Thank you again for giving me the privilege to serve as the president of the National Academy of Kinesiology. It has now been several months since our annual meeting in Portland. I would like to extend my thanks and congratulations to Maureen “Mo” Weiss for organizing an excellent meeting with the theme Physical Activity across the Life Span. In addition to bringing together a group of outstanding presenters, Mo provided ample opportunities in the program for open discussion and personal interactions. I also enjoyed the Benjamin Button twist that Mo creatively applied to the program by examining the life span from old age to young age.

As I have been thinking about current activities of the NAK and potential themes for the 2014 annual meeting, I looked back at program themes, activities, and initiatives advanced by some of my predecessors. There are many examples from the recent past of efforts to unify and strengthen the reputation of kinesiology as a multifaceted field and, perhaps more important, to communicate more effectively the strengths of our field and the favorable impact that we can and do have on our campuses and in our local and national communities. The development and implementation of the NAK system for evaluating doctoral programs in kinesiology and the long and ultimately successful effort to have kinesiology included in the rankings of programs by the National Research Council immediately come to mind. Having these evaluation systems in place and participating in the evaluations have been viewed favorably by my campus leaders. Outcomes of these rankings have also provided valuable data that I have used in evaluations of my department and in
strategic planning. In 2008 John Dunn referred to these two evaluation systems as examples of our efforts for “continual enhancement and refinement of our discipline and profession,” but he also raised this question: “Are we doing enough as an academy to use our influence to weigh in on other issues confronting society?” (AAKPE Newsletter, Fall 2007/Winter 2008).

The 2010 annual meeting organized by Bev Ulrich focused on the question of societal impact by addressing “relevant issues in society for which our field has produced significant research and scholarship that can guide solutions” (AAKPE Newsletter, Fall 2009). Roberta Rikli carried this theme to another level by establishing a Future Directions Committee to address “(1) ways of raising the visibility and influence of AAKPE, (2) exploring ways that AAKPE and AKA (American Kinesiology Association) might collaborate…to further advance the field, and (3) possible changes in the nature and format of annual AAKPE meetings” (AAKPE Newsletter, May 2010). In addition, Dr. Rikli organized the 2011 NAK program around the theme Kinesiology Research: Its Impact on Society. One direct development of the work of

the Future Directions Committee was a change in the name of the AAKPE to the National Academy of Kinesiology, which received overwhelming support at the 2010 annual meeting. During their terms as NAK president, both Mo Weiss and Patty Freedson have been especially active in expanding the reach and impact of NAK by developing a collaborative partnership with AKA and ACSM. Specifically, a national initiative called Physical Activity Promoting Colleges and Universities, or PAPCU, has been established. NAK fellows David Bassett and Kathleen Janz represent the NAK on an organizational committee for this initiative. David chairs that committee and has provided an update on recent developments of PAPCU in this newsletter (page 19). Still another example of engagement of NAK in national initiatives is our involvement as an affiliate organization with the National Physical Activity Plan (www.physicalactivityplan.org), for which Jim Morrow serves as our liaison. I believe all of these efforts, and many others, have been positive developments in the mission, engagement, and impact that NAK has on our campuses and in our communities, and I am excited about and supportive of these developments.

As we push forward with our efforts to broaden the impact of NAK, there are other challenges at local and national levels to which I think we need to be attentive. As an example, here in Iowa we often hear concerns from our elected leaders in the state and from students and their families about high levels of debt students carry upon graduation. The high cost of tuition also gets considerable attention. I suspect the same is true in most states. In publications such as the Chronicle of Higher Education and Inside Higher Ed as well as the national and local news media, articles and commentaries on the need for new models for higher education, a “$10,000 degree,” massively open online courses (MOOCs), increased collaboration across institutions to improve efficiencies, and expansion of online programs and courses are commonplace. How do these issues trickle down and potentially affect our ability to deliver high-quality kinesiology programs? As enrollments and student-to-faculty ratios continue to grow in many of our programs, can we find additional efficiencies in our programs while helping students develop the necessary knowledge...
and skills for success? Do we need to adapt our instructional methods to better match the interests and habits of today’s undergraduate students? I’ve been giving some thought to shaping the theme for the 2014 meeting around some of these issues and questions. Please feel free to share with me your reactions (pemartin@iastate.edu).

Let me close with a couple of housekeeping tasks. One of the first orders of business of the NAK president is to make committee assignments for the year. NAK committees for 2012-13 are highlighted in this issue of the newsletter on pages 26. Much of the work of NAK is accomplished by the standing committees. I thank all who have agreed to serve on the various standing committees of the NAK for their contributions. I especially would like to thank those who are chairing these committees: Charlotte Tate, awards; Mo Weiss, documents of governance; Diane Gill, membership; Mike Metzler, memorials; Barbara Ainsworth, nomination and election of officers; and Bev Ulrich, doctoral programs. David Wiggins continues to serve as our historian, and Jim Morrow serves as the NAK liaison to the National Physical Activity Plan.

Finally, I would like to offer a special thanks to Mo Weiss and Roberta Rikli for their considerable effort to carefully review and develop recommendations for updates of the NAK by-laws. With the name change of the academy, shifts in the way we do more of our business electronically, and several instances of redundancies and inconsistencies, the by-laws needed revisions. Mo initiated this review during her year as past president. Roberta, as chair of the documents of governance committee, led efforts to finalize recommended revisions that were presented to NAK fellows and subsequently discussed and approved at the business meeting in Portland. The revised by-laws are available for review on the NAK website.

In closing, let me simply thank you all for your support and work on behalf of the academy.
As the fall semester draws to a close, I want to take this opportunity to thank all the members of the academy for their support during my tenure as president. In particular, I want to thank past president Mo Weiss for her guidance while I was president. She was incredibly helpful, and her insight, wisdom, and organizational skills were second to none. I also want to thank the committee chairs and committees for their diligence and hard work and ability to fit time in their busy schedules to achieve their goals for success. We inducted an exceptional group of fellows in 2012 and are very fortunate to have such outstanding scholars join the academy. Thanks to Greg Payne and his membership committee for managing a very smooth and seamless review process.

