making strides in enhancing the quality of lives through research, service, training, and educational programs in physical activity, nutrition, and health. Significant staff additions and new and improved programs and services highlighted 2008-2009.

Staff

Julie Drake joined FIT as Operations Director in January. A 1999 UT Kinesiology and Health Education (KHE) graduate, Julie’s initial primary responsibility was to direct the GET FIT Program. The ~400% increase in GET FIT participation since her hiring is a tribute Julie’s skills and expertise. In addition, Julie’s 10 years of experience working with clients and supervising staff and interns in the St. David’s Fitness Center has helped FIT improve both its program quality and its student training. Brittany Crim, a PhD student in Behavioral Health in KHE under Dr. John Bartholomew, joined FIT in August 2008 as a half time Graduate Assistant. With her B.S. and M.S. degrees in Clinical and Human Nutrition and as a Registered and Licensed Dietician, Brittany has enabled FIT to expand and add nutrition-based options for participants. Another team member, Mark Faries is a second year FIT Graduate Assistant and PhD student in Behavioral Health. Mark with his extensive fitness-related education and experience, has contributed to the development, implementation, and growth of GET FIT, the training of undergraduate students, and other outstanding projects benefitting both FIT members and students. Business Director Leeann Rountree continued to lead marketing and business development effort. She secured and managed an $8,000 contract with Academy.com, an industry leader in e-training for companies and corporations. In this project, FIT staff wrote the physical fitness and health portion (12 short chapters) of a comprehensive on-line training course covering health, fitness, and nutrition.

Phil Stanforth, in addition to his duties teaching in the undergraduate program, continues to lead FIT. He is involved in all aspects of FIT from day-to-day operations to development. This past year Phil was elected President-elect of the Texas Chapter of the American College of Sports Medicine and he served as a co-author on five research manuscripts submitted for publication.

Helping students gain valuable practical experience continues to be a core component of FIT’s mission. During 2008-2009, FIT provided a training ground for graduate student culminating experiences and projects (3), undergraduate interns (1) and fieldwork students (19). Since it’s beginning, FIT has played a significant role in the training and education of almost 200 students. These former students now serve in fields such as education, law, physical therapy, performance coaching, and personal training.

Improved Programs

The major success story of 2008-2009 is GET FIT, a 12-week exercise and behavioral health program started in the summer of 2008. The launch of GET FIT connected the Institute with one of its primary target markets: inactive and overweight individuals. GET FIT participants start with an average body fat of ~32% (men) and ~41% (women), but have experienced dramatic changes, losing an average of 5.5 lbs of fat mass and gaining 1.0 lb of muscle during the 12 week program. Response to the program has been tremendous, and positive word of mouth has resulted in increased numbers from about 25 participants per session in the three initial 12 week sessions to an almost 400% increase in the 4th session during the summer of 2009, with 123 participants attending.

New Programs and Projects

FIT started two new nutrition programs: Nutrition FIT and Lunch and Lose. Nutrition FIT is a personalized dietary assessment and plan tailored to match individual lifestyles, goals, and nutritional needs. Lunch and Lose is a 12 week nutrition and behavior change program developed specifically for individuals who want to lose weight. A pilot Lunch and Lose program, offered in the summer of 2009, filled two classes to capacity. A total of 46 individuals participated and they lost an average of 3.0 lbs per person.

Continuing Programs and Research Support

Fitness testing continues to be an important part of FIT, with over 1,900 fitness evaluations conducted during 2008-2009.
The purpose of the fitness testing varies from testing students in activity classes, student athletes, community members or as part of research projects. FITs research support included work for Dr. John Bartholomew’s I Can study, Dr John Ivy’s Abbott and Dairy Council studies and Dr. Jeanne Freeland-Graves Body Image study.

University and Community Support and Involvement

In addition to programs and testing offered to faculty, staff, and students, FIT supported the University community by participating in Explore UT, health fairs offered by University Health Services, and ongoing education through lectures in the College of Nursing and the Office of the Registrar. Within Austin, FIT participated in Austin High’s Career Day, assisted with the UT Elementary School 5K run and the Austin Duathlete 6.5 mile Buddy Du, gave presentations to the Hill Country Trail Runners and to Rogue and Zen training groups and conducted minimum weight testing for the wrestling teams at the Texas School for the Deaf and Pflugerville, Hendrickson, and Connally high schools. On the state-wide-level, FIT provided Activity Breaks for the Diabetes Summit, hosted in Austin, TX, in September, February, and June. At the national level, FIT performed testing for the USA Taekwondo Association during their national age group tournament in Austin, TX, in July.

