Moving at School and at Home

By Penny McCullagh, Ph.D., KT Editor

Dr. Rebecca Hasson leads the Childhood Disparities Research Lab in the Department of Kinesiology at the University of Michigan, and her research focuses primarily on childhood obesity and the importance of physical activity. She has developed a program wherein physical activity is introduced into the classroom on a regular basis throughout the day. Classroom teachers are taught how to lead the exercises and the video shows children actively moving in classroom settings and telling how much they enjoy the experience. For example, students are led in physical activity in their classroom settings and telling how much they enjoy the experience. For example, students are led in physical activity in their classroom...
for 5 four-minute bouts per day. Dr. Hasson’s lab is actively involved in collecting data on various interventions related to this program.

[https://www.kines.umich.edu/research/labs-centers/childhood-disparities-research-laboratory](https://www.kines.umich.edu/research/labs-centers/childhood-disparities-research-laboratory)

However when the pandemic hit, these activities were no longer available for children. A majority of children (about 75%) do not get the recommended amount of physical activity and that percentage probably increased with COVID. Dr. Hasson, a faculty member of Movement Science at the University of Michigan, along with her graduate students were concerned about this probable decline. Building on their previous experience introducing physical activity into the classroom, Dr. Hasson and her students started to develop a program called InPACT at Home. InPACT stands for Interrupting Prolonged Sitting with Activity.

The goal of the program was to develop online workouts for students. The videos cannot replace physical education which focuses on developmentally appropriate movement skills and requires students to learn new skills. However, it was designed to at least get kids moving. The initial videos were three minute videos and were then extended to 7 to 10 minute videos to teach kids how to move at home (without equipment, and making enough space to do activity in their home). In August, the program developed 20 minute workouts that focused on cardio.

Many of the videos produced for this program can be found on the Exercise and Sport Science Initiative website. Included are training videos for teachers so they can produce videos of their own, as well as fitness information for parents. [https://www.youtube.com/channel/UColK7-BnbAlICAPA0Q7_5-g](https://www.youtube.com/channel/UColK7-BnbAlICAPA0Q7_5-g)

I wanted to learn a little more about the program so I asked Dr. Hasson a few questions:

**How did you come up with the idea of doing fitness videos for students in lock down and how did you get them distributed to the schools?**

The Vice President of the Michigan State Board of Education contacted me back in May and asked me to help them find a way to get kids moving during the pandemic since schools were closed and many of the physical activity opportunities available to students at school were no longer accessible. At the time I was training for a half marathon and doing strength and cross-training videos in my home as part of my training so the idea came that if we wanted to get kids moving we could develop exercise videos for them to do at home as well. We partnered with the Department of Education, Michigan School Health Coordinators Association, SHAPE Michigan, PlayWorks Michigan, Michigan Elementary and Middle School Principals Association, as well as the Detroit Pistons and Lions to disseminate the program.

**How did you find resources to help fund the project and do you have a sense of how many schools are using these videos?**

In August, we were invited to apply for funding through the state of Michigan to create more videos, physical activity play cards, and a family engagement toolkit to help Michigan children and families to stay active during the pandemic. We received the funding in October, which enabled us to hire PE teachers and other fitness professionals, classroom teachers, health coordinators, nutritionists, and school psychologists to develop the program.

**Do you have any sort of research in place to evaluate the effectiveness of the program?**

We are working with iEval, an evaluation team to evaluate the quality of the vid-
eos produced, the reach of the program, and changes in knowledge, attitudes and behaviors of program users.

**While helping improve fitness is certainly one goal of physical education, it is not the only goal. What is missing and do you have ideas how you can replace these components in the virtual mode?**

These videos were developed to supplement the great work that Physical Education teachers are already doing in their virtual classrooms. These videos enable children to practice the skills they are learning in the classroom whether in-person or virtually. These videos also allow for parents to exercise with their children and help them develop fundamental motor skills at home. Similar to parents helping their children with reading and math homework, this program is a resource for parents to help their children increase their activity levels. *

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**Sample Research Article**


* The InPACTatHome project has just partnered with the Michigan Learning Channel and is being disseminated on public television.
I feel honored and privileged to serve as this year’s president of the American Kinesiology Association. My experience with AKA started early in my administrative career. My department head – Dixie Thompson – encouraged me to attend my first workshop. I immediately felt at home. I knew many people from other professional organizations and quickly connected to new friends who all shared my enthusiasm for advancing leadership in kinesiology. Since then, AKA has been instrumental in my development as an administrator and leader. AKA moves forward through the collaborative work of many individuals. I am excited to serve the association so that we can continue to grow and serve our members. As I move into this new role, I greatly appreciate the time I have spent with recent past presidents Al Smith and Nancy Williams, and with the other elected members of our executive committee – Secretary-Treasurer Lanie Dornier, Sr. Member-at-Large Karen Francis, and Jr. Member-at-Large Jared Russell. I also want to give a special thanks to Executive Director Gil Reeve, Business Manager Kim Scott, and KT Editor Penny McCullagh. As many of you know, these people are thoughtful, creative, and generous with their time and they helped AKA weather a particularly challenging year. I look forward to continuing AKA’s work this year. I am also very pleased to announce that Tom Templin has joined the executive committee as our new executive director. Tom has been active in AKA for many years, serving as president in 2017, and we are grateful he will be filling a new role. AKA will undoubtedly benefit from his wealth of experience in higher education and with AKA.