During my presidency, I created a committee composed of members of the NAK, AKA, and ACSM to develop and lead an initiative to promote physical activity on college campuses. This initiative was the result of a recommendation from Bev Ulrich, who challenged our organization to reach beyond our walls to promote the field and what we do as scientists and scholars. This message resonated with Roberta Rikli and Mo Weiss, who continued to encourage us to do activities that would benefit others outside of the academy. To put words into action, we needed to do something. The committee, under the leadership of Dave Bassett, continues to work towards this action goal by first creating a survey to assess physical activity opportunities on college and university campuses. They are continuing to refine this survey that will soon be ready for pilot testing (see page 19 for more details).

This was the inaugural year for our new journal, *Kinesiology Review*, with Jane Clark serving as editor in chief. Jane did an exceptional job in this role, and we had 20 outstanding reviews published. As the journal gains momentum, I am certain we will see many more excellent review papers published in this one-of-a-kind journal in our field. Be sure to encourage your graduate students to prepare review papers, adapted from their theses and dissertations, for consideration in *Kinesiology Review*. Papers from the NAK meeting will appear annually in the February issue of the journal.

I want to congratulate Mo Weiss for organizing a truly extraordinary fall conference. Attendance at this meeting was at an all-time high: 109 participants. The program theme, Physical Activity Across the Life Span, examined how physical activity impacts health and well-being for the older adult back to children and youth. The meeting program began with a talk by Arnold Sameroff, a University of Michigan psychology professor and member of the Center for Human Growth and Development, who discussed his theory of how we develop across the life span. This talk set the stage for a day and a half of talks focusing on the different life stages. The program was truly multidisciplinary; many of the subdisciplines in our field were represented, and the talks focused on different age groups. I believe Mo and the program committee were successful in crafting a
meeting program with broad appeal, which led to lively and integrative discussions. I look forward to seeing these papers in the February issue of *Kinesiology Review*.

I have started planning the fall 2013 meeting, which will convene in Colorado Springs September 19-21, 2013. Program committee members are Mo Weiss, Barbara Ainsworth, Dale Ulrich, and Joe Hamill. The theme of the conference is Back to the Future: Reflecting on the Past and Envisioning the Future of Kinesiology Research. The charge to the speakers will be to identify key research discoveries in the past 50 years and what led to these findings. The speakers will then identify key knowledge gaps, envisioning how research will progress over the next 50 years. Our goal is to provide the next generation of scientists and scholars an evidence-based perspective on how the science and practice of kinesiology have evolved and how it will move forward to advance the knowledge base. The approach will be multidisciplinary, and all subdisciplines will be represented. I am pleased to announce that the keynote speaker opening the meeting on Wednesday evening will be John Lombardi, former president of the University of Florida, former chancellor of the University of Massachusetts at Amherst, and past president of the Louisiana State University system. He will speak about the future of higher education that will kick off the meeting about the past, present, and future of research and scholarship in kinesiology. Dr. Lombardi is a very entertaining and engaging speaker whose vast wealth of experience and knowledge in higher education will certainly energize our conference.

In closing, I want to thank Kim Scott and Amy Rose for the exceptional work they do on behalf of NAK. The behind the scenes work they do is incredible and we would not be able to do what we do without their excellent management skills. I also want to wish Phil Martin the best during his year as president of NAK. The organization will be in great hands under his leadership.
I am honored to have been elected as the next president of the National Academy of Kinesiology. Looking over the list of past presidents, starting with Clark W. Hetherington as our first president, I am humbled to be among those leaders whose contributions to our profession I studied as an undergraduate, had the excitement of meeting as an impressionable young professional, and who continue to help shape my career today. Thank you for your belief in me as your president-elect and support in the coming years.

In September 2012 we met in Portland, Oregon, for an outstanding meeting organized by Mo Weiss. As a tireless past president, Mo has been a role model of the type of officer that makes NAK great. Thank you for your leadership, Mo, and for organizing a fabulous program in a great city. As we look to the future, I am eager to help Patty Freedson organize our 2013 program and support Phil Martin’s initiatives during his presidential term.

As I chair the nominations committee this year, I will count on Melinda Solmon, Mindy Millard-Stafford, Jim Pivarnik, and James Graves to bring forth names of future NAK leaders for nomination. Don’t hesitate to contact me or any member of the nominating committee to recommend someone for leadership. The deadline is February 1, 2012.

Last, let me tell you something we all know. Kinesiology is growing by leaps and bounds. The second decade of the 21st century has brought awareness of the value our field can bring to society. The baby boomers are aging and need our students to keep them fit and on their feet. Health care reform will demand prevention over treatment to keep people out of hospitals. The phrase “physical fitness is good fiscal policy” makes perfect sense! This is an exciting time for kinesiology, and I look forward to working with you as we seek better ways to promote physically active lifestyles and improve health for all people.
2012 NAK Meeting

NAK New Fellows Inducted at Annual Meeting

David Anderson

In the space of 12 years, Dr. David Anderson has been promoted through the academic ranks to become full professor and chair of the department of kinesiology. Dr. Anderson at San Francisco State University, is active as a teacher, mentor, scholar, and contributor to the local community and in professional organizations in kinesiology. As one example, he mentors both students and faculty in federally funded programs designed to help underrepresented minorities pursue careers in mental health and in academic research. Dr. Anderson has published more than 45 peer-reviewed articles and chapters and secured over $4 million in external grants. He has shown that locomotor experience influences psychological development even in children who have not yet acquired their own ability to locomote. Dr. Anderson has also shown that the use of optic flow in the organization of locomotor movements is present at birth, a conclusion that could revolutionize our thinking about the biological preparedness of the neonate to regulate action on the basis of specific patterns of perceptual information. Dr. Anderson’s discoveries are leading to paradigm shifts in the treatment of infants with disabilities. His work stands as a key example of the centrality of movement in human life and of the integrated nature of all capacities (anatomical, physiological, perceptuomotor, and psychological) that support human endeavors.

