A Financial Strategy to Ensure the Long-Term Financial Stability of the Academy

By David H. Perrin (FNAK #401), President

Leverage the Annual Meeting to Generate New Revenues.

Under the leadership of President-Elect Ron Zernicke, the NAK@90 Presidential Committee has advanced the work of last year’s Presidential Committee on Financial Stability by developing strategies to boost annual meeting attendance and create opportunities for conference sponsorships and donations. The Committee has had early success in naming of scientific sessions for our next conference, with five of six sessions already named with gifts ranging from $3000 to $3500. More details about the work of the committee can be found under the President-Elect’s column elsewhere in this newsletter.

Propose a Three-Year Phased Increase in Annual Dues.

Our annual dues have been unchanged for many years, and remain exceedingly low in comparison to other professional societies.
The financial strategy closes 40% of the projected gap between annual income and expenses with a three-year increase in dues to $200 in 2021, $250 in 2022, and $300 in 2023. This plan also includes an increase in dues for International Fellows to $50 in 2021, $100 in 2022, and $150 in 2023. The Executive Committee will seek approval for this plan at our next business meeting.

**Propose an Increase in the Cap on Active Fellows.**

The current cap of 165 Active Fellows is unsustainable in generating the annual member dues and annual meeting registrations needed for the long-term financial viability of the Academy. Moreover, with the growth of kinesiology and its subdisciplines over the past several decades, the number of qualified Fellow nominations is exceeding available openings (e.g., this year double the number of nominations were received than were recommended for election). The Executive Committee will seek approval to increase the cap by 50 to a new cap of 215 Active Fellows (to occur over several years) at our next business meeting, now scheduled to be held online.

**Launch the National Academy of Kinesiology Legacy Society.**

The Executive Committee has approved the creation of the National Academy of Kinesiology Legacy Society. The Legacy Society honors the five original members of the Academy and provides a mechanism for Academy members and friends to designate the Academy in their estate plans. Details about how one qualifies for the Legacy Society can be found elsewhere in this newsletter.

**Identify an Institution or Institutions to House the Academy.**

Efforts to identify an institution to host the operations of the Academy are ongoing. Positive conversations have occurred with two universities, and the Executive Committee is guardedly optimistic that one or both will be able to house various functions of the Academy. Underscoring the importance of this initiative is that the process of obtaining 501(c)3 tax exempt status would be greatly simplified if the Academy were to be hosted by an institution of higher education. The host university could provide a fiscal sponsorship, which is a formal arrangement in which a 501(c)3 public charity (the university) sponsors another organization (the Academy) that lacks tax-exempt status. This would enable the Academy to receive grants and tax-deductible donations using the tax exempt-status of the university.

**Doctoral Program Review 2020**

The NAK Doctoral Program Evaluation Committee, under the leadership of John Challis, invited 75 programs to participate in the 2020 review of doctoral programs. The committee received 43 submissions, down from 52 for the 2015 review, and up from 36 for the 2010 review. The data are now with the consultants for analysis.

The committee is also surveying institutions related to the frequency of the doctoral reviews. The survey is exploring the potential of more frequent reviews – from every five years to every three years – on enhancing the impact, validity, institutional utility, and level of participation in the review process. Results of the survey will be discussed at the next business meeting.

**Hetherington Award, New Fellows, and Results of Officer Elections**

The Hetherington Award Committee selected Professor Beverly Ulrich (FNAK #375) to receive the Clark W. Hetherington Award, the highest distinction recognized by the National Academy of Kinesiology. Professor Ulrich is most deserving of this award by virtue of her extraordinary career, including her service to the Academy and significant and sustained scholarly contributions to Kinesiology. Congratulations Dr. Ulrich! And a special thanks to Thelma Horn and the members of the Hetherington Award Committee.
Committee for this exceptional nomination. I am delighted to extend my heartiest congratulations to the 12 individuals elected as New Fellows (Active and International): Shawn Arent (University of South Carolina), Debra A. Bemben (University of Oklahoma), Douglas G. Booth (Thompson Rivers University – International), Jacqueline Goodway (The Ohio State University), Chris J. Haas (University of Florida), Jay Hertel (University of Virginia), Jeff Horowitz (University of Michigan), Jill Kanaley (University of Missouri), Yu Lui (Shanghai University of Sport – International), Ann MacPhail (University of Limerick – International), Karen Allor Pfeiffer (Michigan State University), and Kathryn H. Schmitz (Pennsylvania State University). A special thanks to Ed Acevedo and the Standing Committee on Membership for presenting another stellar slate of nominees for review by the Active Fellows.

