The awards committee, under the direction of Charlotte Tate, has selected Dr. Charles B. Corbin as this year’s Hetherington Award honoree. Chuck has had a long and distinguished career in our field as evidenced by his extensive research and professional publication history, the many honors and awards he has received, and the leadership he has provided in numerous professional organizations. Chuck was inducted into the academy in 1980 and served as NAK president in 1989-90. I had the good fortune of being a faculty colleague of Chuck’s for many years at Arizona State University and had the opportunity to observe firsthand the impact that he made at ASU and in our field.

The nominations committee, under the leadership of president-elect Barbara Ainsworth, developed a strong slate of candidates for president-elect and member at large. Congratulations to Cathy Ennis and David Wiggins, who were chosen as president-elect and member at large.
President’s Message

respectively. I would like to thank all four candidates of these two leadership positions for their willingness to stand for election and serve the academy.

The membership committee, chaired by Diane Gill, did an excellent job of organizing the nomination and election process for new fellows. We have an outstanding group of active and international fellows who will be inducted at the annual meeting in Colorado Springs in September. Biographies of the new fellows are included elsewhere in the newsletter so that you can become better acquainted with our inductees.

As you may recall, the academy bylaws relating to membership requirements were revised six years ago to require every active fellow to attend at least one annual meeting every five years. Failure to fulfill this requirement means that a fellow is moved from active to inactive status. With the first-time implementation of this requirement last year, a need to clarify the implications of a shift from active to inactive status became apparent. I organized a president’s committee to conduct this review and make recommendations for revisions to our bylaws to the NAK executive committee. Penny McCullagh chaired the committee, and members included Jim Morrow and Scott Kretchmar. The committee completed their work this spring and passed their recommendation on to the executive committee, which will finalize recommended revisions to the bylaws and present them to academy fellows for a vote at the annual meeting in September.

The executive committee also evaluated possibilities for future meeting sites. The committee formally approved Austin, Texas, as the site of the 2014 meeting. The specific dates and details of the meeting site are being arranged at this time. Special thanks to Jan Todd and Waneen Spirduso for serving as our local contacts in Austin and assisting with meeting logistics. With respect to 2015, the executive committee had considerable discussion about Philadelphia, specifically the Inn at Penn, as the possible meeting site. The University of Pennsylvania has considerable historical significance to the academy and our field because of R. Tait McKenzie’s long association with Penn. Many of his papers, photographs, art, and other memorabilia are displayed and housed there. Holding the 2015 meeting in Philadelphia would also bring NAK back to the East Coast; our last meeting in the eastern part of the U.S. was in Williamsburg in 2010. As you might expect, the cost of hotel accommodations would likely be higher than what we have been had in recent years. Since 2008, hotel rates for our annual meetings have ranged from $169 to $209 per night. We are anticipating a rate of $250 to $260 at the Inn at Penn. Because we know this has been a sensitive issue in the past, the executive committee chose to delay a decision at this time as we gain feedback from fellows. Please feel free to share with me (pemartin@iastate.edu) or other members of the executive committee your opinions about holding the 2015 meeting at the Inn at Penn in Philadelphia. You might also be interested in knowing that the 2016 meeting site has already been selected. That meeting will be held in Albuquerque.

In the fall newsletter, I shared some ideas I had for a 2014 meeting theme that centered on distance education, online instruction methods, and improving efficiencies of delivering our programs. As it turns out, the American Kinesiology Association will be focusing its annual January 2014 leadership workshop on a similar theme. With that in mind, I have given thought to...
President’s Message

The spring 2013 semester is either over or drawing to a close for all of you. I hope the 2012-2013 academic year was successful and rewarding. The late spring and summer are times for all of us to relax a bit and also to get caught up with writing projects and numerous other school-related on-hold activities. I also hope you will be able to take some time and enjoy well-deserved vacation time so that you are refueled to begin the next academic year.

We have been busy planning the fall NAK meeting, and I want to remind you to mark your calendars for what promises to be an exciting and stimulating meeting. The dates are September 19 to 21, 2013, at the Cheyenne Mountain Resort in Colorado Springs. Meeting materials for registration will be available very soon.