John Bartholomew

Since the start of his professional career at the University of Texas at Austin, Dr. John Bartholomew has followed a strong developmental arc as a scholar and leader and has demonstrated a consistent commitment to the field of kinesiology. His early research has had a strong impact on the area of exercise and mental health, specifically in how we think about mood regulation. He was one of the first scholars to focus on the effects of resistance exercise on mood. His more recent research on the promotion of physical activity and healthy eating in school settings and the academic outcomes that accrue from these interventions has been widely cited and has garnered political support for mandatory school physical education programs. As a result of his research efforts, Dr. Bartholomew has been a sought-after speaker and a participant in numerous national symposia and meetings. Major funding for his research comes from the National Institute of Child Health and Human Development and the Texas Department of State Health Services. Dr. Bartholomew is a fellow of the American College of Sports Medicine, associate editor for Research Quarterly for Exercise and Sport, on the editorial board of three scientific journals, and is an active reviewer for countless others. In addition, Dr. Bartholomew is an
excellent teacher and highly respected by his students and peers. Without question, the contributions Dr. Bartholomew has made toward the promotion and advancement of our discipline warrant his induction into the National Academy of Kinesiology.

Daniel Blanke

Dr. Daniel Blanke is a Professor and since 1996, the director of the School of Health, Physical Education and Recreation (HPER). In this capacity he directs both the campus recreation component of the university (about 16,000 students) and the academic department of the school of HPER. Dr. Blanke is a professor, mentor, and advisor for many thesis and dissertation committees. He continues his contribution to scholarly work by participating in ongoing research in the Nebraska biomechanics core facility as well as procuring grant funding. Dr. Blanke has shown his contribution to scholarly work in both clinical and athletic settings through all spans of life.

As an academic director, he has led the School of HPER in becoming the leading department in terms of grant submissions in his university and among the top five departments in grant awards. He has also led his department in receiving approval for new degrees in athletic training and public health and a PhD in exercise science. Notably, this PhD program is just the second outright PhD program at his university. He also led a $38.6 million renovation of the HPER building and recently he was able to secure $6 million to build the first exclusive research building on the University of Nebraska at Omaha campus for biomechanics research.

Professor Blanke brings to the academy his reputation as an outstanding scientist, scholar, leader, and administrator. His contributions to kinesiology are exceptional, and his membership in the academy will be enormously beneficial in the 21st century.

Winston Byblow

Professor Winston Byblow is an internationally acclaimed leader in kinesiology who conducts pioneering work in stroke rehabilitation and the brain mechanisms underlying movement control. The Movement Neuroscience Laboratory he established in the department of sport and exercise science is a magnet for international scholars and a central component of the University of Auckland’s Centre for Brain Research. Winston contributed significantly to the department achieving its position as the top-ranked academic program in sport and exercise science in New Zealand.

Professor Byblow’s contributions to the scholarly literature in the science of human movement are outstanding: more than 105 publications, an h-index of 25, and approximately 2120 citations (July 2012). His research is published in Journal of Neurophysiology, Stroke, Brain Research, Medicine & Science in Sports & Exercise, Human Movement
NAK New Fellows Inducted at Annual Meeting

**Paul DeVita**

Dr. Paul DeVita is a professor of biomechanics in the department of exercise and sport science at East Carolina University. Dr. DeVita’s research focus is in the area of locomotor adaptations in obese and elderly populations. His research aims at understanding the movement strategies and redistribution of joint forces during gait. Dr. DeVita has been a productive researcher publishing in many of the most prestigious biomechanics journals. In addition, he has presented his work at many national and international professional meetings. His work has been funded by both federal and foundation grants totaling over $2 million. Agencies such as the National Institutes of Health, NASA, the U.S. Department of Defense, and the National Athletic Trainers’ Association have all funded his work. Dr. DeVita has held several offices in professional organizations and serves as an associate editor for three journals.

He has served on NIH study sections since 1999. Dr. DeVita is an outstanding mentor to PhD, MS, and undergraduate students. He is a superb role model for his students, providing a classroom and laboratory climate conducive to learning at the highest level. His standards of excellence are high, and he mentors his students to meet the expectations for scholarship in the laboratory and in the classroom. Dr. DeVita is an outstanding faculty member and a credit to our profession. His record of achievement and accomplishments are certainly worthy of this honor, and he will be a significant addition and contributor to the academy.

**Andrew M. Gordon**

Andrew M. Gordon is professor of movement sciences and education at Teachers College, Columbia University. He has been a tremendously productive researcher who

Continue on Page 10
NAK New Fellows Inducted at Annual Meeting

Dr. Gordon has been a prolific scholar with over 100 data-based research articles. He also has published more than 25 book chapters and commentaries and has delivered nearly 100 invited and keynote lectures throughout the United States and in a dozen other countries.

Dr. Gordon has received over $6.5 million in external grants to support his research; most of the grants have come from the National Institutes of Health and the National Science Foundation. Throughout his career he has received a number of awards and honors, including the NIH National Research Service Award and the Gayle Arnold Award, the American Academy of Cerebral Palsy and Developmental Medicine’s most prestigious research award.

Dr. Gordon has provided exceptional service to a variety of scholarly groups and funding agencies. He has been an ad hoc reviewer for nearly 50 journals, has organized symposia and preconference courses for a number of professional and scholarly organizations, and has served as a reviewer and study panel member for NIH, NSF, and several foundations.

Andy Gordon is a renowned researcher who has been generous with his professional service while being a scholarly leader. Like the founders of our academy, he blends kinesiology and medically related research in his work.

Louis Harrison Jr.

Louis Harrison Jr. is a professor in the department of curriculum and instruction at the University of Texas at Austin. Professor Harrison is a national leader and a distinguished scholar in cultural studies in curriculum, physical education, and physical activity. He has a broad vision and an imaginative agenda for this field of study. The purpose of his research is to investigate the factors that influence sport and physical activity participation and identity developmental patterns of African Americans. Through his research he has provided a deeper understanding of how racial labels ascribed to particular sports and physical activities affect participation, persistence, effort expended, and performance. Dr. Harrison served on numerous editorial boards, reviewed for a broad range of top-tier journals, served on many committees, and has an impressive record of involvement in task forces and conference presentations related to his scholarship. His work has had a powerful impact in this field. He has been an influential advocate for change in our society. His work addresses important social and economic issues relevant to concerns about the health and well-being of African Americans. He provides leadership and direction to guide policy change, professional development programs, and the identification of strategies that can be used to inform practitioners in their efforts to provide culturally relevant experiences for minority populations.

