

On the Move Kinesiology

UW-Madison

Fall 2016



Department of Kinesiology to lead new Human Exercise Research Core Facility

A team of researchers received funding in April through a new UW2020 initiative designed to jump-start innovative interdisciplinary endeavors across campus.



School of Education
UNIVERSITY OF WISCONSIN–MADISON

Department of Kinesiology
Unit II Gymnasium/Natatorium
2000 Observatory Drive
Madison, WI 53706
Tel: (608) 262-0259

Contents:

Cover story	2
Letter from the Chair.....	3
News and notes.....	4
Cadmus-Bertram studying steps toward healthier cancer survivorship.....	7
Farrar-Edwards reflects on six years as department chair.....	8
Winterstein examining effectiveness of concussion interventions.....	9
Department of Kinesiology now home to anatomy classes	9
Alumni updates	10



Department of Kinesiology to lead UW2020 project: Human Exercise Research Core Facility

A team of researchers with the Department of Kinesiology received funding in April through a new initiative designed to jump-start innovative interdisciplinary endeavors on the UW-Madison campus.

Led by principal investigator Gary Diffie, the project is titled, "Human Exercise Research Core Facility to Serve the Broader Campus."

Diffie, an expert in exercise science, explains that research involving nutrition, exercise or physical activity is currently scattered among a number of labs and clinics across the UW-Madison campus. The breadth, depth and impact of this research is limited by the lack of a centralized facility where scientists can conduct exercise-related studies and interact with each other regarding the wide array of variables that are affected by physical activity.

The Human Exercise Research Core Facility will be a comprehensive, multidisciplinary core that facilitates research in this growing area of need.

"Physical inactivity is a primary cause of many chronic diseases, with some estimates indicating that lack of physical activity is responsible for over 5 million deaths per year worldwide," says Diffie, the Virginia H. Marsh Professor of Kinesiology and chair of the department. "Due to the rising biomedical and social costs associated with a sedentary lifestyle, the National Institutes of Health has recently highlighted the need for better understanding of the impact that exercise has on a variety of aspects of physical and mental health. We believe that the establishment of this core facility represents a transformative improvement in the ability to conduct exercise- and metabolism-related research on this campus in this increasingly important area of research."

This initiative was one of just 14 highly innovative research projects that were chosen from 134 submitted proposals for the first round of funding by the UW-Madison Office of the Vice Chancellor for Research and Graduate Education for the UW2020: WARF Discovery Initiative.

Other co-investigators from the Department of Kinesiology on the Human Exercise Research Core Facility project include: Professor Dorothy Farrar-Edwards; Professor Dane Cook; Professor Bill Schrage; and Assistant Professor Jill Barnes. Other co-investigators of the team include: Barbara Bowers, an associate dean for research, the Charlotte Jane and Ralph A. Rodefer Chair, and Helen Denne Schulte Professor with

the School of Nursing; and Randall Gretebeck, an associate clinical professor with the School of Nursing.

"A key strength of this core facility is the way it will bring researchers together in an outstanding collaborative environment," says Diffie. "This flows both from the nature of the proposal, which is an exceptional partnership between the School of Nursing and the Department of Kinesiology, as well as from the broad support from across campus for the creation of this core facility."

The new human exercise facility will be administered through the Department of Kinesiology but will utilize about 900 square feet of space in the School of Nursing's state-of-the-art Cooper Hall, which opened in the summer of 2014 and is designed to support best practices in inter-professional health education. Cooper Hall is conveniently located between the UW Natatorium, which is home to many Department of Kinesiology faculty and staff, and other health-related facilities like the UW Hospital and Clinics, the Veterans Administration Hospital and the Waisman Center.

The facility will house a centralized space for measuring several aspects of exercise capacity and physical function. It will provide equipment to measure such factors as exercise capacity, exercise metabolism, muscle function and body composition and, for investigators new to this type of research, it will provide expertise in experiments related to exercise and cognition, metabolism and cardiopulmonary function.



The new Human Exercise Core Facility will better centralize exercise-related research on the UW-Madison campus.

“We believe that the establishment of this core facility represents a transformative improvement in the ability to conduct exercise- and metabolism-related research on this campus in this increasingly important area of research.”

— GARY DIFFEE,
Virginia H. Marsh Professor of Kinesiology

Diffee says that the core should also help boost funding potential, catalyze collaborative initiatives, and enhance research impact for a diverse array of researchers on campus. At the same time it will open new avenues for innovative research and collaborations in this area.