I congratulate Al Smith for his work as President during what must be one of the most remarkable years we’ve seen. In addition to managing the extra work he undoubtedly had as a department head at Michigan State, he led AKA in its decision to cancel in-person meetings and then led the effort to deliver our first virtual workshop. Additionally, he sought broad input and worked closely with the executive committee as he drafted his Juneteenth Statement from the AKA President; Black Lives Matter. Although we still face these challenges, 2021 has started with some positive moments for AKA. The virtual workshop gave us many opportunities to learn during the Dean’s Forum, the Undergraduate and Graduate Network sessions, the Fireside Chat, and other sessions in the main workshop. We heard about the future of work, equity and inclusivity in crisis leadership, and how kinesiology’s past should inform our future. We also had some time to interact and learn from one another – a key feature of all AKA workshops. Last year also saw another cohort complete AKA’s Leadership Institute under the direction of Mary Rudisill and Janet Buckworth. Watch for the next call to nominate fellows, which will come this spring.

The 2022 Workshop Planning Committee is already working hard on the program for next year. The 2021 Workshop title was Leading through Times of Uncertainty, which turned out to be a spot-on prediction for the year we just experienced. The theme for next year’s workshop is inspired...
by Dave Wiggins’ remarks in his closing keynote – Developing Visionary Leaders in Kinesiology. We periodically visit the discussion about how we pursue the overarching identity of kinesiology as a unifying discipline versus how we advance our narrower sub-disciplinary needs. Personally, I see leadership as filling a role that helps us navigate the tensions inherent in these two different levels of consideration. This is an important topic for AKA and the tendency for day-to-day challenges to dominate our attention makes the workshop a good place to broaden our view and grapple with how we will face the future together. Joining me on the Workshop Planning Committee are President-Elect Karen Francis (University of San Francisco), Jr. Member-at-Large Lara Duke (Capilano University), and recent Membership Committee member Ting Liu (Texas State University).

Based on many recent discussions among various AKA leaders, 2021 is shaping up to be a busy year. We will be considering a number of initiatives intended to strengthen our processes, increase engagement, improve our communications, and take the next steps in implementing our strategic plan. Our goal, as always, is to enhance our identity and shared sense of purpose while continually moving AKA toward a stronger position to serve its members.

Legends of Sport Psychology Seminar Series

Dr. Gordon Bloom of McGill University started a seminar series shortly after the onset of COVID-19, as a way to keep the global sport psychology community connected. Each seminar is about 90 minutes long, beginning with a pre-scripted 45-minute Q&A interview with the guest and Dr. Bloom, and is followed by a Q&A session that includes questions and comments from many prominent members of the sport psychology profession. A total of 10 leading scholars and practitioners in the field participated in these seminars, attending from, the US, the UK and Australia. Dr. Bloom posted the interviews for those people who weren’t able to attend the live zoom broadcasts. He hopes you enjoy watching them as much as he enjoyed interviewing these exceptional people.

-PMC

https://www.youtube.com/playlist?list=PLi4rnQSMSSKjZLEE3ysrdHsMSUhrDrUgrG
If your experience this past year has been like mine, then you probably have not had much opportunity to assume a reclined position and deliberate on the broader picture currently driving our work. The crush of here-and-now demands associated with how we administer instruction, manage budget cuts, and address urgent student, staff, and faculty needs has left us with little time or energy to think – let alone think big. The administrative requirements certainly can challenge our capacity to effectively lead. Yet, the incredible demands of the past year have helped place in clear relief what is important to us, required our creativity, and obligated us to consider what higher education and our unified field of study might become over the coming decade or more. With such limited time to fulfill this obligation, the American Kinesiology Association annual workshop was a welcomed opportunity to gather together and spend concentrated time considering our future.

Though always we would prefer to meet face-to-face, our virtual gathering in late January was a great success. With over 190 unique registrants, robust participation across all of our pre-workshops and the main workshop, contributions from you, and our usual interactive format, there was much to take away that will benefit our leadership efforts moving forward. In our main workshop we considered the future of work and implications for the future of higher education, how to promote inclusive excellence during times of crisis and across all of our activities, and the future of kinesiology through a historical lens. In closing our meeting, Dave Wiggins challenged us to consider the place of cultural, historical, and philosophical dimensions of our field as we educate students, recognize and reward scholarly activity, and debate the future of our field. He challenged us to create space for visionary birds, those with broad interests and capacity to illuminate connections among our various subareas, to complement the focused frogs who have come to dominate our field. This would work against the prevailing winds that characterize changes in kinesiology (and higher education) over recent decades, but could serve to advantage us – offer a tailwind, if you will – as we face a future in which our uniquely human capacity for integration and forming connections will be valued over what is derivative and machine-like.

Jeffrey Fairbrother, our incoming President, and his program planning committee will take on Wiggins’ challenge in organizing next year’s workshop by considering how we can inspire and develop visionary leaders in kinesiology. I can think of few more important tasks for our field as we consider how to create a vibrant, equitable, and inclusive kinesiology that has a sustained and positive impact on society. Let us continue to build our foundation for this future, and please join us in Albuquerque in early 2022!