Continue on Page 11
NAK New Fellows Inducted at Annual Meeting

Sheila Henderson

Dr. Sheila Henderson began her academic career as an honors graduate in physical education from Dunfermline College, Scotland. This was followed by undergraduate and graduate study in psychology, culminating in her PHD in psychology from the University of Waterloo, Canada, in 1975. Dr. Henderson has spent the bulk of her academic career at the Institute of Education at the University of London. Her research has focused on the motor difficulties of children with a special emphasis on motor assessment. Her research crosses other disciplines, drawing in professionals from medicine, health, psychology, and education. She is perhaps best known for the development of the Movement ABC, an assessment and intervention instrument recognized worldwide as an evaluation tool that provides intervention guidelines for children with movement difficulties. The development of the Movement Assessment Battery for Children is regarded internationally as the gold standard for the evaluation of movement problems in children. The body of academic work compiled by Dr. Henderson has had an international impact on improving the lives of children to permit them to lead normal lives as they grow and mature. Dr. Henderson has made significant contributions not only to the field of kinesiology but to both the health and psychological sciences as well. As an international fellow of the NAK, Dr. Henderson will enhance the prestige of the academy and will greatly assist the NAK in its long-term goal of promoting scholarship and influence in the physical activity sciences.

David Kirk

Professor David Kirk, the Alexander chair in physical education and sport and director of the Institute for Sport and Physical Activity Research at the University of Bedfordshire, is a highly regarded social scientist in the international sport pedagogy community. His nomination to the academy is based on his high standing and innovation as a researcher who serves the educational community in a number of leadership and editorial roles. His research has focused on a variety of topics such as curriculum reform, gender studies, disability and youth in sport, the economics of youth sport participation, and the role of physical education and sport in society amongst other topics.

Professor Kirk has an outstanding record of research grant success and a strong publication record. His funding from various government and foundation agencies has encompassed support both in the UK (over £500,000) and Australia (over $600,000 AUS).

Since 1998, Professor Kirk has written or edited 15 books and research monographs. He has also published over 90 papers in peer-reviewed journals and 46 book chapters. He has given more than 45 keynote and invited lectures and symposia throughout the world. He is a multilingual scholar whose research and theoretical

Continue on Page 12
papers have resulted in numerous awards, including appointment as academician in the Academy of Social Sciences in the UK.

His international efforts to better understand and improve the state of physical education, physical education teacher education, and the role of physical activity in society through his research and service have been groundbreaking throughout his career.

**Matthew T. Mahar**

Dr. Matthew T. Mahar is a professor in the kinesiology department at East Carolina University, where he serves at the director of the Activity Promotion Laboratory, director of graduate studies, and coordinator of the physical activity promotion master's degree program.

His peer-reviewed scholarly articles, books, and reports have appeared in highly recognized journals, including *Journal of Applied Physiology, Medicine & Science in Sports & Exercise, Research Quarterly for Exercise and Sport, Pediatric Exercise Science, Obesity, and American Journal of Preventive Medicine*. His research funding exceeds $2,750,000 on nearly 60 funded projects. His research in CVD risk in children has been supported by the National Institutes of Health.

Dr. Mahar is a fellow of the ACSM and AAHPERD's Research Consortium. He has served as a member of the President's Council on Fitness, Sports, and Nutrition Science Board and is a member of the Fitnessgram Advisory Board. These two memberships represent the largest youth fitness testing initiatives or programs in the United States.

In addition to his scholarly and professional service activities, he is recognized as an outstanding teacher. He received the 2007 North Carolina Board of Governors Award for Excellence in Teaching, an award given to only one faculty member each year at East Carolina University.

Dr. Mahar is a nationally recognized leader in the area of youth physical fitness assessment and physical activity behaviors in children and youth. His training, background, experience, and ongoing professional research and service activities will make him an asset to the National Academy of Kinesiology.

**Alan Smith**

Dr. Smith's demonstrated leadership in research, graduate education, procurement of extramural funding, and service to the profession are worthy of admission into the academy. He published 29 refereed journal articles, seven book chapters, and one edited book. Currently he is president-elect of NASPSPA and has held numerous offices in national and international societies.

Dr. Smith's work is theoretically driven as well as methodologically impeccable, which has resulted in a record that is characterized not by a voluminous record of publishing but of a collection of papers that have impact. His h-index factor is 19; he has more than
Dr. Ping Xiang is professor of health and kinesiology and serves as director of international initiatives in the College of Education and Human Development at Texas A&M University. She has been a productive researcher for over a decade and is a leading scholar in the area of physical education pedagogy. Additionally, she has assumed major roles as a journal editor and leader in professional organizations. Dr. Xiang’s research employs sociocognitive theories to examine student learning in physical education. Her research addresses important questions related to the influences of persistence and effort in physical activity participation. Her work has implications for both physical education and future levels of students’ physical activity. She has published over 40 data-based papers in top journals in physical education, kinesiology, exercise psychology, and education. Her research is often cited by scholars in these fields. She has supplemented her empirical papers with theoretical papers that have influenced the work of other scholars.

Dr. Xiang has received external funds for her research. One of her most productive efforts was the Texas 21st Century Community Learning Centers Project, a major collaborative grant with federal funds followed through the Texas Education Agency. She has also received funding from Robert Wood Johnson Foundation. Professor Xiang recently finished a term as the coeditor of Journal of Teaching in Physical Education, the leading journal in pedagogy.

In summary, Alan Smith is an internationally recognized scholar in sport and exercise psychology. His work has impact intellectually, as well as clinically.

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Dr. Ping Xiang

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1,400 citations for his 36 papers.

