



Summer 2017

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). With this union, plans have been put into place which means:

- our students will soon be learning within an [interprofessional](#) environment with a collaborative, team-based approach to training and clinical practice
- an integration of expertise and discovery across disciplines, with core content that enhances understanding of health and well-being throughout the life span

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.

[Health and Physical Education Teacher Education Program](#) Highlights:

- New major created allowing students to be licensed in both K-12 physical education and 5-12 health. We are one of the only programs in the state to offer the combination in a single undergraduate degree.
- 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.

[Biomechanics Laboratory](#) Highlights:

- 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, and Australia).
- 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.

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.

Follow us throughout the year by visiting our [SOK website](#) and subscribing to our social network pages on [Facebook](#) and [Twitter](#). Proud alumni who are interested in financially contributing to the life of our School can do so by visiting [bsu.edu/give](#). If you're unsure where to designate your gift, visit our [Funds and Scholarships](#) page to browse areas of need within SOK.

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.