The theme of the meeting is “Back to the Future: Reflecting on the Past and Envisioning the Future for Kinesiology Research.” The planning is a work in progress, and specific details will be available in the coming weeks. Two invited speakers have been confirmed. Dr. John Lombardi is the former chancellor of University of Massachusetts at Amherst and former president of the University of Florida and Louisiana State University. Dr. Lombardi will open the meeting with a keynote address titled “Research Universities: The Next Five Years.” We are also fortunate to welcome renowned exercise physiologist Dr. Ken Baldwin as an invited speaker. The title of his presentation is “Research in Exercise Physiology: What Has Been Achieved and What Are the Challenges for the Future.”

The presentations and discussions for the meeting will focus on examining our past and current achievements in research and scholarship and highlighting some of the key milestones in our respective sub-disciplines and projecting into the future to identify what may be significant new avenues of inquiry and discovery in the subdisciplines in kinesiology. I look forward to seeing you at the fall meeting in lovely Colorado Springs.

Patty Freedson

Annual Meeting Plans Underway

Patty Freedson, NAK Past-President

The spring 2013 semester is either over or drawing to a close for all of you. I hope the 2012-2013 academic year was successful and rewarding. The late spring and summer are times for all of us to relax a bit and also to get caught up with writing projects and numerous other school-related on-hold activities. I also hope you will be able to take some time and enjoy well-deserved vacation time so that you are refueled to begin the next academic year.

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This spring as president-elect of NAK, I had the privilege of chairing the standing committee on nomination and election of officers. The task was especially enjoyable due to the help of our committee members, Jim Pivarnik (393), Mindy Millard-Stafford (444), Melinda Solomon (472), and James Graves (451). We worked efficiently to identify a ballot of exceptional candidates for the offices of president-elect and member at large. Nominees for president-elect were Cathy Ennis (381) and Wojtek Chodzko-Zajko (407). Nominees for member at large were Dixie Thompson (502) and David Wiggins (483). I am grateful to those who accepted my invitation to become involved in the NAK leadership. The opportunity to provide leadership reminds me of a quote from Helen Keller: “Alone we can do so little; together we can do so much.” While each member on the NAK executive board indeed is a leader in his or her university and a top researcher in the field, more is needed to move a profession forward. When we come together as a group we create the synergy needed to tackle issues important to the academy and necessary for the profession. Our slate of candidates consists of thoughtful and informed leaders who will advance NAK’s mission and carry out important tasks already in motion.

In my previous newsletter I spoke about the popularity of kinesiology on college and university campuses. The success reminds me of the 1998 Park City Academy meeting some 15 years ago, with the theme of “Telling our Story.” I listened intently to discussions about what makes a program successful and what causes programs to fail. We joked about the Wilmore effect when it was noted that our esteemed member Jack Wilmore taught at several of the universities where the programs had failed! But in all seriousness, the discussions were sobering about what is needed to make kinesiology a “mission critical” program in our colleges and universities. Not only are our elected officers and committee members mission critical to the academy, each and every member is mission critical to the success of our profession. Candidates, I value your collective leadership and willingness to commit yourself and the time it takes to serve the NAK. Members, I always look forward to seeing you at our annual meetings and hearing your questions and comments during the program. I thank you all for your leadership and passion for our profession.
2013 NAK Annual Meeting

Meeting Location in Colorado Springs
By Kim Scott, NAK Business Manager

This year’s annual meeting is scheduled for September 19-21 at the Cheyenne Mountain Resort in Colorado Springs. The resort is surrounded by extraordinary mountain backdrops and picturesque views and located only 20 minutes from the Colorado Springs Airport or an hour from Denver International Airport. Colorado Springs is rich with arts, culture, entertainment, and outdoor adventure. Pikes Peak, Garden of the vs, Manitou Cliff Dwellings, Manitou Springs, Cheyenne Mountain Zoo, Seven Falls, Olympic Training Center, Pioneers Museum, White water rafting, Royal Gorge, Old Colorado City, and the Air Force Academy are many of the sites you can visit while in Colorado Springs.