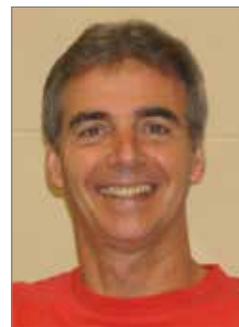
“Researchers from across campus, representing over 10 different schools, centers or departments, indicated the urgent need for such a facility on campus to support exercise-related research in a wide range of disciplines — from psychological to biomechanical aspects of exercise — and a wide range of human populations — from children to older adults,” explains Diffee.

Underwritten by the Wisconsin Alumni Research Foundation (WARF), UW2020 will support selected projects with an average award of about \$300,000 over two years. Included in the allocation for most research projects will be support from the UW–Madison Graduate School to cover a graduate student assistantship.

“By providing support to these projects, we think we can seed our research portfolio in important ways and position UW–Madison faculty and research staff for future success,” says Marsha Mailick, UW–Madison vice chancellor for research and graduate education.



From the Chair:



Here at the Natatorium, all the signs of a new fall semester are present: The UW Marching Band is practicing on the field next door, the Lakeshore Path is full of runners and walkers, and the Nat is full of students excited to begin another year. Fall is always a time of new beginnings and this year we have more than our share. I am so excited to be taking on the role of Chair of the Department of Kinesiology, following six years of extraordinary leadership from Dr. Dorothy Farrar-Edwards. This is a very exciting and energizing time for our department and I am honored to be a part of our many new ventures.

In this issue of “On the Move” you can read about: Our new opportunity to teach Anatomy to large numbers of undergraduate students at UW–Madison; our leadership in improving the resources for exercise-related research on campus with our exciting new Human Exercise Research Core Facility; a generous gift that will increase opportunities for our graduate students to travel; and our new online Doctor of Occupational Therapy program. These are all in addition to the outstanding ongoing research projects by our faculty and our continuing strong undergraduate and graduate programs.

We are so appreciative of our many generous alumni and the role they play in maintaining the excellence of teaching and research. To help us continue to grow, please consider donating to the Department of Kinesiology by visiting supportuw.org/giveto/Kines.

We love to hear how our alumni are doing. Please drop us a note and update us on what is new with you. And if you plan to be on campus, we would love to see you!

On, Wisconsin!
Gary Diffee



Gruben's KIINCE 'graduates' from UW business accelerator



KIINCE, which is the brainchild of Department of Kinesiology Associate Professor Kreg Gruben, was among the successful start-up companies that “graduated” this past summer from a UW–Madison program designed to advance innovations based on campus research.

Gruben's company developed a stroke rehabilitation device with assistance from the university's Discovery to Product (D2P) program.

After studying the mechanics and control of leg function for more than two decades, Gruben pinpointed why stroke patients have difficulty walking.

“We have discovered muscle coordination patterns that correlate with how people walk after a stroke and predict which types

KIINCE has developed a neuromuscular retraining machine that helps people in need of effective gait restoration therapy.

of therapy will work,” he says. “Frequently, the ratio of muscle use is slightly off. The compensating behaviors are easy to see, so therapists tend to focus on them rather than the underlying incoordination.”

Gruben used D2P funding to build fully functional prototypes of neuromuscular retraining machines that precisely measure the mechanics of walking and give corrective feedback. KIINCE is finalizing the product and beginning to execute its strategy to drive clinical adoption.

D2P was formed as a partnership between UW–Madison and the Wisconsin Alumni Research Foundation (WARF), and serves as a business accelerator for those on campus.

Department launches online Doctor of OT program

The University of Wisconsin System's Board of Regents in December 2015 approved a new post-professional Doctor of Occupational Therapy (OTD) degree program at UW–Madison. The OT program is housed within the Department of Kinesiology.

The new program is completely online — except for an initial orientation and final capstone project presentation. This allows OT professionals to continue working while pursuing their doctorate part-time over the course of nine semesters. The program offers coursework in leadership theories and models, administrative tools and techniques, teaching methods, and applied research methods.

“Getting a doctorate puts occupational therapists in the running for leadership roles,” says Sharon Gartland, the director of

the OTD program. “I would recommend it for those who desire to keep moving forward in their career, whether that looks like clinical expertise, administrative responsibilities, teaching opportunities, or research participation.”

The first cohort of students started the program in September.

Phillips' gift to support graduate student travel

A generous gift from alumna Sally Phillips will provide support to graduate students within the Department of Kinesiology who wish to travel to a regional, national or international conference in order to present an authored research paper either orally or as a poster.

The fund will be called the Sally J. Phillips Travel Award.

Dr. Phillips earned her Ph.D. in biomechanics from the Department of Kinesiology in 1978 and retired from the University of Maryland in 2015 after 27 years.

Kinesiology major a hit at Grandparents University

Learners from a diverse range of ages were able to major in kinesiology for the first time during this summer's Grandparents University on the UW–Madison campus. Grandparents University is an intergenerational learning experience intended for children who are accompanied by a grandparent or older adult relative who is not a parent.