Dr. Smith uses a longitudinal approach in uncovering links between peer relationships, parental involvement, and adherence to physical activity as well as self-efficacy. During the past five years his work has been funded by the Department of Education to examine the effects of a new physical program on the psychosocial aspects of teachers and students. Drs. Smith and Betsy Hoza receive funding from NIH to conduct an interdisciplinary investigation on the effects of physical activity on the functioning of children as well as an animal model of ADHD. For this $3 trillion project, Dr. Smith conducted a multiyear physical activity program in middle school to examine the effects of physical activity on psychological well-being, changes in ADHD symptoms, and academic performance.

In summary, Alan Smith is an internationally recognized scholar in sport and exercise psychology. His work has impact intellectually, as well as clinically.
New Fellows Response
Matt Mahar, New Fellow #521

NAK fellows, colleagues, and friends, it is with great humility that I comment on the meaning of NAK fellowship for my fellow inductees. In many ways this cohort of inductees is quite diverse. We come from four continents and six states. We study neuroscience, physical activity promotion, biomechanics, cognition, sensory processing, motor development, exercise psychology, sport pedagogy, and motivation.

Our group includes a song writer, a pastor, a motocross competitor, a fantasy football league winner (3 years running), a retired youth soccer coach, a passionate Green Bay Packers fan, a devoted runner, an avid swimmer, an honorary Oregonian, and a fanatical step counter. But what we all have in common is that we are all deeply honored to be recognized by the National Academy of Kinesiology.

We are of like mind in our admiration of the past and current NAK fellows. The list of the 514 past and current fellows with their own numbers and the international fellows reads like a who's who of kinesiology. Your contributions to the field of kinesiology are renowned. In fact, statistically you would all be considered outliers. That might be a bit disquieting because outliers are often omitted from the meaningful part of the data analyses.

Now that I am talking about numbers, let me comment on this NAK number thing. As a measurement specialist I am thrilled to get my own number. Numbers are important. During our sessions we heard about 10,000 hours of practice popularized by Malcolm Gladwell. We heard about Steve Blair’s 5 million steps a year to outpace the Grim Reaper. There are at least six of ACSM’s best presidents here tonight.

If you are from the U.S. from my generation, when you think about number 7, you think about the legendary Mickey Mantle. When you think about number 21, you think about the great humanitarian Roberto Clemente. When you think about number 24, you think about the Say Hey Kid, Willie Mays. When you think about number 44, you think about Hammerin’ Hank Aaron.

Now, when people think about number 521 . . . . well, at least it’s a prime number.

As new inductees, we appreciate what a great honor and privilege it is to be recognized for NAK fellowship. Induction of Louis Harris and Ping Xiang represents a growing recognition of the influence and importance of diversity and ethnicity in all areas of kinesiology. Just as significant
is the recognition of international fellows Winston Byblow, Sheila Henderson, and David Kirk in our ever-shrinking world.

These fellows, along with David Anderson, John Bartholomew, Dan Blanke, Paul DeVita, Andy Gordon, Alan Smith, and myself, recognize that we should now make contributions to the field of kinesiology beyond that which we have already made.

Sheila Henderson, from the University of London, shared with me a memorable analogy after observing the remarkable London Olympic Games. She wondered if being so honored by the academy might feel like receiving our gold medal. We toil long and hard with some recognition along the way, but being recognized by one’s peers in this way seems a quantum leap beyond that.

On behalf of the new inductees in the NAK, I would like to sincerely thank the NAK fellows and staff, along with our spouses, significant others, family, colleagues, supportive administrators, and mentors. We realize that we did not reach this milestone on our own, and the extent that we can give back will make us better professionals and just maybe make the field of kinesiology a little better.

### IMPORTANT DATES

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<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tr>
<td>February 1, 2013</td>
<td>New Fellow nomination deadline</td>
<td>Nomination forms can be found on the website</td>
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<tr>
<td>March 1, 2012</td>
<td>Hetherington Award Nomination deadline</td>
<td>Email nominations to Charlotte Tate at <a href="mailto:tate@uic.edu">tate@uic.edu</a></td>
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<tr>
<td>September 19-21, 2013</td>
<td>2013 Annual Meeting</td>
<td>Colorado Springs, Colorado</td>
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Dr. Charles M. Tipton selected as the 2012 recipient of the Clark W. Hetherington Award.

Carl Caspersen

Before completing his PhD in physiology at the University of Illinois at Urbana-Champaign in 1962, Dr. Tipton completed an MS degree in physical education with Dr. T.K. Cureton (NAK fellow number 119). Dr. Tipton also taught general science, biology, social studies, and physical education in junior and senior high schools and coached four different school teams in Illinois. After a two-year stint at Springfield College with Dr. Peter Karpovich (NAK fellow number 51), Dr. Tipton became a faculty member at the University of Iowa, where he established a model interdisciplinary PhD program in exercise science and oversaw the development of the Exercise Physiology Research Laboratory with a focus on conducting mechanistic research investigations of acute and chronic exercise. In 1984, Dr. Tipton relocated to the University of Arizona to undertake responsibilities as head of the department of exercise and sport science and later as the director of the School of Health-Related Professions. He ceded these administrative responsibilities in 1991 to return to full-time teaching and conducting research on hypertension management and cardiovascular responses of animals in microgravity. Dr. Tipton is presently professor emeritus of physiology at the University of Arizona.

Dr. Tipton’s productive career has yielded many scientific and professional publications. He is the author of nearly 150 refereed papers, 6 books and monographs, and 33 chapters or published proceedings. His scientific publications have been cited nearly 4,000 times. As of 1993, Dr. Tipton had secured over $2,750,000 in 46 different grants (in 1970s and 1980s dollars). More funds have accrued over the ensuing 20 years since.

Considered to be a generalist in his research pursuits, Dr. Tipton advanced many research concepts in a variety of areas ranging from sympathetic and cholinergic mechanisms of training bradycardia, to the dynamic response of ligaments and tendons to exercise, immobilization, or surgical repair. He advanced the anatomical and physiological effects from animals devoid of hormonal influences from the anterior pituitary and adrenal glands as well as the pancreas. He also advanced the innovative concept that habitual isometric exercise does not result in increased incidence of stroke or even significant elevation in blood pressure among stroke-prone, genetically hypertensive rats. These innovative concepts had a great impact on the field of exercise science.