The Committee on Nominations and Election of Officers, under the leadership of President-Elect Ron Zernicke presented an outstanding slate of candidates for new officers in the Academy. I am grateful to all who were willing to run, and congratulate President-Elect Melinda Solmon, Secretary-Treasurer Thelma Horn, and Member-at-Large Amy Woods on their election. I am grateful to these individuals for upholding the pledge to which we all committed when elected to the Academy – a willingness to commit to the goals and activities of the Academy.

**Moving Forward in an Uncertain Time**

As I write this message, we are all isolated and working from home. I hope that by the time you receive this newsletter, the COVID-19 pandemic is under control and that the environment has improved significantly. The 2020 program committee, under Past-President Brad Cardinal’s leadership, had planned an exceptional program for our fall meeting, September 24-26, 2020 in Providence, Rhode Island. We currently plan that this program will be carried over to the 2021 meeting with efforts to retain originally planned speakers.

In the meantime, stay healthy, remain engaged with your Academy, and let me know of your suggestions by contacting me at david.perrin@health.utah.edu.
We are the National Academy of Kinesiology. It is the sum of all of us. Consider the numbers. There are 7 Executive Committee members, 35 Standing Committee members, ~13 Presidential Committee members, 9 Program Advisory Committee members, ~15 speakers at the annual meeting (+ another ~6-9 New Fellow speakers), 5-6 session moderators, 1 Business Meeting Parliamentarian, 1 banquet Master of Ceremonies, 25-50 new Fellow Nominators and Sponsors, several more involved in making Hetherington Award nominations, and still other members who represent the Academy or provide special services to the Academy annually. Some individuals contribute in multiple ways, including serving as Committee Chairs. Still others attend and participate in the annual meeting.

And that is just in a single year. The next year and the next year and the next year after that, similar numbers of people are involved.

Unquestionably, we are the National Academy of Kinesiology! Thank you to all of you for making us who we are!

The Academy is also assisted by Kim Scott, our long-standing Business Manager. All who have worked with Kim know that she does more than manage the business affairs of the Academy. She provides continuity and institutional memory. She serves as our conference coordinator, financial officer, travel agent, and trouble shooter. In so many ways, large and small, latent and manifest, she is the Academy’s go-to person. We all owe her a debt of gratitude. I certainly do.

Gratefulness

That gratitude extends to all those who came before us. This includes Luther Halsey Gulick and the original Fellows in his Academy of Physical Education, which dates back to 1904. The Charter Fellows, who, beginning in 1926, reigned what we have become today. The Honorary Fellows in Memoriam; those recognized by the Charter Fellows posthumously for their contributions. And, in today’s terms, all elected Active and International Fellows of the Academy.

We were formally incorporated on December 31, 1930, though, we have a 116-year history.

2021 will mark our 90th Anniversary (More or Less) Meeting

So as to not quibble (too much) over dates, that brief history gives you a sense of our Academy’s historical timeline. With the cancellation of the 2001 meeting due to 9/11, 2005 marked the 75th annual meeting, which was to make 2020 the Academy’s 90th meeting. However, with the COVID-19 global pandemic and consistent with health guidance and recommendations for large group gatherings, possible travel restrictions, the availability of hotel staff to house such an event, etc., our 90th anniversary meeting will be deferred to Newport Beach, California, September 23-25, 2021, which was the contractual location of our 2021 meeting. The Academy is planning to return to Providence, Rhode Island for its 2022
annual meeting. That program will be jointly developed by Dave Perrin and Ron Zernicke.

In full recognition of the seriousness of this, it is inspiring to think that our Founders were 14 months and 1 week into the Great Depression when the Academy was founded on December 31, 1930. Clearly, they were a bold, hearty, and optimistic group. Their determination, inspiration, and perspiration remain guiding lights for us to this day!

