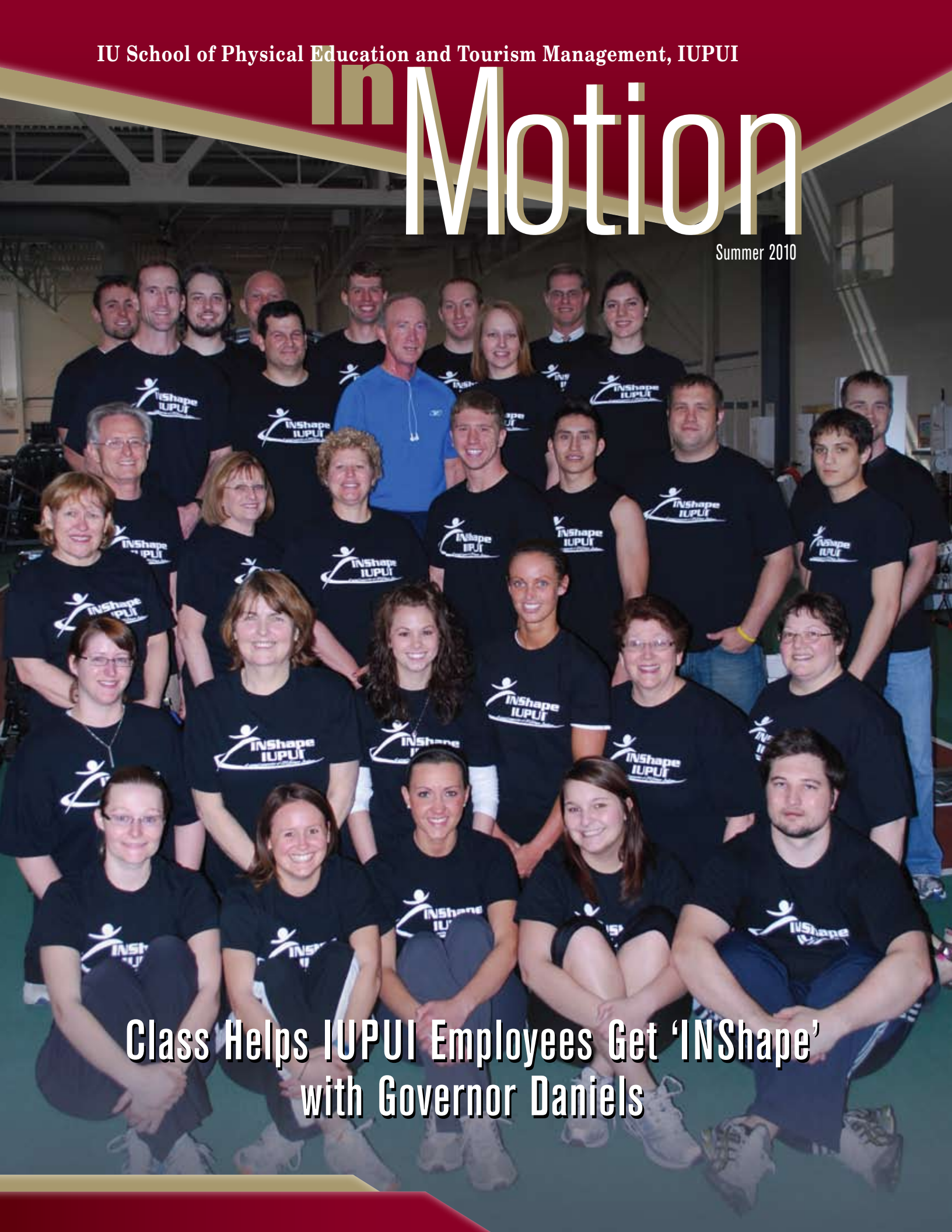
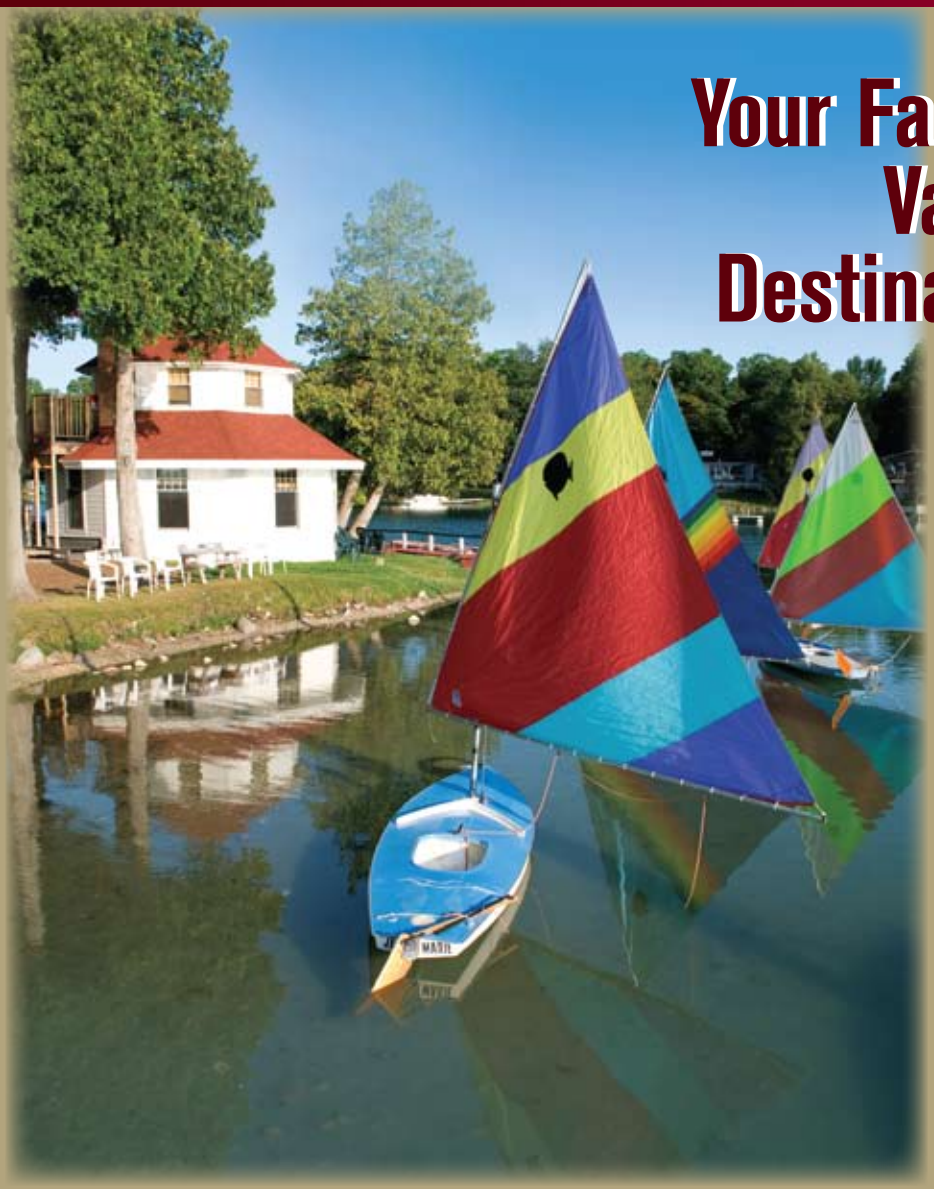
IU School of Physical Education and Tourism Management, IUPUI

In Motion

Summer 2010



Class Helps IUPUI Employees Get 'INShape' with Governor Daniels



Your Family Vacation Destination!

Camp Brosius is a week-long vacation adventure for families and individuals of all ages. Located lakeside in Elkhart Lake, Wisconsin, camp is owned and operated by Indiana University. Accommodations are available to both IU alumni and friends.

Activities include water sports, group wellness, competitions, entertainment, relaxation, optional field trips, and more.

Children and teens engage in age-appropriate activities. Adults may choose to participate in counselor-led programming or simply relax on the lake. Buffet-style meals and comfy rustic accommodations are included.

Opens Sunday, June 19, 2011 and operates through Saturday, August 13, 2011.

Here's what last summer's guests think about Brosius:

Simply wonderful!

The best part of camp is watching my kids and grandkids have such a wonderful time...

It was so memorable: a time for family to relax and enjoy being together.

This is easily the best vacation we take all year. It is worth every penny.

Fabulous, and can't wait for next year!

Every person in our family had a fantastic time. The week flew by.

INDIANA UNIVERSITY

CAMP BROSIUS

School of Physical Education and Tourism Management

Priority registration for guests who attended in 2010 begins August 9, 2010 and runs through December 1, 2010.
New guests can register beginning December 1, 2010.
www.campbrosius.com or call 317/274-0606
PETM Homecoming Week: June 19-25, 2011

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Executive Editor
James M. "Jay" Gladden
Dean

Managing Editor
Laura Klaum
Development & External Affairs Director

Art & Design
Jim Patterson
Owner, JPDesign LTD

Cover Photography
Laura Klaum

Contributing Writers
Richard Isenhour, Shanna Mooney, Lynnell Nixon-Knight, Zach Riley, Laurie Sachtleben

Proofreaders
Sarah Gilchrist and Wendy Iskander

Dean's Message:
Reflections on a Fast First Year

Celebrating the recent graduation of 237 students from our school caused me to reflect on all that was accomplished this past year.

The 2009-2010 academic year was excellent for both IUPUI and the School of Physical Education and Tourism Management. Last fall, IUPUI enrolled record numbers, again topping 30,000 students, 941 of which were in our school. Since 2005, our enrollment has increased by 33 percent!

A few of last year's many highlights include:

- A wonderful Efroymson Lecture on International Art, Culture and Heritage, thanks to the Efroymson Family Fund, a CICF Fund, and the Department of Tourism, Conventions and Event Management (TCEM). Elizabeth Gilbert, author of *Eat, Pray, Love* and *Committed*, packed the IUPUI campus center and delighted guests with her international experiences and life story.
- Our exercise prescription programming expansion within the Indianapolis Public Schools (IPS), bringing the positive outcomes of exercise and the benefits of a fitness center to those who typically could not afford memberships. During the first three months of 2010, more than 100 physical education students worked with 800-plus members of the Indianapolis community at three IPS community high schools.
- Our new website (http://petm.iupui.edu) launch, as well as plans for regular updates. Please make it a part of your surfing routine as we are posting new information regularly and feature stories quarterly.

