



Fall 2016

Dear Alumni:

With great interest and enthusiasm, I once again take an opportunity to communicate with you about the life of our School. I hope that you are enjoying these updates and the rebirth of pride in our unit!

The School of Kinesiology is now part of the newly formed College of Health (officially launched in July 2016), which represents the future of education in the health-related disciplines. Our students will soon be learning within an interprofessional environment, a collaborative, team-based approach to training and clinical practice. This innovative concept integrates expertise and discovery across disciplines, with core content that enhances understanding of health and well-being throughout the life span. The ultimate result: improved patient service and outcomes. We are excited about the new learning opportunities and experiences ahead for students in all our undergraduate and graduate programs within this new context.

The health marketplace has a critical need for skilled, adaptable health care professionals who are clinically knowledgeable, adept at critical thinking and problem solving, and devoted to lifelong learning. The College of Health will be a leader in promoting the interprofessional environment, enabling graduates to become major contributors to the quality of life for residents of the region, the state of Indiana, and the nation.

Two of our School of Kinesiology programs will find renewed purpose in the College of Health: the new Health and Physical Education Teacher Program (HPE) and the Biomechanics Laboratory.

Our Physical Education Teacher Education program recently merged with the Health Education program to create a new major allowing students to be licensed in both K-12 physical education and 5-12 health. The merged major demonstrates Ball State's dedication to excellence both to prospective students and to future alumni, as we are one of the only programs in the state to offer the combination in a single undergraduate degree. HPE students immerse themselves in a variety of field experiences during their time at Ball State, while class offerings provide opportunities to observe, assist, and/or teach in authentic teaching environments. Additionally, the HPE major capitalizes on the use of integrated technology. The College supported the installation of a projection and audio system into the teaching gymnasium for student and faculty use, and students' preparation to teach now includes using heart rate monitors, iPads, and other applications in a gymnasium setting. These skill sets, along with the dual major, set our majors up for success as future teaching professionals who can contribute to the quality of life for residents of the region and the state of Indiana.

The Biomechanics Laboratory is home to the Biomechanics master's degree program that has successfully prepared students for employment, as well as admission to doctoral programs both within the United States and around the world (e.g., England, New Zealand, Australia). We are now envisioning a Biomechanics doctoral program within the School of Kinesiology, focused solely on clinical populations. We would be first in the state to offer this focus and second in the state to offer the Biomechanics doctorate. Drs. Clark Dickin and Henry Wang are developing this program to align with the vision/mission of the School of Kinesiology and College of Health in promoting lifelong well-being. Specifically, it will address movement problems facing individuals of all ages, and interventions to help regain or maintain overall function and mobility.

Currently the Biomechanics faculty and graduate students are actively researching factors related to mechanisms associated with knee injuries in both elite and recreational athletes, and factors contributing to shin splints. As well, they are examining locomotion in older adults on stairs and inclined surfaces, and movement problems related to diseases such as Cerebral Palsy and Multiple Sclerosis. Over the past seven years the Biomechanics Lab has worked

with the Department of Defense (DoD) to better understand problems facing military personnel during basic training and continuing into years of military service. The DoD has funded a series of research projects analyzing the impact of load carrying over distances; such exertion often results in the long-term stress related injury referred to as shin splints. The biomechanics program and faculty are also working with orthopedic industry leaders to help improve both the design and outcomes associated with joint replacements. Our involvement in this industry will continue to grow as we work to implement the clinical doctorate in biomechanics.

We hope that you are motivated to stay abreast of our forward momentum! We anticipate being a centerpiece unit in the new College of Health. If you have not already done so, please visit our SOK web site (www.bsu.edu/kinesiology) and subscribe to our social network pages on Facebook and Twitter. Proud alumni who are interested in financially contributing to the life of our School can refer to the enclosure and/or visit www.bsu.edu/kinesiology/funds-and-scholarships for general and specific opportunities.

I look forward to corresponding with you in the future. Please send me a note (tweidner@bsu.edu) if you have any questions or comments. Thanks!

Sincerely,

Thomas G. Weidner, PhD, ATC, FNATA
George and Frances Ball Distinguished Professor and Chair
School of Kinesiology

Kinesiology: The study of the impact of physical activity on health, society, and quality of life.