Financial Report

FIT increased its non-University support revenue by 40% to $100,000 and its total revenue by 7% to $167,000 in 08-09. Expenses were $161,000 giving FIT proceeds of $6,000.

Looking Ahead

FIT anticipates continued growth and development as current programs and services are strengthened and more programs and services are developed. Future goals for growth will focus on expanding GET FIT and Lunch and Lose within and outside of UT, offering more corporate services, working more closely with the medical community, and developing new programs for diabetes and childhood.
Autism Project

Jody Jensen and Pam Buchanan, Program Directors

One girl’s parents keep wind chimes on her bedroom door so they know when she wanders at night. Another mother knows that taking her children to the neighborhood pool will end in stares and insults. The mother of two teenagers posts step-by-step instructions in the shower. An 11-year-old is talented with musical instruments but can’t blow her nose. Most of these children struggle with social interaction, public tantrums and making friends. Parents describe it as raising a baby who never grows up and help can be hard to come by. The public schools do what they can. There are private schools, treatment centers and psychiatrists for those who can afford them. Even then, waiting lists can be long and finding services often requires traveling out of state. Now, families have another option. The Autism Project, an initiative of the Department of Kinesiology & Health Education, is a unique hub in Central Texas dedicated to the study and treatment of autism with research focused on understanding the behaviors and the biology of autism.

Fact: “The use of early intensive behavioral Intervention services would save Texas $208,500 per child across eighteen years of education, a total savings of $2.09 billion” (Journal of Child and Family Studies, 2007). All children learn through practice and repetition and children on the autism spectrum are no different. The headlines emphasize the devastation of the autism diagnosis. We tend to lose track of the fact that contemporary research shows that with early and intensive education, up to 25% of children diagnosed on the spectrum will ultimately lose the diagnosis. These children are not cured, rather they have learned the adaptive and functional skills important for living in today’s world. Donna Williams-Jones, guardian to a 7-year-old niece with autism comments that life with autism is about misconceptions in addition to the manifestations of autism spectrum disorders. “People underestimate how quickly autistic children can learn, says Williams-Jones. “Our kids are smart,” says Betsy Harris, whose 8- and 13-year-old sons have autism, “Our kids can do things.” At the Autism Project, we help children experience and practice these essential skills and we work to identify the best teaching techniques.

This past year the Autism Project offered 15 different programs. Haircuts, cooking classes, adventure camps, and giant slumber parties – these are all part of the ‘curriculum’ of the Autism Project. Cindy Maciel-Reyes has two children with autism, a 16-year-old daughter and an 18-year-old son. The Autism Project’s spa weekend gave her daughter her first chance to spend the night away from family – she learned to put on makeup. Families say Autism Project social activities give their children a chance to enjoy the activities that their peers do.

The Autism Project’s most visible efforts may appear local, but we are also part of the state leadership in developing autism resources. We are participating with agencies across the state in the development of the Texas Autism Research and Resource Center. Our research agenda is ongoing with current research projects involving the investigation of the efficacy of behavioral interventions, family dynamics, and social skills development. Stay current with our activities and our accomplishments by visiting www.edb.utexas.edu/utap.
OTHER PROGRAMS

KINESIOLOGY CLUB

Richard Hogeda, Staff Advisor

With its 11th year in existence and 6th as a university-sponsored organization, the UT Kinesiology Club continued its growth and mission during the 2008-2009 academic year. The Kinesiology Club is a social and service organization that promotes professional development in all aspects of Kinesiology for its members through various interactions between students, faculty, and professionals in the community. Membership is open to all students at the university, especially those majoring in Kinesiology and Health Education or who have an interest in Kinesiology or related areas.

2008 – 2009 Officers & Advisor

President – Sean Hill
Vice President – Lauren Post
Secretary – Ericka Vargas
Treasurer – Lauren Lichterman
Volunteer Coordinators – Sarah Franey and Kimberly Tymrak
Intramural Coordinators – Michael Taylor and Nick Garcia Jr.
Historian – Lauren Kesterson
Social Chair – Michele Knoles
Staff Advisor – Richard Hogeda