Property Highlights:

- On Site Recreation: Five swimming pools, golf (18-hole Pete Dye designed course), tennis, indoor half-court basketball, racquetball & squash, full-service health club (spin, yoga classes, free weights, full complement of cardio equipment), and a 35-acre lake.
- Surrounding area recreation: jogging, hiking, biking paths, horseback riding, hot air ballooning, river rafting, shopping.
- All sleeping rooms feature separate study areas, complimentary wi-fi, iHome Docking, coffee maker, bathrobes, and refrigerator.
- Hotel Dining: Mountain View Restaurant, Will Rogers Lounge, and Pinesview Grille

The room rate is $185 per night for a single or double (includes a $16 resort fee). The deadline for reserving your room at the above rate is 5:00 pm (MT) on August 20, 2013. Reservations can be made by calling 800-588-0250 or 719-538-4000. Be sure to tell the reservation agent that you are with the National Academy of Kinesiology. Full details about the meeting, and location can be found on the Academy website (www.NationalAcademyofKinesiology.org). Links to all the meeting documents will be sent via email in early June.
2013 NAK Annual Meeting

Conference Details Almost Finalized

by Patty Freedson, Past President

Please join us September 19-21, 2013 at the Cheyenne Mountain Resort in beautiful Colorado Springs. Here are some of the reviews about the resort: 1) ‘would definitely stay again, gorgeous views from our deck. The food was great. Service was great. Can’t wait to take the rest of our family back with us’. 2) I attended a 4 day meeting and was most impressed with everything. Front Desk staff was excellent with a Can Do attitude and always smiling. Bellmen especially Aaron was delightful. Rooms were CLEAN and the food in the restaurant and banquet areas was exceedingly good. Most impressed with the staff hiring and training at this resort. I will go again.’ 3) ‘This hotel’s website photos and description do not do it justice. This is an absolutely gorgeous resort with an incredible amount of amenities. The rooms were spotless, large, and very comfortable. The maid service was as friendly as I’ve ever encountered, room service was fast and friendly, and the front desk staff are some of the best. Bar and restaurant service and all of the amenities we had time to try were perfect experiences. I can’t wait to go back next year and will plan an extra day or two, so I’m sure to have the time to try everything I wish I could have on this trip. There is SO much to do here. One of the best hotel experiences I have ever had. I have zero complaints and cannot wait to head back here next year.’

Looks like Kim and Amy have picked a good one for us this year and the exceptional program being finalized will make this a meeting to remember.

The meeting is shaping up to be an outstanding event. The conference will focus on key milestones in research and scholarship in the sub-disciplines in kinesiology over the past 50 years. Speakers will then identify what they believe will be hot topics and themes that will move our field forward in knowledge and discovery for the next 20-30 years. From exercise physiology to sport history to biomechanics… where will our next generation of scientists and scholars take us? We will engage in group discussions about the future of our field and identify knowledge gaps in our areas. We will also look to our attendees for suggestions to strategies for the process in how to solve some of the key questions and problems.
concussion in athletics is a growing public health concern. Increasing attention is focused on treatment and management of this puzzling epidemic. Health care practitioners are tasked with determining the proper and safest time frame when clearing athletes to resume participation because premature return to play after concussion may put injured athletes at high risk for recurrent and more severe brain injuries. After a concussion, medical practitioners rely on a serial clinical examination of postconcussion signs, symptoms, and neurocognitive scores to determine when an athlete has returned to premorbid levels. Once asymptomatic, based on all clinical measures for a period of at least 24 hours, an athlete is cleared for low-level physical activity and then follows the return-to-play progression, including completion of a series of sport-specific activities at an intensity necessitated by the level of play. The athlete is finally returned to full unrestricted participation once he or she has completed the return-to-play progression without experiencing concussive symptoms and has been cleared by the supervising team physician.

This stepwise progression and serial clinical examinations reflect the current best practice for concussion management, although at this time there still is no definitive diagnostic tool prognosticating “true return to normal.” Checklists of symptoms and subjects’ reports are often misleading; many athletes hide symptoms of concussion because they do not want to be removed from participation. Standard computed tomography (CT) and/or magnetic resonance imaging (MRI) are insensitive to the functional deficits observed after concussion. Functional MRI (fMRI), diffusion tensor imaging (DTI), single photon emission computed tomography (SPECT), magnetic resonance spectroscopy (MRS), susceptibility weighted imaging (SWI), and electroencephalography (EEG) are showing promise, but their widespread use as a diagnostic tool has not yet been substantiated.