Despite the challenging past year, we also have made good progress on strengthening the foundation of the American Kinesiology Association. I have written previously about our undergraduate education network and graduate education network initiatives, which launched with our recent pre-workshop sessions and will be expanded to additional activities over the coming year. Also, the
executive committee has extensively considered our organizational structure and processes. The discussions have addressed our executive committee roles, committee structure, a possible President’s Council, support roles, policy coordination, and associated updates to the strategic plan. As the full picture comes together through further consideration and coordination of these elements, proposals will be shared with the Board of Directors and you will learn more about how we seek to make our association more efficient, inclusive, and effective.

In short, we have not let the challenges of the past year distract us from attending to the foundation of our association and unified field of study. This work is necessary for us to thrive in a future that will be characterized as post-pandemic, of the Fourth Industrial Revolution, more diverse, and wanting for a reconnection and recommitment to the humanities. Thank you for entrusting me with the leadership of the American Kinesiology Association over the past year. It has been challenging, yet gratifying, growth promoting, and a great antidote to the isolation that has characterized the COVID-19 pandemic. I am excited about what we can accomplish over the coming year under Jeffrey Fairbrother’s leadership, and look forward to my continued service in the Past-President role.

AKA National Scholar Awards

The annual scholar awards honor a select number of students from member departments, recommended by department faculty, whose academic and leadership records are distinctive. Student from all levels of institutions can receive honors. View a video that provides an overview of the AKA Student Scholar Award changes for 2021 at

https://www.forever.com/app/users/business-manager/files/8c394c81-5936-42ac-a4af-31cadb6b8808/c6jolxpe42illqt54yqr94iu1

If you have any questions, contact Dr Mi-Sook Kim at kimms@sfsu.edu or check out the AKA website https://www.americankinesiology.org/SubPages/Pages/Student%20Awards

Nominations are due February 28th
Change is Hard, But Exercise Can Make It Easier

By Amy Rose, KT Staff Writer

This year has brought a lot of changes for people. Changes in physical and mental health, social interactions, and just the routine of life have affected us all. Change can be hard to deal with under the best of circumstances, but the challenge increases during a pandemic. Dixie Stanforth, Professor of Instruction in the Department of Kinesiology and Health Education at the University of Texas at Austin says her best advice is to just keep moving. “Inertia is powerful. We should not stop moving,” she said. “People have more time on their hands, but overcoming inertia is really hard.”

As we age, changes to our bodies and motivation also make it harder for some people to stay motivated. Stanforth said “It’s not always a matter of desire, but there are things we just can’t do as well.” People become more interested in health and function than sport and competition. She suggests focusing on two simple things. First is to just keep moving. “Everything we do matters. Move every day,” Stanforth says. Secondly, find something you enjoy doing, so you will want to stay with it.

Whatever you choose to do, Stanforth advises to focus on the three most important areas of physical health: mobility, cardiovascular fitness and strength. “Being able to move freely is critical,” says Stanforth. For cardio training, Stanforth, a spokesperson for ACE and former fitness editor for SHAPE magazine, recommends interval training for the best results, but anything that challenges your heart and lungs will have value. Including a base of strength is important to be able to do any type of movement or exercise. “Our bodies are holistic. Each of these three things effects the other,” says Stanforth.

Menopause is especially hard on women as they age. Stanforth says women need to take time to explore this new season of their lives and process the changes physically and emotionally. She also believes that being intentionally more mindful to keep moving through these changes help deal with some of the metabolic shifts women experience.
Men also experience significant changes to their bodies and metabolism as they age. “We need to honor the fact that things are going to change as we get older,” Stanforth says. Weight is going to be harder to manage and our physical abilities will change. For those sports minded individuals, she suggests transferring your activity to a more lower intensity sport; trading basketball for Pickleball, for instance.

Another way to boost your mood and your motivation is to get outside into nature. Stanforth says studies have shown that just a quick five minutes in the out of doors can have a measurable mood lift for people. Exercising outside in green areas is even better. “There’s something that happens outside that doesn’t have indoors,” says Stanforth, who did this interview from your patio area. “Taking a green vacation is even better!”

When working with students to prepare them for careers in physical fitness training, Stanforth says it’s sometimes a challenge to get the students to focus on working with the general public and older individuals. Many of them go into the field, because they are interested in training for appearance or performance and working with elite athletes. As she points out, only a small percentage of athletes will achieve that level of competition, which means even fewer trainers are needed to work at that level as well.

“The focus need to shift toward training people to perform in life,” Stanforth says. She said training for agility, core stability, mobility, strength and overall fitness are still important, but those things are still need to be able to move well through the lifespan. The benefits help us with maintaining every day movements, such as standing up, stepping on and off curbs and preventing falls. Including education in the behavior piece of exercise is also important. When this is included in the students’ training protocol and progression, Stanforth says it is “fascinating to watch the light bulbs go off” with her students who understand the impact they can make on people’s lives.

We all want our lives to be a long journey, the best way to make that happen and stay as healthy and mobile as we can is to keep setting movement goals, through all the changes and challenges we face. Keep moving forward!