Bearing in mind the fluidity of our times, at the meeting we will be exploring Kinesiology’s Social Justice Imperative. The meeting was planned with the guidance of the Program Advisory Committee consisting of (in alphabetical order): Ketra L. Armstrong (FNAK #547, University of Michigan), Dana Brooks (FNAK #406, West Virginia University), George B. Cunningham (FNAK #558, Texas A&M University), Louis Harrison, Jr. (FNAK #520, University of Texas, Austin), Vikki Krane (FNAK #479, Bowling Green State University), Mary E. Rudisill (FNAK #564, Auburn University), Deborah Riebe (FNAK #580, University of Rhode Island), Ronald F. Zernicke (FNAK #503, University of Michigan), and Susan Zieff (FNAK #494, San Francisco State University).

We anticipate marking the 90th anniversary occasion with the presentation of a brief history of the Academy followed by the Rainer and Julie Martens Lecturer. If we retain our speakers from this year to next, we will have 21 different presenters. We anticipate that the first group of speakers will focus on “Deconstructing the Biology of Social Justice,” which will be followed by “The Body as a Place of Controversy,” “Inclusivity in Physical Activity Settings and the Occupation of Space,” “Agents of Change and Social Activism,” and “Next Steps for Advancing Kinesiology’s Social Justice Imperative and Disrupting the Status Quo.” In the tradition of past Academy meetings, the speakers will represent a range of sub-disciplinary areas of specialization.

Imbedded into the meeting are the New Fellow “TED Talks,” which are from the 2019 Fellow class of inductees. As originally planned, the results of the 2015-2019 Doctoral Program Review were to be revealed at the 2020 Academy meeting. It is not yet determined if the results will be delayed by 1 year or presented earlier through another means (e.g., virtually). Additionally, a variety of special events are being planned to mark the occasion of our 90th Anniversary meeting, honor Emeriti Fellows, congratulate the Hetherington Award recipient, and welcome the newly elected Fellows into the Academy.

The program is available at the Academy’s website. We hope that this year’s presenters will be available to join us in 2021.

Increased Recognition for Kinesiology

There are continuous signs of Kinesiology’s growing acceptance and maturation as a scientific discipline. For example, at the 2020 annual meeting of the American Association for the Advancement of Science (AAAS), John Drazen, a Biomechanist, was recognized with the AAAS Early Career Award for Public Engagement. The award included a $5,000 prize plus complimentary registration and travel to the conference, which was held in Seattle, Washington.

Conclusion

George Washington, the First President of the United States said, “There is nothing which can better deserve your patronage, than the promotion of science and literature. Knowledge is in every country the surest basis of public happiness.” As stewards of the Academy, I hope that you are inspired to join us at our future meetings and to share in our collective public happiness. Something Academy Fellows have been doing for at least 90 years!

Together we flourish. We Are the National Academy of Kinesiology.
Since September 2019, I have had the privilege of serving as President-elect of the National Academy of Kinesiology. I am deeply grateful to the Fellows of the Academy for giving me this honor, and I look forward to the future of NAK with optimism. At our annual conference in Bellevue, Washington, however, no one could have imagined how truly disrupted our lives and society would become during these past months. Nevertheless, in these stressful times my spirits are continually lifted as I learn of the actions of individuals who positively support and care for us—across our country and the world. In that context, three words came to mind, as I prepared this Newsletter message: Legacy, Resiliency, and Thriving.

Legacy

As Brad Cardinal eloquently notes in his Past-president’s message in this same Newsletter, from its inception until today, the Academy has experienced a remarkably rich and distinguished legacy of leadership. As you review the roster of NAK Fellows from the first who were inducted—Fellows #1 and #2 (i.e., Clark Hetherington and R. Tait McKenzie)—until now, you discover an impressive list of elite scholars who launched and who continue to develop and transform the discipline of Kinesiology.

In my role of President-elect, I had the responsibility of chairing the standing Committee on Nominations and Election of Officers (CNEO). This past year, the members of the CNEO included: David Anderson (San Francisco State University), Susan Bloomfield (Texas A&M University), Donetta Cothran (Indiana University), and Deborah Riebe (University of Rhode Island). All the members of the CNEO contributed significantly and diligently to the development of an outstanding slate of candidates for this year’s ballot for the positions of President-elect, Secretary-Treasurer, and Member-at-Large. In addition to the Fellows who were contacted and recruited by members of the CNEO, we also received excellent nominations from other NAK Fellows. After discussion, deliberation, and careful consideration of diversity and sub disciplines, we narrowed the field to two outstanding candidates for each of the three positions. We sincerely thank each of the nominees for her or his willingness to serve the Academy, and please join me and members of the CNEO in congratulating the newest members of the NAK leadership: Melinda Solmon (President-elect), Thelma Horn (Secretary-Treasurer), and Amy Woods (Member-at-Large).