One of Dr. Tipton’s greatest accomplishments was helping advance the exercise science profession as it evolved from its roots in physical education. By developing and instituting a rigorous, interdisciplinary, science-based PhD graduate program in exercise physiology at the University of Iowa, Dr. Tipton offered a model for other...
programs nationally. His program produced 23 PhDs, most of whom accepted positions in academia and many of whom share publications with Dr. Tipton.

No less important as an accomplishment has been Dr. Tipton’s very special contribution to the Iowa Wrestling Studies, which was one of the pioneering studies of the control of body mass and fluid and electrolyte balance among high school wrestlers during their training. Dr. Tipton’s influential research in this area led to the call for certification of weight classification. Without such a strong scientific foundation, the CDC would not have had the leverage in 1998 to require the NCAA to institute weight classification standards after a season in which a cluster of three tragic fatalities occurred among young wrestlers engaged in dangerous weight-loss practices. In 2006, the National Federation of State High School Associations Wrestling Rules Committee adopted similar sweeping changes. Dr. Tipton’s role in this accomplishment benefits more than 270,000 American high school wrestlers and exemplifies how kinesiology research has led to a major societal impact.

Dr. Tipton’s prominence in service to the profession is exemplified by his leadership posts, such as president of the American College of Sports Medicine (ACSM), editor in chief of *Medicine and Science in Sports and Exercise*, and associate editor of the *Journal of Applied Physiology*. Dr. Tipton also has served on numerous review panels for agencies and organizations such as the American Institute of Biological Sciences, National Space Biomedical Research Institute, National Institutes of Health, Department of Defense, Space Studies Board of the National Academy of Science, the U.S. Navy, and the Institute of Medicine.

Congruent with Dr. Tipton’s efforts to advance the profession, he has amassed many highly prestigious awards from various organizations, which include Honor and Citation Awards of the ACSM, Honor Award of the Environmental and Exercise Physiology Section of the American Physiological Society, Gatorade Award for Excellence in Teaching, and Recognition Award of the Southwest Regional Chapter of the ACSM. In addition, the ACSM offers the Charles M. Tipton National Student Research Award in his honor.

Those who have had the privilege to know and work with Dr. Tipton will attest to his intellectual rigor and dedication to the profession. Dr. Tipton epitomizes the term scholar, and it is abundantly clear that many people worldwide have benefited from his lifetime contributions to the scientific and professional literature, his commitment to organizational service, and his efforts in educational training and program development.

Therefore, I ask that you please join me in congratulating Dr. Charles M. Tipton as the recipient of the 2012 Clark W. Hetherington Award.
Located in the Gulick Archives at Springfield College are the unofficial minutes of the meetings of the “Gulick” Academy of Physical Education, which officially existed from 1906 to 1909. Although the memberships contained the progressive leaders of the times and included Clark Hetherington, there was minimal evidence from the minutes that he had participated in or had contributed to the primary goal of the organization, which was to increase scholarly research in physical education. Hence, the first question: What did Hetherington accomplish by 1926 to warrant his being designated as member number 1 and contribute to his being selected as the academy’s first president?

The answer begins in 1900 when he accepted a position at the University of Missouri as professor of physical training, director of gymnastics and athletics, and supervisor of recreational programs, which had the mandate to provide organized play in every town and rural school in Missouri. Of the three responsibilities, he was the most successful as supervisor of recreational programs, in part, because (a) previously he was successful in providing a program of play (athletics, gymnastics, games, dancing, large-muscle activities) at a reform school in California; (b) he perfected his philosophy of play while being associated with the Child Study Center at Clark University and its president, G. Stanley Hall; and (c) he implemented the mandate and provided meaningful play experiences for university women. At Missouri he was also acknowledged for his leadership in reforming athletics, establishing an organization to manage and administer collegiate athletics, and encouraging research on athletic issues. (He is also remembered for firing the football coach, who was paying one of his players.)

In 1910 he left the University of Missouri for academic challenges. That was the same year he published his seminal manuscript titled *Fundamental Education*, which was transformed into an educational movement that lasted more than five decades and was characterized as the new physical education. It is interesting that many of his philosophical concepts pertaining to physical education were similar to his philosophy of play.

After leaving Missouri, he became supervisor of physical education for the State of California and assumed professorships in physical education at the University of Wisconsin and New York University. In addition, he organized a summer play school at the University of California at Berkeley that demonstrated the educational value of play. By 1926, he had published rationales for the objectives of physical education and the standards, requirements, and courses for the education of professional physical educators. He also perfected a four-year undergraduate curriculum for the University of Wisconsin and New York University. Moreover, he developed and implemented a three-year graduate program in physical education at New York University.

Because Hetherington, more than any single educator, was responsible for physical education becoming an academic profession, he was selected to become academy member 1 and to serve as its first president. However, beginning in 2010 and continuing through 2012, the academy has officially eliminated recognition of physical education from its title and operations. Hence, should we also eliminate the Hetherington Award and replace it with a name that is revered in kinesiology? And if not now, when?

Personally, it is never, because no individual or organization should ever ignore its heritage.
In September 2012, representatives from three kinesiology organizations met at the Hotel Monaco in Portland, Oregon, to discuss how to promote physical activity on college campuses and how to increase the visibility of the field of kinesiology.

The National Academy of Kinesiology, the American Kinesiology Association, and the American College of Sports Medicine are partnering on this initiative. The first action item of the committee is to develop a survey to assess the opportunities for physical activity among students, faculty, and staff at various institutions of higher education. This survey will be developed and administered in a partnership with ACSM’s Exercise is Medicine on-campus initiative.

A group of 800 institutions with kinesiology programs will be requested to fill out the survey. The survey asks institutions to report on the campus physical environment, recreation facilities, physical education and health and wellness classes, intramural and club sports, and fitness classes. Both 2-year and 4-year institutions are being targeted.

The results of the 30-item survey will be used to construct a metric known as the National Collegiate Fitness Index (NCFI), using an approach modeled after the American Fitness Index (AFI) established by the American College of Sports Medicine.

