I hope that you are looking forward to the coming summer months as an opportunity for rest, recuperation, and catching up on work-related projects. Before you know it, our 2018 Annual Meeting will take place in Chicago (September 20 – 23). This will be the 88th Annual Meeting of the Academy and one that is built on a proud history, a vital present, and a promising future. The list of Fellows of the Academy, since its inception in 1926, is comprised of some of the significant builders of our discipline and related professions and one of the prominent historical figures, who is so strongly tied with the city of Chicago - our meeting site, is Amos Alonzo Stagg (Fellow #71 inducted in 1946) who was the remarkably influential and innovative football coach at the University of Chicago.

Born in 1862, just after the beginning of the Civil War, Stagg played baseball and football at Yale University with the latter sport career under the tutelage of Walter Camp - the primary architect of the game, and achieving All-American honors in 1889, while studying for a degree in divinity. Interestingly, Stagg struggled with a fear of public speaking, essential to a career in the ministry, and upon graduation chose to channel his passion and strengths into the coaching profession with his first position at the International Young Men’s Christian Association Training School - what is now known as Springfield College. At Springfield he taught, coached, and received a Master's in Physical Education (MPE) degree while also contributing significantly to the development of the new game of basketball with his colleague, James Naismith, while honing his skills as a football coach. Based on his growing success and leadership in athletics he was asked in 1890 by President William Rainey Harper.
the first President of the nascent University of Chicago, to lead the Department of Physical Culture and Athletics where he coached the football team from 1892 to 1932. Stagg was amazingly successful, winning numerous championships in the Big 10 and creating a visibility for the University that transcended the city to a national presence. Stagg’s perspective on the mental and physical development of young men through vigorous athletic participation was largely shaped both by his experiences in his preparation for the ministry and participation in sport. The game of football has evolved remarkably in its present form beyond the time that Stagg was in a leadership role, and it has seen many highs and lows from the early 1900s, when several deaths of players were reported in 1906, to the present revelations on the neurological trauma that has sensitized the public to the potential for long-term negative consequences to brain health in our youth. But no matter what the future holds for the sport of football there is no question that it has shaped American culture and inspired generations of young people to engage their bodies and minds in intense preparation for the challenges of athletic competition. And what an honor it is for us to have fellowship in the National Academy of Kinesiology with such a giant of sport and physical activity – honored as a member of the inaugural All-American College Football team, the College Football Hall of Fame in 1951, and the Basketball Hall of Fame in 1959, passing in 1965 at the age of 102. He was truly a pioneer and one whose legacy is fitting to remember as we gather in the Windy City.

Built on the contribution of so many Kinesiologists, several of whom are Fellows in the Academy, we move to the present day with the scientific program assembled by Past-president, Debbie Rose, and the Program Committee members (Wendy Brown, Brad Cardinal, Mo Weiss, Catrine Tudor-Locke, and Greg Welk) with the focus of the meeting on current and future research directions on the study of sedentary behavior. The meeting content addresses a fundamental and essential concern for the public health of the nation and one that our field is critical to understanding. Many thanks to Debbie and the Committee for the effort to organize the program – the implications for our health are obvious and scholarly comprehension of the phenomenon is far-ranging from the motivation to exercise, the design of our communities and transportation systems, the epidemiology and risk profiles of such behavior for various disorders, and the physiological as well as the mental health consequences of sitting for prolonged periods, to say just a little. There is much to do.

As we move forward, the future will be well served by the collective study approach of the Academy. There is so much to do as we move forward in time in the many domains of Kinesiology. Space does not allow for a thorough discussion, but one element of the future landscape to which I would draw attention is that of the need for “team science”. Our discipline is clearly based on focused knowledge of the moving body, but there is no question that it requires the collective wisdom of numerous disciplines and the partnership of many to advance our understanding of health and human performance as related to movement and physical activity. The list of possible examples is endless, but of course is a matter of priority based on developments in society and history. The study of brain injury in contact sports requires the teamwork of biomechanicians, developmental experts on the nervous system, neuroimaging specialists, epidemiologists, and experts in physics, mathematics, and computer science to advance signal processing and study the images of the healthy and the injured brain. This knowledge must then translate...
President’s Letter