Grandparents University offers a range of “majors” and the older adults and children stay together in the same major for the two-day program. Students who majored in kinesiology were led by faculty, staff and graduate students from the Department of Kinesiology.

Participants engaged in numerous activities exploring the many fascinating aspects of human movement and the science behind how physical activity affects one's body, with mini classes being held throughout the UW Natatorium. The kinesiology major was designed for children ages 11 to 14, with more than 60 individuals going through this Grandparents University program in July.



Young and older Kinesiology majors alike enjoyed taping wrists in the athletic training lab.



A prototype hand cycle developed by volunteers from Design Concepts, Inc., was presented to UW–Madison’s No Limits Kids Fitness program June 23 at the Natatorium. (PHOTO BY JOHN SABLE)

No Limits program, Design Concepts unveil prototype hand cycle

Since late 2014, a team of experts from Design Concepts, Inc., had donated several hundred hours of time while working closely with UW–Madison’s No Limits Kids Fitness program to create a hand cycle that was adjustable so children can use it as they grow.

A prototype was unveiled June 23 during a short ceremony at the UW Natatorium, which is home to the No Limits program run by Tim Gattenby, the Department of Kinesiology’s coordinator of adaptive fitness and personal training.

The No Limits Kids Fitness program is an eight-week summer class that’s dedicated to exciting and empowering children with disabilities to be active.

In addition, a front-page story in the Sunday, Aug. 21, Wisconsin State Journal put a much-deserved spotlight on Gattenby and his adaptive fitness program that’s geared toward training people of all ages with disabilities to find ways to get and stay fit. As the State Journal reported: “It’s a popular program that goes beyond physical therapy to help clients with all kinds of disabilities maintain active lifestyles while simultaneously training UW–Madison students to become a new breed of professionals in the medical field.”

Bell’s research puts spotlight on hazards of sports specialization

There is a growing sense among those who pay attention to youth and high school athletics that more and more young people are focusing their efforts on excelling at a single sport, instead of playing a variety.

But while sports specialization is a hot topic, there is a surprising dearth of research on this issue, says David Bell, an assistant professor with the Department of Kinesiology’s athletic training program.

So Bell, who directs the Wisconsin Injury in Sports Laboratory, and colleagues from across UW–Madison decided to collect data on this topic and produced a groundbreaking study that was published earlier this year by the American Journal of Sports Medicine. Titled,

“Prevalence of Sport Specialization in High School Athletics,” this one-year observational study found that 36.4 percent of athletes were considered highly specialized. And the researchers found that these highly specialized athletes who trained in one sport for more than eight months out of the year were more likely to report a history of knee and hip injuries.

Bell is the lead author on the report, which was co-authored by, among others, Department of Kinesiology Ph.D. students Eric Post and Stephanie Trigsted.

Since that original study was published, Bell and research partners across campus have been busy replicating the initial findings with slightly younger athletes (ages 12 to 14) and larger cohorts of high school student-athletes. Bell says this work consistently shows that about 35 percent of young athletes are highly specialized — and that these athletes are two to three times more likely to have a knee or hip injury.

If there is a key takeaway for young athletes and their parents, Bell says simply, “Make sure your children are getting breaks in competition.”



Bell

Department of Kinesiology impressing Dean Hess

School of Education Dean Diana Hess spent a good portion of the 2015–16 academic year learning about various corners of the School, which is home to the Department of Kinesiology.

Hess started her post as dean in August 2015. Prior to that she served as senior president of the Spencer Foundation in Chicago. And although Hess is no stranger to the UW–Madison campus or the School of Education — having worked as a faculty member with the nation’s No. 1-ranked Department of Curriculum and Instruction from 1999 until 2011 — she certainly knew more about some units within the School than others.

So Hess has made it a priority to become more familiar with the Department of Kinesiology, its research labs and talented personnel. She not only attended department meetings to introduce herself and hear from faculty and staff within the department, but Hess also scheduled an entire day to meet and learn more from the department’s 17 principal investigators who are heading research projects across the UW Natatorium, Medical Sciences Center and Waisman Center.

Hess toured each lab and heard detailed explanations about the goals and research that was taking place.

“That was one of my favorite days as dean of the School of Education,” says Hess. “It was incredibly interesting to see the depth and breadth of remarkable projects taking place across the Department of Kinesiology.”



Hess



Around the Department...