Resiliency

Resiliency is the ability to recover and thrive after adversity, and it is an ability that is intrinsic to the DNA of the Academy and its exceptional cadre of fellows—past, present, and future—consistent with the NAK motto: Pass It On. In these stressful times, whether it be viral-induced or financial challenges (per President Dave Perrin’s message on Financial Stability), the NAK will persevere and thrive. Last fall, President Perrin asked me to recruit and chair a committee to move forward with implementation of numerous key recommendations of his Presidential Committee on Financial Stability, as he reported in...
the NAK 2019 Spring Newsletter (Volume 40, No. 2). President Perrin’s directive to the committee was to coevally link the upcoming celebration of the 90th anniversary of NAK conferences with creative and new ways to support the Academy, boost attendance at the conference, and generate new sponsorships and donations for the annual meeting(s) and the NAK as an organization. As a result, in early fall of 2019, the NAK@90 Presidential Committee was recruited and strategically structured. As is typical for NAK Fellows, individuals who were asked to be members of the Committee quickly and enthusiastically volunteered. The NAK@90 Committee members comprise an exceptionally experienced, cohesive, and accomplished team of Fellows. Early in our Committee discussions, we decided to divide and conquer. We set up two subcommittees to strategically focus the strengths and efforts of our members: (1) Conference Attendance—Maureen Weiss (University of Minnesota), Kim Graber (University of Illinois), Mary Rudisill (Auburn University), Nancy Williams (Penn State University), Tom Templin (University of Michigan), and Ron Zernicke, and (2) Sponsorships & Donations—Dan Weeks (University of Northern British Columbia), Kevin Guskie-wicz (University of North Carolina), Doug Casa (University of Connecticut), and Ron Zernicke. Building on key elements of the Presidential Committee on Financial Stability and the outstanding experience of the NAK@90 Committee members, numerous initiatives are being implemented by both of the subcommittees:

### Conference Attendance:
- Formal, personal invitations have been prepared and will be sent by subcommittee members from sub disciplines to Emeriti NAK Fellows (n=110) and NAK Fellows who have not attended in the past 3-5 years (n=60). The goal is to reach 1/3 attendance from each cohort at the NAK@90 anniversary conference.
- Invitations will be sent to local universities/departments for their related faculty and administrators to attend the anniversary conference.

### Sponsorships and Donations:
- Launch the NAK Legacy Society (see President Dave Perrin’s message in this Newsletter issue for more detail).
- Invite universities (and/or individuals) to sponsor tables at the annual meeting and/or to provide a donation to support the NAK@90 anniversary conference. As of April 2020, Michigan State University has already agreed to sponsor a table ($1000) during the conference banquet, when new Fellows will be honored, including MSU’s newest NAK Fellow, Karin Pfeiffer.
- Create a mechanism (with a fee structure) for exhibitors’ tables/booths at the annual conference.
- Establish and promote an option for online giving/donations (including matching funds) to NAK on the annual conference registration form and on the NAK main website (e.g., provide a $90-donation option for online registrations for the NAK@90 conference).
- “Naming” of scientific sessions at the annual conference. This option is rapidly being implemented. As of April 2020, five of the six conference program sessions have already been named/supported ($3000-$3500/session):
  - Big Ten Academic Alliance—honoring past/present NAK Fellows from the Big10 Universities
**President-Elect’s Column**

- Cohort of Canadian Universities—honoring past/present Canadian NAK International Fellows
- University of North Carolina—honoring past/present UNC NAK Fellows
- Auburn University—honoring past/present Auburn NAK Fellows
- Honoring the scientific contributions, mentorship, and 100th birthday (April 20, 2020) of University of Wisconsin Professor Emerita, Dr. Elizabeth Roberts

**Thriving**

Undoubtedly, this year has been and continues to be stressful and challenging, but I firmly believe the NAK will thrive as we move forward. The exceptional legacy, powerful blend of multidisciplinary strengths, common mission, and resilient Fellows portend a positive, impactful, and thriving future for the NAK.