AKA Committees

Check out the many committees of AKA. Want to get involved? Contact Thomas Templin, Executive Director.

https://www.americankinesiology.org/SubPages/Pages/Committees
There is no doubt that gyms across the United States have faced a challenge during the COVID-19 pandemic, with business closures taking their toll on local gyms while bigger franchises have adjusted to government lockdowns. Where there remains doubt is whether gyms and fitness centers are any more or less likely to be a venue for virus spread – and whether people will return when the facilities are fully reopened.

When lockdowns and “stay at home” orders began in March 2020, gyms were one of the first industries to be shuttered in many states. According to a New York Times study, as of January 2021, gyms were permitted to open in all but one state, Oregon. Still, many gyms are operating with mask and social distancing mandates, which limits space and equipment availability. Some of the biggest gym franchises have made digital tools available – at Planet Fitness, members can access a “crowd meter” on the gym’s mobile app to check capacity at a club before they leave the house. “This helps put our members at ease, especially given the difficulty in estimating people’s new habits and routines as a result of the pandemic,” said Becky Zirlen, senior public relations manager at Planet Fitness. Nearly 1,900 Planet Fitness locations have reopened since the onset of the pandemic – more than 90 percent of the franchise’s total clubs.

The “vast majority” of Life Time’s 150 locations in North America have reopened since their closures last year, said Life Time public relations manager Daniel DeBaun. He added that members have started to “steadily” return. “At the same time, we are ensuring we are following all local capacity guidelines and have waitlists in place if needed as safety is the number one priority for our members and team members,” DeBaun said. Like Planet Fitness, Life Time has implemented safety procedures like mask mandates and temperature checks at the front desk. Both Zirlen and DeBaun said social distancing at their facilities is made easier by the sheer size of the franchises’ clubs.

The fitness centers are sensitive to the impact that closures have had on their members’ health routines. Life Time published its own study in December which found that nearly 70 percent of people

Many gyms and fitness centers, like this Planet Fitness club, have reopened in the midst of the COVID-19 pandemic with mask mandates and social distancing in place. Photo submitted by Planet Fitness.
said their personal health was negatively impacted in 2020. And the absence of a gym can also mean the absence of motivation and a social circle. Life Time’s study found that 70.5 percent of respondents said they struggled to find motivation to work out from home. “We know for a fact at Life Time that if you have a workout buddy, personal trainer or take part in one of our small group training programs, you’re much more likely to continue coming back to the club and accomplish your goals,” DeBaun said.

Virtual fitness classes have become a popular option. Zirlen said that Planet Fitness acted quickly to bolster its virtual offerings when lockdowns went into effect last year. The franchise streams what they call “work-ins” on their Facebook page daily. The classes require no equipment. “Offering virtual workouts has been an opportunity to keep its members engaged with one another and feel supported no matter where they are in their fitness journey,” Zirlen said. “We do believe consumers are looking for strong communities these days, especially following longer than expected stay at home orders.”

Still unanswered is the question of whether people will return to gyms and indoor fitness centers.

Economists in the UK found that, during the week that lockdowns went into effect there, Google searches for gyms plummeted but searches for the term “cancel gym membership” spiked.

In response, many gyms adjusted their membership terms to avoid losing customers, the economists wrote. They suggest that even when life returns somewhat to normal, it seems likely that many of those past members will replace gym visits with physical activity that can take place outdoors and without shared equipment.

The fitness industry claims that exercising indoors is safe – industry advocate International Health, Racquet and Sportsclub Association has made a persistent case for it through publishing its own surveys and testimonials – but the Centers for Disease Control and Prevention guidance urges a bit more caution. According to the CDC website, “COVID-19 has been shown to spread at gyms, fitness classes, and studios,” and “there are multiple factors that increase the risk of COVID-19 spread” in those facilities. The CDC says gym-goers should look for a facility that requires all staff and attendees to wear a mask and to look for gyms that have high ceilings and extra ventilation procedures. Attendees should keep workouts brief and limit high-intensity activities to the outdoors, among a few other safety tips.

One thing is clear – the pandemic has had a profound effect on the fitness industry, and it could go in a very different direction from here. The future, writes De Fraja et al., depends on whether active people decide that at-home workouts and outdoor activities are a good substitute for traditional gyms and fitness centers.


The annual AKA Inclusive Excellence Award recognizes academic units that exemplify the core principles of Diversity, Equity, and Inclusion. The award criteria require evidence of significant contributions in promoting an understanding of diversity and inclusion within respective academic units or the field of kinesiology. They also ask for evidence of the development of innovative programs, initiatives, strategies, etc. designed to enhance AKA diversity and inclusion. Another core criterion is the commitment to sustain efforts to develop diversity, equity, and inclusion in the field of kinesiology through teaching, research, and/or service. The AKA DEI committee was excited to have received several high-quality nominations that particularly impressed with a comprehensive and diverse portfolio of ideas, strategies, activities, and actions.

This year’s winner of the AKA Inclusive Excellence Award is California State University East Bay (CSUEB) that is a federally-designated Hispanic Serving Institution (HSI) and an Asian American Native American Pacific Islander Serving Institution (AANAPISI). A presentation was given by Dr. Matthew Atencio and Dr. Missy Wright and the award was accepted by Dr. Paul Carpenter during the virtual AKA Leadership Workshop 2021. The Department of Kinesiology at CSUEB is grounded in Program Learning Outcomes that align with university Institutional Learning Outcomes. Those explicitly state that “students will apply knowledge of diversity and multicultural competencies to promote equity and social justice in our communities.” The department’s efforts are not only vividly recognizable in their departmental teaching practices but their research and community services. Congratulations!