- ▶ Dane Cook was elected as a fellow to the Academy of Behavioral Medicine Research (ABMR). Cook is a professor in the Department of Kinesiology, where he directs an Exercise Psychology Lab. Cook was honored at the annual ABMR meeting in June in British Columbia.
- ▶ Members of UW–Madison’s Athletic Training Students for Brain Safety (ATSBS) group were in Baltimore in June to promote the expansion of their grass roots organization at the annual meeting of the National Athletic Trainers’ Association. ATSBS is an education and advocacy group that promotes brain safety on the campus and greater Madison community. In the past year, its members have used funds from a Baldwin Wisconsin Idea mini-grant to pursue chapter organizations at the state and regional levels. UW–Madison’s athletic training program is housed within the Department of Kinesiology.
- ▶ Sports Illustrated in February interviewed Department of Kinesiology Assistant Professor Jill Barnes for an article headlined, “How you can stay active without a formal workout plan.” One person who has thought a lot about this, SI.com reported, is Barnes, who has a “big interest in how exercise and physical activity can keep the brain sharp throughout a person’s life.”
- ▶ The School of Education recognized its annual Distinguished Achievement Award winners during a ceremony in April, and the Department of Kinesiology’s Jeannine Nicolai-Heckmann received the University Staff Distinguished Achievement Award.



2016 Undergraduate Recognition and Celebration

The Department of Kinesiology held its annual Undergraduate Recognition and Celebration program following UW–Madison’s commencement celebration on May 14, 2016. The event, to honor and recognize graduates from the department, included a small ceremony, snacks and refreshments. Here, the new graduates pose for a group photo on the lawn to the east side of the UW Natatorium.



Cadmus-Bertram examining whether coaching support, Fitbits can improve physical activity among cancer survivors

Patients who complete cancer treatment sometimes perceive a lack of services to transition them to the next phase of survivorship.

The Institute of Medicine and other organizations have recommended that at the completion of treatment, each patient should receive a survivorship care plan that notes previous therapies, recommends a timeline for follow-up visits and includes basic recommendations for a healthy lifestyle. However, not all clinics have the infrastructure in place to offer these plans. And few patients receive specific assistance with physical activity or weight management after cancer treatment.

“Everyone knows physical activity is important,” says UW–Madison’s Lisa Cadmus-Bertram, an assistant professor with the Department of Kinesiology. “But advice and information often aren’t sufficient because habits are difficult to change. Many people need coaching or other forms of support to make that happen.”

Cadmus-Bertram is leading a new randomized trial that will provide breast and colorectal cancer survivors with a Fitbit, physical activity coaching and support. The research project will then monitor whether the intervention translates into the higher activity levels shown to be beneficial to survivors.

“Cardiac patients typically receive rehabilitation and support to help them adopt healthy behaviors going forward,” says Cadmus-Bertram. “Cancer survivorship doesn’t currently have the infrastructure to support those types of lifestyle changes — even though research has consistently shown physical activity is vitally important for healthy cancer survivorship.”

Cadmus-Bertram directs the Wisconsin Physical Activity Epidemiology Lab and is a member of the Cancer Prevention and Control program at the UW Carbone Cancer Center, where the clinical trial will be housed. Her lab, which is currently involved with several research projects, broadly focuses its efforts on the role of physical activity in cancer prevention and survivorship.



Lisa Cadmus-Bertram directs the Wisconsin Physical Activity Epidemiology Lab

Cadmus-Bertram’s research also often examines new technologies and the range of scalable interventions that can help bolster healthy behaviors. In addition, she conducts population-based epidemiological studies to assess a variety of physical activity, sedentary behavior and lifestyle data, and their relationships to cancer.

Cancer survivors enrolling in this current study must find a support partner, such as a spouse or friend, who will be called upon to help motivate the survivor to be physically active. Each pair will then be randomly assigned to the usual care or intervention group.

Patients in the usual care group receive standard follow-up care in addition to a survivorship plan, which includes behavioral tips designed to encourage participants to stay active. Patients in the experimental group will also receive regular coaching through e-mail and a Fitbit, a wearable, wireless activity tracker. Daily step count data from the Fitbit will be automatically uploaded to each patient’s online MyChart account. During the 12 weeks each patient in the experimental group is in the trial, their physician will receive a notification every three weeks to view the step counts through the medical record.

In addition to giving cancer survivors the motivation and tracking tools to stay more active, this study also will examine whether healthcare clinicians look at the data uploaded to a patient’s charts — and whether or not such information prompts them to have conversations with their patients that they wouldn’t have otherwise.

The trial will enroll 50 breast and colorectal cancer survivors, and is funded by the UW Institute for Clinical and Translational Research through its Clinical and Community Outcomes program. This project has received programming support from UW Health and uses a module for Fitbit data developed by Epic.

“Everyone knows physical activity is important. But advice and information often aren’t sufficient because habits are difficult to change. Many people need coaching or other forms of support to make that happen.”

