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The Human Performance and Biomechanics Laboratory

At the end of a corridor in the basement of the School of Physical Education and Tourism Management exists a place where innovative research, learning and discovery happen every day.

This place is the Human Performance and Biomechanics Laboratory.

In 1990, the faculty of the Department of Physical Education voted to create an academic track in Exercise Science to address the needs of the growing number of students interested in a more scientific approach to physical education rather than the traditional teacher education curriculum. The creation of an exercise science program was further bolstered by Dr. Jeff Vessely, who wrote and subsequently was awarded a development grant to help fund the purchase of equipment for an exercise science laboratory. In August of 1991, Dr. Alan Mikesky was hired to begin development of the Exercise Science program and put the finishing touches on the new Human Performance and Biomechanics Laboratory (HPBL).

As noted earlier, the HPBL is located in the basement of the Physical Education/Natatorium Building. The 2,800 square foot suite includes a rest room, showers, equipment storage room, and 1,800 square feet of dedicated research area. The HPBL has the equipment and capacity to perform both 2-dimensional and 3-dimensional motion analysis. It also houses two KINCOM Isokinetic Dynamometers for measuring muscle strength and 2 floor-mounted AMTI force platforms for determination of ground reaction forces. In addition, the Department of Physical Education and the National Institute for Fitness and Sport have a co-laboratory which houses the metabolic testing equipment for determination of the energy cost of exercise as well as other pieces of equipment for physiologic measurements. The primary mission of the HPBL has been to provide a research and learning environment that fosters the academic and profes-

sional development of both faculty and students.

To date the HPBL has served as home to many collaborative research projects. It has enabled faculty from the Department of Physical Education to collaborate with the School of Medicine (Departments of Neurosurgery, Orthopedics, Anatomy, Rheumatology), School of Allied Health Science, School of Nursing, Riley Children's Hospital, Regenstrief Institute, the National Institute for Fitness and Sport, U.S. Navy, United States Tennis Association and others. Not only is it home to many collaborative research projects but it also serves as a learning laboratory for several courses such as Basic Physiology of Exercise, Biomechanics, and Structural Kinesiology, to name a few.

What can a student with a BS in Exercise Science do?

- Attend graduate school in physical therapy, occupational therapy or education in order to teach at the college level
- Continue their studies to become a physician's assistant or begin medical school.
- Students have gone into cardiac rehabilitation, the health club/fitness industry, personal training, and pharmaceutical sales.

Faculty and students conduct research and service projects which are supported by grants and charitable donations. Examples of current projects include:

- The testing of a new and improved boot to be used by the U.S. Navy. The new boot is more shock-absorbent and comfortable, thereby decreasing foot injuries.
- Measurement of the benefits received by children with disabilities who are able to exercise using a specialized bicycle.
- An interdisciplinary study of psychological aspects of sports injuries, specifically, the concepts of "patient readiness" and mood.

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Indiana University School of Physical Education and Tourism Management

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P. Nicholas Kellum, Dean

Deadline For Fall 2003 Bulletin

Story ideas, alumni updates and information for the next *Alumni Bulletin* are due by October 10, 2003 to Gretchen M. Hueni at the School, 901 W. New York Street, Indianapolis, IN 46202 or ghueni@iupui.edu.

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Future research will examine if patient readiness is related to the patients' physical recovery levels.

- Three current students (who are the recipients of an Undergraduate Minority Research Grant) are conducting research in the areas of magnetic use in muscle soreness, basketball free-throw accuracy, and measuring joint position.

According to Dr. Mikesky, the future areas of focus for the Human Performance and Biomechanics Laboratory include investigating the effects of exercise on chronic diseases such as osteoarthritis, investigating the cardiovascular ramifications of sleep apnea (i.e. irregular breathing while sleeping), developing programs designed to improve the functional performance of individuals with disabilities, older adults and athletes, and to continue sport-specific research.

A goal of Dr. Mikesky and his colleagues is to create a testing laboratory for consumer exercise products that would operate without grants from the product companies. "We would serve as a consumer 'watch dog,' of sorts," Mikesky explains. "Currently there are

Faculty who Support the Exercise Science Program:

Dr. Alan Mikesky joined the Department in 1991. His research focuses on exercise, in particular resistance exercise.

Dr. Rafael Bahamonde joined the Department in 1996. His area of expertise includes Biomechanics and Structural Kinesiology.