It seems like just yesterday I was writing this column for the first time and outlining the exciting strategic conversations that were taking place. These conversations led to the formulation of a strategic plan entitled *Focus for the Future*. The plan (http://petm.iupui.edu/who_we_are/strategic.html) outlines what the school hopes to achieve between now and 2013. Central to these efforts are continuing to innovate in undergraduate education, establishing a national research reputation, and focusing and developing our graduate programs.

More specifically, it is our goal that we be known for two broad contributions. First, we hope to be recognized for our involvement promoting physical activity to realize health benefits. This includes utilizing various modes of physical activity to battle the obesity epidemic and seeking ways to improve health outcomes in the unfortunate case of illness or injury. The hard work of our faculty teaching and doing research in the areas of physical education teacher education, exercise science, fitness studies, and sports management are central to this goal. It also captures a key component of Camp Brosius — for both our students that take courses there and the families that take advantage of family camp.

Second, we strive for recognition of our expertise around the use of events and sports to enhance quality of life and drive economic development. As Indianapolis adds 1,600 new hotel rooms, hosts the 2012 Super Bowl, and expands its event offerings associated with these new businesses, there are great opportunities to connect our teaching and research for the betterment of Indiana. The work of TCEM and the Sports Management track within the Department of Physical Education will contribute to our efforts in this area.

These focal areas will be a significant component of another strategic direction outlined in *Focus for the Future*, that of increasing our resource base. Additional resources will be required to achieve our ambitious agenda. Therefore, we have set goals around increasing resources through both research grants and fundraising from individuals and foundations. These efforts will be part of a larger IUPUI fundraising campaign which will launch October 9, 2010.

Every alumnus can have an important place in the IUPUI Impact campaign. Please remember that any gift, no matter the size, has a significant impact on our ability to achieve our goals, help our students, and, in the end, make you even more proud of your connection to the School of Physical Education and Tourism Management.

Kind regards,

Gary

Join IUAA today!

If you received a Physical Education and Tourism Management (PETM) degree, you can join the university's alumni association! Your university membership also includes membership in the PETM school alumni association.

Membership is open to all PETM alumni. Your fee is 80 percent tax deductible.

INDIANA UNIVERSITY
SCHOOL OF PHYSICAL EDUCATION AND TOURISM MANAGEMENT
IUPUI

Member Benefits

- Career Advice and Assistance from the IUPUI Career Center
- Special Invitations to IUPUI events like IUPUI Homecoming, Alumni Holiday Night, and other campus activities
- Subscription to university alumni magazines, e-news, and more
- Full access to the IU alumni online directory
- Eligibility to participate in alumni travel and family camping programs, insurance programs, and IU Credit Union
- Children of members are eligible to apply for the IUAA Scholars program, which provides scholarships for IU students
- 10% member discount at the IU alumni store
- 20% member discount off list price of books ordered through IU Press
- Discount at the Indiana Memorial Union Hotel
- Priority points on IU football and basketball tickets

http://alumni.iupui.edu/

Rates increase September 1, 2010. Join or renew online today!

Spinal Cord Research

Imagine that you have an immediate family member, in her early twenties, who is involved in a tragic car wreck and suffers a spinal-cord injury (SCI). Following months of rehabilitation, she is released to your care. From that day forward, she is solely dependent on you for maintaining her quality of life. The sudden loss of independence places an excessive financial, physical, and psychological strain on her, as well as you, the caretaker.

Unlocks Possibilities

According to data from the National Spinal Cord Injury Database, when surviving the first year following injury, an injured individual will live for an additional 35-plus years on average, all the while requiring around-the-clock care. Over the injury's lifespan, this could lead to expenses upwards of $3 million. This explains SCI research's primary mission: to discover ways to stop the loss of independence and help injured individuals regain some abilities. The end result is improving quality of life and lessening the burden on those around them.

A predominant source of our independence as humans revolves around the use of our upper limbs, specifically the movement of our arms and the dexterity of our hands. Sixty-four percent of all new cervical SCIs are at the lower level (C5-C8), where normal function of the upper limb is compromised.

Zach Riley, Ph.D., is an assistant professor in the physical education department. His research focuses on finding therapeutic methods for restoring function of the upper limb in SCI to the point that the loss of independence can begin to be reversed.

"Physicians routinely rank restoration of upper limb function as the number-one priority in the rehabilitation of individuals with SCI. Furthermore, SCI individuals themselves put upper limb function ahead of bowel, bladder, and sexual function when it comes to desired outcomes from rehabilitation following an injury," Riley says.

"A common public misconception is that the primary goal of a SCI individual is to walk again; however, it is often much simpler than that. These individuals want to be able to feed themselves, reach and grasp for objects, and in general just be able to accurately and efficiently interact with the environment around them."

When designing a rehabilitation program following a SCI, you must first consider what is impaired. Primarily, the connection from the brain to the spinal cord is disrupted. This means that while the individual might be sending the signal to grasp a spoon when eating, the signal doesn't make it down to the spinal cord and therefore cannot be relayed to the muscles to activate to carry out the action.

However, connections from the peripheral nerves in the hands and arms back to the spinal cord are still intact. These 'feedback' signals are used to sense changes locally in the muscles, tendons, joints, and skin of the upper limbs and are still intact following the SCI.

Riley indicates that the potential exists for these peripheral nerves to take the place of the brain in performing basic, primitive movements in the upper limbs of SCI individuals.

"Specific activation of the peripheral nerves can generate coordinated movements of the upper limbs similar to opening a door or pushing a wheelchair," he notes. "However, the difficulty is figuring out the connections in the spinal cord to enable the individual to perform specific 'desired' behaviors.

"Once we have a better understanding of how to easily recreate these movements, then we can work on therapeutic ways to activate the peripheral nerves to improve the function of the upper limbs."

If successful, Riley's research would help stop the loss of independence following a spinal-cord injury and enable individuals to improve their quality of life.

Strategic Partnerships

Susan Sutton, Ph.D., believes universities like IUPUI are no longer "ivory towers" that keep the process of learning confined within their walls. "Instead," says the associate vice chancellor of International Affairs, "we are knocking down those walls and drawing ourselves out into international networks of knowledge and exchange."

To that end, IUPUI and the School of Physical Education and Tourism Management (PETM) are creating strategic partnerships with universities around the world. "Such partnerships," Sutton notes, "provide an international platform for IUPUI faculty and students to engage in educational experiences and transformative collaborations with universities—and people—outside the United States."

The impetus is simple: in an era of globalization, universities must model the international skills and connections they ask of their students.

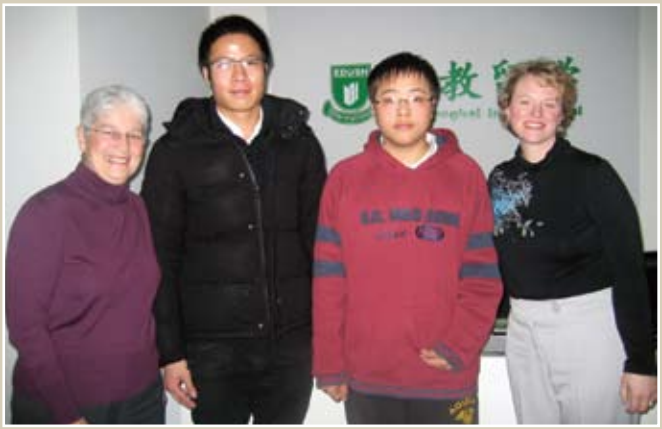
"These strategic partnerships are critical to IUPUI," Sutton stresses. "Having a personal connection with people and universities in other countries is an important survival skill for the 21st century."

Sotiris Hji-Avgoustis, Ph.D., chairman of the Tourism, Conventions and Event Management (TCEM) department, agrees.

"It was not that long ago that international education was a reality to only a select few faculty and students," he says. "But it is becoming increasingly apparent that in today's world, education is global. More and more students and faculty need to become aware of things outside of the United States. Education has to be more than just listening to a lecture, though; it has to have the personal involvement that strategic partnerships provide."

IUPUI's Confucious Institute is the hub of IUPUI's partnership with China's Sun Yat-sen University.

‘Critical’ to IUPUI and PETM



Amanda Cecil and IUPUI representatives recruit international students.

Hji-Avgoustis stresses that his department works in concert with the university and the IUPUI Office of International Affairs in developing strategic partnerships.

“When we consider forging such partnerships with other universities,” he says, “we stress the importance of joining together and the advantages that such partnerships bring, such as collaboration. This is especially important because of the increasing emphasis we place on research. Someone from a university outside the U.S., for example, could be working on a project that is similar to one being worked on by one of our own faculty members or students. A partnership with that university opens the door for working together and sharing information.”

“Thanks to gifts from the Efroymson Family Fund, a CICF Fund,” notes Laura Klaum, the school’s development and external affairs officer, “TCEM students have annual opportunities to study abroad in Germany and participate in a cruise-line management course that takes students to international destinations. In addition, the fund generously provided resources for student travel to Kenya in 2010.

“The vision and foresight of philanthropists such as the Efroymsons helps our students boost their international understanding and competence, as well as strengthen their career potential. These learning opportunities are becoming increasingly critical to their future successes.”

Though IUPUI has established links with partner institutions in more than 70 countries worldwide—through involvement of students, faculty, and staff—it has built strategic partnerships in three countries:

Kenya—A partnership with Kenya’s Moi University builds on a 20-year collaboration between Indiana University and the Moi University Schools of Medicine. The partnership encourages joint research; promotes student and faculty exchanges; and enhances faculty and curriculum development. PETM faculty and students traveled this summer to nearby Iten, Kenya, to learn more about high altitude training and its impact on elite athletes.

Mexico—Partnership with Universidad Autónoma del Estado de Hidalgo builds on a ten-year collaboration between the Schools of Medicine, Nursing and Dentistry in Calnali, Hidalgo, Mexico. The expanding initiative was the impetus for the Binational Cross-Cultural Health Enhancement Center, an IUPUI Signature Center.

China—IUPUI’s Confucius Institute is the hub of the university’s partnership with Sun Yat-sen University in China. The institute promotes the study of Chinese language and culture in central Indiana and promotes cooperation and friendships between the U.S. and China. Working in unison with the university, TCEM is actively promoting its relationship with its counterparts in China.

Earlier this year, Amanda Cecil, Ph.D., CMP, TCEM assistant professor, and Patricia Biddinger, director of International Recruitment, trekked to the Middle Kingdom to nurture relationships and meet prospective students. Cecil labels their journey a success.