— LISA CADMUS-BERTRAM



Farrar-Edwards reflects on six years of leading Department of Kinesiology



Farrar-Edwards

While wrapping up her second term as chair of the Department of Kinesiology this past summer, Dorothy Farrar-Edwards was asked to reflect on her six years of leading the department.

“I honestly didn’t know how much work it was going to be,” Farrar-Edwards says with a smile. “But it was a privilege to be at the table during some really critical periods in the university and it was an honor to be present and to be able to represent this department.”

Farrar-Edwards, a professor of occupational therapy, served back-to-back three-year terms as chair, starting

with the 2010-11 academic year.

“Thanks to Dorothy’s hard work and exceptional leadership, this department is in a much, much stronger position in nearly every aspect compared to when she took over as chair,” says Gary Diffie, the Virginia H. Marsh Professor of Kinesiology who became the new department chair at the start of the fall semester.

Farrar-Edwards says she is proud that even in the face of ongoing state budget cuts, the Department of Kinesiology has made strategic decisions that have allowed it to thrive.

She notes that the department has expanded its number of faculty lines, while recruiting and hiring exceptional junior faculty members. Farrar-Edwards has also worked hard to help colleagues within the department make connections with researchers in the College of Engineering, the Waisman Center and the School of Medicine and Public Health, to name a few corners of campus. Such efforts to diversify and expand the department’s research portfolio have helped increase extramural funding in disciplines across the health sciences spectrum.

Similarly, Farrar-Edwards led efforts to help the Department of Kinesiology expand its presence at the undergraduate and graduate levels on the UW–Madison campus. The department has grown its Exercise and Movement Science undergraduate program in recent years and is on track to add a new undergraduate major in Health Promotion and Health Equity in the fall of 2018. In addition, the department earlier this year launched a Doctor of Occupational Therapy (OTD) online degree program and became home to the university’s undergraduate anatomy classes — which serve about 1,000 students per year.

Farrar-Edwards stresses times were not always rosy during her run as chair. In particular, she points to January 2012

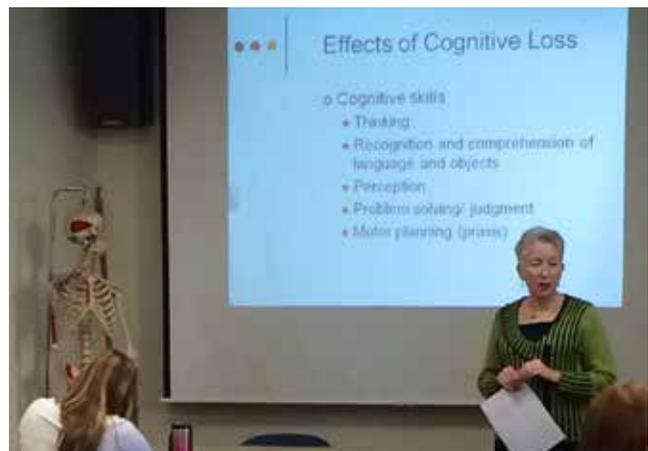
when it was announced that due to state budget cuts, the Department of Kinesiology would be phasing out many of its popular one-credit physical education classes. Farrar-Edwards sent layoff letters to 12 part-time academic staff who taught the bulk of the nearly 30 one-credit courses.

“Those were very tough decisions,” says Farrar-Edwards. “But that was when we, as a department, started thinking strategically about our future and made changes that have allowed us to remain strong.”

Farrar-Edwards this spring was named a Vilas Distinguished Achievement Professor, a significant honor on the UW–Madison campus that identifies distinguished scholarship, top-notch teaching and service work. This professorship provides flexible funding over five years that Farrar-Edwards will use to bolster her research on health disparities and equity, especially as this relates to the impact of stroke and Alzheimer’s disease in underrepresented groups.

In addition to serving as department chair, Farrar-Edwards this spring also wrapped up a three-year term on the University Committee, which is the executive committee of UW–Madison’s faculty senate. She also served as a member of the UW System’s Tenure Task Force, which was appointed to recommend new Board of Regents policies regarding tenure.

“I loved being department chair and being so closely involved with faculty governance, but I’m also very excited about getting more involved again in my research projects,” she says. “Plus, I’ve worked very closely with Gary Diffie over the years and am very confident in his ability to lead this department moving forward.”



Dorothy Farrar-Edwards this spring was named a Vilas Distinguished Achievement Professor, a significant honor on the UW–Madison campus that identifies distinguished scholarship, top-notch teaching and service work.

Research

Winterstein to study best ways to alter concussion attitudes, behaviors



Winterstein

A multidisciplinary team of UW–Madison researchers — led by the Department of Kinesiology’s Andrew Winterstein and School of Human Ecology’s Dee Warmath — received funding from the NCAA and U.S. Department of Defense in February to study the most effective ways to teach athletes and young adults about the importance of reporting when they have suffered a concussion.

