

In Motion

Fall 2013

Momentum: teaching innovation, new initiatives create award-winning opportunities for students, alumni, PETM, and our community

Maria Meschi, TCEM Alumna, Takes Home International MPI Honor



Learn, Equip and Connect

Essential Conversation Series

2013-14



Come learn new things about your industry, equip yourself with tools to enhance your career, and connect with fellow alumni, faculty and industry professionals.

The 2013-14 Essential Conversation Series will bring you informational, informal events designed to help you in your career or to provide you with networking opportunities.

Each event includes food and beverages and is located in Indianapolis. Though the events are free, registration helps us to be careful stewards of school resources by ordering appropriate quantities of food and drink for you.



INDIANA UNIVERSITY

SCHOOL OF PHYSICAL EDUCATION
AND TOURISM MANAGEMENT

IUPUI

To register, go to:
<http://iuaa.imodules.com/petmseries2013>

Events:

NOVEMBER

How to Create a Personal Elevator Speech
November 12 – 11:30 a.m. – 1:00 p.m.
City Barbeque IUPUI

DECEMBER

Holiday Tea
December 10 – 3:30 – 5:00 p.m.
The Propylaeum

Watch Party for PBS show
“Family Travel with Colleen Kelly”
Featuring Camp Brosius
December 15 – 8:30 a.m. – 10:00 a.m.
Pure Eatery

JANUARY

Women's Personal Finances
January 21 – 3:30 – 5:00 p.m.
USTA Midwest Office, 1310 E. 96th Street

FEBRUARY

An Afternoon Social
February 11 – 3:00 – 4:30 p.m.
Dick's Bodacious Barbeque Downtown

Owning Your Own Fitness Business
February 24 – 3:00 – 4:30 p.m.
Dawson's on Main

MARCH

Strategies for Success – Growing Forward
March 18 – 3:30 – 5:00 p.m.
George's Neighborhood Grill

APRIL

Building Your Brand - How to be Noticed In
Today's Job Market
April 22 – 3:30 – 5:00 p.m.
Granite City Downtown

MAY

Ageing? Don't Fight It, Embrace It!
May 20 – 3:30 – 5:00 p.m.
Chase Legacy Center



8



12



14



18



20



22



28

In Every Issue:

PETM Insider Update	4
Alumni Tracks	5
Donor Honor Roll	27

Opportunities for You:

TCEM in Slovenia	6
PETM Scholarships	7
Online Courses for Physical Education Teachers	8
TCEM Center for Events and Tourism	10
Camp Brosius on TV	12
Kinesiology Alumni Spotlight	14
TCEM Alumna Spotlight	16
Kinesiology Goes Mobile	18
Kinesiology Center for Physical Activity in Wellness and Prevention	20
PETM Study Abroad	24

Contemporary Dialog:

Eating for Energy.	22
Travel: Piran, Slovenia	28
PETM Essential Conversations	30

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Dear Friend of PETM:

Welcome to the latest installment of “In Motion”. The School of Physical Education and Tourism Management is an exciting place to be, and a common theme of this issue is momentum. Not only is momentum fitting in its relation to the title of the magazine, but it also captures the continued development of the school.

This issue highlights the momentum gathering around important areas of focus. This fall, we will launch two new centers within the school. The first, the Center for Physical Activity in Wellness and Prevention, is another manifestation of our history and leadership in the promotion of physical activity. The center will serve to bring faculty, students, and industry together around opportunities to promote and expand research, programs, procedures, techniques and products that promote physical activity. Dating back to 1866, the school has

recognized and promoted the benefits of physical activity, and the center is the next iteration of this effort.

Similarly, in the Department of Tourism, Conventions and Event Management we are launching the Center for Events and Tourism. The goal of this center is to further our program’s position around the interplay between events and tourism. More than ever, the importance of events to stimulating tourism activity are focal points of both student interest and faculty research. The center will link our faculty’s core abilities around events and tourism with the local and national events community, and in doing so, will strive to create unique student experiences.