to coaches and sport administrators of the game, as well as equipment manufacturers, and is likely relevant to those with expertise in the genetics of the human body as some participants may be particularly at risk or, conversely, resilient to the effects of collision. The team approach is inherent to the topic of our upcoming meeting – sedentary behavior – and it is noteworthy that the Academy has always striven to take a multidisciplinary perspective on the relevant issues to human movement at each of its meetings. I have always enjoyed the convergence of multiple scholarly foci on the topics of interest at the annual meetings of NAK – this is critical to leadership and thoughtful insight and the Academy should be recognized for such inclusion. It is one of the few organizations that brings so many diverse scholars “under one roof” and one whose broad reach we should seek to extend as we move towards our 100th anniversary – Pass it On!!

HETHERINGTON AWARD ANNOUNCEMENT

Congratulations to our Hetherington Award Recipient of 2018—Dr. Jerry R. Thomas! (jerry.thomas@unt.edu)

NEWLY-ELECTED NAK OFFICERS

President-Elect: Dave Perrin, University of Utah david.perrin@health.utah.edu
Secretary-Treasurer: Alan L. Smith, Michigan State University alsmith@msu.edu
Member-at-Large: Melinda Millard-Stafford, Georgia Institute of Technology mm6@mail.gatech.edu
I am pleased to announce that the theme of this year’s Academy meeting is “Physical Activity and Sedentary Behavior: Independent or Interrelated Public Health Issues.” The meeting will be held in Chicago, IL from September 20 to 22 at the Swissotel Chicago and will feature the scholarship of both long-term and newly inducted fellows in the Academy. With the assistance of an outstanding program committee that included Brad Cardinal (incoming NAK President), Wendy Brown, Lori Ploutz-Snyder, Catrine Tudor-Locke, Maureen Weiss, and Greg Welk the program has now been finalized. I am pleased to announce that Dr. Ken Powell, M.D. will deliver the Human Kinetics Lecture at this year’s meeting. In addition to being a renowned epidemiologist with the Centers for Disease Control and Prevention for 25 years where he spearheaded the Center’s work in the area of physical activity and health, Dr. Powell served on the 2008 Physical Activity Guidelines Advisory Committee and as Co-Chair on the 2018 Physical Activity Guidelines Advisory Committee for the U.S. Department of Health and Human Services.

The first program session on Friday morning will focus on old and new approaches to measuring physical activity and sedentary behavior and feature presentations by Dave Bassett, Greg Welk and Catrine Tudor-Locke. A discussion of interpersonal and environmental influences on physical activity and sedentary behavior will be the topic of the second session with presentations being delivered by Al Smith, Thelma Horn, and Harold “Bill” Kohl. Russ Pate, Thom McKenzie and Glyn Roberts will then address strategies for promoting physical activity and reducing sedentary behavior in their presentations during the third program session. On Saturday morning, Dr. Kathleen Ginis-Martin, an International Fellow, will lead off the fourth program session that focuses on the promotion of physical activity in special populations. Kathleen will deliver this year’s C. Lynn Vendien Lecture and share her expertise in the promotion of physical activity among persons with spinal cord injury and other physical disabilities. Two Academy guest speakers will join Dr. Ginis-Martin in this session, Dr. Robert Motl and Dr. Jennifer Copeland. Dr. Motl is a Professor of Physical Therapy and the Associate Director for Research at the University of Alabama Birmingham/Lakeshore Research Collaborative and will focus his presentation on the measurement and promotion of physical activity in persons with neurological diseases, particularly multiple sclerosis (MS). Dr. Jennifer Copeland is an Associate Professor in the Department of Kinesiology and Physical Education at the University of Lethbridge and will focus her research presentation on developing meaningful messages and strategies to reduce sedentary time among older adults.