The initiative will evaluate the effectiveness of three different interventions with a largely untapped population: the roughly 2,500 young adults who play competitive club sports on the UW–Madison campus.

The research project is titled, “Making it Stick: A Social Marketing Experiment to Alter Concussion Attitudes and Behavior.” The project will address three challenges in existing efforts to improve concussion reporting:

- Can symptom-focused education be redesigned to encourage greater processing of the information?
- Does a focus on avoiding consequences — or realizing benefits — have a greater impact on reporting than symptom-focused efforts?
- Does social context matter and, if so, how so?

“This study will provide insight into the incidence of reported and unreported sports-related concussions and the attitudes, knowledge and behaviors for these at-risk young adults,” says Winterstein, who heads the Department of Kinesiology’s athletic training program.

Meanwhile, in June Winterstein received one of the National Athletic Trainers Association’s top honors — being named a Most Distinguished Athletic Trainer.

“He is passionate about athletic training and truly cares about every facet of our profession,” Department of Kinesiology colleague David Bell says of Winterstein. “He is viewed beyond our borders as an expert and leader in our field. Wisconsin is lucky to have him on our campus.”

Teaching & Learning

Anatomy courses now housed in Department of Kinesiology

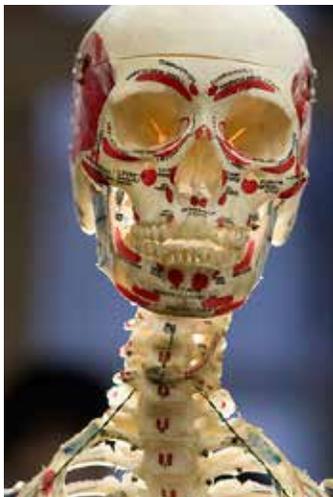
The Department of Kinesiology is the new home base for UW–Madison’s undergraduate-level anatomy courses.

The university’s School of Medicine and Public Health (SMPH) previously administered these classes. Given that SMPH is focused on professional and graduate-level education, the move to the Department of Kinesiology, with its commitment to quality undergraduate education, made sense.

“It’s a great fit for the department,” says Julie Stamm, an associate lecturer with the Department of Kinesiology who developed the courses and is the classroom instructor. “We house medical fields such as athletic training and occupational therapy, and we study movement of the human body.”

Most students taking the classes, says Stamm, plan to pursue careers in healthcare fields

The course taught by Stamm during the 2016 Fall semester is titled “Kinesiology 328: Human Anatomy.” The class is designed to provide a strong foundation in anatomy for



students interested in pursuing a career in a health-related field. It also emphasizes a clinical approach that will help students make informed decisions about their own health and prepare them for future studies and practice as a clinician in a variety of health settings.

“Anatomy is traditionally a class that involves a lot of memorization,” says Stamm, who holds a Ph.D. in anatomy and neurobiology from Boston University and an undergraduate degree in athletic training from UW–Madison’s Department of Kinesiology. “But we’re trying to change that dynamic and focus on getting students to think critically about how they can really use the information they are learning in this class in clinical settings.”

Stamm is also helping develop a non-cadaver anatomy lab course that is scheduled to launch during the 2017 Spring semester. A year from now these courses are expected to serve about 1,000 students per academic year.





60^s

Ronald A. Smith — Ph.D. 1969

As a professor emeritus after 28 years on the faculty at Penn State University, Ronald has recently published a book about the Jerry Sandusky Scandal at Penn State titled, “Wounded Lions: Joe Paterno, Jerry Sandusky, and the Crises in Penn State Athletics” (Urbana: University of Illinois Press, 2016). Using the history of intercollegiate athletics, especially at Penn State, the book explains how Penn State administrators’ dealings with athletics in the past may have influenced how they responded ineffectively to the 2011 scandal.

70^s

Karen R. Shevet Dinah — BS 1970

Karen is a Dane County retiree. She says she began a “post-retirement” career as an interpreter/translator for the Jewish Social Services of Madison Immigration program.

Jean K. Wiggins — BS 1971

Jean has been retired for 12 years and “loves it.” Jean says her husband was also a PE graduate so the two are active in all types of silent sports. Jean says they also love traveling and have been all over the world hiking and biking.

Frank Cerny — Ph.D. 1972

Frank officially retired in 2005 as professor and chair of the Department of Physical Therapy, Exercise and Nutrition Sciences at the University at Buffalo. While in his second career as a full-time pastor and executive director of a non-profit, Frank continues to be involved in research on exercise and the treatment of cystic fibrosis. Frank’s non-profit, the Rural Outreach Center, offers wrap-around services to the rural poor.

Mary M. Larsen — BS 1973

Mary retired from her position as an educator and moved to Florida.