Volunteer Events

Kinesiology Club participated in several volunteer events during the academic year. Some of the usual events included Marathon Kids, 40 Acres Fest, Faculty Appreciation, Explore UT Volleyball Playday, and the Alderson Lecture. Kin Club also took part in two new events. Instead of participating in the annual Longhorn Halloween event put on by the university, Kin Club decided to reach out to the kids in the community by participating in the Lanier High School Halloween Party. At this event Kin Club members volunteered to the many kids dressed up in their favorite costumes by setting up decorations, orchestrating games and booths, and serving dinner. This new venture had great impact as the club’s assistance with the event was well received. Also, Kinesiology Club began a new project called the Adopt-a-Family project, in which the club helped a struggling, local family enjoy a fulfilling Thanksgiving and Christmas. The club helped the family enjoy the holidays by taking donations from the Kinesiology and Health Education department to provide the family with gifts, clothes, and even Thanksgiving dinner. The family was extremely grateful and the project was a success. Due to its impact the club hopes to continue this project in the future, reaching out to other families in need.

Social Events

With adding the new officer position in the social chair, Kinesiology Club aimed at providing more social events for its members. These events included a bowling night, going to a haunted house, a ladies’ night out, Fall Festival, a Murder Mystery End of Semester Party, and numerous games nights. Kinesiology Club also took part in the MIE Tailgate an event put on by its fellow College of Education student organization, Minorities in Education. This event helped unite the CoE Student Orgs in fun-filled games and food before the big football game. The tailgate was a contest between the student organizations with the prize being the CoE Apple. Kinesiology Club dominated the events such as flag football, water balloon toss, and the egg relay-race to win the 1st annual MIE Tailgate prized apple.

Intramurals/Sports Challenge

Kinesiology Club continued as a prominent figure in intramurals, participating in sports such as Flag Football, Volleyball, Basketball, and Softball. The club qualified for the post season in Co-Ed Football and Co-Ed Basketball. The biggest accomplishment of the year was the club winning the Holiday Basketball Tournament in December, the club’s 2nd intramural championship. Kin Club also traveled to College Station to take
on Texas A&M’s Aggie Coaches and Kinesiology Teachers (ACKT) in the annual Sports Challenge. The challenge is a series of events that ultimate lead to a champion and the champion possessing the Sports Challenge trophy. Kin Club beat ACKT in basketball and dodgeball to win the series and reclaim the trophy.

Summary
Overall the club enjoyed a successful year. Not only did the club’s membership grow, but also did the club’s prominence on campus. Kinesiology Club continues it work towards servicing the community by taking advantage of new volunteer opportunities and helping students interested in Kinesiology connect with each other, their faculty/staff, and professionals in the Kinesiology field.

THE H.J. LUTCHER STARK CENTER FOR PHYSICAL CULTURE & SPORTS

Jan Todd, Co-Director

After nearly two years of planning, construction began on the H.J. Lutcher Stark Center for Physical Culture and Sports on November 4, 2009. Because of the large scale of the project (more than 27,500 total square feet), the Stark Center was envisioned, from the first, as a three stage construction project:

Phase One included the construction of the outer walls, the windows, the nine staff offices, the 100-foot-long reading room, the main entrance and lobby, a small photography gallery, and our archival storage area and work room. Phase One was officially designated as “substantially completed” on August 26, 2009 and we opened the library to researchers on September 15, 2009.

Phase Two, which is still on-going as this Annual Report goes to press, involves the construction of our fine art gallery (completed), and the more than 11,000 square feet of exhibit space included in the Joe and Betty Weider of Physical Culture, three additional photography galleries, and the Sports Galleries.

Phase Three will involve installation of the museum displays and various artifacts in the exhibit areas. The Stark Center’s exhibits are being designed by the Douglas Group of Houston, Texas and it is expected that this part of the project will be completed in the spring of 2010.

Nelda C. and H.J. Lutcher Stark Foundation Pledges Additional $2M

We are deeply grateful to the Nelda C. and H.J. Lutcher Stark Foundation for their willingness, in April of 2009, to award an additional $2 million to this project. The Stark Board had previously awarded $3.5M toward the construction of Phase One. However, when the actual construction budget went above that figure, the Foundation agreed to an additional $2M pledge which has allowed us to move forward with the construction on Phase Two, described above. In appreciation of this second gift, the Stark Center’s conference room has now formally been named in honor of W.H. Stark, Lutcher Stark’s father, and a former member of the University of Texas Board of Regents.

Moving Into The Center

Throughout the spring semester of 2009, our contractors, The Browning Company, of San Antonio, Texas, kept our project pretty much on schedule and advised us that we could begin moving into our offices at the end of May. So, we scheduled our move from our old quarters in Anna Hiss Gym for June 10th and 11th, and then watched happily as 30 men, using five trucks, moved what was formerly known as the Todd-Mclean Collection across campus and into its new home.