Dr. Katie Stanton also joined the Department in 1996 and is an expert in Adapted Physical Education.

Dr. Eileen Udry joined the Department in 1997. Her area of expertise is Sports Psychology.

Dr. Lisa Angermeier joined the Department in 2001. Her research interests include health education needs of children with disabilities.

Dr. Tony Kaleth joined the Department in 2002. He is a clinical exercise physiologist.

Dr. NiCole Keith joined the Department in 2002. Her research interests include the treatment of obesity and peripheral vascular disease.

no guidelines for the development and sale of fitness equipment, supplements, and other sport products. Consequently,

we are being inundated with infomercials on these products, and consumers are spending millions of dollars on fitness products that have little or no basis for effectiveness. The bottom line is that many Americans are being misled. I would love for our School's HPBL to play a role in exposing those products that are making someone rich at the expense of our profession."

Another goal is to develop a fitness-testing center devoted to fitness assessment on an on-going basis. Students would have the opportunity to gain practical experience by working with clients to develop specialized fitness programs and chart the results over a period of time.

Needless to say, the Human Performance and Biomechanics Laboratory is a busy place. The growing research opportunities and popularity of the Exercise Science program are proof of that. Support from grants and donations will play a significant role in helping the HPBL meet its growing demands and ensure that it will continue to play a critical role in the academic and professional success of Physical Education students and faculty.

For more information, contact Dr. Mikesky at amikesky@iupui.edu.

Trustees Appoint Bantz as New IUPUI Chancellor

The Indiana University Board of Trustees unanimously approved the appointment of Charles R. Bantz as the new chancellor of IUPUI, effective June 1. Bantz has served as Provost and Senior Vice President for academic affairs at Wayne State (Mich.) University since August 2000. He was previously the Vice Provost and Director of University Continuous Improvement at Arizona State University. Bantz had also been the Chair of the Department of Communication at Arizona State and has been a faculty member at Arizona State; the University of Minnesota, Twin Cities; and the University of Colorado at Boulder.

School of Physical Education Apparel for Sale

The School of Physical Education and Tourism Management Alumni Association has a limited quantity of red sweatshirts and white long-sleeved T-shirts available for purchase. T-shirts have the School crest emblazoned on the left chest while the sweatshirts have the crest centered on the front. These are the last shirts to carry the "old" name of the School. To place an order, please contact Sharon Holland at 317.274.4555 or at shollan@iupui.edu.

Updated Web Page Makes its Debut

The School of Physical Education and Tourism Management's web page has been re-designed and updated to allow students, alumni and the community to access information more efficiently. Check it out at <http://petm.iupui.edu>.

Golfing "FORE" Students To benefit the Department of Tourism, Conventions and Event Management



Date: Wednesday, June 25th shot-gun start at 8:30 a.m.

Location: Hanging Tree Golf Course in Westfield, Indiana

The 1st annual Golfing "FORE" Students will raise scholarship funds for students in the Department of Tourism, Conventions and Event Management. Students in Amanda Cecil's Event Management Summer 1 class will be planning the outing as a part of their class curriculum. If you would like a registration form or information on sponsorship opportunities, please call Gretchen Hueni at 317.274.1484 or email her at gghueni@iupui.edu.

Alumni Tracks

Use the enclosed envelope to share your news or send it via email to ghueni@iupui.edu. We would like to hear about your professional honors and activities, family additions, civic interests, etc. We will print your news in the next issue.

Department of Physical Education

The Indianapolis Bishop Chatard Boys' Basketball Team won the Indiana High School Athletic Association Class 3A state tournament. The head coach is IUPUI Dept. of Physical Education graduate **Dan Archer**, BS '86. His top assistant is **Chris Quinn**, BS '99, also an IUPUI School of Physical Education graduate. Both are teachers at Bishop Chatard in the Department of Physical Education. Dan teaches physical education and Chris teaches health.

The team finished with a record of 23-2. They also were the school's first boy's basketball team to win a Regional, Semi-State and State championship.

Jesse Bingham, BS '92, is a Branch Manager and Retail Sales Officer at Union Federal Bank.

Beth Hershberger, BS '01, will receive her RN from Indiana University Kokomo this spring.

Joey Peters, BS '01, is a graduate student at Marshall University in West Virginia.

Ray Van Wye, '01, has been accepted to the University of Indianapolis' Doctor of Physical Therapy program and will begin the three-year program in fall 2003.