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**ANNOUNCING THE NATIONAL ACADEMY OF KINESIOLOGY LEGACY SOCIETY**

The NAK Executive Committee is pleased to announce the creation of the National Academy of Kinesiology Legacy Society. The Society provides a mechanism for members and friends of the Academy to designate the National Academy of Kinesiology in their estate plans. The Legacy Society – which honors the five original members of the Academy – ensures the long-term financial viability of the National Academy of Kinesiology. Questions about membership in the Society should be directed to the NAK Business Manager or current NAK President.

The NAK Legacy Society Estate Designation form can be found [here](#) on the NAK website.
NAK’s 90th Anniversary Meeting Location Details

Meeting Location in Newport Beach, CA – where we’re staying and what we can do in our free time.

By Kim Scott, NAK Business Manager

Since we’ve postponed our meeting from 2020 to 2021, here’s a bit of information about where we are going in 2021. The 2021 annual meeting is scheduled for September 23-25, 2021 at the Hyatt Regency in Newport Beach, CA https://www.hyatt.com/en-US/hotel/california/hyatt-regency-newport-beach/newpo. Our hotel is located adjacent to the Upper Newport Beach Bay Nature Reserve. Nestled among 26 acres featuring hundreds of palms and a succulent courtyard that is a nod to the California desert. You’ll have quick access to three unique pools, an executive golf course and luxury shopping.

Make your arrangements early! We have negotiated a rate of $179 per night for single/double occupancy. The hotel has waived the resort fee. The deadline for making your hotel arrangements is September 1, 2021. Don’t wait until the last minute next year! The link to make your reservation will be posted on our website closer to the date of our meeting.

Hotel Amenities:

- 410 guestrooms, featuring
  - plush Hyatt Grand Hyatt beds
  - 49" HDTV’s
  - iHome stereo
  - Oversized work desks
  - Complimentary Wi-Fi
  - Pet friendly
- Check in at 4:00 pm and Check out at 12:00 pm
- Complimentary access to 24-hour fitness center
- Complimentary access to three outdoor pools
- Concierge
- Laundry/dry cleaning
  - 24/7 takeout and delivery dining options

For a list of things to see and do in and around Newport Beach, check out the Visit Newport Beach website at https://www.visitnewportbeach.com. Newport Beach has
the largest recreational harbor on the west coast. You can choose aquatic adventures (sunset cruises, stand-up paddle boarding, art walks, wine tasting tours, live entertainment, and scenic adventures as well (seaside cliffs, harbor front promenades). Here’s a link to some destination videos to get you excited about the trip to Newport Beach:  https://www.visitnewportbeach.com/newport-beach-virtual-vacation/
I have been pleased with the quality of recent submissions to Kinesiology Review (KR). Although I still have concerns about the number of submissions to the journal, the quality of the essays received in the recent past have been quite good and, perhaps most importantly, are representative of the various disciplinary areas of kinesiology.

The February 2020 issue, as is customary, are essays emanating from the 2019 meeting of the National Academy of Kinesiology. The issue is guest edited by Brad Hatfield of the University of Maryland and includes several essays on the “Optimization of Human Performance.” As it stands now, the May 2020 issue includes eight essays and one commentary. The August 2020 issue will be guest edited by David Anderson of San Francisco State University and focus on alternative approaches to movement education and kinesiology. The November 2020 issue will include some of the essays presented at the 2020 American Kinesiology Association Leadership Workshop in Tampa, Florida.

It is important to note that there are two other special issues currently planned for upcoming issues of KR. Cesar Torres of State University New York at Brockport will guest edit the May 2021 issue that will include autobiographical essays written by a number of well-known leaders in the field. The contributors will reflect on their careers and tell personal stories as prominent kinesiologists. The August 2021 issue will be guest edited by David Anderson of San Francisco State University and Richard van Emmerik of the University of Massachusetts featuring essays on the academic discipline of kinesiology in celebration of the 40th Anniversary of the publication of George Brooks edited book, Perspectives on the Academic Discipline of Physical Education: A Tribute to G. Lawrence Rarick (Human Kinetics Publishers). This issue holds great promise and will allow us to reflect on the progress and current state of affairs of all of our disciplinary areas of study.