However, no sooner had we started settling into our offices than we discovered that there was a problem with the recently-stained concrete floors. Whenever water dropped on the floor, white spots developed in the floor finish, and they would not wipe away. So, to our great disappointment, we had to move back out of the offices and into the unfinished part of our space, remove all the furniture that had been put in our offices and wait while the contractors searched for a solution to this unexpected problem. The process of finding a cure to our floor problems took more than eight weeks. However, while the Stark staff we had to camp out for two months around folding tables in an unfinished part of the Stark Center, we were, nonetheless, able to make progress on unpacking the collection, sorting and organizing the various materials, and getting some of the books and other items up on the shelves. Because this work was able to go forward, we were able, once we were allowed to move back into our offices and reading room in late August, to open the library portion of the Stark Center on September 15, 2009 to researchers.

Staff Hires

In addition to the move into our new facility, the 2008-2009 academic year also marked the first time that we have had paid staff to work with our collection. Thanks to the generosity of Adelyn and Richard Hoffman, of Dallas, we were able to hire Cindy Slater--formerly the director of the USOC library in Colorado Springs, Colorado—as our Associate Director for Library Operations at The Stark Center. The Hoffman’s had previously donated to the Center approximately 1800 books on...
golf that belonged to the late Edmund Hoffman, and donated an additional $108,000 in 2008 to support a librarian. Slater, who is herself an avid golfer, spent more than 20 years building and overseeing the operations of the USOC’s library and we feel very fortunate that she is now directing the organization of The Stark Center library. Archivist Geoffrey Schmalz, a recent graduate of the UT School of Information Science, whose position is also being funded through private funds, joined our staff in August. Schmalz is working on creating finding aids for our various archival collections.

In addition to our two new full-time librarians, The Stark Center also employs recent Texas A & M graduate Stacy Metzler, who oversees our student volunteers and serves as our office manager. We also have two half-time student employees, one of whom is UT graduate and football letterman Peter Ullmann, who’s working on our museum exhibits related to the history of strength and conditioning with funding from the National Strength and Conditioning Association. Our other paid student worker is web designer, Andy Miller. Andy has dramatically improved the site—and it now contains a regular blog written by Terry Todd about events at The Stark Center. You can see it at www.starkcenter.org.

The Compact-Shelf Project
Thanks to the generosity of a law firm in Dallas, we installed a donated set of “high density compact shelves” into our work room to hold some of our books and magazines during Phase One of construction. High density shelving units are metal shelves, set on rails in the floor, which move apart at the push of a button or the turn of a mechanical handle and allow staff to access...
materials. Because the shelves normally stand touching each other they can store twice as much material as can regular library shelving.

This summer, however, we realized that that our regular bookcases simply couldn’t hold all of our books and other materials. We needed more compact shelves. But they’re very expensive and we had no budget for them. So we contacted Troy Menchofer, a former student of ours who now runs the Southwest Solutions Office in Austin, and explained our situation. Troy, a serious weight trainer, told us that our timing could not have been better as Scott & White Hospital in Temple, Texas, had digitized its medical records and no longer needed their high density shelving. Troy then contacted the hospital, donated $10,000 to Scott & White Hospital and convinced them to donate two miles of their almost-new shelving to us. So, in October of 2009, we finished the installation of 11,000 linear feet of compact shelving in our archives area. Even with the donation of the shelving units, we had to pay approximately $75,000 for the installation and the extra electrical outlets needed to power the units. Had we purchased new compact shelves, however, they would have cost about $400,000.

**Hercules**

We also installed our statue of Hercules in the front window during the summer of 2009. It is the only such copy in the United States. Our copy was made in Brussels at Belgium’s National Museum of Art and History. The museum has a mold, made over a hundred years ago, of the original statue—which now stands in one of the great halls of the National Archaeological Museum in Naples. We ordered the statue last year and it arrived by boat and truck in Austin late last spring. In early August, the two artisans who supervised the construction of our Hercules in Brussels came to Texas and spent almost a week with us reuniting its four sections and placing it on the low pedestal we had built to hold it. This was quite a job, and at times we had 12 to 15 people there helping the Belgians put the pieces in place. Our Farnese Hercules is 10’6” high and weighs approximately 2,000 pounds.
2009 McCraw Lecture Series