Given the description of concussion as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces, the clinical examination should rule out the presence of any residual pathophysiology that has the potential to evolve into permanent brain damage. While the current clinical standard of neuropsychological testing, postural control measures, and symptom checklists have been found to be highly sensitive, there is no indication in the literature that the resolution of these measures and clearance for sport participation correspond to the resolution of the physiological injury. Much remains to be learned about whether an apparent return to baseline measured by clinical examination truly reflects restoration of physiological processes (true return to normal) or if an apparent functional recovery is a consequence of compensatory mechanisms that instigate chronic brain damage.

Over the last decade, our research team at Penn State has focused on addressing still-existing concussion puzzles by incorporating virtual reality (VR) and brain imaging.
modalities (EEG, fMRI, DTI, and MRS). For example, we designed an EEG study using a VR graphics system aimed to examine the brain activation patterns preceding the loss of postural stability induced by a “moving room” experimental paradigm. VR experimental setup is shown in figure 1.

We have reported the alteration of EEG theta power in clinically asymptomatic concussed individuals. These EEG findings are complementary to our previous brain imaging studies demonstrating the neural underpinning of postural responses to visual field motion that may be impaired as a result of concussion. We have suggested that presence of visual-kinesthetic disintegration induced by visual field motion and associated alterations of brain functions could potentially be considered in the scope of existing grading scales of concussion.

Our research team has recently reported fMRI data on the performance of spatial memory navigation tasks in a virtual reality (VR) environment in 15 athletes suffering from concussion and 15 neurologically normal, athletically active age-matched controls. Quantitative analysis of the BOLD signal revealed that concussed individuals had a significantly larger cluster size during encoding in the parietal cortex, right DLPFC, and right hippocampus. There was a significantly larger BOLD signal percent change in the right hippocampus. Additionally, we observed bilateral recruitment of DLPFC in concussed subjects during encoding that was not present in normal volunteers (see figure 2 for details).

Our more recent MRS study of collegiate athletes recovering from concussion has...
been focused on metabolic alteration in the genu and splenium of the corpus callosum. Our main findings were a reduction of NAA/Cr and NNA/Cho levels in both ROIs as compared to controls. However, all concussed subjects were clinically asymptomatic at the time of scanning. Our follow-up MRS findings revealed that observed metabolic alteration in the corpus callosum in acute phase of trauma may be present at 30 days postinjury. An example of MRS metabolic profile is shown in figure 3.

In conclusion, with this aforementioned information in mind, it becomes clear that the proposed solution for existing controversies in sport-concussion research needs to result in a combination of multiple modalities that will be able to concurrently record performance (functional) variables as well as structural brain imaging (fMRI, MRS, EEG) variables. Clinicians should be interested not only in the restoration of successful functional performance (memory, balance, executive functions) but also the structural (neural) underpinnings of that performance. Numerous multimodal findings obtained in our research laboratory are indicative of the types of results to which clinicians should be attentive. These studies seek to find a behavioral resolution and its structural underpinnings. How does a subject recovering from concussion perform, and does the subject cognitive recruitment match that of a cohort of normal controls with no history of head injury? Is there ever ultimate restoration of normal structural components and functional integrity, or permanent “brain reorganization”? With combined modality longitudinal studies, we can come closer to answering that question.

Figure 3 An example of MRS profiles in (A) normal control and (B) concussed athlete at 15 days postinjury.
2014 San Diego Collaborative Congress
January 8 – 11, 2014

STEPS into the Future: Exploring Opportunities and Facing the Challenges of the 21st Century

Be a part of history by participating with leaders in the field at the NAKHE (hosted), AAHPERD, ACSM, AIESEP, AKA, NAK Congress. Distinguished delegates from each of these associations are meeting as a Congress much like the Adelphi Congress conceptualized in 1885 and the 1889 Boston Conference to address the most pressing issues in the field of Kinesiology.

NAKHE — a leading organization in Kinesiology in Higher Education for more than 100 years — is hosting this collaboration at their annual conference. Attendees from all associations will have the opportunity to share ideas in regularly scheduled sessions and participate in conference-wide roundtable discussions as delegates to the Congress.

The Collaborative Congress is proud to host Keynote Speaker, Scott Kretchmar, the conscience of the field. He is the founding member of the International Association for the Philosophy of Sport, a Fellow in the National Academy of Kinesiology, Alliance Scholar for AAHPERD, Distinguished Scholar for NAKHE, and Distinguished Scholar for the International Association for the Philosophy of Sport.