In sum, please know that I welcome any ideas regarding possible special issues and suggestions as to how to improve the quality and visibility of KR. I know all of us want to see the continued success of a scholarly journal that includes highly interpretive review essays representing the various disciplinary areas of the field.
You might know, or you might not, that the National Academy of Kinesiology charges its “historian” to chronicle the organization’s history and to liaison with an archive to document that history. While many national and international academic organizations maintain such efforts, they often go unnoticed—even in groups devoted to the study of history let alone in diverse, interdisciplinary organizations such as the Academy. So, I just wanted to introduce myself (Mark Dyreson, FNAK #539), as the new Academy historian.

One of the reasons I took the post is that the Academy archives reside at my home institution, the Pennsylvania State University. The Academy archives occupy 38 cubic feet of space at the Eberly Special Collections division in Penn State’s libraries. They contain materials from the founding era of the 1920s through the present. If you are interested in the collection, you can access the “finding aid” online for an introduction. You can also contact me at mxd52@psu.edu or Penn State’s sport and physical activity archivist Paul Dzyak at pjd106@psu.edu if you want assistance in your explorations.

My predecessor as historian, David Wiggins, with the help of Scott Kretchmar, Penny McCullagh, and Steve Wallace embarked over the past few years on a program to collect oral interviews with its members to preserve an intimate record of how the organization operates and record perceptions of its impact on the field and on the larger society that the Academy inhabits. Those interviews are deposited in the archive but also disseminated to the membership through the Academy website. If you click on the “Members” tab on our homepage you can navigate to the “Leader Speak” section where oral histories from prominent leaders have been posted. You can listen to interviews with Chuck Corbin, Scott Kretchmar, Margaret “Jo” Safrit, Earle Zeigler, Roberta Park, Rainer Martens, Franklin Henry, John Lucas, Warren Fraleigh, Dick Magill, Jerry Thomas, and Waneen Spirduso.

As I pick up the torch that David and his team passed, we plan to expand and update the project. I have reached out to my fellow historians among Academy fellows and we are currently crafting a standard “script” to guide interviews, based on the principles and best practices promulgated by the Oral History Association (OAH). Our working group of Academy members, which includes some expert practitioners in oral history, includes Jan Todd, Maureen Smith, David Wiggins, Alison Wrynn, Cesar Torres, Ron Smith, Susan Zieff, and Stephen Hardy. They have also urged me to reach out to international fellows to participate as well—advice I will put into practice in the near future.

As we gear up to expand this process, we will adhere to OAH guidelines for conducting high quality oral histories and for preserving them at the Academy archives and disseminating via the Academy website. One of the current pandemic’s impacts on higher education is to provide many of us with increased familiarity (whether we wanted it or not!) and comfort with online technologies. “Zoom” and other platforms will make it easier to collect and publicize interviews as well as to add a video component. Stay tuned as we endeavor to post more oral histories on the “Leader Speak” site and please send along recommendations to me for members who you think we should interview!
COVID-19 musings
By Kathleen Williams (FNAK #405)

How did we get here? One week my spouse and I were at the beach enjoying Spring Break. The next, we were back on campus preparing to shut down the university. I was attending leadership meetings where dates a couple of weeks in the future were discussed as likely shut down targets, giving students and faculty some time to prepare for who knew what? Barely two hours later, as I drove home, I heard on the radio that the university system had decided to shut down entirely in about 48 hours. It was breathtaking and numbing at the same time. Instead of a short buffer to prepare students and faculty to say goodbye and to go fully online, we had two days.

Like many campuses, UNC Greensboro made the decision to insert a sort of ‘dead week’ to give students time to move out of university housing and for faculty to prepare for fully online teaching-learning. We all knew that the products of these endeavors would be fundamentally different than actually, purposefully designing courses to teach online from the outset. Our efforts were simply stopgap measures to get us through the second half of the semester. And, faculty have responded in a wide range of ways: Some faculty have told me that their transition has resulted in them working harder and longer hours than they ever have before. They have worked hard to keep students engaged and learning as much as possible. In contrast, I’ve heard from some students that some of their faculty have done little more than put PowerPoint slides online for them to read and worksheet-type assignments to respond to. We know that in normal times the quality of teaching ranges widely; of course, that wouldn’t be different now.