In addition to the four major program sessions that will address this year’s theme, a new program session will be introduced on Friday afternoon and highlight the scholarship...
of our 2017 NAK inductees who will each deliver a presentation that follows a TED (Technology, Entertainment, Design) Talk format (i.e., short, powerful talks delivered in less than 18 minutes and intended to spread new ideas). Drs. Bloomfield, Carter, Kreider, Lund, Pastore, Ploutz-Snyder and Williams will be the featured speakers in this inaugural session. This session will be followed by a wine and cheese reception where the dialogue can continue with our newest NAK fellows in a less formal environment. Also new to this year’s meeting is a change in the format of the final wrap-up session. Instead of a single speaker summarizing the key messages emerging from the conference, a cross-disciplinary panel of speakers will be given that task in addition to engaging attendees in an interactive discussion related to future research directions. I am very excited about this year’s program and do hope that you will all plan to attend this year’s meeting in the windy city. Conference registration information has been sent out to all members and is also available on the newly updated NAK website.

**CONGRATULATIONS TO THE 2018 NEW FELLOWS**

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Carolee Winstein, University of Southern California  
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"It" is a third person singular pronoun. Said that way, "it" does not sound all that important. Yet, "it" is the central tenet of the "it factor" – a constellation of intangible qualities associated with success. "It" is that ethereal something that our predecessors passed on to us, that we share with one-another, and that we are asked to pass on to future generations of leaders and scholars in Kinesiology. "It" is not something to be taken for granted. "It" is important and special. "It" is the essence of the National Academy of Kinesiology. "It" is our secret ingredient. Through our election as Fellows of this esteemed body, we have been entrusted to pass "it" on. Passing "it" on is our sacred duty.

Nomination and Election of Officers Update
As Chair of the "Standing Committee on Nomination and Election of Officers," I experienced "it" in multiple ways. First, on November 22, 2017, the day before Thanksgiving, Brad Hatfield graciously shared some of the institutional memory he preserved while serving as Chair of last year’s committee. Kim Scott, the Academy’s Business Manager, retrieved and shared several years worth of rosters of past Executive Committee and Standing Committee members with me. The open call for nominations resulted in Fellows nominating other Fellows to serve. Those who were nominated responded affably and with humility. Truly, every nominee exhibited “it”, which made the work of the Standing Committee on Nomination & Election of Officers especially challenging. The committee members – Donetta Cothran, Indiana University; Jeff McCubbin, Colorado State University; David Perrin, University of Utah; Alan Smith, Michigan State University; Janice Todd, University of Texas, Austin; and Nancy Williams, Pennsylvania State University – most assuredly exhibited “it” as they were responsive, thoughtful, and timely with their feedback.

Before continuing to the results, I do wish to clarify that the committee worked conscientiously, diligently, and fairly in an effort to finalize the slate of candidates. This was no easy task as we had more Fellows nominated, interested, and willing to serve than we had positions available. Fortunately there are well formulated “Operating codes and bylaws” to follow. Given the number of nominees, especially for the Member-at-Large position, the committee also thoughtfully considered multiple forms of diversity (e.g., gender/sex, ethnicity/race, disciplinary/sub-disciplinary focus, geographical/regional) during our deliberations. Finally, I think it is important to note that no member of the committee self-nominated. As appropriate, committee members recused themselves and/or were otherwise uninvolved to avoid conflicts of interest. A very special thank you to all those who were willing to be considered for the various offices, particularly to those who stood for office, as well as to all the Fellows who voted.

Against this backdrop, please congratulate the newly elected members of the Executive Committee: David Perrin, University of Utah, President-Elect; Alan Smith, Michigan State University, Secretary-Treasurer; and Melinda Millard-Stafford, Georgia Institute
Continued from page 6

President-Elect’s Message

of Technology, Member-at-Large. The committee’s work did not end there, however.

“A Little Bit More” – The Future Leaders Directory

During 2018 the Nomination & Election of Officers Committee initiated the creation of a “Future Leaders Directory.” The directory lists individuals that were nominated, contacted, and invited to consider being a candidate for one or more of the Academy’s elected Executive Committee offices; however, for various timing issues, the nominees requested to be considered during a future year rather than the present year. Similarly, those who agreed to be considered for one or more offices, but who ultimately did not make the final ballot, were asked about being retained in the directory. To honor their requests and to be consistent with the Academy’s motto – “Pass it on” – the idea of the directory was born. Added to this list are also nominations from the current committee to future committees.

