

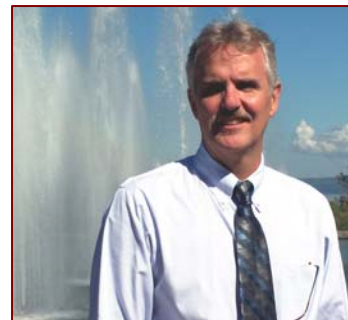


Department of Exercise & Sport Sciences

Greetings from the Chair

John Sigg

As you read through the first of what we hope will be many annual newsletters, you will note that there have been numerous changes in the department of exercise and sport sciences. I am in my second year as chair following in the very capable footsteps of Dr. Betsy Keller and Dr. Kent Scriber (our two previous chairs). The department has experienced some real highs and lows over the past year. The low point was the passing of our friend and colleague, Mark Alderman (see below). The high points have been the addition of two new faculty members in 2005, four new faculty members in 2006 and ESS curricular changes. We are featuring our four newest faculty members in a related article later in the newsletter. The two faculty members who joined us in 2005 are Dr. Paul Geisler, AT Program Director, and Dr. Noah Gentner, sport psychologist. We feel very fortunate to have Paul, Noah, Rose, Todd, David, and Kent as part of our ESS family.



The curricular changes I mentioned earlier came about in response to feedback we received from alumni and from our survey of programs in exercise science. I'll simply refer you to the article in this newsletter about the revised curriculum.

The department has been its usual active and robust self. Faculty continue to publish papers and present findings at state, regional, national, and international meetings. This is truly one amazing group of people!

One last thing before I sign-off, we would love to hear what you have been up to. In this issue, you will see information on how to update our alumni list. We would like to post this information about you for two reasons. One is so that we can toot your horns (and ours for that matter) as to what you have done since IC. The second is to allow your colleagues to know what you are doing and how to contact you.

Athletic Training Faculty Member , Mark Alderman Passes Away

Alumni & friends, as most of you know the Department of Exercise and Sport Sciences lost a beloved colleague, mentor, and friend this past spring with the passing of Mark Alderman. Mark joined the faculty at Ithaca College in 1990 serving as an athletic trainer for many of the College's sports teams, and as a clinical assistant professor for our athletic training education program. He was a skilled educator and dedicated practitioner who enriched the lives of many students and athletes. Last spring, the campus and local communities celebrated Mark's life in many ways including memorial services held at Bethel Grove Bible Church, Mueller Chapel on campus, and a special remembrance organized by student-athletes on the soccer field where Mark spent so many hours. A memorial fund in Mark's memory continues to collect donations for the Alderman family. If you wish, contributions may be made out to the Tompkins Trust Co., f/b/o the children of Mark Alderman, and mailed to Tompkins Trust Co., c/o Rich Dolge, PO box 460 The Commons, Ithaca, NY 14850.



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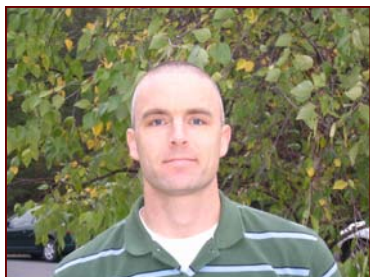
Department of Exercise & Sport Sciences Welcomes New Faculty



Rose Millspaugh, MS, ATC joined our department this fall as a Clinical Instructor & Assistant AT, coming to us from Cornell University. While at CU, Rose worked with the softball, volleyball & women's basketball teams, and provided valuable clinical instruction for our undergraduate AT students for the last few years. Already familiar with our educational program, Rose is very excited to become more involved in AT education and to work more directly with our students in all aspects of their education. Rose grew up in the Ithaca

area, and attended the University of Vermont for her undergraduate education, and Ithaca College for her master's in exercise science.

David Renne, MS, CSCS, joined our department this fall as a Clinical Instructor in Exercise Science at Ithaca College. David recently moved here from Portland, Oregon. In addition, he is a local triathlon and strength and conditioning coach specializing in the periodization of training programs that ultimately leads to peak performance at the desired time. When he's not working



he enjoys spending time with his family (wife, daughter & dog) either hiking or exploring their new state. They are expecting their second child in April. David competes in local triathlons and tries to catch Frank Micale (ESS clinical instructor) on the finger lake trails.