Because of the forementioned high quality of several nominations, the DEI committee felt compelled to – for the first time – also award “Special Recognitions” to the Department of Kinesiology at IUPUI - Indiana University - Purdue University Indianapolis and to the School of Kinesiology at University of Michigan. Congratulations to both units!

The AKA DEI committee is looking forward to nominations for the Inclusive Excellence Award 2021-2022. The deadline for submission is May 20th at 5pm Central Standard Time.
The spirit of the AKA leadership awards is to recognize outstanding administrative and leadership performance of individuals in administrative units at AKA member institutions at the Undergraduate, Master’s and Doctoral level. The criteria for these awards are listed on the website and nominations are due April 30th of each year. Past-President Nancy Williams, Penn State University, presented the award winners at the 2021 virtual conference.

Undergraduate Granting Institution

Dr. Corinne Daprano is the Interim Dean of the School of Education and Health Sciences at the University of Dayton, overseeing six academic departments. Prior to her current role, she served as Chair of the Health and Sports Science Department from 2015 to 2019.

As was noted by one of her nominators, Dr. Daprano is a consensus-building, innovative and collaborative servant leader. Her leadership style is transparent and forthright and she encourages a sense of play and fun in her work. She has found that “bowling” brings people together! Another nominator wrote, “The high degree of investment by our faculty is a direct result of the value and appreciation she expresses to each of us.”

A sampling of many of Dr. Daprano’s specific accomplishments includes:
- Overseeing the transition from five different undergraduate programs, into two new degrees, BS in Health Science and BS in Sport and Wellness. Under her guidance, her faculty have developed a strong science curriculum grounded in the holistic nature of wellness with physical activity at its cornerstone. The development of soft skills is also highlighted.
- Developing an innovative and accredited nursing program in partnership with a community college.
- Serving as President of the Academic Senate. She has built relationships with campus and community partners that have led to growth in internship and study abroad opportunities.
- Strong advocate and mentor for addressing gender-related issues and promoting diversity, equity, and inclusion.

Master’s Granting Institution

Dr. Jason Carter is currently the Vice President for Research, Economic Development and Graduate Education at Montana State. Prior to this role Dr. Carter founded and served as chair of the Kinesiology and Integrative Physiology Department (KIP) (formerly named the Department of Exercise Science, Health and Physical Education) at Michigan Technological University (MTU) for 12 years. He then served as Associate Vice President for Research at Michigan Tech prior to accepting his current position at Montana State.

Nominees described Dr. Carter as an exceptional leader who has the vision, focus, and determination to build and grow creative and successful programs. He is...
positive, inclusive, and supportive and has high levels of energy and enthusiasm which promote and celebrate the successes of all. Just some examples of specific accomplishments include:

- The KIP program grew from their initial first year class of 17 undergraduates to a steady state of approximately 100 undergraduate and 20 graduate students that now includes two different BS degrees, MS degree in Kinesiology and a doctoral degree in Integrative Physiology.

- A clear strength of Dr. Carter’s is building collaborations and partnerships. A significant accomplishment is a $2.5 million dollar partnership with the Portage Health Foundation which provides scholarships to local students who seek careers in health professions, support for graduate research, and seed funding for research. In addition, this donation supports three health related endowed professorships for MTU. To date, 187 students have been supported and donations represent over a $6.7 million investment in the local community.

- Dr. Carter was instrumental in obtaining state funding for a new $45 million dollar Health-Science, Technology, Engineering and Math building, with groundbreaking to occur this Spring.

- He is a fellow of the National Academy of Kinesiology, and of course we are most highly appreciative of his leadership roles in AKA which include serving on the Board of Directors from 2012-2020, serving as AKA president and co-founding the AKA Leadership Institute.

Doctoral Granting Institution

Dr. Craig Harms

Dr. Craig Harms has been Head of the Department of Kinesiology at Kansas State University since 2014.

As was noted by one of his nominators, Dr. Harms fits well the notion of true leadership as defined by a quote from noted author John Maxwell who stated: “Leaders become great not because of their power but, because of their ability to empower others.” Dr. Harms’ leadership style is described as “clear, humane, and selfless, he treats the careers of each of his faculty as if they were his own.

A sampling of many of Dr. Harms specific accomplishments includes:

- Innovative efforts in the creation of new undergraduate degree programs and development of new certifications in ultrasonography and phlebotomy.

- He developed his department’s Exercise is Medicine initiative, obtaining Silver Status in 2020 and he established an alumni Kinesiology Advisory Board.

- His department boasts three Distinguished Professors and numerous faculty and graduate students have won College Awards for outstanding research and outstanding teaching.

- At Kansas State, out of nine colleges/schools and 64 departments, Dr. Harms was selected for the Outstanding Department Head for the year 2018-2019!

Dr. Harms leads by example, as he has individual accomplishments in all three domains of teaching, research, and service. He has won numerous university level teaching awards, as dept. head he has been highly productive, publishing 38 papers in six years, and his profile for professional service includes roles as Vice President of American College of Sports Medicine (ACSM) member of the ACSM Board of Trustees, and Associate Editor in Chief of Medicine & Science in Sport & Exercise.
The COVID-19 pandemic and government lockdowns continue to have deleterious effects on physical activity levels, according to at least two recently published studies.