The Department of Kinesiology and Health Education initiated its departmental seminar series in the Fall of 1998. The seminar series was named in honor of Dr. Lynn W. McCraw to recognize his many contributions to the department through his distinguished teaching, scholarship and professional service. His contributions to the profession were recognized with election to membership in the American Academy of Kinesiology and Physical Education, Phi Delta Kappa, and Phi Kappa Phi, and by being the recipient of the Texas, Southern District and National Honor Awards of AAHPERD. Texas AAHPERD also bestowed upon Dr. McCraw its PEPI Award, Scholarship Award, and David K. Brace Award. In 1984 the students in the Department of Kinesiology and Health Education created the Lynn W. McCraw Excellence Award to be given annually to the outstanding student in the department. In 1985, Dr. William Cunningham, President of The University of Texas appointed Dr. McCraw Professor Emeritus.

General Information

The seminars are open to the public and are held in Bellmont Hall room 962 from 12 noon to 1 pm the last Friday of each month during the academic year.

Dr. Bill Kohl gave a presentation on "Outbreaks, overload, epidemics, and specificity--Physical activity and public health" in March 27.

2008-2009 Schedule

September 26 - “The Work Family Interface in Sport: A Multilevel Perspective” by Marlene Dixon, PhD, Assistant Prof, Dept of Kinesiology and Health Education, UT Austin

October 31 - “Size Matters: Muscles, Drugs and Sport” by Jan Todd, PhD, Prof, Dept of Kinesiology and Health Education, UT Austin

November 21 - “Technologies of Gendered Athleticism in Twentieth Century, U.S. Womens Sports” by Jaime Schultz, PhD, Assistant Professor, Dept of Kinesiology, University of Maryland

January 31 - “Racial Influences in Sport Physical Activity” by Louis Harrison, PhD, Associate Professor, Dept of Curriculum and Instruction, UT Austin

February 27 - “Current Advances in the Neurobiology of Autism Spectrum Disorders” by Dilip Karnik, MD, Dell Children’s Hospital

March 27 - “On Outbreaks, Overload, Epidemics, and Specificity--Physical Activity and Public Health” by Bill Kohl, PhD, Research Professor, Dept of Kinesiology and Health Education, UT Austin and Professor, UT School of Public Health-Austin Campus

April 24 - “Promoting Resilient and Thriving Stress Responses” by Christyn Dolbier, PhD, Dept of Psychology, East Carolina University

Dr. Christyn Dolbier (pictured with Dot Lovett) was presented with the 2nd Annual Dorothy Lovett Distinguished Alumni Award after her lecture on April 24. Dr. Dolbier graduated from UT-Austin in 2000 with an interdisciplinary degree in Health Education and Psychology, and is currently an Associate Professor at East Carolina University.
## GRANT AND GIFT INCOME

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2008-2009 FACULTY AND STAFF

Tenured & Tenure Track Faculty
Lawrence D. Abraham, EdD, Professor, Movement Science
John B. Bartholomew, PhD, Associate Professor, Exercise Physiology, Health Education
Laurence Chalip, PhD, Professor, Sport Management
Edward F. Coyle, PhD, Professor, Exercise Physiology
Jonathan B. Dingwell, PhD, Assistant Professor, Movement Science
Marlene Dixon, PhD, Assistant Professor, Sport Management
Elizabeth Edmundson, PhD, Associate Professor, Health Education
Roger P. Farrar, PhD, Professor, Exercise Physiology
Christine Green, PhD, Associate Professor, Sport Management
Lisa Griffin, PhD, Assistant Professor, Movement Science
Bob Heere, PhD, Assistant Professor, Sport Management
Carole Holahan, PhD, Professor, Health Education
John L. Ivy, PhD, Dept Chair, Professor, Exercise Physiology
Jody Jensen, PhD, Professor, Movement Science
Harold “Bill” Kohl, PhD, Research Professor, Health Education
Alexandra Loukas, PhD, Associate Professor, Health Education
Keryn Pasch, PhD, Assistant Professor, Health Education
Fred Peterson, PhD, Associate Professor, Health Education
Waneen Spirduso, EdD, Professor, Movement Science
Mary Steinhardt, EdD, Professor, Health Education
Hirofumi Tanaka, PhD, Associate Professor, Exercise Physiology
Janice Todd, PhD, Associate Professor, Sport Management, PETE
Pete Tyson, MEd, Associate Professor, Physical Education