Todd Lazenby, MA, ATC joined our department this fall as a Clinical Assistant Professor & Assistant AT, and comes most recently from the San Francisco 49ers of the NFL, where he was an assistant AT for 7 years, and the head AT for the last 3 years. Todd has extensive experiences in collegiate, clinical and high school settings and brings to us a wealth of athletic training experience and insight. He earned both his bachelor's and master's degrees from The Ohio State University. Todd is anxious to take on this new step in his professional career as an educator and clinical supervisor for our students.



Kent Wagoner (PhD) joined our department this fall. He came from the Centers for Disease Control and Prevention in Atlanta, GA where he served as a statistician, database application developer, and geographic information systems specialist. Kent currently teaches classes in Statistics, Research Methods, and Computer Applications. Having attended a small private liberal arts college in rural Iowa (Luther College), Kent is looking forward to the small college atmosphere of Ithaca College and the more relaxing lifestyle in Ithaca, NY. Golf, tennis, and fishing are his favorite past-times.



Department Undergoes Curriculum Changes Written by Chris Hummel

The last couple of years have been busy in the area of curriculum development for ESS. Each and every program within the Department saw significant changes implemented for the Class of 2010. Our new curricula includes two new majors and one new minor. The two new majors are Exercise Science: Medical Sciences Emphasis and Exercise Science: Sport and Exercise Psychology Concentration. The new minor is Sport and Exercise Psychology. These new programs have generated a lot of excitement both from current and prospective students.

The ES: Medical Sciences Emphasis is geared toward students who plan to pursue graduate degrees in areas such as physical therapy, physician assistant, medical school, chiropractic school, and many more. Students within this emphasis take the prerequisites required by many medical and graduate schools as well as taking the exercise science core curricula.

The ES: Sport and Exercise Psychology concentration is a program unlike any in the country. Students in this major take the foundational exercise science courses along with a group of sport and exercise psychology courses and receive a minor in psychology. This major provides our students with an outstanding foundation prior to pursuing advanced study in sport and exercise psychology. The Sport and Exercise Psychology minor allows interested students from every school on campus to gain a basic understanding of sport and exercise psychology.

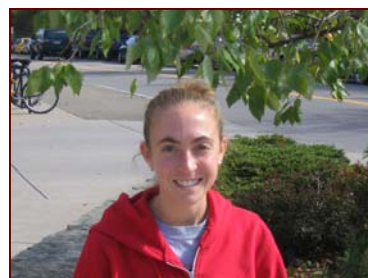
In addition to the changes within the Exercise Science area the Athletic Training curricula was modified to address student needs and accreditation standards. The changes include the addition of a statistics and research methods requirement, and two four credit Internships in Athletic Training. The internship courses will give students more credit for their clinical experiences.

The Clinical Exercise Science major has made a few changes to address the ever-changing fields and careers in this domain. The changes have strengthened the business, administration and management components of the program. New exercise techniques and leadership skills are now incorporated into already existing courses.

With all these new changes, the faculty in ESS is very excited about the future of our department. More importantly, we are excited about how these new curricula will better prepare our students for their future study, professions, and careers.

ESS Features Stasi Kasianchuk 07', Clinical Exercise Science Undergraduate. Written by Betsy Keller