Nelson D. Neal — MS 1974

Dr. Neal delivered a presentation titled, “Hemsley Winfield: First African-American Modern Dancer,” at the Lake Oswego, Oregon, public library on Aug. 16. His research on Winfield’s dance career was published in 2012 and his manuscript on Hemsley Winfield dancing as the Congo Witch Doctor at the Metropolitan Opera is under consideration for publication. He is also the head coach for boys golf at Lakeridge High School in Lake Oswego.

Rod Dishman — MS 1975, Ph.D. 1978

Rod is currently a professor in the Department of Kinesiology at the University of Georgia. He received a prestigious 2016 Citation Award from the American College of Sports Medicine at the annual meeting held in Boston in June.

Karen J. Schwabe — BS 1979

Karen received her BSN in nursing from Chico (Calif.) State in 2009 and currently works full-time for Davita Dialysis.

80^s

Virginia Diggles Buckles — Ph.D. 1981

Virginia was awarded the 2016 Harvey A. and Dorismae Hacker Friedman Award for excellence in service to older adults from the Friedman Center for Aging, Washington University in St. Louis. Virginia is a professor of neurology and executive director of the Knight Alzheimer’s Disease Research Center at Washington University.

Linda Almar Caldwell — MS 1981

Linda is coordinator of doctoral studies in the Department of Dance at Texas Woman’s University. She also is vice president for the North America regions of the World Dance Alliance-Americas.

Stephen J. Langendorfer — Ph.D. 1982

Stephen is completing his third year as the school director for the School of Human Movement, Sport, and Leisure Studies at Bowling Green State University. Stephen was awarded the Ireland Medal by the Lifesaving Foundation for contributions to swimming and lifesaving as founding editor of the International Journal of Aquatic Research and Education.

Constance Fried — BS 1953, MS 1983

Constance has become a Guardian Ad Litem, a voice for a child in the custody of the Department of Children and Families. She plays clarinet in a band of 36 women, and still plays volleyball — although Constance reports that “the game has changed dramatically since 1953.”

Richard Barrent — MS 1985

Richard is president of The Barrent Group, a residential mortgage quality assurance firm in Urbandale, Iowa.

Melanie Maguire Kuzmanovic — BS 1985

Mallanie in June completed her 26th year as a School Counselor at Oak Creek High School in the Milwaukee area, where she also was re-elected to the Greendale School District’s Board of Education.

Laurie Kleisinger — BS 1987

Laurie retired from coaching high school track and cross country after 20 years between Wisconsin and Colorado.

Kris Nelson Angerthal — BS 1994

Kris worked full-time as an elementary physical education teacher for Arlington (Va.) Public Schools. She recently started participating as a board member for the Washington, D.C., chapter of the UW Alumni Association.

Kimberly B. Castle (nee Harbst) — Ph.D. 1996

Kimberly retired from teaching, which she started in 1988, in the physical therapy program at the University of Wisconsin-La Crosse and has relocated with her husband, Kevin Castle, to the mountains of northern Georgia. Kimberly has accepted an associate professor position in the physical therapy department at the University of North Georgia in Dahlonega, where she will teach adult and pediatric neurorehabilitation, neuroanatomy and motor behavior courses.

Ann Garvin — MS 1990, Ph.D. 1997

Ann is a full professor at the University of Wisconsin-Whitewater in health promotion and education. She also teaches at Southern New Hampshire University at its brick-and-mortar campus in the Master of Fine Arts program. Ann has published three novels that have been translated to German and Hebrew. Her most recent novel is, “I Like You Just Fine When You Are Not Around.”

Ann Klitz Hockett — BS 2005

Over the past year Ann and her family welcomed their first child to the world, moved to a new state and embarked on new careers. Ann says her husband was hired as the assistant men’s basketball coach for the University of Minnesota Duluth. She was also hired at UMD in the Applied Human Sciences Department as an instructor in the Physical Education Teacher Education Program.

Updates

Aaron Carpiaux — BS 2007, Sonja Carpiaux — BS 2007

Aaron recently completed his orthopedic surgery residency at the University of Kentucky. He and his wife, Sonja (Hughes), recently moved to the Indianapolis area for him to complete a one-year fellowship in sports medicine with Methodist/Indiana University. Sonja had enjoyed working as a nurse practitioner in cardiology while in Kentucky but was expecting the birth of their first child in August 2016.

William Adams — BS 2009

William recently graduated with his Ph.D. in exercise science at the University of Connecticut, where his dissertation project focused on the effects of exercise-induced hypohydration on sleep and recovery. He has taken a postdoctoral fellowship position at the University of Connecticut, where he has taken the role of vice president of sport safety at the Korey Stringer Institute.