The directory serves as a formal means of retaining institutional memory and should be updated annually. The directory does not supersede Academy bylaws, bypass the necessity for having an open call for nominations among Academy Fellows, nor should it be regarded as an endorsement for those listed. It is simply meant as a means of capturing year-to-year activity of the committee and Fellow’s interests in serving. At present the Future Leaders Directory contains the names of four, six, and twelve potential nominees for the offices of President-Elect, Secretary-Treasurer, and Member-at-Large. It is inspiring to be associated with people that are interested and willing to step-up and serve. Indeed, they have got “it.”

Update on the National Research Council’s “Awards and Honors” List

As a follow-up to my fall newsletter column, I did reach out to the National Research Council inquiring about the possibility and process for getting Kinesiology’s awards and honors recognized by the National Research Council. On January 31, 2018 I heard back from James F. Hinchman, the Deputy Executive Office of the National Academy of Sciences/National Research Council (NRC) and Chief Operating Officer of the NRC. Among other things he said (by email), “Since 2010, we have done no further work in this area and currently have no plans to do any. Specifically, there has been no effort to keep current the list of prestigious and highly prestigious awards developed as part of the assessment project. If, at some time in the future, we undertake another assessment of research doctorate programs and include in the assessment the designation of prestigious academic awards and honors, we would, of course, address the question of what awards in the field of kinesiology should so designated.”

I also reached out to The Center for Measuring University Performance. Some of you may recall that John V. Lombardi delivered the Rainer and Julie Martens Invited Lecture at the 83rd annual conference of the National Academy of Kinesiology and that he is (or was) deeply involved in developing this metric. In response to that inquiry I heard back from Craig Abbey at Arizona State University, which is a partner in The Center for Measuring University Performance project. He said (by email, received April 3, 2018): “Thank you for your message. There are many prestigious academies and faculty awards. We’ve no doubt that membership in the National Academy of Kinesiology recognizes those with the highest achievements in research and scholarship in your field. The purpose of our Faculty Awards is to measure the ongoing performance of an institution in
achieving the higher levels of research and scholarship. We track a select number of awards that are highly correlated with overall recognition at the institutional level. When we have suggestions for additions to our list, we discuss the matter at our next advisory board. To date, we’ve not made changes to our list in order to maintain a consistent metric over time.”

Their respective replies suggest to me that we need to continue to work on matters such as this for the greater good of Kinesiology. When or if the opportunity arises, we need to be ready to respond. In the meantime, our efforts may need to occur at the individual and institutional levels. At my own institution, for example, I have shared information about the National Academy of Kinesiology with several central administrators (e.g., Provost and Executive Vice President, Vice President for Research, Senior Vice Provost for Faculty Affairs). There seems to be receptivity toward adding information to the Research Office’s website. Anything we can do to positively add to the recognition and visibility of our discipline is worth doing.

Trivia
Since our 2015 conference was held in Philadelphia, Pennsylvania, every Academy President or President-Elect has temporarily had one state of residence in common. Can you name the state?

Pennsylvania!
Karl Newell, President 2015-2016, was on faculty at Pennsylvania State University during a portion of his career. Debbie Rose, President 2016-2017, and Brad Hatfield, President 2017-2018, are both graduates of Pennsylvania State University. Debbie received her doctorate there and Brad received a masters and doctorate there. I received my doctorate from Temple University (Philadelphia), and Dave Perrin received his doctorate from the University of Pittsburgh.

R. Tait McKenzie also spent the lion’s share of his career in Pennsylvania at the University of Pennsylvania. He served our Academy as President longer than any other person (i.e., December 31, 1930 until his death on April 28, 1938; he had just accepted the Presidency 6 days before passing away on April 22, 1938). Whatever “it” is or may be, Dr. McKenzie no doubt had “it” and then some!

Business Matters
Should you be interested and willing to serve on one of the Academy’s committees, please let me know. I anticipate making several committee appointments during the upcoming year and would like to do my best to match Fellow’s interests and skillsets with the opportunities that are available.

In the meantime, I look forward to seeing you all at our annual meeting in Chicago, Illinois later this year, and welcoming you to the Pacific Northwest (Bellevue, Washington) in 2019.