“Since our return,” she notes, “I’ve been in personal contact with the faculty at Sun Yat-sen University in both the School of Tourism Management and the School of Business to explore partnership initiatives. These include faculty and/or student exchange programs, short-term educational programs, research collaboration, and dual undergraduate or graduate programs.”

The strengths shared by the TCEM department and IUPUI, Cecil believes, will go a long way toward building an exchange program.

“When talking to international students,” she explains, “we sell the opportunity to be on an urban campus with two major universities. In addition, we rave about student and faculty relationships—especially those in our department.

“We also promote the opportunities to do ‘hands-on’ learning and participate in undergraduate research, small class size, access to faculty and staff, and the geographic location. We focus on our reputation as an urban research center and tout our awards for first-year experience and emphasis on service learning.”

– Dick Isenhour

Community

Improved through Service Learning Activities

With an emphasis on the school's role in supporting community wellness and health initiatives, two IUPUI physical education instructors designed unique programs to assist Indianapolis community schools.

Lisa Angermeier, Ph.D., CHES, clinical assistant professor in health education, used to lecture her students about the various facets of coordinating a school health program. Now she shows them.

Utilizing existing structures within the school systems (e.g. nursing, physical education, counseling), students in her community health course recently exchanged the traditional 'reports in binders' for live health fairs at Indianapolis area schools.

Last semester, Angermeier's students completely planned and executed a health fair at Howe Community High School, interacting fully with administrators and faculty. "I wanted to give my students the freedom to be creative and the freedom to learn by doing," she says.

Students divided into groups and developed activities in accordance with their portion of the fair:

- The physical-education team utilized Howe's climbing wall and played activity games with younger students.
- The stress-management crew utilized stress balls and taught exercise/dance for relaxation.
- The health-education group distributed pedometers and approximated body-fat measurements.
- The nutrition students compared fast-food meals from local restaurants.
- The marketing participants organized the event and gave prizes to attendees.

"Each team was responsible for finding ways to communicate a specific health message," says Dr. Angermeier. "They had to go out in the community themselves and find what resources were available."

She adds they also got a taste of working with a big school corporation.

"Understanding things like politics, miscommunications, and so forth are all realistic pieces of the process," she says. "That was a big part of our post-fair discussion, and very much an important aspect of the whole learning experience. It's one thing to hear about it in theory; it's another thing to see it in action."

Health

Mark Urtel, Ed.D., assistant professor of physical education, is civically engaged in a few campus-community partnerships, most recently with Lumen Christi Catholic School. The collaboration started with an inquiry from building administrator Steve Noone, who emailed the IUPUI Department of Physical Education and asked for help. Despite a rigorous academic curriculum, this private school lacked a formal physical education program.

What resulted is an exemplary campus-community collaboration in which pre-service teachers from IUPUI provide kindergarten through eighth-grade (K-8) students with a physical education curriculum that they otherwise would not be receiving. Simultaneously, the K-8 kids provided their collegiate counterparts with real-life experience. "This is the epitome of a 'win-win' situation," says Urtel.

"The key to what we can provide Lumen Christi lies within our area of expertise: physical education for youth. It is imperative we expose these students to lifetime fitness activities while at the same time instilling motor skills competence.

"It appeared before we became partners that the students participated in 'glorified recess.' The end result is that only the most athletic or fit kids participated. In essence, social Darwinism; and that goes counter to what we know as best practice," says Urtel.

Urtel indicates it is gratifying that community agencies seek the school's expertise while at the same time understand the teaching process involved for IUPUI students.

"This understanding makes it a truly mutually beneficial experience. We both have realistic expectations and are very communicative in what we can be doing to ensure we deliver a meaningful and intentional program to the students."

About 13 undergraduate students engaged in this experience over the last academic year. Urtel believes the process anchors classroom learning for the IUPUI students in a unique way and shows the pre-service teachers that the most fundamental element of youth fitness is to keep it simple and enjoyable.

"Kids love technology as simple as pedometers. We had second and third graders who acquired a love of running because they just wanted to put on pedometers and gather steps. No games, no rules, no winning. Just moving," he says. "The simplicity of that is awe-inspiring."

– Lynnell Nixon-Knight

Internships: The Trifecta of Students, Partners, and Patrons

It's called the "most exciting two minutes in sports." But this year's 136th running of the Kentucky Derby also proved to be the experience of a lifetime for students from the Tourism, Conventions and Event Management (TCEM) department.

Twenty-five students, along with adjunct faculty member Donna Jacobsen, spent an intense week at Churchill Downs, serving corporate guests in large hospitality suites throughout Derby Week, which concluded with the Kentucky Derby on May 1.

"Their work," Jacobsen says, "was part of an internship with Levy Restaurants that gave students a firsthand look at running a world-class sporting event with one of the world's largest food-management companies.

"The student interns experienced a one-of-a-kind event and its special traditions," Jacobsen notes. "They were able to apply their existing knowledge and skills to provide exceptional service to well-known corporate clients in a real-world setting. It was experiential learning at its best."

The students served as captains in assigned hospitality suites, providing 100 to 400 guests per day with continuous food and beverage service. Their duties included managing the setting up and stocking of the suites, as well as supervising servers and bartenders. One student also served as the host for Red Carpet activities the day of the Derby, providing refreshments and assisting celebrities who participated in the event, including the likes of Mario Lopez, Reese Witherspoon, and the Jackson brothers.

"The interns' unbridled passion for their work, combined with the practical knowledge they've gained in the classroom, led to a successful week," Jacobsen stresses.

"The students entered this program knowing the importance of the clients to both Levy Restaurants and Churchill Downs. The week required physical stamina to maintain high service standards and quick thinking to anticipate and respond to guest needs. The interns were ready for the challenge and managed to make a noticeable difference for these guests."

This was the fifth year in a row that Levy Restaurants has allowed IUPUI students to work as interns at Churchill Downs. The market leader in premium food service at sporting and entertainment venues was looking for management interns and found IUPUI.

"Levy had heard of the program at IUPUI and decided to give us a chance," notes Elizabeth Jones, P.E.D., TCEM associate professor, and internship coordinator. "They selected twelve interns that first year and the program has been growing since."

Jones stresses that the department notifies students when the internships are available and that Levy handles the rest of the process, including interviewing students, selecting participants and conducting an orientation session.

Students go through a formal interview and must submit a résumé.

"The Kentucky Derby is a huge, high-profile event, and we need a lot of talented people to deliver the level of hospitality that our guests expect and deserve," notes Paula Meyer, the regional human resources manager for Levy Restaurants who typically visits the IUPUI campus in search of interns each year.

"Student interns, like those from IUPUI, are a vital part of our operation. We enjoy having them work alongside our managers each year, gaining valuable experience and contributing to a successful event.

"We also have a vested interest in developing and working with the next generation of hospitality professionals. Levy has the best and the brightest on our team, and we want the most talented students to work with us. Internships allow us to cultivate relationships as students are embarking on their career path."

While Meyer hopes the interns enjoy working at such a high-profile event and consider this as learning from the "best in the business," she admits there are benefits to Levy Restaurants, as well.

"We get exposure to talented individuals who are as passionate about hospitality as we are," Meyer says. "The interns are invested in learning and do a great job. They dive in and contribute to our teams and have a tremendous impact on the service we provide to our guests.

"We have had great experiences with our IUPUI interns and look forward to having them as part of our team at future Derby events."

– Richard Isenhour

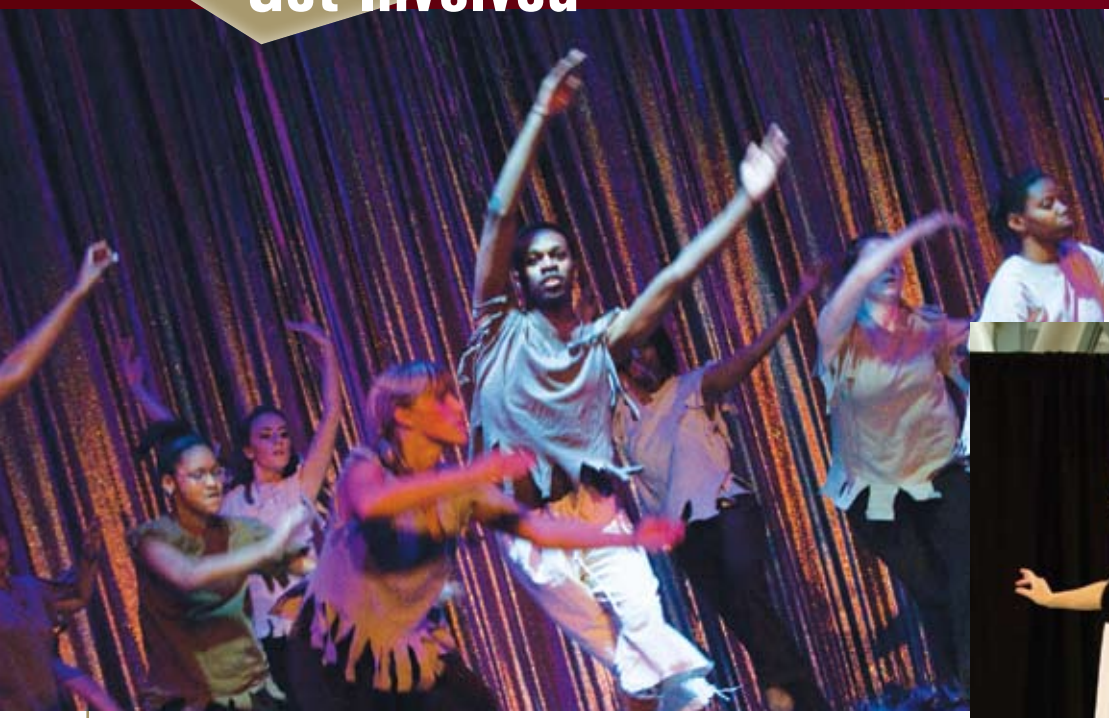
"This was an amazing experience. It was an intense week, but I was able to gain a lot of hands-on experience in catering, managing, and experiencing a large event."

— Cora Griffin, senior from Galveston, Indiana

Richard Isenhour

"I applied for this internship because it has given me tons of experience in my chosen field. I learned management and event planning skills that I could not have learned within a classroom. The networking I have built through Levy and the Kentucky Derby has given me an edge to beginning my career next May."