When you mention the term “energy”, folks in ESS usually think about kcals or kinetics, or something like that. I think about Stasi. Anastasia (Stasi) Kasianchuk is not just a clinical exercise science major with a minor in nutrition science. That might be a bit too low key for her, leaving too many hours in her day for things like sleeping and eating (which usually get done while in motion I think). Stasi fills some of her time outside of classes competing on the cross country and track teams, with one season spent with the field hockey team. During her competitive career at IC, she made the Empire 8 team, All State, All Region, and NCAA Division III championship competitions every year. Her enthusiasm and energy for her sport spills over into her student activities and work in the ESS Wellness Clinic as well. She is a central figure in the Wellness Clinic and instrumental in delivering quality activity classes and educational seminars for the IC employee wellness program. Known and adored by the participants of this program, her talent and infectious energy makes all of us look good. We are proud to have her represent ESS, as she so often does by volunteering to represent the Department during admissions programs and other functions. She is also known by many employees across campus because she often spearheads the “No Pressure, Blood Pressure” program in which ESS students visit offices across campus to take blood pressure for those who are interested. As president of the relatively new Exercise Professionals Major Club, she and fellow officers have engaged this student group to provide service to more than 15 campus and community activities during the academic year. This club has “wowed” us right from the start with the amount of service and education they provided to the IC and Ithaca area. They wanted to make sure that ESS employees were not left out of their fun so they routinely “shamed” us into their specially tailored exercise sessions. We have survived their 30-station fun-filled workout, the football field core exercise routine, and several attempts to humble us at kickball and softball. Stasi is a primary fuel source for these activities, and as long as she keeps the burners going, we’ll keep coming back. Somewhere amidst all this fun, running, teaching, and service Stasi provides, she finds time to be a student. She must be pretty good at that too, because we can’t seem to get her off the Dean’s List!



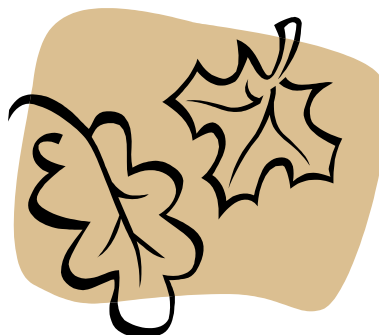
Alumni Spotlight on Nicole Fava 01', Athletic Training

Upon graduation from Ithaca College in May 2001, Nicole attended graduate school at the University of North Carolina at Chapel Hill. While working on her master’s degree in Athletic Training, she enjoyed a variety of clinical and educational experiences. As a graduate assistant AT, she worked daily in the athletic training room with the women’s soccer program and both men and women’s track & field programs. Nicole completed a thesis titled “Comparison of Gluteal Muscle Activity During Running and Hip Musculature Strength Between Individuals with Normal and Excessive Navicular Drop.” In addition she served as a teaching assistant for several undergraduate courses. Nicole graduated in May 2003 and was presented with the Graduate Student Research Merit Award from the Department of Exercise and Sport Science at the University of North Carolina at Chapel Hill. After completion of her Master’s degree she accepted a job at Appalachian State University, where she served for two years as an assistant athletic trainer. Her responsibilities included care of the women’s basketball team and cheerleading program, as well as overseeing intern AT’s. In August 2005, she returned to the University of North Carolina at Chapel Hill as a staff member, where she currently works as the head athletic trainer for the women’s soccer team and men and women’s indoor and outdoor track & field programs. She also spends time working in the PT/AT clinic, which provides treatment and rehabilitation to the students and staff of the entire university.



Are you an ESS Alum?

Exercise & Sport Science Graduates of Ithaca College have a distinguished record of success. If you have notable news announcements that you would like to share, or know of newsworthy information regarding other IC ESS Alumni, please forward the details to us so that we may post it on our department website! You can also go to our current website www.ithaca.edu/hshp/ess/alumess/alumess.htm and fill out our alumni information survey. We look forward to hearing from you!!



Department of Exercise & Sport Science Major Club Written by Stasi Kasianchuk

As exercise science majors we have a unique opportunity to be scientists in a field that is rapidly developing and expanding. The areas of study or occupation that exercise students can go into after graduation is becoming practically limitless and goes much further beyond even what our extensive curriculum prepares us for. Often students are overwhelmed with the options they have to pursue, so the primary goal of the Exercise Professionals Majors Club (EPMC) is to provide exposure to different types of experiential learning in real-world settings pertaining to exercise science. Lead by an executive board of three seniors, Cassie Roma, Amy Jennings, and Stasi Kasianchuk; junior, Tina Hunt; and sophomore, Beth Colluci, the club membership is open to all Exercise Science, Clinical Exercise Science, and Athletic Training majors. We conduct and participate in health and exercise related Ithaca College and the Ithaca community events working with all age ranges and populations. Various events have included: Wellness Workshops for IC departments promoting easy ways to incorporate healthy eating and physical activity into the work day; providing demonstrations and educational hand-outs about the important role that active lifestyles and healthy food choices have in everyone's life at IC Benefits and Wellness fairs; taking blood pressures once a month on campus and educating faculty and staff about the importance of low blood pressure for health and decreased risk of heart disease; and making physical activity and healthy eating fun for young children, so they want to make it a part of their life now and into the future. And of course we have our play time too... what better way to celebrate the end of a week than with a great work-out with our Exercise and Sport Sciences faculty? Now what other major can take a professor's exam in the morning and then out-do them at star jumps in the afternoon?