Non-Tenure Track (Roster) Faculty
David Baron, BS, Specialist, Physical Education
Kimberly Beckwith, PhD, Lecturer, Physical Education
Barbara Brantner, MS, Specialist, PETE
Pamela Buchanan, MA, Lecturer, PETE
Loretta Clarke, PhD, Lecturer, PETE
Don Crowley, BS, Specialist, Physical Education, PETE
Janice Drost, BS, Specialist, PETE
Brian Farr, MA, Lecturer, Athletic Training
Julia Guinn, Specialist, Physical Education
Robert Haugen, MS, Lecturer, Physical Education, PETE
Thomas M Hunt, PhD, Lecturer, Sport Management
Dorothy Lambdin, EdD, Clinical Professor, PETE
Ting Liu, PhD, Lecturer, Movement Science
Rob Mack, BS, Specialist, Physical Education
Campbell Miller, BS, Specialist, Physical Education
Terri Mitchell, BA, Specialist, Physical Education
Donald Nguyen, MSPT, Athletic Trainer Program
Randy Oehrlein, MEd, Lecturer, Physical Education
Peter Oliver, MA, Specialist, Physical Education
Phong Pho, BS, Physical Education
Teresita Ramirez, MEd, Lecturer, PETE
Geoff Rich, MA, Specialist, Physical Education
Fran Rush, MEd, Lecturer, PETE
Michael T. Sanders, EdD, Physical Education
Paul Schimelman, BS, Lecturer, Physical Education
Brianna Smith, PhD, Lecturer, Sport Management
Dixie Stanforth, MS, Lecturer, Physical Education
Philip Stanforth, MS, Lecturer, Exercise Physiology
Kim Tyson, MS, Lecturer, Physical Education, PETE
Julian Woolf, PhD, Lecturer, Sport Management
San Yoon, MSS, Specialist, Physical Education

Administrative Support Staff
Jan Buchanan, Administrative Associate
Julie Campos, Administrative Associate
Patty Coffman, Administrative Associate
Julie Drake, Program Coordinator
Serena De Leon, Administrative Associate
Zhenping Ding, Research Engr/Sci Asst
Raffaela Garcia, Administrative Associate
Dolores Groves, Administrative Assistant
Richard Head, Tech Staff Asst II
Traci Laird, Administrative Associate
Charles Lenk, Administrative Assistant
Stacy Metzler, Office Assistant
Mary Ann Ortiz, Administrative Assistant
Sharon Philips, Administrative Assistant
Mina Rathbun, Executive Assistant
Leeann Rountree, Program Coordinator
Geoffrey Schmalz, Library Assistant III,
Tan Thai, Graduate Program Coordinator I

Research Support Staff
Gina Akin, Sr. Program Coordinator
Robin Atwood, Project Director
Catherine Cunningham, Soc Sci/HRA IV
Ashley Flowers, Soc Sci/HRA IV
Jennifer Greenberg-Seth, Soc Sci/HRA IV
Karol K. Harris, Research Fellow
Esbelle Jowers, Research Associate
Jennifer Krueger, Soc Sci/HRA IV
Tara Ray, Soc Sci HRA IV
Trina L. Robertson, Field Trainer/Analyst
Gail Sneden, Project Director
DEPARTMENT COMMITTEES

Budget Council
Lawrence D. Abraham, EdD
John B. Bartholomew, PhD
Laurence Chalip, PhD
Edward F. Coyle, PhD
Elizabeth Edmundson, PhD
Roger P. Farrar, PhD
Christine Green, PhD
Carole Holahan, PhD
John L. Ivy, PhD
Jody Jensen, PhD
Bill Kohl, PhD
Alexandra Loukas, PhD
Fred Peterson, PhD
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Robert Haugen, MS
Don Crowley, BS
Waneen Spirduso, EdD
Mary Steinhardt, EdD
Teresa Ramirez, MEd
Geoff Rich, MA
Fran Rush, MEd
Michael T. Sanders, EdD
Kim Tyson, MS

Physical Education
David Baron, BS
Kimberly Beckwith, PhD
Don Crowley, BS
Julia Guinn, MS
Robert Haugen, MS
Dorothy Lambdin, EdD
Robert Mack, BS
Campbell Miller, BS
Terri Mitchell, BA
Randy Oehrlein, MEd
Peter Oliver, MA
Phong Pho, BS
Geoff Rich, MA
Michael T. Sanders, EdD
Paul Schimmelman, BS
Dixie Stanforth, MS
Kim Tyson, MS
Kenneth (Pete) Tyson, MEd
San Yoon, MSS