— Alicia Welcher, repeat intern



Join the IUPUI Moving Company

when they present their annual Winter Showcase

Saturday, December 11, 2010
7:00 p.m.
IUPUI Campus Center, Room 450

This performing arts group is comprised of IUPUI students representing a variety of academic disciplines. They strive to enhance Indiana's arts offerings while helping students gain experience in public performance and teaching techniques. Paige Prill-Craigie, part-time physical education faculty member, directs the program. Contact Paige at 317/274-0600 or pcraigie@iupui.edu for more information.

Event is free to the public.

Join us for fellowship, food, and fun!

PETM Fall Alumni Gathering September 18, 2010

2:00 p.m. – 4:00 p.m.
Rathskeller Restaurant
401 East Michigan Street, Indianapolis, IN

The School of Physical Education and Tourism Management Alumni Association will provide $10 towards food for all alumni who attend.
Register online at http://alumni.iupui.edu/

Questions? Please contact Sharon Holland, shollan@iupui.edu or 317/274-4555.

PETM Game Day at Victory Field!

Open to all PETM alumni, donors, faculty, students, and staff!

- Sunday, August 15, 2010
- Picnic available from 12:30-2:00 p.m.
- Game time is 2:00 p.m.
- Adults & children three and older, $23.50 per person; children two and under are free
- Doors open and picnic begins at 12:30 p.m., rain or shine.
- Beer is served for the first 75 minutes of the picnic only.
- Indianapolis versus Syracuse, Victory Field, Indianapolis, IN, 501 West Maryland St.

PETM picnic includes hamburgers, hot dogs, pulled bbq chicken, pasta salad, baked beans, fruit salad, cookies, and free flowing sodas and draft beer. Cost per person includes meal and reserved game seat. Reservations must be received no later than August 1, 2010.

Yes, I/we would like to attend PETM Day at Victory Field!

I need _____ # of tickets at $23.50 per person (children age two and younger are free) = $_____ Total

Party Name: _____ Daytime Phone: _____/_____- _____

Street Address: _____

City:_____ State:_____ Zip:_____ E-mail_____

First and last names of all guests: _____

_____

Payment information:

____My check, made payable to IU Foundation, is enclosed.

____Please charge my: ____Visa ____MasterCard ____American Express ____Discover

Card number: _____ Expiration date: _____ Signature:_____

____Please contact me to arrange ticket pick-up or delivery. ____Please leave my ticket(s) at Victory Field's Will Call area.

Please return this form to: PETM Game Day at Victory Field, 901 West New York Street, PE 252, Indianapolis, IN 46202.
If you have questions, please call 317/274-1484 or e-mail lklaum@iupui.edu.

**No tax receipt will be mailed as $23.50 covers your meal and ticket costs. This is NOT a fundraising event.*

IUPUI
Regatta
A canoe race on the downtown canal
Games, Family Fun, Entertainment
Supporting student scholarships
September 25, 2010; Downtown Canal
www.alumni.iupui.edu/regatta

A Farewell to Jeff Vessely

'Normal' Guy Makes Good:

To students he sometimes is known as "Dr. V;" to colleagues, "Vess." But, Jeff Vessely likes to see himself as a Normal kind of guy… as in someone whose roots go back to Normal College, the predecessor to the School of Physical Education and Tourism Management (PETM).

Vessely will retire from a 36-year career with PETM on September 30. His most recent position was chair of the Department of Physical Education, a job he held for more than six years.

The Normal College spirit has been a lifelong touchstone for Vessely. A native of northern Indiana, he enrolled at Normal College in 1969 to study physical education. The atmosphere at the school was one of high expectations, hard work, and strong values, he recalls.

It was at Normal College, Vessely says, that he learned his personal credo: Say what you mean; do what you say.

By the time he earned his bachelor's degree in 1973, Normal College had become part of IUPUI, but the culture endured. Vessely later earned a master's degree in physical education and a Doctor of Education degree in Higher Education Administration and Biomechanics from Indiana University.

"I may be one of the last of the Normal College people [at IUPUI]," Vessely says, noting that Nick Kellum, who retired as dean of PETM in 2009, was another.

Values and a positive attitude have always defined Vessely, who says life is easier "if it never dawns on you that you can't achieve what you want to."

Vessely is widely regarded as one of the catalysts who helped expand the physical education department's focus beyond teacher training to include exercise science, wellness, sports management, and other disciplines. Under his leadership, the department grew from ten full-time faculty members to more than 20.

Perhaps even more notably, Vessely performed a wide range of teaching and leadership jobs that supported the department, PETM, and IUPUI athletics. To name a few, he:

- Led intramural and recreational sports for IUPUI for nearly 20 years.
- Served as director of sports services (1992-1994) and director of sports information (1976-1978).
- Coached men's golf and women's basketball.
- Taught courses in sport officiating, sport-related ethics, kinesiology, and more.
- Was director for the student camp at Camp Brosius.

Colleagues say Vessely also sold tickets at Jaguar sporting events and picked up a hammer or broom when needed. "There wasn't anything Jeff couldn't do or wouldn't do for the school," says Kellum.

Jay Gladden, current dean of PETM, calls Vessely "the consummate team player" and praises his commitment to the school and its people. "He has always stepped up to assume any task or responsibility, no matter how big or small," says Gladden.

This willing attitude extended beyond PETM and onto the entire IUPUI campus. Positions as the student ombudsman, dean of students, and president of the Faculty Council validated Vessely's reputation as a fair, no-nonsense leader and raised PETM's visibility within IUPUI.

"We had to share Jeff over the years," says Kellum, noting that Vessely took time away from PETM to serve in the demanding dean of students role. "But we were glad he came back."

Vessely also held leadership roles with national

Dr. Vessely coached the 1978 women's basketball team

Dr. V inspired me to follow my dreams and do what I love, much like he has done with his own career.
– Kyle McIlrath, BS PE 2009

organizations such as The National Intramural and Recreational Sports Association and Phi Epsilon Kappa, the fraternity for professional physical educators. NiCole Keith, an associate professor in physical education, says Vessely is known and respected throughout the field. "No matter where I go, once people know where I'm from, they ask about Jeff," she says.

Vessely has distinguished himself in still another way: as a community leader and volunteer. He is a past president of the Kiwanis Club of Northwest Indianapolis and has served on the boards of neighborhood centers near his home, located within walking distance of campus. He also is active with his church.

Explaining how—and why—he has chosen to lead such an active life, Vessely uses a sports term. According to the training principle of overload, peak performance comes from pushing yourself just a bit harder every day than you're accustomed to, he says. "I believe in giving overload. I've always had a need to take what I do to the next level."

Colleagues use words like 'loyal,' 'tireless,' 'generous,' and 'caring' to describe Vessely, who has been a mentor to nearly every physical education department staff member, as well as some of the school's staff. But that doesn't mean he is soft or touchy-feely. "Jeff can be abrupt. He doesn't sugar-coat, and he's all business when that's what's required," says Keith.

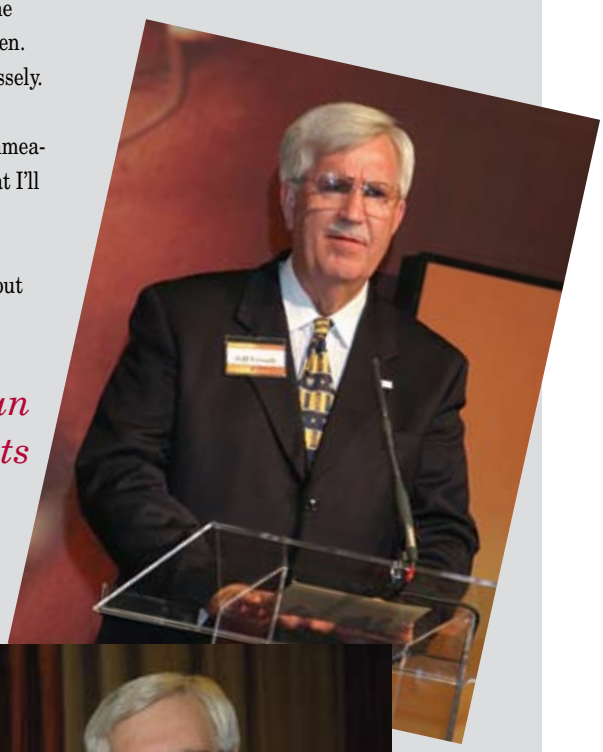
Rafael Bahamonde, Vessely's successor as chair of the department, agrees. "He is always fair. He is student-oriented and faculty-supportive," says Bahamonde, adding that learning from Vessely during the leadership transition has been "an invaluable experience."

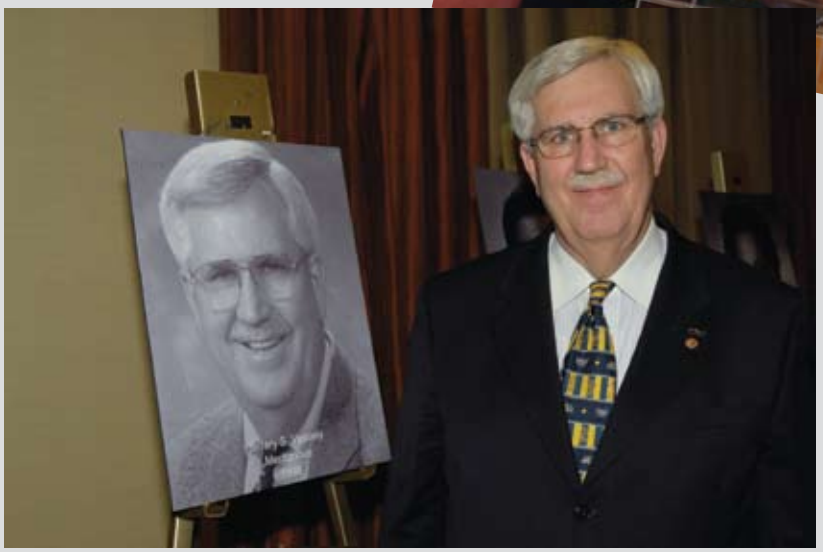
Vessely's plans for retirement sound modest. He says he wants to keep working with young people in sports and play a few more rounds of golf. He and his wife, Susan, also enjoy spending time with their three children and eight grandchildren. "Four of our grandchildren live locally," says Vessely. "They've told me they have plans for me.

"Susan and my children have given me immeasurable support in all my endeavors and for that I'll be eternally grateful."

Those who know Vessely suspect he'll be nearly as active post-PETM as he was throughout his career. "I'm sure he'll find ways to give back to the school, the physical education field and the community," says Kellum. "That's typical of Jeff."