“Pass it on!”
Kinesiology Academic Program Recognition Initiative

By Kathleen Janz, NAK Member-at-Large

Working jointly with The American Kinesiology Association, The National Academy of Kinesiology President’s Commission has completed collecting survey data that describe the current status of undergraduate programs within universities with departments of kinesiology or alternately named departments. Survey results will be used to help prospective students and their parents identify programs in Kinesiology that best fit their academic and career goals. The results of this survey will also assist academic administrators better understand the breadth of our field of study across institutions. The committee is now in the process of summarizing responses and preparing dissemination strategies. The surveys were sent to ~600 Department Chairs in Fall 2017. We received 162 returned surveys with some information and 129 completed surveys. The returned surveys represent a wide-range of department size and type of undergraduate programs and as such will provide a useful snapshot of the current status of Kinesiology in academia. Final results will be provided at the fall NAK meeting.

MEMBERS OF THE PRESIDENT’S COMMISSION

AKA representatives:
Dr. Mary Rudisill, Director and Wayne T. Smith Distinguished Professor of Motor Development; School of Kinesiology, Auburn University.
Dr. Duane Knudson, Professor, Department of Health and Human Performance, Texas State University
Dr. Dan Schmidt, Distinguished Professor of Kinesiology, Chair, Department of Kinesiology, University of Wisconsin, Oshkosh

NAK representatives:
Dr. Alan Smith, Professor and Chairperson, Department of Kinesiology, Michigan State University
Dr. Kathleen Janz, Professor, Department of Health and Human Physiology, University of Iowa
Dr. John Challis, Professor, Department of Kinesiology, Penn State University
Dr. Debbie Rose, Professor, Department of Kinesiology, California State University, Fullerton
2018 NAK Annual Meeting

Meeting Location in Chicago, IL – where we’re staying and what we can do in our free time.

By Kim Scott, NAK Business Manager

This year’s annual meeting is scheduled for September 19-23, 2018 at the Swissotel in Chicago, IL [www.Swissotel.com/hotels/chicago]. We have negotiated a rate of $239 per night for single/double occupancy. Chicago offers many environmental treasures including 552 parks and 33 beaches. Two of the most popular parks in the city, Millennium Park [https://www.cityofchicago.org/city/en/depts/dca/supp_info/millennium_park.html] and Grant Park [https://www.chicagoparkdistrict.com/parks-facilities/grant-park], are just steps away from Swissotel Chicago. While visiting Chicago, take a run or bike ride along the 23-mile lakefront path. Swissotel Chicago directly overlooks many of the city’s most famous landmarks. Nearby attractions include: The Magnificent Mile, Millennium Park, Grant Park, The Art Institute of Chicago, Navy Pier, Chicago Shakespeare Theater, State Street Shopping, Willis (Sears) Tower, The Field Museum, Shedd Aquarium, Adler Planetarium & Astronomy Museum.

Make your arrangements early! The deadline for making your arrangements is August 30. Don’t wait until the last minute this year! Click here to make your hotel reservations https://book.passkey.com/event/15476588/owner/1461/home

Hotel Amenities:
• 65,000 square feet of state-of-the-art event space
• Resourceful and friendly concierge
• 24-hour valet parking (fee applies)
• 24-hour self-parking (fee applies)
• Two onsite restaurants and a lounge
• 42nd-floor penthouse fitness center and daily Vitality Activities
• 24-hour room service and express checkout
• Pet-friendly accommodations
• Vitality boot camps for guests
• Vitality yoga classes for guests
• Guided Vitality runs for guests
• UPS Store
• Smoke-free environment


Walking Tours https://www.insidechicago-walkingtours.com/


Biking in Chicago https://fitt.co/chicago/10-best-bike-trails-and-paths-chicago/
2018 Physical Activity Guidelines Advisory Committee Scientific Report