Graduate Education Committee
Lawrence D. Abraham, EdD
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Laurence Chalip, PhD
Edward F. Coyle, PhD
Jonathan B. Dingwell, PhD
Dorothy Lambdin, EdD
Marlene Dixon, PhD
Bob Heere, PhD
Janice Todd, PhD
Julian Woolf, PhD

Undergraduate Advisory Council
Sharon Evans, PhD
Chris Green, PhD
Richard Hogeda, MEd
Teresa Ramirez, MEd
Dixie Stanforth, MS
Mary Steinhardt, EdD

Dean’s Fellow
Alexandra Loukas, PhD
Jonathan B. Dingwell, PhD
Dorothy Lambdin, EdD
Mary Steinhardt, EdD
Marlene Dixon, PhD

Faculty Teaching Award
Dorothy Lambdin, EdD
Teresita Ramirez, MEd
Mary Steinhardt, EdD

Student Travel Awards
Alexandra Loukas, PhD
Fred Peterson, PhD
Robert Haugen, MS
Randy Oehrlein, MEd
Kim Tyson, MS

Faculty Travel Awards
Sharon Evans, PhD
Dorothy Lambdin, EdD

Merit Evaluation
Elizabeth Edmundson, PhD

Teaching
Laurence Chalip, PhD
Dorothy Lambdin, EdD

Scholarship
John B. Bartholomew, PhD
Edward Coyle, PhD
Lisa Griffin, PhD

Post-Tenure Review
Laurence Chalip, PhD
Alexandra Loukas, PhD
Jan Todd, PhD

Subvention Fund
Edward F. Coyle, PhD
Marlene Dixon, PhD
Carole Holahan, PhD
Fred Peterson, PhD

Student Travel Awards
Christine Green, PhD
Jody Jensen, PhD
Fred Peterson, PhD
Hirofumi Tanaka, PhD

Undergraduate Major Advisory Committee

Athletic Training
Tina Bonci, MS
Brian Farr, MA
A. Hardin

Sport Management
Laurence Chalip, PhD
Marlene Dixon, PhD
Christine Green, PhD
Jan Todd, PhD

General Kinesiology
John B. Bartholomew, PhD
Pamela Buchanan, MA
Jonathan B. Dingwell, PhD
Jody Jensen, PhD
Joseph Starnes, PhD

Health Promotion & Fitness
Mary Steinhardt, EdD
Lisa Griffin, PhD
Carole Holahan, PhD
Dixie Stanforth, MS
Philip Stanforth, MS

Teacher Certification
Teresita Ramirez, MEd
Dorothy Lambdin, EdD

Physical Activity Curriculum
Kenneth (Pete) Tyson, MEd
Roger P. Farrar, PhD
Robert Haugen, MS
Randy Oehrlein, MEd
Kim Tyson, MS
**FACULTY PUBLICATIONS**

**John Bartholomew**


**Laurence Chalip**


**Edward Coyle**


**Jonathan Dingwell**


**Marlene Dixon**


**Roger Farrar**


**B. Christine Green**


**Lisa Griffin**


**Bob Heere**


**Carole Holahan**


**Thomas Hunt**


**John Ivy**


**Bill Kohl**


**Dolly Lambdin**


**Alexandra Loukas**


**Keryn Pasch**


**Fred Peterson**


**Brianna Smith**


**Mary Steinhardt**


**Hiroyuki Satoh**


**Jan Todd**


**Jules Woolf**

**FACULTY PRESENTATIONS**

**Lawrence Abraham**


**John B. Batholomew**


**Pam Buchanan**

Autism and Development, Austin Area Speech Language Pathologists, June 2009
APE: New Take on an Old Topic, Corsicana ISD, August 2009
APE: New Take on an Old Topic, Palistine ISD, August 2009
Presentation of over 17 UTAP Programs on the UT campus for children, parents, educators and clinicians.

**Laurence Chalip**


**Edward F. Coyle**


**Jonathan B. Dingwell**


**Marlene Dixon**


Roger Farrar
Mechanical loading as a stimulus for muscle regeneration. Experimental Biology, New Orleans, April 2009
The use of extracellular matrix seeded with bone marrow or adipose derived stem cells for muscle regeneration. Institute for Surgical Research, Ft. Sam Houston, TX, April 2009.
Mesenchymal stem cells as a therapeutic modality in muscular regeneration. Institute for Gene Therapy, Tulane Medical School, April 2009

B. Christine Green


Bob Heere


Carole Holahan


Thomas Hunt

John L. Ivy

Exercise training and insulin resistance: What we have learned from animal models. School of Public Health, Brownsville, Texas, March 2009.