Like me, I’m sure many of you spend your days clicking out of one Zoom meeting and into the next. Since I entered administration my days are largely spent in meetings, but, I have a whole new appreciation for those short walks I used to take from my office to a colleague’s or from one building to another. I never realized how much head clearing and centering occurred in that 10-15 minutes! Now, I spend much of my day sitting in a (non-ergonomic) chair, getting up largely to refresh my coffee or glass of water, or to just get up for a moment. As I write this, with the local NPR station in the background, they are reporting on the further blurring of the line between work and home during our enforced quarantine. It’s that sameness that is wearing. Over the weekend I was reading that we are more fatigued because remote meetings are just more difficult. Many of the social and physical cues that we rely on as we interact with others are missing. So, we have to work harder to fill in the blanks.

We’re making sure we get enough exercise, but I am more tired than I have been in years. I think some of that is the decrease or change in activity, but, I think some of it is the unknown. When will things return to normal? What will normal even look like? We’ve already made the move to fully online teaching-learning for summer, but what will happen for Fall? What does fully online learning mean in a Professional School? Many of our students typically use their summers to complete internships. Those experiences have largely evaporated.
COVID-19 musings

because facilities have closed or required PPEs that are scarce or unavailable. How will those students graduate (or will they be saddled with the expense of another semester of school)? How will faculty offer those hands-on courses that are so crucial to our professional programs? Audiologists are hard pressed to test someone’s hearing remotely. Soccer? Basketball? Swimming? All cancelled in the short term. Palpation labs for our athletic training students? VERY difficult.

There have been some successes though: Where there was resistance to telehealth (by patients and professionals), now it’s all the rage. Some faculty are celebrating their newly discovered online teaching skills—and, even enjoying the new medium. They are finding ways to reach out to students to check on them, trying to stay connected, perhaps in ways and for reasons that we used to take for granted. I’ve heard wonderful stories of students reaching back, thankful that their faculty are checking on them.

Our country has become so incredibly divided over our different politics and philosophies. Maybe our new normal will help to bring us closer together. Maybe we will appreciate our colleagues, our students and ourselves in ways we never dreamed. I hope so.

Incoming Officers:
Melinda Solmon, President-Elect (Louisiana State University)
Thelma Horn, Secretary-Treasurer (Miami University)
Amy Woods, Junior Member-at-large (University of Illinois at Urbana-Champaign)

Congratulations to Beverly D. Ulrich who will be awarded the 2020 Hetherington Award

Beverly D. Ulrich from the University of Michigan will be honored at the banquet of the next annual meeting as the 2020 Hetherington Award Recipient. If you would like to send Bev a note, her email address is bdulrich@umich.edu.
NAK Member News

Member News

Damon Andrew (FNAK #546) has been named a fellow by the National Association for Kinesiology in Higher Education. Fellows must meet specific criteria and demonstrate significant contribution to both the association and the field of kinesiology. For more information, visit: https://news.fsu.edu/news/education-society/2019/01/25/fsu-college-of-education-dean-named-fellow-of-national-kinesiology-association/

Bradley J. Cardinal (FNAK #475) was recognized by The Oregon Academy of Science with the 2020 Oregon Outstanding Scientist Award. The award is “…bestowed in recognition of significant research contributions to the natural, physical, or social sciences, notable reputation in science education, and meaningful applications of science research.” Brad is the first person from the discipline of Kinesiology to be recognized by The Oregon Academy of Science with this award, which was first granted in 1949.


Continue on Page 21
Dan Ferris (FNAK #548) has been appointed Chairperson of the National Institutes of Health (NIH) Musculoskeletal Rehabilitation Sciences (MRS) study section (July 1, 2020 - June 30, 2022). Dan has served on the study section as a member since 2018. As Chair, he will play a key role in ensuring the highest quality science and proposals for NIH funding receive the best scores. The MRS study section evaluates applications pertaining to the biomechanics and therapeutics of impaired physical functioning and exercise and physical manipulation as rehabilitation strategies in human subjects.