A pilot test of the survey will be conducted in the spring of 2013, with a goal of administering the survey to all 800 institutions in the fall of 2013. The NCFI will provide a composite index that tells how well U.S. colleges and universities are doing in promoting healthy, active lifestyles. This will allow educational institutions to assess their strengths and weaknesses and assist prospective students in selecting schools.

Members of the committee are Barb Ainsworth, David Bassett (chair), Patty Freedson, Steven Hawkins, Kathleen Janz, Jim Pivarnik, Mary Rudisill, Kim Scott, Joe Starnes, Sheila Ward, and Jim Whitehead.
Dr. Timothy White Selected as Chancellor of the California State University System

Edited from press release submitted by California State University

The National Academy of Kinesiology is pleased to announce that Dr. Timothy White has been named chancellor of the California State University system.

Tim was inducted as a fellow in the academy in 1992 and holds the fellowship number 344. He last attended the academy meetings in San Diego and presented the keynote address titled “The Changing State of State Funding—Opportunity and Challenge.”

White, current chancellor of the University of California at Riverside, will be the seventh chancellor to lead the 23-campus CSU system, the largest four-year public higher education system in the country.

“I am humbled to have been chosen to lead the California State University system at such a transformative time,” said White.

“As chancellor, I look forward to engaging with faculty, students, staff, campus presidents and CSU trustees, along with the communities we serve, as we advance this vital system of higher education for California’s future.”

White, 63, has served as UCR chancellor since 2008 and was among the finalists for the position to succeed Charles B. Reed, who announced his retirement after a 14-year tenure with the system.

“Tim White’s background and experience reflect the institutional values and mission of the CSU,” said CSU Board Chair Bob Linscheid. “His demonstrated leadership and commitment to student success are the right combination for the university’s future.”

White is the eighth chancellor of UC Riverside and has led the growth of the campus to almost 21,000 students, a record for the campus that opened in 1954. Shortly after arriving at UCR, he formed a committee of faculty, staff, students, and community stakeholders to develop a 10-year strategic plan for the university’s next stage of development. He also furthered UCR’s goal for the establishment of a school of medicine by hiring its founding dean and securing $100 million in gifts and financing for the initial years of the school’s operation. The school this week received preliminary accreditation to serve students. In addition, he recently announced the opening of the UCR School of Public Policy.

“As a long-serving member of the board, we are grateful to appoint a chancellor with Tim White’s commitment to reaching out to underserved students that was initiated by Chancellor Reed,” said CSU Trustee Bill Hauck, who led the search committee.

“Tim has experienced firsthand the powerful impact of higher education and has the leadership qualities to guide the system through these fiscally challenging times.”

Before serving at UCR, White was president of the University of Idaho from 2004 to 2008. There he established a strategic

Continue on Page 21
Dr. Timothy White Selected as Chancellor of the California State University System

White is a member of numerous other national organizations as well as NAK and is a fellow of the American College of Sports Medicine. In addition, he has served on the NCAA Division I Board of Directors, the Western Association of Schools and Colleges, the American College and University Presidents Climate Commitment on Sustainability, the Big West Conference Board of Directors, and the University of California system-wide Working Smarter Initiative and Rebenching Committee.

Born in Buenos Aires, Argentina, White immigrated to Northern California and is a first-generation college student who has matriculated in every college system in California. After beginning at Diablo Valley Community College, he earned a bachelor’s degree from Fresno State, a master’s degree from Cal State Hayward (East Bay), and a PhD at UC Berkeley. He also spent two years as a postdoctoral scholar in physiology at the University of Michigan before starting his academic career in Ann Arbor. He is internationally recognized for his work in muscle plasticity, injury, and aging.

White is expected to start in his new position at the end of December.
NAK News

NAK Members in the News

On Wednesday, October 24, Nick Stergiou (#510) celebrated the groundbreaking for the new Biomechanics Research Building on the campus of the University of Nebraska at Omaha. Dr. Stergiou and his 25-member laboratory will move into this unique 23,000-square-foot building. The building boasts separate laboratories for a variety of projects, including gait, virtual reality, balance, motor development, cognition, and motor learning. The building is expected to be complete at the beginning of August 2013, just in time for the American Society of Biomechanics meeting in Omaha September 4 to 7, 2013. The Biomechanics Research Building has been made possible by the generosity of a private donor through the assistance of the University of Nebraska Foundation.

Dana Brooks (#406), dean of the West Virginia University College of Physical Activity and Sport Sciences, announces the October 17 groundbreaking of the new CPASS Student Health and Wellness facilities at WVU. The CPASS building will be 73,000 square feet and will be the home to three floors of space specifically for the college. It will include three large general purpose classrooms that seat 50 or more students and five other classrooms. In addition, there will be capacities for more research via an athletic training room and lab, fitness room, and computer lab."The new CPASS building will provide a rich and rewarding learning environment that will allow us to recruit and retain world-class faculty, staff, and students," Brooks said.

A team of researchers led by Professor Richard van Emmerik (#512) from the department of kinesiology at the University of Massachusetts at Amherst recently received a 2.5-year, $1,035,000 grant through the Navy Health Research Center of the Department of Defense. The goal of the research is to study how the average 100-pound equipment load carried by soldiers, which can be even heavier during some missions, affects their performance in theater, survivability, ability to carry out missions, and likelihood of injury. The research is expected to provide a great deal of new knowledge about the physical and mental trade-offs and limitations that come with soldiers...

Continue on Page 23
carrying heavy loads, information that is also important to field commanders and equipment designers. Findings will also have practical significance for firefighters, police, rescue workers, and others who must wear helmets, body armor, backpacks or other equipment while carrying out their duties.

Five academy fellows recently served as members of an Institute of Medicine committee that authored a document titled *Fitness Measures and Health Outcomes in Youth*. The report was commissioned by the Robert Wood Johnson Foundation to identify youth fitness test items for use in a national fitness survey. Russ Pate (#310) served as chair of the committee and senior editor of the report. Other committee members included Chuck Corbin (#267), Bill Kohl (#468), Bob Malina (#287), and Weimo Zhu (#450). From the mid-1950s through the mid-1980s, regular national surveys of youth fitness were conducted, but no surveys have been conducted since. The report identified test items for body composition (body mass index, waist circumference, and triceps and subscapular skinfolds), cardiorespiratory endurance (20-meter shuttle run, bicycle and treadmill tests), and musculoskeletal fitness (grip strength and long jump) for use in a national survey. A link between health markers and the test items was identified. Recommendations for future research and testing in schools were also made. The report is available at [http://www.iom.edu/Activities/Nutrition/FitnessMeasuresYouth.aspx](http://www.iom.edu/Activities/Nutrition/FitnessMeasuresYouth.aspx).