No one does more for the students without asking for or getting acknowledged for it than Dr. V. He does so many things for the students that are never mentioned or known. That's why I love him. He's a great man for that. – Jason Schanzel, BS PE 2002



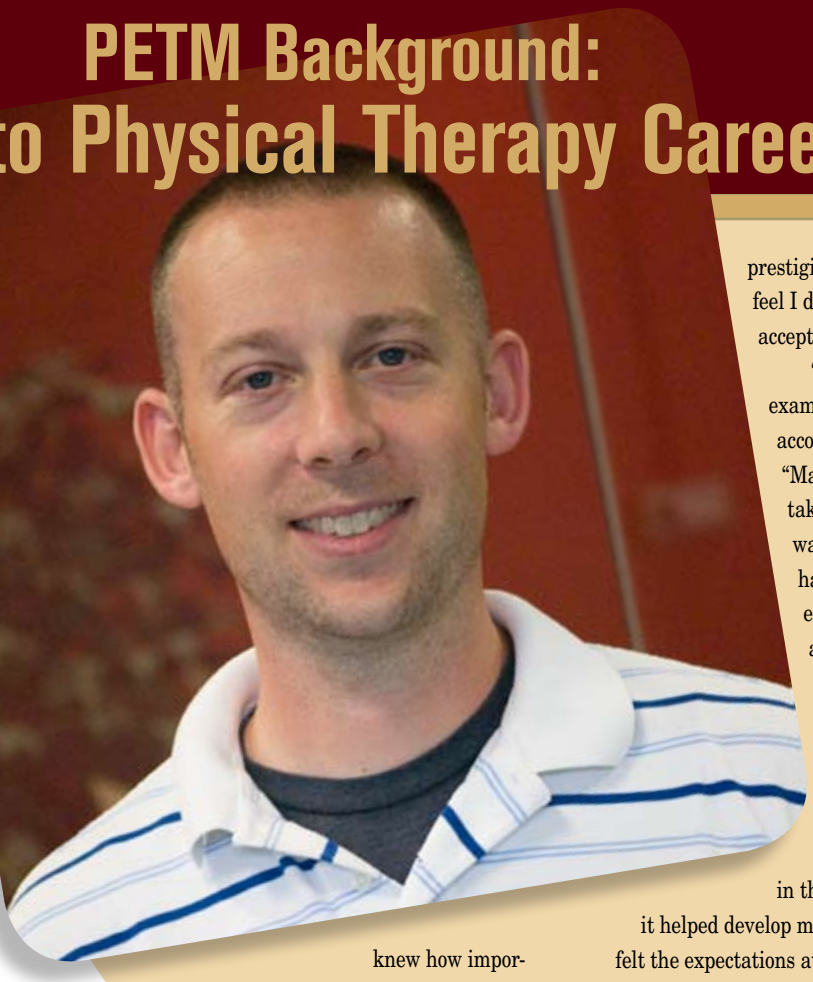


As always, Vessely will let his values guide his actions. Asked whether today's students have strong values, he nods. "Sure, some students have a sense of entitlement. But I more often see people who are very hard working, driven, and ready to be strong contributors to their communities."

He mentions PETM students he knows who hold down several jobs and balance family commitments with their studies. "Just this morning, I saw a student coming to the weight room before 7 a.m. as I finished a workout," he says. "She has children and she's in ROTC, so you know she's making sacrifices. You know she'll do what it takes to reach her goals." And that, says Vessely, shows that the Normal College spirit lives on.

– Laurie Sachtleben

PETM Background: Key to Physical Therapy Career



When asked what advice he would give to current pre-physical therapy students, alumnus William Raymond "Ray" Van Wye, PT, DPT, ACSM-RCEP, CSCS, says: "Do not look at your degree, acceptance to physical therapy school, a certification or license or any other accomplishment as the pinnacle. Each is just a stepping stone for lifelong learning.

"You will always be responsible for continued education and for trying to improve your skills. Health and wellness is moving in the direction of evidence-based practice. Our clients and patients deserve care that is based on a combination of scientific evidence, expertise and incorporation of their values. This is the commitment you will have to make to succeed in any area of health care, including physical therapy."

Actually, that isn't just advice; it's the blueprint for his success, according to Rafael Bahamonde, incoming physical education department chair.

"Ray was a great student to have in class because he is able to critically think and apply concepts to real-life situations," he says. "Ray always wanted to understand how things work, and that is one of reasons he became interested in research. Even as an undergraduate student at IUPUI, Ray knew how important research is in the exercise sciences. He was involved in scientific investigation and spent a great deal of time in the human performance laboratory."

Research is an interest of Ray's that continues today. Most recently he collaborated with IUPUI colleagues in a study related to stretching and the knee joint. In addition, he will be honored with the Jack Walker Award following a case study he authored that was published in the March 2009 edition of *Physical Therapy*.

"The study details a patient referred to physical therapy with non-musculoskeletal hip pain," he says. "The case demonstrates that physical therapists must be prepared to recognize when patients are not appropriate for physical therapy care and make the proper referral.

"The Jack Walker Award recognizes the author of an article published in *Physical Therapy* deemed to have made a major contribution to the understanding of clinical practice and patient care. It is a prestigious honor, one that I do not feel I deserve, but I am honored to accept."

"I often use Ray as an example of what a student can accomplish," Bahamonde says. "Many students only want to take classes and go home. Ray was one of the students who had passion for exercise science. I think IUPUI played an important role because it provided Ray with an opportunity to work with faculty on a one-to-one basis."

Ray agrees: "IUPUI has made all the difference in the world. First and foremost, it helped develop me into a leader," he says. "I felt the expectations at IUPUI were high, which has benefited me in various settings including physical therapy school. These high expectations forced me to elevate my commitment to learning, both in the classroom and now in the clinic.

"Furthermore, IUPUI's pre-physical therapy curriculum is comprehensive, which made me feel extremely prepared for physical therapy school. My physical therapy class was made up of approximately 40 students, all with different backgrounds and degrees. This setting truly allowed me to see how well prepared and knowledgeable I was. The information and skills I learned at IUPUI in the physical education department's pre-physical-therapy track put me at the top of my class."

"The information and skills I learned at IUPUI in the physical education department's pre-physical-therapy track put me at the top of my class." — Ray Van Wye

Ray completed his doctorate of physical therapy in 2006. He is currently a staff physical therapist at St. Francis Hospital and Health Centers.

– *Shanna Mooney*

Meet Andrea Eagleman: Sports Management Guru

Here are a few things to know about Andrea Eagleman, Ph.D., recently named to the Department of Physical Education as an assistant professor in sports management.

She knows her field inside and out. Eagleman has worked behind the scenes in sports ranging from gymnastics to drag racing. In these roles she has been a media pitchwoman, an event planner, and—when needed—a ticket seller, nametag maker, and all-around gofer. Sports management is rewarding, but overnight success is rare, she says, adding, "To succeed, you need passion, the ability to get along with different types of people, and a willingness to work hard."

She's a Hoosier. Eagleman joins the School of PETM from Indiana University at Bloomington, where she was a lecturer and director of the undergraduate Sport Marketing and Management program. IU also is where she earned all three of her degrees: a bachelor's in journalism, a master's in sport management and athletic administration, and a Ph.D. in sport management with a minor in mass communication.

She has teaching and research bona fides. In addition to IU, Eagleman has taught at Saint Mary's College of California, Ivy Tech Community College (Bloomington) and Columbia College Chicago. On the research side, she continues to study race, nationality, and gender portrayals of athletes in the media (the subject of her doctoral dissertation) as well as the use of technology in the sports-management classroom.

"For someone so early in her career, [Eagleman] already is an excellent teacher and has a terrific blend of industry experience and academic preparation," notes Jay Gladden, Ph.D., the school's dean. "She's a great addition to our team."

Her first love was gymnastics. Even after she grew too tall to compete, she was eager to stay involved. "One year I sent a letter to USA Gymnastics saying, basically, 'I'll do anything,'" she recalls. The organization responded with an internship spot. "From that experience, I learned that if you don't ask, you'll never know," she says.

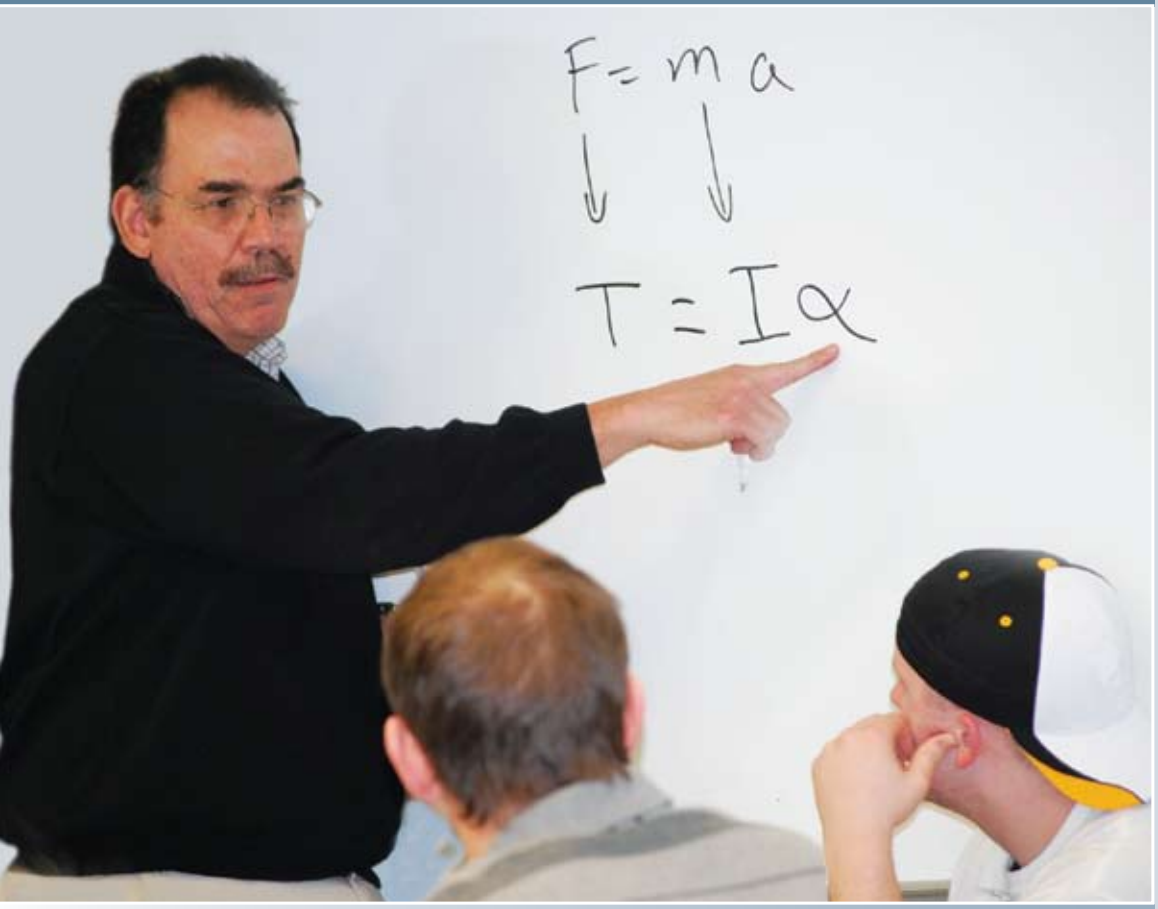
She has stamina. As P.R. and marketing manager for the former Lehman auto racing team in Chicago, Eagleman frequently worked long weekend hours, then drove all night so she could be in the office Monday morning. That experience taught her that sports-related jobs aren't terribly glamorous. However, she says, the job also appealed to the part of her that "can't sit still very easily."