Congratulations to our 2005/2006 Senior Award Winners!

Patrick Shannon, Exercise Science, 2006 Dean's Award

The dean's award is given to the senior with highest gpa within the department. Pat completed his degree in ESS with a remarkable 3.927. Pat's academic achievements and accomplishments include: Dean's list, D&H Dillingham award, Volunteer Strength & Conditioning coach, Exercise Professionals Major Club, Emerson Scholarship, Karl Klein Scholarship, Merton Roberts Award, Phi Kappa Phi Academic Honor Society, NSCA CSCS certification.



Kimberly Carey, Exercise Science, 2006 Professional Excellence Award

Kim was chosen for this award for her outstanding excellence in academics and volunteer work within our department. Kim's academic achievements and personal highlights include: Ithaca College Presidential Scholar, Dean's list, Phi Kappa Phi Honor Society, Exercise Professional Majors Club Board Member, Ithaca College Wellness Clinic Student Assistant/Trainer, Ithaca College Track & Field Student Manager, Child Fitness Program Volunteer and Ithaca College Hand of Praise.



Lindsey Klink, Clinical Exercise Science, 2006 Professional Excellence Award

Lindsey was chosen for her excellence in the classroom as well as her practical knowledge and skills while working in the wellness clinic. Lindsey's academic achievements and accomplishments include: Dean's Scholarship, Dean's List, Wellness Clinic Trainer, Anatomy Lab TA, and Cayuga Medical Center Volunteer.



Sarah Plebes, Athletic Training, 2006 Professional Excellence Award

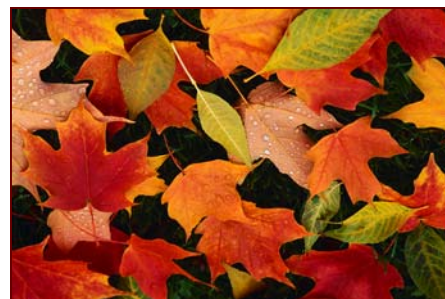
Sarah was chosen for this award an outstanding job both academically and clinically in the AT program. Sarah also demonstrated great leadership qualities as the AT student club president. Sarah's academic achievements and accomplishment's include: Hartmann-Conco Sports Medicine EATA Scholarship, Ithaca College Arkell Hall Foundation Scholarship, Dean's List 6 semesters, Ithaca Athletic Training Students' Association President, School of HSHP Student Board of Advocates and Empire State Games volunteer.