How and when people might begin to pull themselves out of the rut remains to be seen, but researchers worry that a significant amount of damage has already been done. Government "stay at home" orders and lockdowns began in early 2020 around much of the globe and are approaching their one-year anniversary. They have had significant effect on just about every aspect of life – including how people eat, sleep, move and think.

“We are concerned that the unhealthy behaviors we saw during the early part of the pandemic could lead to ingrained habits with long-term, and possibly irreparable, health impacts,” said Dr. Emily Flanagan, a researcher at the Pennington Biomedical Research Center at Louisiana State University and one of the authors of a recent study with some concerning findings. In a survey of more than 7,700 people, including about 4,900 Americans, the LSU researchers found that staying at home more had a drastic effect on our eating habits. Much of it was positive. Eating out at restaurants was cut nearly in half, from an average of 1.98 times per week to 1.08 times, meaning less fried food and more fruit and home-cooked meals. Overall, about 20 percent of those surveyed reported that they felt there were eating healthier, and this group also reported getting more physical activity.

The good news ends there. The survey found that 35.6 percent of people were eating less healthy, and 43.5 percent of people reported an increase in unhealthy snacking. Overall, those surveyed reported increases in sedentary behaviors, less physical activity, later bedtimes and more anxiety."It’s not just an increase in snacking that is worrisome," Flanagan said. “The amount of sleep and physical activity declined while anxiety increased. These health behaviors are entwined.” Overall, weekly physical activity declined about 5 percent. But when researchers adjusted those numbers for intensity, they found the decrease was closer to 8 percent. People reported spending almost 17 more minutes per day engaging in sedentary behaviors on weekends during the pandemic – bringing it to about 211 total minutes per day on Saturday and Sunday. The increases in sedentary activities were even more pronounced, as those surveyed spent about 21 extra minutes sitting on Monday through Friday. That’s a 12.4 percent increase.
Flanagan said there are a number of possible explanations for the more pronounced weekday effect. Staying at home meant more unstructured time. Many gyms, health clubs and exercise centers were closed. Drastic changes in work schedules, school and daycare changed employees’ and parents’ schedules as well. And anxiety and sleep schedules may have an effect.

“Add it all up, and it’s not hard to see why people were less motivated to stick to their exercise routines,” Flanagan said. “If you’re tired and grouchy when you get up in the morning, you’re probably not going to exercise as much. If you’re sleep-deprived, your food choices won’t be as wise.” Flanagan says these findings suggest that kinesiologists who work with clients should try to stay connected. Telehealth consultations increased drastically through the pandemic. “If your clients can’t make it to the gym for rehabilitation, strength training or conditioning, you may need to find ways for them to achieve their goals without equipment or standard facilities,” Flanagan said.

In a separate study out of the U.K., researchers tracked physical activity levels using data from a mobile app called BetterPoints. They look at data from January through June 2020, which allowed them to compare physical activity levels of nearly 5,400 people just before lockdowns were in place to just after. The data showed sharp declines likely brought on by the lockdown. From the first week lockdowns were announced, physical activity levels dropped by a mean of 30 minutes. By the next week, the first full week of lockdown restrictions, physical activity declined about 57 minutes from baseline – a 37 percent reduction. Overall, about 63 percent of people experienced a decrease in physical activity. Others showed no significant change (16 percent) and some increased their physical activity levels (21 percent). Younger people showed the most drastic change – before the lockdowns, they were getting the most physical activity. After, they were getting the least of any age group.

However, seniors fared well. The data showed that people over age 65 remained active at the onset of the government lockdowns and remained fairly active throughout. “The effect on age is interesting,” said Dr. Henry Potts, a professor of health informatics at University College London and one of the study’s authors. “We are not certain why this happened. It could be that the changes in working patterns, switching to home-schooling, etc., impacted less on older people. Retirees who already spend most of their time at home may have found it easiest to adapt to exercising under restrictions.” Potts also noted that, because the study looked at BetterPoints app data, its users were probably more active than the average U.K. resident. And he said it should also be noted that a lot of people may have substituted outdoor physical activity for indoor physical activity, which may not be captured in the app data.

There is no question, though, that physical activity plummeted throughout the U.K., Potts said. And younger people may need some extra help getting back to their routines when it is safe to do so. “We need, for the health of our populations, people to do more physical activity,” he said. “And we shouldn’t underestimate the challenge of getting people back into healthy habits after this disruption.


Women Who Changed the Discussion

By Penny McCullagh, Ph.D., KT Editor

Movement & Skill Acquisition Ireland (MSAI) is made up of Dr. Edward Coughlan (Munster Technological University), Dr. Phil Kearney (University of Limerick), Olly Logan (British Swimming) and Dr. Alan Dunton (Technological University Dublin). The focus of the group is to promote research, applications and people important to the field of skill acquisition and athlete development across the lifespan. MSAI held its first conference in spring 2018 in Cork, Ireland with guests such as Dr. Nick Winkelman, Prof. Keith Davids, Dr Zoe Wimshurst, among others. For more information on this conference, you can see an interview with Rob Gray on this seminar titled “Constraints Based Coaching”. Dr. Gray hosts a site on Perception and Action that was highlighted in a previous issue of KT (Spring 2016). In addition, you can go to the MSAI YouTube channel to look at each individual presentation.