Successful leaves for faculty development don’t just happen by accident. Just ask Jim Morrow (#341), regents professor in the department of kinesiology, health promotion, and recreation, who completed his semester-long leave in the fall of 2011. Morrow, an expert in physical fitness, activity, and health outcomes, leveraged his international reputation to develop and strengthen research collaborations across three continents in four months. During his leave, Morrow attended the National Academy of Kinesiology meeting; the Centers for Disease Control’s Division of Nutrition, Physical Activity, and Obesity; the National Cancer Institute; Stanford University’s Center on Longevity; Arizona State University; and the Annual Texas Association of Health, Physical Education, Recreation & Dance meeting in Dallas. While in Europe, Morrow presented his research on youth physical fitness at the Munich University of Technology, Cardiology and Pediatrics and the annual meeting of the German Society of Pediatric Cardiology in Weimar. To conclude his leave, Morrow visited the Chinese University of Hong Kong, serving as the chair of the external review committee for the department of sport science and physical education, where he evaluated program effectiveness.

Continue on Page 24
Jerry Thomas (#299), professor and dean of the College of Education, visited San Jose, Costa Rica, in July to give the keynote address at a conference celebrating the establishment of a new PhD program. The National University of Costa Rica and the University of Costa Rica just launched a PhD in human movement sciences, the study of physical activity.

“This will be the only PhD in human movement in Costa Rica and all of Central America. Rather than seek doctoral preparation in the U.S. or Europe, many more faculty will be able to pursue a PhD locally, and this will greatly improve their programs,” said Thomas.

Thomas’ keynote address, “The Evolution of Research in Kinesiology,” was given at the opening ceremony to nearly 200 attendees. He also met with master’s and doctoral students from both universities on research design and data analysis in kinesiology and addressed faculty on writing research for publication.

Jane Clark (#348) will serve as the new dean of the University of Maryland School of Public Health for a two-year term beginning July 1. Clark will succeed founding dean Robert Gold and will be charged with leading the school into a new collaboration with the University of Maryland School of Medicine in Baltimore—effectively doubling the size of their respective master of public health programs.

“Working together, we can significantly improve our ability to educate public health professionals to meet the state’s dramatic and growing need,” says Clark, who in the past has headed College Park’s department of kinesiology.

“Our challenge is to take two great units, retain their unique characters and independence, and forge a new union,” she adds. “Our two programs are complementary, and this collaboration will make our offerings, expertise, and capacity far stronger. We have a real opportunity here, and I look forward to working with my colleagues in Baltimore.”

In March, the University of Maryland at College Park (UMD) and University of Maryland at Baltimore (UMB), at the direction of the University System of Maryland Board of Regents, created the framework for greater collaboration between the two institutions: University of Maryland MPowering the State.
NAK Mourns the Loss of Three Valued Fellows

In the past year, the NAK community has lost three of its highly valued fellows: Gaston Beunen (International), W. Robert Morford (Corresponding Fellow), and Harold J. VanderZwaag (#265). Each of them made significant contributions in moving the fields of physical education and kinesiology forward.

On behalf of the entire NAK community, I wish to extend my condolences to the families of these three prominent scholars and professionals. They will not be forgotten.

With deepest sympathy,
Dale Ulrich
Memorials Committee chair

NAK CALL FOR OFFICER NOMINATIONS

We will elect two new Academy officers in 2013: a president-elect and member-at-large. The criteria for those offices are as follows:

**President-elect:** Active Fellow, 4 years membership in the Academy (Fellow number 491 or below, elected in 2008 or earlier)

**Member-at-Large:** Active Fellow, 1 year membership in the Academy (Fellow number 514 or below, elected in the year 2011 or earlier)

**Other Eligibility Rules**
1. Any Fellow currently holding office is eligible for nomination for the same or another office only during his/her final year in office.
2. Two Fellows from the same institution may not be placed on the ballot for the same office.
3. Nominations may be made by all Fellows, but only Active Fellows are eligible for office.

**Send nominations by February 1, 2013, to:**
Barbara Ainsworth, PhD
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Committee Assignments

Standing Committee on Awards

Charlotte Tate, Chair (2013)
University of Illinois at Chicago
Michael Wade (2013)
University of Minnesota
Mark Grabiner (2014)
University of Illinois at Chicago
Dixie Thompson (2014)
University of Tennessee
Mary Jane DeSouza (2015)
Penn State University
Joseph Starnes (2015)
University of North Carolina, Greensboro

Standing Committee on Awards

Susan Zieff (2014)
San Francisco State University
Paul DeVita (2014)
East Carolina University
Jane Kent Braun (2014)
University of Massachusetts
Robert Spina (2015)
Old Dominion University
Kathleen Janz (2015)
University of Iowa
Ronald Zernicke (2015)
University of Michigan

Standing Committee on Documents of Governance

Maureen Weiss, Chair (2013)
University of Minnesota
Gary Kamen (2013)
University of Massachusetts
Barb Ainsworth (2013)
Arizona State University

Historian

David Wiggins
George Mason University

Standing Committee on Documents of Governance

Standing Committee on Memorials

Michael Metzler, Chair (2013)
Georgia State University
Russ Pate (2014)
University of South Carolina
Jody Jensen (2015)
University of Texas, Austin

Standing Committee on Nomination and Election of Officers

Barbara Ainsworth, Chair (2013)
Arizona State University
Melinda Solmon (2013)
Louisiana State University
Mindy Millard-Stafford (2013)
Georgia Institute of Technology
Jim Pivarnik (2014)
Michigan State University
James Graves (2014)
University of Utah

If you are interested in serving on a standing committee of NAK in the future, please contact President Phil Martin at pemartin@iastate.edu.
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