PureSport, sport drinks for champions. Colloquium: My Research as Commercialization, The IC2 Institute, University of Texas, Austin, Texas, September 2008.

Jody L. Jensen
Workshop presenter for full day conference on Autism and Development, Austin Area Speech Language Pathologists (June, 2009)

Keynote Speaker: American Physical Therapy Association (Feb, 2009)
Senior Scholar Lecture – North American Society for the Psychology of Sport and Physical Activity (June, 2009)

**Bill Kohl**


Texas state physical activity planning. Texas Active Living Network, Austin Texas. Invited Speaker, June 2009.

**Dorothy D. Lambdin**


Aim High. Invited keynote address presented at the New York State Central Western and Western Zone Annual Conference, Rochester, NY, March 2009.

Grid Teaching. New York State Central Western and Western Zone Annual Conference, Rochester, NY, March 2009.


**Alexandra Loukas**

Loukas, A., & *Horton, K.D. (June, 2009). Stress, depressive symptoms, and cigarette use in vocational school students. Poster presented at the National Conference on Tobacco or Health, Phoenix, AZ.

Horton, K.D., & Loukas, A. (June, 2009). Discrimination, religious coping, and current tobacco use among vocational school students. Poster presented at the National Conference on Tobacco or Health, Phoenix, AZ.


**Keryn Pasch**


Nelson, M. C., Pasch, K. E. Lust, K., Story, M, Ehlinger, E. Weight related behaviors among 2-year and 4-year college students. Annual meeting of the Obesity Society, Phoenix, AZ, October 2008.
Fred Peterson


Teresita Ramirez


Brianna Smith


Mary Steinhardt


Hirofumi Tanaka

Academic research opportunities in the US and other countries: recommendations for young investigators, postdoctoral fellows, and graduate students. Annual meeting of the Japanese Society of Physical Education, Health and Sport Sciences, Tokyo, Japan, September 2008.

Use of athletic performance records to study functional capacity. Kinesiology Seminar at Penn State University, University Park, PA, November 2008.

Habitual exercise and senile arteriosclerosis. Noll Physiology Seminar Series at Penn State University, University Park, PA, November 2008.


Developing an independent extramurally-supported research program. Annual Summer Research Institute sponsored by the Center for Health Promotion and Disease Prevention Research in Underserved Populations (CHPR), Austin, TX June 2009.

Habitual exercise and arterial wall function. 1 Simposio de Exercicio Fisico Baseado em Evidencia, Porto Alegre, Brazil, July 2009.

Role of regular exercise on preventive gerontology. 1 Simposio de Exercicio Fisico Baseado em Evidencia, Porto Alegre, Brazil, August 2009.

Jan Todd


Julian Woolf


**STUDENT PUBLICATIONS**

**Karissa Horton**

**Chi Young Kim**

**Luo Li**

**Madonna Mamerow**

**Kenneth Ripperger-Suhler**

**Katherine Velasquez**

**Stacy Warner**


**Jill Barnes**


**Brennan Berg**

**Matt Bowers**


**Kyo Soo Chung**

Juan Sebastian Giraldo

Lauren Grieco

David Hammers

Karissa Horton
Loukas, A., & Horton, K.D. Stress, depressive symptoms, and cigarette use in vocational school students. Poster presented at the National Conference on Tobacco or Health, Phoenix, AZ, June 2009.

Horton, K.D., & Loukas, A. Discrimination, religious coping, and current tobacco use among vocational school students. Poster presented at the National Conference on Tobacco or Health, Phoenix, AZ, June 2009.

Seth Kessler


Chi Young Kim

Jennifer Kruse

Hyun Jae Lee

Seunghwan Lee


Soyoun Lim

Michael Newhouse-Bailey
Toshi Ogura

Joyce Olushola

Tolga Ozyurtcu

Chris Renzi

Won Jae Seo

Tae J Song
Song, T.J., Farrar, R.P. Acute resistance exercise effects on IGF-1 signaling cascade downstream pathway. Experimental Biology New Orleans April, 2009

Matt Stults-Kolehmainen
Stults-Kolehmainen, M. A., Bartholomew, J.B., Seifert, J., Ciccolo, J. T., Portman, R. S. Age-Related Changes in Motivation to Exercise Among Highly Active Individuals. Annual meeting of the Society of Behavioral Medicine, Montreal, CA, 2009.

Takashi Tarumi

Matt Tierney

Chung-Hsiang Wang

Stacy Warner


**Kelly Welsh**