The planned follow-up to the 2018 conference was due to take place in spring 2020, until COVID-19 put a stop to that notion. The team at MSAI decided to move the conference online with a series of webinars with their original 2020 line-up of speakers. This included people like Dr. Richard Shuttleworth, Sarah Kelleher and Mark O’Sullivan and groups such as iCoachKids, Keep Youngsters Involved and the Dutch FA. Again, all of these webinars can be viewed at the MSAI YouTube channel.

In response to a call-to-arms from Sarah Kelleher in the Spring 2020 webinar series, for more women guests at conferences and seminars to showcase the expertise from women as academics, practitioners and leading thinkers in the field of kinesiology and skill acquisition, MSAI decided to put together such a series. From this decision came the most recent MSAI webinar series titled: Women Who Changed the Discussion which happened in fall 2020. The seminar partnered with a national campaign to increase each of the following areas by at least 20% over the year 2020; 20% more media coverage of women in sport, 20% more female participation at player, coach, referee and administrative level and 20% more attendance at women’s games and events. For more on the 20x20 campaign, go to this link: https://20x20.ie/

The first interview in the Women Who Changed the Discussion series was with Dr. Gaby Wulf and Dr. Rebecca Lewthwaite who focused on their Optimal Theory of Motor Learning. Second in line was Dr. Nicola Hodges who focused on Skill Acquisition...
– Mirrors, Models, and Masters. They have continued with this series and now have eight women-centered webinars that will no doubt contribute to our understanding of skill acquisition in sport. All webinars are available on the aforementioned MSAI YouTube channel.

I wanted to find out a little more about MSA Ireland so I asked Ed Coughlan of Munster Technological University a few questions.

**Why did you start this seminar series? Was it a result of the pandemic or did you have plans to share passion on skill acquisition with others anyway?**

The Women Who Changed the Discussion series was inspired by Sarah Kelleher, our keynote speaker from the 2020 conference that was forced online due to COVID-19 restrictions. Sarah is an accomplished coach educator with UK Coaching, as well as through her business Flourish Consulting. She is a former captain of the Ireland women’s field hockey team and current Head Coach of the England U18s women field hockey. So, when someone as influential as Sarah is saying that there still remains too few women guests at conferences, seminars, etc., we felt inspired to do something about it. Each of the team at MSAI came up with a wish-list of women guests from the fields of skill acquisition, sport science and coaching, and unsurprisingly, we each came back with extensive lists. But there were a few people who appeared on all of our lists, and so began the process of compiling our line-up of contributors from around the world and also within our country of Ireland.

As a result of the success of this webinar series we are now looking to have future series linking skill acquisition to other branches of the sport and exercise sciences aspects of the domain.

**Has your audience increased over the last few months and can you provide any advice that may help others in the field of kinesiology and sport science who may want to embark on similar adventures?**

We have been overwhelmed with the response from this webinar series in particular. There has been a significant rise in women who have joined our webinars as attendees and an obvious knock-on effect from this is the significant number of questions for our speakers from women in the audience. As Dr. Rebecca Lewthwaite rightly says in her session with Prof. Gaby Wulf in the first webinar of the series, the hope is one day there will not be a need to specifically
highlight women’s contribution because it will rightfully receive recognition equally across all platforms.

In terms of advice to those thinking about similar adventures, you have already mentioned some of the excellent resources that already exist, such as Rob Gray’s Perception & Action Podcast. As such, it is important to have some distinguishing characteristics. One of the ways that we try to differentiate MSAI webinars is through audience participation – we try to devote at least half our time to questions from the audience, asked by audience members. That has been a really rich and rewarding feature of our sessions. And doing this as a collaboration has been very beneficial.

What have you personally learned that is new information to you about skill acquisition?

There is so much to choose from. Admittedly, I was very familiar with the work of Prof. Wulf and Dr. Lewthwaite and Prof. Nicola Hodges as a lecturer in the domain myself and the fact that these women are such influential academics in skill acquisition, it was a joy to hear them speak about their own work as opposed just to reading their publications.

From a research perspective, new information came from the work Dr. Laura Finnegan and her findings on the contributing variables for the development of youth athletes in soccer in Ireland and Dr. Anna Stodter and her research on how coaches learn.

From the applied perspective, there was some fascinating insights from Niamh Buffini on how to adapt training in preparation for the Tokyo 2021 Olympics amidst the chaos of COVID-19 and Mel Marshall on her individualized approach to training Olympic champions and those with aspirations of topping the podium in swimming.

Other comments you would like to share?

I think it is important to echo the remarks of Dr. Lewthwaite. We all have a responsibility to shine a light on those exceptional people who inform our work from their research and inspire our actions from their practices. It is oftentimes only those who shout the loudest get our attention and we must do better to be led by the quality of the work and not the glitter of the profile. We are fortunate in the fields of skill acquisition, sport science and kinesiology to have many women who have changed the discussion for us over the years. Long may it last and hopefully our work at MSAI has contributed and will continue to contribute to bringing some of this exceptional work to the attention of others.