Exercise & Sport Sciences Recent Publications & Conference Presentations

Conference Presentations

- Anderson, S, Ives, JC, and M DePalma. (2006). The effect of mirrors on exercise intensity. North American Society of the Psychology of Sport and Physical Activity, Annual Conference, Denver, CO, June. *Journal of Sport And Exercise Psychology*, 28 (suppl.):S25.
- Geisler, P.R. (2006). Clinical Evaluation of the Competitive Golfer: Implications for Rehabilitation. New York State Athletic Trainer's Association, Annual Meeting, West Point, NY.
- Geisler, P.R. (2005). Interconnecting the didactic with the clinical: Enhancing student cognition, motivation & responsibility with individual clinical education plans. (Breakout session). The 2005 NATA Athletic Training Educator's Conference, Montgomery, TX.
- Geisler, P.R. (2006). Control & Disciplinization in Academia. A scholarly colloquium presented to the Ithaca College's Center for Faculty Excellence.
- Geisler, P.R. (2005). The Scapulothoracic Joint: Dyskinesia and Dysfunction. Approved BOC CEU seminar, Advanced Clinical Update Series, Ithaca College, Ithaca, NY.
- Gentner, N. (2005) Meet the Professionals. Presentation at 2005 Association for the Advancement of Applied Sports Psychology (AAASP) Conference in Vancouver, BC.
- Gentner, N, Patel, A, and R Bell (2005). Your on the air: Sport psychology and ESPN radio. The Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Vancouver, BC.
- Gentner, N, Shannon, V, Patel, A, and D Muccio. (2005). Breaking the ice: The experience of providing sport Psychology consultation as a graduate student. Paper presentation at the Association of Applied Sport Psychology (AAASP) Conference, Vancouver, BC.
- Gentner, N. (2006). How we can help: Improving athletes' quality of life. The Drake Group Conference, Indianapolis, IN.
- Ives, JC, Anderson, S, and M DePalma. (2006). The relationships among body awareness, posture, and exercise Performance. North American Society of the Psychology of Sport and Physical Activity, Annual Conference, Denver, CO. Published proceedings in the *Journal of Sport and Exercise Psychology*, 28(suppl.):S94.
- Ives, JC. (2005). Complementary and Alternative Medicine: Implications for Exercise Scientists. Annual meeting Of the Mid- Atlantic Chapter of the American College of Sports Medicine. Hershey, PA.
- John, D, Sforzo, GA, and T Swensen. (2006). Postexercise heart rate measurement after group exercise. Annual Meeting of the American College of Sports Medicine, Denver, CO. Published proceeding in *Medicine & Science in Sports & Exercise*, 38:S325.
- Kato, JD, Sforzo, GA, and T Swenson. (2006). The effect of multiple vs. single bouts of exercise on 24-h blood Pressure status. Annual Meeting of the American College of Sports Medicine, Denver, CO. Publishing Proceedings in *Medicine & Science in Sports & Exercise*, 38:S198.
- Keller, B. (2005). 15 minutes per day: A back saving investment. Invited lecture, 22nd Annual Farrier's Conference, College of Veterinary Medicine, Cornell University, Ithaca, NY.
- Keller, B. (2006). The low fat-low carbohydrate diet dilemma. Smith College, Northampton, MA.
- Keller, B. (2006). Is a low fat diet cardioprotective? Cornell Adult University, Cornell University, Ithaca, NY.
- Keller, B. (2006). Fitness or Function- what is your exercise goal? University of the Pacific, Stockton, CA.



Conference Presentations Continued

- King, D, J Sigg, B Belyea, C Hummel, and M Buck. (2005). Impact mechanics during stop and go tasks under fatigued and non fatigued conditions. 29th Annual Meeting of the American Society of Biomechanics. Published in the Proceedings for XXth Congress of the International Society of Biomechanics, Cleveland.
- McCaig, J, JC Ives, And GA Sforzo. (2006). A comparison of motor coordination between fit and less fit your adult males. North American Society for the Psychology of Sport and Physical Activity, Annual Conference, Denver, CO. Published proceedings in the Journal of Sport and Exercise Psychology, 28 (suppl.):S129.
- Moore, N., Dale, G.A., Shelley, G.A., & Moore, B. (2005). The nuts and bolts of building a sport psychology practice, 2005 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts, p.2.
- Morgan, T, V Shannon, N Gentner, and K Appleby. (2005). Who is serving the pie? Working as a Graduate Student consultant within the Athletic Department of a Division I Institution. The Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Vancouver, BC.
- Scriber, K, C Hummel, J Dill, and T Kulpa. (2005). Management of an elbow ulnar collateral ligament sprain and glenohumeral instability in a college baseball catcher. Abstract published in 2005 NATA Annual Clinical Proceedings, Boston, MA.
- Scriber, K. (2005) Perspectives on the Impact of Education Reform in Athletic Training, NYSATA Annual Meetings, Rochester, NY.
- Scriber, K. (2005). What Students Want, What Students Want, and What students are Getting. Invited paper, NATA Annual Meeting, Atlanta, GA, Published in 2006 Meeting Proceedings.
- Shannon, V, N Gentner, A Patel, and D Muccio. (2005). Striking gold: metal techniques and preparation strategies used by Olympic gold medalists. The Association for the Advancement of Applied Sport Psychology (AAASP) conference. Vancouver, BC.
- Shelley, GA, SC Gates, GA Dale, and SL Naylor. (2005) Team consulting: Practical strategies for developing successful and effective group leaders, 2005 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts, p. 114.
- Sigg, J, B Belyea, D King, C Hummel, and M Buck. (2006) Impact mechanics during jumping and cutting tasks under fatigued and non fatigued conditions. American Physical Therapy Association-Clinical Sports Medicine Conference. San Diego, CA.