She's a runner. Eagleman is in training for her first marathon in October. She plans to run the race with her mother. "What can I say? Some mothers and daughters go shopping together. My mom doesn't like to shop," she says.

She's eager to hit the classroom. Eagleman says she can't wait to meet her students in introduction to Sports Management and Sports Ethics. "That, along with establishing relationships with my new colleagues and working on research projects, is what I'm looking forward to most right now," she says.

– Laurie Sachtleben

Communicator, Mentor Takes the Helm



"When you read an article on a health-related matter, it's not unusual for the writer to cite information from Indiana University or a similar institution around the country. We have the expertise and wherewithal here…"

To say that Rafael Bahamonde hit the ground running when he officially took over the reins as head of the Physical Education Department June 1 would only be partially correct. His transition actually began earlier this year when his predecessor, Jeffery S. Vessely, announced he would be retiring this fall. About the only difference between then and now, he says, is his teaching load started shrinking as his administrative duties began increasing.

Bahamonde acknowledges there are responsibilities he must perform as department head. "Before, I was concerned with teaching my classes and conducting my research," he explains. "Now I have to deal with things like scheduling, university reports, answering questions via e-mail or in person, department budget, curriculum changes and other matters. Basically instead of worrying about only my issues I have to worry about other people's issues too."

He says he also must maintain his focus on the vision he has for the department, which includes:

- Creating time for more faculty members to conduct research. "If we want to get serious about research and meet the demands of what the university is suggesting we do," Bahamonde says, "then we have to develop a program that is research-oriented and research-based."
- Making changes to the graduate program, focusing on clinical aspects of exercise and fully embracing technology. "A teacher pursuing an advanced degree or certification doesn't want to come here after a full day of teaching or coaching to embark on a master's degree program that will take four years of night classes to complete," Bahamonde observes. "We need to have a different approach on how we deliver classes and offer more online or hybrid courses in which you meet for part of a semester and complete the rest of the class online."

- Increasing the visibility of the department. "When you read an article on a health-related matter," he notes, "it's not unusual for the writer to cite information from Indiana University or a similar institution around the country. We have the expertise and wherewithal here and need to do a better job of promoting that."
- Finding the resources (lab time and space) and providing support for the faculty to generate external grant funding.

"One thing that really encourages me," Bahamonde notes, "is the full support I've received already from the faculty," Bahamonde says. "I believe we're going to be going through some changes in the school that are very positive. I'm glad that I will be a part of those changes and, hopefully, will get them implemented. Knowing that the faculty is behind me is a real boon."

One colleague who lends his support is Jay Gladden, dean of the School of Physical Education and Tourism Management (PETM).

"Rafael was selected to be the next chairman of the Department of Physical Education for two reasons. First, he has a vision of how to further enhance the department to help achieve school goals. Rarely a day goes by without Rafael stopping by my office with a new idea or an update on a work in progress. He epitomizes continuous improvement. This will serve the department well as it increases its research profile, seeks recognition as an innovator in undergraduate education, develops graduate programs, and expands its already strong civic engagement activities.

"Rafael also was chosen because of his ability to build consensus. Rafael is well respected by his colleagues and this goes a long way when shaping team goals for the Department of Physical Education."

– Richard Isenhour

Rafael Bahamonde up close

Hometown: Ponce, Puerto Rico; migrated to Indiana in 1976 to attend DePauw University. "I wanted to go to college in Florida because I thought the climate was going to be better," Bahamonde muses. "But I played basketball in high school and was approached after the game by the director of admissions from DePauw. My dad was a high school counselor and he knew of DePauw and how good it is academically. So, I wound up in Greencastle to go to college and play basketball."

Education: Bachelor's degree, physical education, DePauw University; master's degree, exercise science with emphasis on biomechanics, Indiana State University; Ph.D., human performance with biomechanics major and human anatomy minor, Indiana University.

"My original intent was to study engineering," Bahamonde recalls, "but my interests shifted and my goal became teaching physical education and Spanish at the high school level. Through the influence of my mentors, though, I became fascinated with biomechanics."

Research: Interests are in sport biomechanics, gait analysis, and sports injury prevention. This summer, Bahamonde and his students will examine the reliability of the Functional Assessment of Biomechanics (FAB) system, a full-body, wireless-motion system that may become the new standard in the biomechanical analysis of wwhuman motion.

"Biomechanics combines engineering principles with applications for the human body mixed in with sports," Bahamonde notes. "So it has sports, engineering, and the human body in one discipline, which suits me well."

Awards, recognition: Chancellors Prestigious External Award; U.S. House of Representatives Congressional Commendation for work with Diversity Scholars Research program; nominated by IUPUI for Professor of the Year award from the Council for Advancement in Support of Education; invited speaker to the 27th Symposium in Sport Biomechanics, Limerick, Ireland.

Earlier this year, Bahamonde received the Director's Mentoring Award for Outstanding Leadership and Mentoring of Undergraduate Research. He was honored at the IUPUI Center for Research and Learning Student and Faculty Recognition Celebration for his work in helping to foster patience, perseverance, and a passion in undergraduate students.

"It was a great honor and surprise to receive this award," Bahamonde says. "One of the biggest rewards as a mentor is to have a student that continues on the research path and excels."

Family: Wife, Kathy; daughter, Kiara; son, Stefan. "As a family, we enjoy traveling and vacations, cycling, and playing basketball," he says.

Hobbies, interests: Away from school, Bahamonde enjoys riding his bike, working in the yard, and doing projects around the house.

"I just bought a new (archery) bow," he says, "and am planning on starting target practice."

Maria's Metamorphosis

Shanna Mooney

She certainly didn't expect it at the time, but being laid off in 2008 turned out to be a blessing in disguise for Maria Meschi.

At the time, Maria, a 2006 IUB graduate with telecommunications and costume construction technology degrees, was happily creating floats for the 500 Festival Parade, having moved up from initially working in the fabric shop at event design company, ExpoDesign, Inc.

"Unfortunately, the downturn in the economy hit Expo early and hard, and I was laid off," Maria says.

But she wasn't down long.

"I started to wonder what kind of career I wanted to have," she says.

Then she thought back to all the things she had really enjoyed doing throughout her life, and she noticed a similar thread.

"From acting to being on the prom committee in high school, I can look back and connect the dots. They all are tied together and use similar skills," she says. "I really learned a lot about myself in the process. I had always enjoyed planning events, but I missed the logistical elements of events when I worked as an artist."

After meeting with family friend Amanda Cecil, Ph.D., CMP, assistant professor in the TCEM department, to discuss the program, everything clicked.

That fall, she started the TCEM event management certificate program.

"I already had a basic understanding of event management through my previous experience, but the program helped me understand the common vocabulary for our industry as well as best practices," she says. "The students and instructors in this program have already helped me by becoming a part of my network and introducing me to other people who will help me meet my goals."

One of those instructors, of course, is Amanda, who says Maria made an impact on the program as well.

"Maria is an outstanding student. She is an active adult learner and challenges faculty members to keep the information relevant. She is both detail-oriented and incredibly creative. She can be tactical and strategic, insightful and meticulous," Amanda says. "She is a performing artist who can manage a registration database like no other!"

Now, fresh from completing the program this spring, Maria is happily combining all her talents and newfound skills.

"I'm working as a freelancer in event support and Internet marketing," she says. "I enjoy combining my telecommunications background with my event training. I hope to be involved as different technologies evolve and we find ways to adapt them for use in meetings and other events."

Already, she is on the high-tech forefront with one of her clients.

"Maria is currently the first e-marketing manager for General Hotels, overseeing all of their social media and online marketing efforts," Amanda says. "The opportunities for her are endless. She is a hard worker, exhibits ethics and values, is eager to always learn something new, and is talented in so many ways. I look forward to following her career in event management."

"Amanda is actually the one who convinced me that I could be successful working for myself," Maria says. "And so far it's been very exciting."

– Shanna Mooney

Future Students Benefit from Former Student's Philanthropy

Delores J. "Dodee" Coleman maintains a strong allegiance to the School of Physical Education and Tourism Management (PETM). She recently relocated to Wisconsin, where she is able to stop by Camp Brosius during the school's alumni week.

Coleman attended the school's predecessor institution (Normal College) for two years before transferring to Butler University. At Butler, she earned a bachelor's degree in elementary education. She later returned to Indiana University and earned a Master of Arts in Library Science. Though only involved with PETM for two years, her ties to the school remain solid, so much so that she is leaving a residual portion of her estate to the school through a bequest.

"I suppose that physical education was one of my favorite classes," she recalls. "I was always very active and liked to swim. That made Brosius an ideal place for me. I got a job there after college camp working as a counselor, substitute counselor and dishwasher—whatever they had an opening for, I would take it.

"For four or five summers, I worked at summer camp. Every few years, I'd return. I also took my parents to alumni camp, and they always enjoyed it," Coleman says.

Regarding switching her career, Coleman notes, "I still loved sports. I always backed the sporting teams and went to all the athletic activities at the schools I worked in. Working in the library, I could still participate in school events, but I didn't have all the papers to grade!"

She still fondly remembers her Normal College roots. "One of the things that amazed me was the variety of students who were there. We had about 100 kids from many different parts of the country. I was a good athlete in high school, but gymnastics was a completely different world.

"There were so many great gymnasts, and they gave me a view of the field that I would never have had otherwise. There were wonderful teachers at Normal, too, like Mrs. Hester. She was an outstanding person."