For Information Contact Dr. Betty Block, Collaborative Congress Manager at Betty.Block@tamuc.edu or visit www.nakhe.org

Keynote Speaker

Dr. Scott Kretchmar
Professor of Exercise Science
Penn State University
**Member News**

**JoAnne Safrit** (#254) lives in Greensboro, where she serves on the Excellence Foundation board of directors at the University of North Carolina at Greensboro and the Alumni Association board of directors. She volunteers in several capacities at the university. She continues to travel both nationally and internationally. In November 2012, she traveled to China as an honored guest of the Shanghai University of Sport to celebrate the 60th anniversary of the university. In 1985, Jo had lectured at Shanghai University, and the 2012 invitation was in recognition of her status as the first American woman to lecture there. Two academy members, Weimo Zhu and Ang Chen, were part of the graduate student group attending her lectures. Jo traveled with the UNCG delegation to Shanghai University, and the president of the university presented Jo with an honorary doctorate in education.

**Bradley J. Cardinal** (#475), professor in the College of Public Health and Human Sciences at Oregon State University, received the 2013 Distinguished Scholar Award from the National Association for Kinesiology in Higher Education at their January conference in Ft. Lauderdale, Florida. The award recognizes a person who has made significant contributions to kinesiology and physical education in higher education through their scholarly pursuits in a multidisciplinary perspective. Brad was nominated by Dr. Mary Drabbs of Eastern New Mexico University. Brad also received the 2013 Distinguished Service Award from the research consortium of the American Alliance for Health, Physical Education, Recreation and Dance at their April conference in Charlotte, North Carolina. Brad was nominated by Dr. Chuck Corbin (267) and Gayle Claman (former director of the research consortium) for the award granted to a fellow or member of the research consortium who has made significant contributions to research consortium affairs for an extended period and whose work has had a significant impact on the research consortium.

Several NAK fellows were identified as highest-visibility researchers (overall) on the research consortium’s program for the 20-year period from 1992 to 2011 as well in various subdisciplinary categories. The researchers were **Weimo Zhu** (#450), who was ranked 1st overall and highest in the measurement and interdisciplinary subcategories; **Melinda A. Solomon** (#472), who was ranked 3rd; **Bradley J. Cardinal** (#475), who tied for 4th overall and was ranked highest in the psychology subcategory; **Ping Xiang** (#523), who tied for 4th overall; **Pamela H. Kulinna** (#508), who ranked 7th overall and highest in the pedagogy subcategory; **Catherine E. Ennis** (#381), who tied for 11th overall; **Thomas L. McKenzie** (#370), who ranked 13th overall; **Charles B. Corbin** (#267), who tied for 18th; and **Ang Chen** (#496).
and Stephen Silverman (374), who tied for 20th. In addition, Carl P. Gabbard (#396) was the highest-visibility researcher in the motor behavior subcategory.

Jerry Thomas (#299) has been elected to the academic faculty for the 2013 AAETE Leadership Academy, an event for new deans, department chairs, and other education administrators. The Leadership Academy will take place June 23-27 in Pittsburgh, Pennsylvania.

NEW OFFICERS AND NEW FELLOWS

Election Results for New Officers
President- Elect: Cathy Ennis
Member at Large: David Wiggins
Hetherington Award Winner: Chuck Corbin (267)

New Fellows to be Inducted at the 2013 Meeting

Active Fellows
Sian L. Beilock, University of Chicago
Jennifer L. Etnier, University of North Carolina at Greensboro
Kim Graber, University of Illinois at Urbana-Champaign
Peter Hastie, Auburn University
Steven P. Hooker, Arizona State University
Darin A. Padua, University of North Carolina, Chapel Hill
Sandra J. Shultz, University of North Carolina, Greensboro
Cesar R. Torres, College at Brockport, SUNY
Gregory J. Welk, Iowa State University
Jeffrey Woods, University of Illinois at Urbana-Champaign

International Fellows
Kathleen Armour, University of Birmingham
Ira Jacobs, University of Toronto
David A. Rowe, University of Strathclyde

Video Presentations from the 2012 meetings are now available.
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