Recent Publications

- Cowley, PM, Swenson T, and GA Sforzo. (2006) Resistance training on a stability ball. *International Journal of SportsMedicine*, in press.
- Geisler, P. R. (2006). Higher Education at a Crossroads. In S. Steinberg, J. Kincheloe, & N. Denzin (Eds.), *Higher Ed: Questions about the Purpose(s) of Colleges & Universities*, Vol. 16. New York: Peter Lang Publishing.
- Gentner, N. (2005). Building on the positive: Two elite tennis players' experience of sport psychology. *Journal of Excellence*, 10.
- Gentner, N. (2005). Mental conditioning. *Berkshire Encyclopedia of the World of Sport*, 3, 998-1003.
- Gentner, N. (2005). Performance. *Berkshire Encyclopedia of the World of Sport*, 3, 1160-1164.
- Gentner, N. (2005). Pilates. *Berkshire Encyclopedia of the World of Sport*, 3, 1184-1186.
- Gentner, N. (2006). Book and resource reviews: Group dynamics in sport (3rd ed.). *The Sport Psychologist*, 20, 112-114.
- Harnish, CR, Swenson, T, and D King. (2006). Effect of cycling position on economy and cadence in trained cyclists during hill climbing at various power outputs. *European Journal of Applied Physiology*, in press.
- Henschen, KP, and GA Shelley. (2006). Counseling athletes with permanent disabilities. In D. Pargman (Ed.), *Psychological bases of sport injuries* (3rd ed.). Morgantown, WV: Fitness Information Technology. Accepted for publication, December, 2005.
- Ives, JC and DV Knudson. (2006) Professional practice in exercise science: The need for greater disciplinary balance. *Sports Medicine*, in press.
- King, D.L. (2005). Performing triple & quadruple figure skate jumps: implications for training. *Canadian Journal of Exercise Physiology*, 30(6): 743-753.



Recent Publications

- King, D, and SL Smith. (2006). How high does you skater jump? Professional Skater: Sports Science and Medicine Tidbit, online publication, *Professional Skater's Association*. <http://www.skatepsa.org>
- King, D, Smith, S, and K Casey. (2006). How'd they do that triple combination jump: Part 1? Accepted for Publication: *Professional Skater*, September/ October 2006.
- King, D, Smith, SL, and K Casey. (2006). How'd they do that triple combination jump: Part 2? *Professional Skater*, March/April 2006: 12-13.
- Ploszay, AJ, and N Gentner. (2006). Using a single subject design to study the effects of imagery on putting performance. *Journal of Behavioral Education*, in press.
- Scriber, K. (2006). Media Review of: Athletic Training and Sports Medicine (4th Edition), edited by C Starkey & G Johnson (2005) Jones Barlett: Sudbury, MA. *From the Journal of Athletic Training, NATA News*, 11(1):61.
- Scriber, K, and M Alderman. (2005). The challenge of balancing our professional and personal lives. *Athletic Therapy Today*. 10(6)14-17.
- Scriber, K. (2005). Introduction to Sports Medicine & Athletic Training. R. France (2004) Thomson Delmar Learning: Clifton Park, NY. *From the Journal of Athletic Training, NATA News*, (9)05:06(Media Review).
- Sforzo, GA. (2005) Assessing outcomes with computer-based vs. traditional paper-based testing. *Journal of Excellence in College Teaching*, 16:97-109.
- Watson, G, and T Swensen. (2006): The effect of altering pedal cadence on cycling performance. *International Journal of Sports Medicine*, 27(4): 296-300.