Department of Tourism, Conventions, and Event Management

Mike Gill, AS '72, BS Public Affairs '85, MS Public Affairs '95, recently retired from the Naval Reserve after more than 26 years of service. He and his wife of more than 30 years live on a small farm (The Circle Bar G Ranch) near Greenfield, IN. "We do not raise any crops, but we are creating a wildlife habitat." Mike has worked for the Indiana Department of Education since February 1980 and recently began his second year as Director of the Division of School and Community Nutrition Programs.

Trisha Yates Allen, AS '90, is employed by Northwest Radiology Network as a Transcription Supervisor. Her email address is tja2smom95@yahoo.com.

David Hansmann, AS '91, has opened Silver Springs Restaurant in Plymouth, Wisconsin, a short distance from Camp Brosius (W6990 Silver Spring Lane/ Plymouth, WI 53073). Contact the restaurant at 920.893.0969 or at silversprings@excel.net.

Rodney Bailey, AS '93, writes: I recently left MCL Cafeterias after five years and accepted a new position as Supervisor of Nutrition with Community Hospitals. I was married in January 2002 and enjoy bowling and watching IU basketball.

Kelly J. McNeely, AS '93, is an Administrative Assistant in the Department of Development for TCM International, Training Christians for Ministry.

John Strouse, AS '94, is General Manager of Retail Sales with AVI Foodservice at the University of Toledo.

Marie Blackett, BS '02, is employed with Rock Bottom Brewery and Restaurant as an Assistant Restaurant Manager.

Kelly Keenan, AS '02, BS '02, is employed by George Steinbrenner's Ramada Inn/Damon's Grill in Ocala, Florida. She manages both the restaurant and hotel.

Student Accomplishments

IUPUI announced its Top 100 Outstanding Students of 2003. The School of Physical Education and Tourism Management had eight students selected this year. They are:

Jessica Edwards
Jennifer Frye
Christopher Gearlds
Hubert Gorecki
Angela Kappel
Megan Leek
Aaron Nikou
Kristi Rice

Tiffany Holladay, a junior volleyball player, was inducted into the Chi Alpha Sigma National College Athlete Honor Society. To be eligible for admission, a student-athlete must be a junior or senior and have a 3.4 cumulative grade point average. The student-athlete must also have lettered in their sport.

Josh Mullins, a senior starter on the Jaguars basketball team, was named Second Team All Mid-Continent Conference in a poll of the coaches and media.

Senior **Aaron Nikou** was named the Mid-Continent Conference Athlete of the Week for men's tennis.

Indiana University School of Physical Education and Tourism Management Alumni Association Board of Directors 2002-2003

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In Memoriam

Louis A. Roth, better known as Louie, passed away on August 20, 2002 in Virginia Beach, Virginia at the age of 96. He was the father of Betty Olliges (BS '56, MS '64). He entered the Normal College in 1928 and received his degree from the University of Cincinnati in 1931. He taught in the Cincinnati Public School System before being assigned to Bloom Junior High where he taught for 36 years. He also worked as a swimming instructor at Camp Fairwood Boy's Camp on Torch Lake, Michigan and was the Physical Director at the Covington Turner Society from 1931 until he retired in 1971. Louie was commissioned Kentucky Colonel in 1965 and Kentucky Admiral in 1971. He enjoyed playing the piano and was an active member of St. Paul United Church of Christ and a life member of Phi Epsilon Kappa Fraternity.

John (Jack) H. Jacquin, age 73 passed away December 17 2002 in Tampa Florida. Jack, son of the late George (Normal College '23) and Mary Jacquin and brother of Jerry (BS '60), grew up in Buffalo, New York where he was a member of the Buffalo Turners. He graduated from the Normal College of Indiana University in 1951 and entered the U.S. Air Force. After serving 30 years, Jack retired as a Lt. Colonel. He served during the Korean Conflict and the Vietnam War. He was a member of the Retired Officers Association, American Legion Post 139, the American Turners, DAV and USAF MSC Association Inc.

Chester E. Lesniak, Sr., 86, passed away on February 6, 2003 in Greensboro, North Carolina after a long illness. "Chet" entered the Normal College in 1935 and received his BS in Education in 1939 and his MS in Physical Education in 1940, both from Indiana University. He was a health and physical education teacher and coach at McKinley High School in Buffalo, NY for more than thirty years. He was known as a dedicated teacher and was an avid golfer, bowler and Buffalo Bills fan.