By Kathleen Janz, NAK Member-at-Large

Federal guidelines, policies, and programs on physical activity are a central component of health promotion and disease prevention strategies for the U.S. Many academy members are directly engaged in scholarship that provides the evidence for linking physical activity to health while others support this important area via research that, for example, elucidates how movement patterns develop, why we choose to be active, and the role of sport in providing activity opportunities. This spring, the Secretary of Health and Human Services received The 2018 Physical Activity Guidelines Advisory Committee Scientific Report. This report encapsulates the evidence on physical activity and health that will provide the foundation for the upcoming 2018 Physical Activity Guidelines for Americans. New areas addressed in the advisory report include the health benefits of physical activity for children 3 to 5 years of age, physical activity and brain health, sedentary behavior and health, and the role of physical activity in improving functioning and reducing the progression of chronic diseases such as osteoarthritis, hypertension, and type 2 diabetes. In a deliberate effort to make the report immediately relevant to all, the relation between physical activity and day-to-day health is addressed. Specifically the report provides the evidence that physically active individuals sleep better, feel better, and function better during the day. Because these benefits are acute, they may provide the necessary feedback and motivation for individuals to begin or continue an active lifestyle. In addition to addressing the dose-response evidence of how much and what type of physical activity can be expected to lead to specific health outcomes, the report reviews the current evidence for effective physical activity interventions across the life-course. This is obviously important in ensuring that the scientific evidence of what to do can be translated and disseminated to successful community and educational programs on how to do it in a sustainable manner. In the end, the advisory report provides the support for maintaining and increasing federal attention to the role of physical activity for significantly improving the health of Americans, and that is no small thing. The entire report is available at https://health.gov/paguidelines/second-edition/report.aspx, and the Human Kinetics lecture at our Chicago meeting will be the Co-Chair of the Advisory Committee, Kenneth Powell.
NAK Member News— Spring 2018

Cesar R. Torres (#531), Professor in the Department of Kinesiology, Sport Studies & Physical Education, SUNY Brockport, was awarded the 2017 Warren P. Fraleigh Distinguished Scholar Award by the International Association for the Philosophy of Sport (IAPS). Dr. Torres received the award at the 45th Annual Conference of IAPS, held last September in Whistler, British Columbia, Canada, where he delivered the Warren P. Fraleigh Distinguished Scholar Award lecture entitled — What Counts as Part of a Game? Reconsidering Skills. The award is named after Prof. Warren P. Fraleigh (#221), a world-renowned sport philosopher.

Nick Stergiou (#510) received the University of Nebraska 2018 President's Faculty Excellence in Innovation, Development, and Engagement Award (IDEA). The IDEA honors University of Nebraska faculty who have extended their academic expertise beyond the boundaries of the University in ways that have enriched the broader community. In addition, ground breaking for the 30,000 sq ft addition to the University of Nebraska Biomechanics Research Building occurred in May 2018, and the building is projected to be completed in September 2019. Dr. Stergiou is director of the Biomechanics Research Building and holds the Distinguished Community Research Chair in Biomechanics.

Amelia Mays Woods (#544), head of the Department of Kinesiology and Community Health at the University of Illinois, Urbana-Champaign (UI-UC), was named the James K. and Karen S. McKechnie Professor in the College of Applied Health Sciences (February 2018). In accepting the honor, Dr. Woods paid tribute to the 1970 UI-UC alumni who sponsored the professorship—Dr. McKechnie (biochemistry) and Mrs. McKechnie (physical education)—and who strongly support the College of Applied Health Sciences and its mission: to improve the quality of life for diverse individuals, families, and communities through education, research, and public engagement.
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NAK Member News

Thom McKenzie (#370), Emeritus Professor of Exercise and Nutritional Sciences at San Diego State University, received the Luther H. Gulick Medal, the highest award given by SHAPE America at its 133rd National Convention in Nashville, March 2018. SHAPE America (Society of Health and Physical Educators; formerly AAHPERD) is the largest US organization of health and physical education professionals. The medal (designed by Canadian physician/sculptor, R. Tait McKenzie) honors an individual who exemplifies the highest standards in accomplishment, innovation, and leadership and is given in recognition of long and distinguished service to the professions.

Damon Andrew (#546) received the 2018 Applied Sport Management Association (ASMA) Scholar Lifetime Achievement Award. The ASMA Scholar Lifetime Achievement Award is an honor bestowed upon a person to recognize a career of continual and significant contributions to the field of sport management. Consistent with ASMA’s mission of building strong connections between scholars studying sport and practitioners working in the sport industry, award recipients are specifically recognized for their efforts to make an impact on policies and practices in sport through research, teaching, and service.
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