These memories, along with rising tuition costs, helped Coleman decide to make a gift through a bequest benefiting the School of Physical Education and Tourism Management.

"Camp Brosius and Normal both made a big impression on me. I wanted to do a little something for students there to help make a difference," Coleman says.

"I'm amazed at the price of tuition nowadays. I didn't have any bills after school, and I can't believe what it costs today. I made it through school by working at the city market each Saturday. I earned about $6 per day. It certainly wasn't anything compared to today. I also received two $75 scholarships, $25 had to be applied to tuition the first semester, and $50 to the second.

"Expenses are so tremendous now. It would be nice to help any student, particularly one who is academically prepared, with their tuition. And, since jobs are so hard to get now, it's so much more difficult to work your way through college."

Very true: Students certainly can't make it today selling pumpernickel bread like Mrs. Coleman did. But, with a little help from kind people like her, they have a much better chance at academic and future success.

— Laura Klaum

"Strapped for Cash but Want to Help? Consider a Bequest"

Considering the current economy, charitable contributions may be something you wish you could afford, but you aren't comfortable giving. Did you know that there is a way that you could make a gift to the School of Physical Education and Tourism Management, but not actually let go of assets that you may need for the future?

Bequests, or gifts made through a will or estate plan, help you feel comfortable because, should you need your assets at some point in the future, they are still available to you. However, remaining assets left upon your death can further the legacy of your lifetime.

Creating a bequest is relatively simple. Talk about it with your attorney when you are making plans for how your assets will be distributed upon your death. Here is language that you can share with him or her to use in your legal document:

"I give, devise, and bequeath the (sum of / percentage of / residue of my estate) to Indiana University Foundation, (Tax Identification No. 35-6018940) a not-for-profit corporation with principal offices located in Bloomington, Indiana, for the benefit of Indiana University (School of Physical Education and Tourism Management, IUPUI campus OR Camp Brosius), pursuant to a gift agreement on file at said Foundation."

Additionally, we recommend the use of a simple document, called a gift agreement, that will allow you to specifically direct the school or camp use of your gift. For example, your gift can be unrestricted, helping with the school's greatest needs. Or, your bequest can be designated to benefit a particular program such as Camp Brosius upkeep or camp counselor internships, exercise-related programming or research, or economic impact studies of sport and event tourism. A gift agreement allows you to be more general in your legal document, but be very specific in your wishes for the ultimate use of the gift within the university. If you change your mind about how you want your gift to be used, the gift agreement easily can be altered, and it does not change the bequest's revocability.

During these times of economic uncertainty, people tend to let go of the accessories of life and focus on the things that they consider most important. Crisis calls people to reconsider their values. Bequest designations allow people like you to affirm your values by investing in causes you embrace. For many, it is a way of validating their beliefs.

Higher education transforms misfortune or life circumstances into opportunities. It helps dreams and aspirations become reality. Think about the time you spent getting your education and what it has meant to you over your lifetime and for your family. What about the weeks spent with family and friends at Camp Brosius?

Now think about what your gift through your estate might mean to the legacy of these two important institutions. Dodee Coleman did, and maybe you can, too. Your bequest is a vote of confidence in these programs that have meant so much to you.

For more information contact Laura Klaum at the School of Physical Education and Tourism Management at (317) 274-1484 or lklaum@iupui.edu. Or, you may contact Estacia Medlen Brandenburg, JD at the IU Foundation at (317)278-5653 or esmbrand@indiana.edu.

– Estacia Medlen Brandenburg

Alumni Tracks

Meredith Broyles, BS TCEM 2008, is project coordinator with cmcglobal, Indianapolis, Ind.

The late TCEM Professor **Ray Dault** was named Chef Educator of the Year by the Indianapolis Chapter of the American Culinary Federation.

Marissa Hile, BS TCEM 2009, is program assistant, Vanderbilt University Medical Center's Department of Special Events, Nashville, Tenn.

Courtney Jelinski, BS TCEM 2010, is staffing/recruiting coordinator, CIBUS, LLC. at the Indianapolis Motor Speedway, Indianapolis, Ind.

Michelle Kuehn, AS TCEM 2002, is a meeting planner with DWA Healthcare Communications Group, Carmel, Ind.

Kelly (Keenan) Nixon, AS and BS TCEM 2002, is sales coordinator for Mainsail Suites Hotel & Conference Center, Tampa, Fla.

Ryan Sheaks, BS PE 2008, is a middle school alternative teacher with Plymouth Community Schools, Plymouth, Ind.

Ashley F. Strother, TCEM Events Management Certificate 2009, is membership east desk associate/weekend supervisor with the Arthur M. Glick JCC, Indianapolis, Ind.

Ray Van Wye, BS PE 2001 and MS PE 2007, is the 2010 Jack Walker Award recipient conveyed by the American Physical Therapy Association for his article *Patient screening by a physical therapist for nonmusculoskeletal hip pain* which appeared in the March 2009 issue of *Physical Therapy*.

Juana Watson, AS TCEM 1999, started a consulting business to address relationships and communications of organizations with Latino audiences in Indianapolis, Ind.

Kent Weaver, BS PE 1985, is Howard County Health Department Administrator, Kokomo, Ind.

Recently Deceased

Martha Kalb, BS PE 1989

Jane (Vogt) Pollock, BS PE 1961

IUPUI's Chancellor Bantz and Dean Gladden honored Jeff and Carol Stevens for their Camp Brosius support during the 2010 IUPUI Spirit of Philanthropy Luncheon.

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During the Indiana Cultural Tourism Conference, Jeremy Efroymson and Gerry Dick present the Elkhart County Visitor Center with the 2010 Efroymson Award for Excellence in Cultural Tourism Development. The event is staged annually by the TCEM Department and funded by the Efroymson Family Fund, a CICF Fund.

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Several gifts were received in memory of William Hecht and in honor of P. Nicholas Kellum.

Science Behind the Exercise

People don't often realize how much "science" goes into the field of physical exercise science. After all, science is observation, and continual observation through research by PETM faculty and students yields an ever-evolving understanding of the benefits of a healthy lifestyle for wellness and healing at all ages.

"Everybody knows physical activity is good for them," says NiCole R. Keith, Ph.D., FACSM, associate professor in the physical education department. "What we're discovering is people aren't aware that physical activity and formal exercise aren't necessarily the same thing."

Keith defines formal exercise as a planned, purposeful activity, often requiring time, equipment, space and money. Physical activity, on the other hand, is something everyone does every day – mowing, hauling a laundry basket, walking from your car to the grocery store, etc.

"I tell people, spend less time sitting and more time on your feet doing things," she says. "They're always very surprised when I tell them it all counts as the kind of physical activity that is beneficial to your cardiovascular health."

There is a distinction between cardiovascular health and being toned with firm and/or large muscles – and Keith admits health professionals haven't always done a good job of explaining that difference to the public. With people who are a bit overweight, but have no other risk factors (e.g. diabetes, hypertension, obesity), a hard physique may not be the goal, but they still benefit from pursuing an active lifestyle.

"It's less threatening to say, 'Let's try not to gain more weight,' than it is to say, 'You need to lose 15 pounds,'" says Keith. "If they'll just eat well and take the stairs instead of the elevator at work, this still provides a good deal of cardiovascular protection."

Getting that message out is important – and should take cultural differences into consideration. Motivating factors have to do with age and personality, but also social/cultural issues.

"African Americans and Hispanics tend to weigh a little more, and that tends to be socially acceptable," says Keith. "In body image conversations with African American girls, saying 'you're skinny' is actually an insult. So, when we approach this group, we need to emphasize the point carefully; using words like 'fit' rather than 'skinny.'"

In her research, she finds certain populations – especially minority women – are very motivated to take care of their families, but less motivated to take care of themselves. In a recent paper, she noted these women respond negatively to the idea of taking personal time away from their duties to fit in exercise. "If we can present it more as a way to be fit so they can take better care of their families, it's more palatable to them," she says.

It's one thing to educate the community on how to be active and eat correctly – it's another thing to get people to sustain good practices. "The uphill challenge is getting people to change their lifestyles without the constant vigilance of an outside professional," says physical education department lecturer Steve Fallowfield, MS, ACSM, HFS.

He says there are two types of motivation: extrinsic and intrinsic. "People are constantly bombarded with extrinsic motivation," he says. "You may want to fit into that size two dress for the class reunion or lose weight for a beach vacation, but those are factors which come from the outside to motivate a person to do a behavior. What we know from exercise psychology is that this is only a short term motivator."

The key is to get people switched from extrinsic to intrinsic motivation; to get people to the point where they truly enjoy the lifestyle and don't rely on external incentives.

Extrinsic factors may be the stimulus to get started, but the key to the switch is proper progression. Progress is all about starting at a practical level and increasing at a rate that makes sense for your body and your lifestyle.

"People over-exercise or progress too quickly when they begin," says Fallowfield. "If they haven't done an activity for a while – or ever – they may become sore and miserable or even hurt by jumping in too intensely. And if they're told they have to do this for the rest of their life to stay fit, well, you can see why it's not that appealing."

As a personal trainer in Los Angeles and Indianapolis for more than twelve years, Fallowfield has seen firsthand the value of prescribing the right amount of activity for the individual.

"A health professional needs to understand exercise psychology, and identify the stage a person is in," he says. "By using proper progression, you can get them through that initial phase where it's not really enjoyable into the phase in which they love it. At that point, you don't have to twist any arms – they're experiencing the side effects of a healthy lifestyle and enjoying it."

In addition to cardiovascular activity, resistance training is valuable for the health and wellbeing of the musculoskeletal system, and physical education professor Alan E. Mikesky, Ph.D., is pursuing a new line of research that may make weight training available to a wider population. This new method is known as Kaatsu, which is Japanese meaning 'additional pressure,' and it's been shown to increase muscle strength and size without heavy weights.

With Kaatsu training, a pneumatic band restricts blood flow into the arm or leg when lifting, allowing a light weight to mimic the benefit of a much heavier one.

"This could possibly expand the option of resistance training to osteoarthritis sufferers, help maintain muscle mass for those with partial paralysis, and provide an alternative for older adults who don't want to lift heavy weights but want to garner some of the benefits," says Mikesky.

"Right now, we're one of maybe ten areas in the United States with access to this specialized Kaatsu equipment. We're in the process of controlled exercise studies where we're investigating its range of effectiveness."