Juergen Konczak (FNAK #499) and his lab team received an award to develop vibro-tactile stimulation technology for treating laryngeal dystonia or spasmodic dysphonia (SD), a rare disorder that leads to unwanted spasms in the laryngeal musculature involved in speech production. A recent $50,000 grant from the National Spasmodic Dysphonia Association will support development of non-invasive wearable neuromodulation technology where small vibrators attached to the skin above the voice box will stimulate laryngeal mechanoreceptors.
Duane Knudson (FNAK #588) was named one of two University Distinguished Professors at Texas State University for 2020. This award and special rank honors faculty whose performance in teaching, research, and service has been exemplary and recognized at the state, national, and international levels. He will be nominated for consideration by The Texas State University System (TSUS) Board of Regents for the Regents’ Professor Award and is currently serving as President of the International Society of Biomechanics in Sports.

Michael W. Metzler (FNAK #493), professor Emeritus at Georgia State University, was the recipient of two career achievement awards this year. He received the Career Achievement Award from the College of Education and Human Ecology at The Ohio State University. This award is given to alumni who have made outstanding contributions to their professions with an emphasis on teaching, mentoring, or other ways in which they have shared their skills and talents with others in their profession. He also received the 2020 Luther Halsey Gulick Award, the highest honor that SHAPE America bestows. This Award recognizes one person per year for long and distinguished service to one or more of the professions represented in SHAPE America.

Charlotte (Toby) Tate (FNAK #404) was awarded the American College of Sports Medicine 2020 Honor Award in recognition of her distinguished career in Exercise Biochemistry, academic administration, and leadership in ACSM. As a pioneer in the study of muscle physiology, Toby contributed to early understandings of skeletal and cardiac muscle calcium sensitivity and substrate utilization. She served as Treasurer of ACSM, and in 1997-1998 she served as the 41st President, only the second female in this position.
Bradley J. Cardinal (FNAK #475) and Alan L. Smith (FNAK #522) were appointed to the 2020-2021 President’s Council on Sports, Fitness & Nutrition Science Board. Brad is serving as the Science Board Chair.

National Academy of Kinesiology Fellows Featured During Sports Science Forum in Taiwan

National Taiwan Normal University (NTNU) hosted a Sports Science Forum on October 19-20, 2019 in Taipei. The Forum, which was supported by NTNU and Taiwan’s Ministry of Science and Technology, featured five National Academy of Kinesiology Fellows. Pictured left to right, they included Bradley J. Cardinal (FNAK #475), Deborah Riebe (FNAK #580), Maureen R. Weiss (FNAK #360), Ang Chen (FNAK #496), and Tsung-Min Hung (International). On the far right in the photograph is NTNU’s Vice President, Chen Chao Chen. The Chair of the Forum’s organizing committee was Yu-Kai Chang (not pictured). The Forum was organized in an effort to learn more about the National Academy of Kinesiology, discuss the future of Kinesiology as an academic discipline, and to provide insights within several of the subdisciplines.
Letters from International Fellows

Given the cancellation of the Academy meetings this fall due to the repercussions of the Covid-19 pandemic, we welcome all Academy members to post their regrets or other thoughts at Letters@NationalAcademyofKinesiology.org. Please see below for our first “post” from Greg Anson sent prior to our announcement of the meeting cancellation.

Dear Colleagues and Friends,

At this time of writing (April 28 2020) more than 206,000 people in our world have died from covid-19. One impact of covid-19 is the severe restriction on international travel. Sad to say, as a consequence, my plans to attend the NAK meeting in Providence in September this year have had to be abandoned. In the event that the physical meeting does proceed, I wish all Fellows well and look forward to hearing the outcome of what is sure to be a very successful gathering. It is unclear when international borders will reopen to travelers but hopefully they will and as an NAK International Fellow (1997) I look forward to participating in future meetings.

In the meantime, stay safe, stay well, kia kaha (be strong).

Best wishes,
Greg Anson
NAK International Fellow

2019-2020 NAK Executive Committee

David H. Perrin, President (University of Utah)
Ronald Zernicke, President-Elect (University of Michigan)
Bradley Cardinal, Past-President (Oregon State University)
Alan L. Smith, Secretary Treasurer (Michigan State University)
Melinda Millard-Stafford, Senior Member-at-Large (Georgia Institute of Technology)
Jennifer L. Etnier, Junior Member-at-Large (University of North Carolina-Greensboro)
Patricia Vertinsky, International Member (University of British Columbia)