Daniel Dwyer — BS 2010

10^s

Daniel has started his second year of medical school at Boston University.

Sarah Friedman — BS 2011

Sarah received her master's degree in physician assistant studies from Weill Cornell Medical College in New York City. She now works in surgical oncology at Memorial Sloan Kettering Cancer Center, specializing in urologic, gynecologic and general robotic surgery.

Michael Ziegele — BS 2011

Michael recently graduated from UW Medical School and is now a first-year orthopedic surgery resident at the Medical College of Wisconsin.

Amanda Leitch — BS 2012

Amanda started working as an athletic trainer at Dartmouth College in August of 2015, primarily providing care for the student-athletes of the women's soccer, women's tennis and women's lacrosse teams.

Lindsay Grunwald — BS 2013

Lindsay is pursuing a master of science degree in health services research, policy, and administration in the School of Public Health at the University of Minnesota-Twin Cities. She expected to graduate in September 2016.

Tylee Schraufnagel — BS 2013

Since graduating Tylee has honed her clinical skills as a licensed athletic trainer in the Boston, Massachusetts, area. She attended Boston University as a graduate student and gained additional clinical training as a graduate assistant athletic trainer with the BU Athletic Training Services staff. She graduated with her master's degree in May

2016 and immediately accepted an offer from BU to complete their Residency in Athletic Training program as the neurotrauma and spine pathology resident. She will complete the program in May 2017.

Elan Van Vlack — MS 2013

Elan works as an ACSM registered clinical exercise physiologist. She specializes in cardiac rehabilitation at Unity-Point Health-Meriter Hospital. She has truly found her passion in providing patient care and pays it forward by serving as a mentor to UW kinesiology practicum students.

Mara Martin — BS 2015

Mara is currently working as a personal and team trainer at Any-time Fitness on the east side of Madison. She is also looking into going back to school for a physical therapy or physical therapy assistant degree.

Abby Johnson — MS 2015

Abby is working in a physical therapy clinic where she utilizes her athletic training skills for outreach to youth sports. Abby recently received the Back to Sports grant from the American Heart Association and NFL. She will be conducting this education event for parents with children looking to participate in sports this fall. Abby also got involved with her community volleyball program, where she is the recreation league coordinator and coach for the Eden Prairie Volleyball Association.

Tessa Mertins — BS 2015

Initially after graduation, Tessa spent two months volunteering in Hawaii. Upon returning she now is employed at Aurora working as a rehabilitation and clerical aide for an outpatient rehabilitation department, and has moved to Milwaukee.

Michaela Rabas — BS 2015

Michaela is currently a graduate assistant at the University of South Carolina working as an athletic trainer for USC's men's soccer and baseball teams while working towards a master's degree in advanced athletic training.

Emily Wolfenden — BS 2015

Emily recently started medical school at the University of Arizona College of Medicine in Phoenix and will graduate with an MD in 2020.

Michael Martin — MS 2016

Michael accepted a full-time position as an assistant athletic trainer at the University of Wisconsin-Platteville. He was promoted to the assistant head athletic trainer at Loras All Sports Camp, which has an enrollment of about 2,400 athletes during the summer.



CALL FOR ALUMNI UPDATES

Thanks so much for responding to our email call for alumni updates! We received an extraordinary response this year and love hearing from you — so keep the submissions coming! The only down side to this is we couldn't fit all of these items into print due to space limitations.

To read all of the Alumni Updates submissions, please check out the online version of **On the Move**: kinesiology.education.wisc.edu/kinesiology/news/on-the-move. If you did not receive this request for updates, it may mean we don't have your current email address.

To update your alumni record call the Wisconsin Alumni Foundation at **888-947-2586** or visit: www.uwalumni.com/services/update



School of Education
UNIVERSITY OF WISCONSIN-MADISON



Nonprofit Org.
U.S. Postage
PAID
Madison, WI
Permit No. 658

Department of Kinesiology
Unit II Gymnasium/Natatorium
2000 Observatory Drive
Madison, WI 53706

I GIVE BECAUSE ...

**THE UNIVERSITY OF WISCONSIN GAVE ME
A CAREER, A FUTURE, AND A PASSION.**

I had amazing faculty who gave me incredible experiences and priceless mentoring. I want that experience for other occupational therapy students who come after me. In this time of budget constraints, I give to support faculty, expanded facilities, and ensure a quality Occupational Therapy Program within the Department of Kinesiology. I give because I am a Badger occupational therapist, and I never forget that.



Barbara L. Kornblau | BS, 1997
Occupational Therapy

DONATE TODAY: <http://supportu.wisc.edu/give-to/kines>

or contact the School of Education's Director of Development, Betsy Burns: 608-712-9376 or betsyburns@supportu.wisc.edu