Keeping on top of new technologies is a big part of the physical education department's educational mandate – as is continually seeking out more effective ways to educate people on the positive health impact of exercise and how it can be woven into everyday life.

Educators like Keith, Fallowfield, and Mikesky have important messages, and continually seek to successfully communicate them to various populations within the community. "Exercise is a specific type of physical activity," Keith says. "But it's certainly not the only type!"

– Lynnell Nixon-Knight

Class Helps IUPUI Get INShape

"What have I gotten myself into?"

That's what Liz Cohen found herself wondering – albeit in a good way – when she volunteered to participate in the physical education capstone course.

Cohen, a former triathlete and physical education teacher herself, had been through a bout of breast cancer and subsequent medications had saved her life but taken their toll on her body. Rachel Swinford, MS, a lecturer in the physical education department, recruited Cohen – who is also the assistant director for campus recreation – to participate in the new program while the two were discussing an upcoming program partnership.

The course is designed to be a service-learning opportunity. Under faculty supervision, undergraduate students perform wellness assessments and create individualized exercise regimens for adult volunteer "clients."

The lab-like, senior-level course represents a partnership between the physical education department, the National Institute for Fitness and Sport (NIFS), and expanded last semester to include Governor Mitch Daniels' INShape Indiana program.

"This experience offers a review of all the skills they've learned and applies them in a real-life client-trainer setting," says Swinford. "It takes all that theory and puts it to practical use."

The course pairs a student with a community member, which mostly consists of IUPUI faculty or staff. Each pair works one-on-one in a formal exercise, ten-week program as they would with a personal trainer. Before commencing, there is an individualized fitness assessment to provide baseline data on things like height, weight, blood pressure, cholesterol levels, etc.

The participants review the results, discuss client goals, create individualized wellness strategies, and then meet regularly at NIFS to perform workouts. Students often deliver additional weekly projects such as handouts about nutrition, home exercise assignments, tip sheets, text messages to clients, and other vehicles to keep clients moving and motivated.

Twenty-five students participated during the spring of 2010, and another fifteen participated this summer. Swinford anticipates more growth this fall. She says it's a work in progress, and grading something like this is multifaceted.

"The students get graded on the development of their exercise prescription, and when they do the health screenings, they're getting tested on their skills," she says. "We also want them to employ deeper thinking about their personal philosophy of training."

To that end, students keep a journal and write answers to open-ended questions provided by their instructor. Each week those questions get more in-depth and thought-provoking.

"An early question might be, 'What were your impressions before you met your client, and how did they change after you met?' A little further down the road, a question might be, 'What's your overall philosophy of training, and how did you work together to meet your goals?'"

The main idea is to set specific and measurable goals. If the client wants to lose weight, for example, resistance training won't be the only approach. Cardiovascular exercise will be prescribed, designed at a level appropriate for the client. After the ten-week program is complete, students conduct post-testing with clients to measure and evaluate progress.

For Cohen and her student trainer, Amanda Foland, the goals were defined with unusual precision. "My case was a little different because I taught physical education for a living for years," she says. "Then I had the illness, got out of shape with the help of medication and needed to get back into the game. In some ways, my personal program was a little more advanced."

Foland was the right person for the job. In addition to being a student, she'd been working in the health field for the past four years and had experience with special health needs populations.

"I listened to Liz a lot," she says. "And since chemotherapy affects people in different ways, I also did a lot of research into those medications, their side effects, what they do to musculature, bones, joints, and ligaments."

Foland would carefully make a lesson plan, but was willing to modify based on how her client felt on any particular day. "If we'd planned squats for the upcoming workout, she might say to me, 'My knees don't feel up to this today,' then we'd do something else to work out the same muscle group that didn't put pressure on her knees. Liz was good about vocalizing where she was and where she wanted to go – and that was helpful."

Cohen is also vocal in her praise for the program. "I would recommend it for anyone regardless of fitness level, because they tailor it especially for you," she says. "I told my trainer – and she's just darling – to teach me about core training and to push me, and she *did*. But if you just want to do more walking, that's great too."

Swinford is also happy with the results of this new program. "It couldn't be more authentic or real, experience-wise, and at the same time, all our students are carefully supervised," she says.

And Cohen adds, "It's a little like having a mentor along with you on your first job – how great is that?"

– Lynnell Nixon-Knight

IUPUI Alumni Night

The Children's Museum of Indianapolis

Wednesday, December 8, 2010

Event cost: $20 adults
$13 children ages 3-12
Children two and under are free

Price includes your admission ticket, dinner, drinks, and dessert.

To register, visit www.alumni.iupui.edu. For questions, contact Sharon Holland, 317/274-4555 or shollan@iupui.edu.

This fun-filled annual event gives IUPUI alumni and friends an opportunity to spread holiday cheer to former classmates and friends. You and your guests will be able to visit all five floors of the Indianapolis Children's Museum, enjoy good food, great times, and festive music.

Social Media and Virtual Reality: Tools for Exercise and Research

Move over Farmville. Jake Streepey, Ph.D., assistant professor in the physical education department, is working with others at IUPUI on research involving social media and virtual reality that might just open up new frontiers for exercise and treatment for those with brain injuries.

When presented with the idea of "alternative exercise," you might think of the Wii Fit and Dance Dance Revolution, which are used in some schools for physical education. Streepey's idea, however, involves changing attitudes toward exercise.

"While active games such as these appear to offer opportunities to engage in suitably intense physical activity," he says, "getting individuals to use this technology with regularity is still a challenge. These are simply other avenues for accomplishing exercise. Through our intervention, we would like to change how exercise is valued.

"Our research emphasizes using technology to motivate individuals to exercise," he says.

"To accomplish this, we have suggested using sophisticated accelerometers to record and provide immediate feedback and encouragement to the user about the duration and intensity of exercise in which they are performing.

"We would then like to upload this information to a social networking website where a group of people are working toward achieving a physical activity goal. As a consequence of these two modalities of feedback, we believe that we can impact both the user's feelings of control over exercise and the overall value he/she and his/her peers place on it."

While still seeking to secure funding for this project, Streepey and his colleagues propose using two schools and four classrooms.

"Some students would have access to the accelerometers and social network sites and some would not. We would record how much physical activity they accomplished during school hours, and we also would track changes in attitudes toward physical activity through questionnaires."

And while this project isn't focusing on childhood obesity, Streepey recognizes it could have an indirect effect.

"Obviously, the increase in childhood obesity is partially explained by an increasingly sedentary lifestyle," he says. "It would stand to reason then, that anything that promoted physical activity could impact childhood obesity."

In addition, Streepey, along with Kevin Houston, an optometrist in the IU School of Optometry, is studying spatial orientation and balance in patients with spatial neglect ("Where they only see half of their spatial hemisphere," he says).

"We agreed that there could be an automated way to make some of the clinical measures that we were doing. Kevin came up with the idea of using virtual reality, something I used extensively during my post-doctoral training at the Rehabilitation Institute of Chicago.

"We then decided to combine a head-mounted display (fancy goggles) that would project the virtual reality image while using a magnetic tracking device to record hand positions as it moved through space. In doing so, we could measure quickly whether or not there was a mismatch between where an individual believed he or she saw a target in virtual reality and where that individual reached."

Thanks to funding through a grant received from The Indiana Clinical and Translational Sciences Institute, Streepey and Houston are working with the IUPUI Advanced Visualization Lab on creating a prototype they call a "Spatial Analyzer."

"If the prototype is ready this summer, we should be able to start testing it out in the fall," he says. "It could be a good while before we use it on patients, though."

The patients could be those with any type of brain injury—such as stroke—that leads to difficulty in spatial orientation, Streepey says.

"Commonly, these disorders are assessed by having patients perform a series of pointing and perceptual tasks, and their perceptual accuracy is recorded by a clinician. However, a standardized method for the diagnosis and management of spatial localization disorders is needed. Also, a computerized device to automate measurement of the disorder extent or treatment effectiveness would fill a current diagnostic gap."

Using affordable, commercially available motion-capture and virtual-reality hardware, the spatial analyzer could provide clinicians with a fast, reliable method for assisting patients.

Streepey teaches principles and practices of exercise science, biomechanics, and motor development. He received an undergraduate degree in anthropology from Indiana University and a Ph.D. in kinesiology from the University of Michigan. He spent three years as a postdoctoral researcher at the Rehabilitation Institute of Chicago.

His background is studying balance and how that can be influenced by age, maturation, and the ability to utilize sensory information.

– Shanna Mooney

"Our research emphasizes using technology to motivate individuals to exercise."

2010 Efroymson Lecture on International Art, Culture, and Heritage

Andrew Zimmern: Traveling Beyond the Last Train Stop

Monday, November 8, 2010, 7:00 p.m.
Room 450, IUPUI Campus Center
420 University Boulevard, Indianapolis, IN

A book signing, sponsored by Barnes & Noble Bookstores, will follow the lecture.

This event is free and is open to alumni, students, faculty, staff, and the community.

Zimmern's remarks will take participants to worlds that are under-explored and unseen by most tourists. He will discuss how bizarre foods can be key in looking at a culture's sustainability, as well as how they are often links to disappearing cultures around the globe.

Presented as part of IUPUI's Spirit and Place Festival by the Department of Tourism, Conventions and Event Management.

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About Andrew Zimmern Author, teacher, dining critic, and columnist, Andrew Zimmern travels the world, cooking, eating, and exploring food in its own territory. He is the host, co-creator, and consulting producer of Travel Channel's *Bizarre Foods with Andrew Zimmern* and *Andrew Zimmern's Bizarre World*. He hosts the Travel Channel's *Dining with Death* short format series, *World's Best Ballpark Foods,* and *Best Places Ever*. For Zimmern, it's all about discovering the authentic experience.

He also is the editor-in-chief of www.andrewzimmern.com, a travel and dining magazine-style website. He has authored columns for over a dozen popular magazines, is a frequent guest on all the talk shows, and in 2010 was honored as a James Beard Award nominee in the Best Television Personality category.

Zimmern is the author of *The Bizarre Truth* and is a monthly columnist and senior editor for both *Minneapolis-St. Paul Magazine* and *Delta Sky Magazine*. He has served as Super Target's meal adventure guide, sharing his passion for ethnic foods with supermarket customers around the country. From Procter and Gamble's Pepto-Bismol, to Travel Leaders (formerly Carlson Wagonlit Travel) and Elite Destination Homes, Zimmern is a spokesperson for many recognizable brands and products.

A graduate of New York City's The Dalton School and Vassar College, Zimmern resides with his family in Minneapolis, Minnesota.

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