Links of interest:

Movement & Skill Acquisition You Tube Channel: https://www.youtube.com/channel/UCP4K9NOx33QArqd1kiVdt-Pw/videos
Movement & Skill Acquisition Ireland Social Media: https://twitter.com/MSAIreland https://www.facebook.com/skill.acquisition.507
Dr Edward Coughlan Twitter: https://twitter.com/DrSkillAcq
Dr Phil Kearney Twitter: https://twitter.com/kearney_phil
Olly Logan Twitter: https://twitter.com/ollylogo
Dr Alan Dunton Twitter: https://twitter.com/AlanDunton
Minority Obesity Vanquished
By Penny McCullagh, Ph.D., KT Editor

Tao Zhang and Jean Keller are faculty members in the Department of Kinesiology, Health Promotion and Recreation at the University of North Texas. They were recently awarded a grant from the U.S. Department of Health and Human Services to implement a physical activity program through Head Start.

“Minority Obesity Vanquished with Education or Project MOVE, will focus on integrating a comprehensive, developmentally and culturally appropriate physical activity intervention into preschool curriculum at 14 Head Start centers in Fort Worth. Head Start is a federally funded early childhood development program for low-income children.” See this article.

I wanted to learn a little more about the program so I asked Tao Zhang a few questions:

Describe to me how the program works and how teachers and parents are involved.

The overarching goal of Project MOVE is to take advantage of the synergy of changes at different levels of influence and in multiple settings to increase the likelihood of developing long-term health habits that promote daily physical activity and child development (i.e., healthy weight, social-emotional and behavioral skills) by targeting both Head Start centers and home settings. The Project MOVE program includes center-based (physical activity policy and environment changes, staff training/education, and fundamental motor skill (FMS)-oriented recess program) and home-based (parent engagement/education and home physical activity environment changes) strategies to address key facilitators and barriers in obesity prevention in Head Start preschoolers.
Are you conducting research on this program and what are your main research questions?

Project MOVE uses an integrated approach (multi-level, multi-setting) to combat childhood obesity and promote child development in vulnerable Head Start preschoolers and is aimed to build a positive and healthy learning environment in both Head Start centers and home settings. Fourteen Head Start centers will be randomly assigned in equal number to one of two conditions: a combined center- and home-based intervention group or a waitlist group. Goals of the research:

- To evaluate the impact of the Project MOVE on outcomes including weight status assessed via Body Mass Index (BMI) percentile, physical activity and sedentary behavior measured by accelerometers, fundamental motor skill assessed via Test of Gross Motor Development-III (TGMD-III), and health-related quality of life reported by parents.

- To identify facilitators and barriers associated with the Project MOVE Implementation. A subset of parents, center directors, and classroom teachers will participate in semi-structured interviews at the beginning and end of the school year and evaluate the effectiveness of the Project MOVE.

Do you have any Kinesiology students at UNT involved in the project?

One doctoral student and four undergraduate research assistants with strong English and Spanish language communication capabilities assist with recruitment of participants, collection and implementation of the intervention as well as with logistical activities of the proposed project under Dr. Zhang’s supervision.

What has been the most challenging aspects of this program and has the pandemic impacted your progress?

We perceived the potential challenges for the upcoming center directors, teachers/staff training due to the COVID-19 pandemic, and plan to follow all safety procedures according to school guidelines.

Any other thoughts about your project?

The IRB and Head Start ethical approvals have been secured and approved. To build a sustainable partnership, we are developing an official partnership (MOU) with the Head Start Centers of Child Care Associates in Fort Worth, Texas. We appreciate the research grant support from the U.S. Department of Health and Human Services, and all center directors and teachers/staff support from the Head Start Centers of Child Care Associates in Fort Worth, Texas.
Looking Back on 2020

By Penny McCullagh, Ph.D, KT Editor

I doubt that any of us would say that the year 2020 was typical. It has probably been the most unusual year in our lifetimes. For the most part is has brought serious stress to many of us both personally and professionally. Most of us have had to modify our personal lives in many ways. We have been working at home and taking care of children, perhaps other family members, and animals in a different way. Most of us have had to modify our exercise regimes – many have successfully been able to maintain typical regimes whereas other have been hard-hit to sustain or current habits. On a professional level we have had to modify our teaching to either deliver face-to-face under unsettling circumstances or been forced to quickly modify to online teaching. Needless to say it has been a challenge and we all have reacted in different ways. While the above challenges have oftentimes been negative, there are some positives that have emerged.

In terms of teaching, many faculty across the world have become far more cooperative and are sharing ideas and formats that have benefitted us all. Two examples featured in this issue include the seminar series developed by the Movement and Skill Acquisition group from Ireland and the Legends of Sport Psychology developed out of McGill University. In the previous issues of KT other examples or cooperative efforts were shared. Professional societies have also moved into the cooperative mode. Faced with moving to virtual conferences, AKA was a leader in developing a cooperative arrangement with three other professional societies to share costs in purchasing an online platform for virtual conferences. Finally, due to the social unrest in the USA and around the world, many associations are more actively calling for social justice (see the Juneteenth statement published by President Al Smith) diversity, equity, and inclusion.

It is my hope that we have all learned a little more about ourselves during these difficult times, but I also hope we have learned about others. The recent AKA workshop was filled with so many brilliant examples of how we as kinesiologists can move forward in a positive way.