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Jim Arvin (BS '69)
Dan Hagist (BS '82)
Marti Dewey Babb (BS '97)
Nancy Hinesley Wright (AS '93, BS '95)

Board of Directors, 2002-2005

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Matthew P. Davis (BS '01)

Student Representative

Chris Gearlds

Ex-Officio

P. Nicholas Kellum, Dean
Sharon K. Holland, IU Alumni Assoc.
Gretchen M. Hueni, Development Director

<http://alumni.iupui.edu>

IU School of Physical Education and Tourism Management Alumni Association Membership Application

- | | |
|---|---|
| Single Membership
<input type="checkbox"/> 1 Year\$40
<input type="checkbox"/> 2 Year\$75
<input type="checkbox"/> 3 Year\$105
<input type="checkbox"/> Recent Graduate* ...\$20
<input type="checkbox"/> Life\$550
<i>(5-yr. payment plan; 5/\$135)</i>
<input type="checkbox"/> Senior Life\$275
<i>(age 65 and older)</i> | Joint Membership
<i>(Husband and Wife)</i>
<input type="checkbox"/> 1 Year\$50
<input type="checkbox"/> 2 Year\$90
<input type="checkbox"/> 3 Year\$125
<input type="checkbox"/> Recent Graduate* ...\$25
<input type="checkbox"/> Life\$750
<i>(5-yr. payment plan; 5/\$185)</i>
<input type="checkbox"/> Senior Life\$375
<i>(age 65 and older)</i> |
|---|---|

* Recent Graduates: You are eligible for this special annual rate if your first IU degree was received within the last five years!

I authorize the IU Alumni Association to automatically bill my dues each year to the credit card listed on this form.

Mail Payment To:

School of Physical Education Alumni Association
 IUPUI Alumni Relations, 850 West Michigan Street, Suite 241,
 Indianapolis, IN 46202-5198. Phone: (317) 274-8828

Method of Payment:

- Check Enclosed *(Made payable to IU Alumni Association)*
 Visa MasterCard

Total Amount Enclosed \$ _____

Card No. _____ MC Code _____

Exp. Date _____ Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Degree(s) _____ Year(s) _____

Soc. Sec. # _____

Spouse's Name _____

Degree(s) _____ Year(s) _____

Soc. Sec. # _____

Mark your calendar for Alumni Homecoming at Camp Brosius, June 15-21, 2003

Deposit, Payment, and Accommodation Policies: An initial deposit of \$25 per person (including children and infants) is needed to secure reservations. The balance, based on prices indicated below, is payable in full by June 2. Campers who attended a full week last year will have first priority on their same accommodations.

Refund Policy: A full refund, less a \$25 service charge, will be granted for any cancellation received by June 2, 2003. After June 2, a full refund, less a \$50 service charge, will be granted only if the vacancy can be filled. Otherwise, 50% of the total fees paid will be refunded.

Eligibility: At least one person of each family attending must be a dues-paid member of the Indiana University and School of Physical Education and Tourism Management/Normal College Alumni Association.

<i>Lodging Type</i>	<i>Adult Price</i>	<i>Children (3-12)</i>	<i>Infants (0-2)</i>
Category One (Cottages)	_____ \$460.00	_____ \$350.00	_____ \$190.00
Category Two (Inn, Annex, Cabins on Hill)	_____ \$410.00	_____ \$320.00	_____ \$180.00
Category Three (Rustic Cabins, Cabent)	_____ \$325.00	_____ \$260.00	_____ \$170.00
Total people by age group:	_____	_____	_____

Name _____ Class Year _____

Spouse/Guest _____ Class Year _____

Child #1 _____ Age _____ Child #2 _____ Age _____

Child #3 _____ Age _____ Child #4 _____ Age _____

Street Address _____ City _____ State _____ Zip _____

Phone _____ E-Mail Address _____

Deposit enclosed (minimum of \$25 per person): \$ _____

Alumni Association dues @ \$40.00 *(single annual)* \$ _____ *(See contact below for other rate plans)*

Total amount enclosed: \$ _____

Charge to my credit card: Visa Mastercard Discover American Express

Account # _____ Exp date _____

Signature _____

Mail to: IU School of Physical Education Alumni Association,
 850 West Michigan Street, Suite 241, Indianapolis, IN 46202-5198

Make checks payable to: IUAA.

For further information, contact Sharon Holland at (317) 274-4555, e-mail: shollan@iupui.edu.



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