We also continue to have momentum around teaching innovation. In the past, I have written about the school’s continuing focus on student success and teaching innovation. Of particular note in this issue are articles on how Drs. Streepey and Urtel have completely re-imagined how we teach technology to our students. Also exciting is our engagement with the inaugural MUKESCO Peace Run in Eldoret, Kenya, and international experiences for our students.

Hands-on learning experiences are a key contributor to student success. Speaking of student success, this issue profiles two recent graduates — Maria Meschi and Tommy Means. Maria and Tommy are proud alumni who are already making great contributions to their respective industries. Both Tommy and Maria were beneficiaries of scholarship support when they attended IUPUI.

As our campus recently celebrated the close of a successful fundraising campaign, I was reminded of the importance of scholarships to our students. Nearly three-quarters of our students work while attending IUPUI, many of them more than 20 hours per week! Scholarships are so very important in that they allow students the freedom to work a few less hours and focus on a special class, research or networking opportunity offered by IUPUI. In fact, the further development of scholarships to support our student’s success is now a significant focus of our fundraising efforts. Should you have any interest in learning more about how to create a scholarship, please let me know.

Finally, at Camp Brosius we continue to see exciting momentum. This past summer, “Family Travel with Colleen Kelly”, a nationally aired PBS show, spent nearly a full week at family camp. Check your local listings for mid-December — a whole episode featuring Camp Brosius is scheduled to air at that time!

I hope that you enjoy this latest edition of “In Motion”. With autumn already upon us, I would also like to wish you a healthy and happy holiday season!

Sincerely,

Jay Gladden, Dean

Alumni & Faculty Tracks

Darby Alcorn, BS KIN 2013, works with Acceleration Indiana and Carmel Clay Parks & Rec., Indianapolis and Carmel, Ind.

Ms. Susan Alvarez is serving on the 2014 Spirit and Place Festival's steering committee.

Dr. Rafael Bahamonde is now Associate Dean of the school. He recently was appointed as the Louis Stokes Midwest Center for Excellence, Director of Faculty Outreach.

Alyssa Barker, BS KIN 2013, works in physical therapy in Scottsdale, Ariz.

Mr. Jay Bradley will be inducted into the IUPUI Athletics Hall of Fame on January 31, 2014.

Lana Brown, BS KIN 2013, works at Forest Manor, Indianapolis, Ind.

John Bushman, BS KIN 2013, works with Carmel Clay Parks & Rec., Carmel, Ind.

Jared Catron, BS KIN 2013, is an assistant professional at Eagle Creek Golf Course, Indianapolis, Ind.

Mike Clevenger, BS KIN 2013, is assistant football coach, Marian University, and intervention officer, Decatur Middle School, Indianapolis, Ind.

Brittney Curry, BS KIN 2013, is a personal trainer, Fort Harrison YMCA, Indianapolis, Ind.

Nate Godsey, BS PE 2008, works at Get Real Sports, Carmel, Ind.

Emily Gosser, BS TECM 2009, is meeting sales manager with Visit Indy.

Kalvin Harris, BS KIN 2013, is assistant to the dean of students at Ben Davis High School, Indianapolis, Ind.

Dani Jones, BS KIN 2012, is teaching at Crispus Attucks Medical Magnet High School, Indianapolis, Ind.

Dr. NiCole Keith is a candidate for Vice President of the American College of Sports Medicine. She also assumed a joint academic position as a Research Scientist in IU Center for Aging Research, an Investigator in Regenstrief Institute, Inc., and our school.

Jon Knoy, BS TCEM 2009, is program coordinator at Emory University, Development and Alumni Relations, Atlanta, Ga.

Katie Loscar, BS KIN 2013, works at Center Grove High School in Greenwood, Ind., as assistant swim coach and strength and conditioning coach.

Jordan McIntire, BS KIN 2013, is graduate assistant, PETM Department of Kinesiology, Indianapolis, Ind.

Kyle McIlrath, MS PE 2011, is deputy director at Forest Manor, Indianapolis, Ind.

Samantha Mersch, BS KIN 2013 accepted a position with Griswald Home Care, Columbus, Ind.

Dr. David Pierce received the Research Grant Award at the Sport Marketing Association Conference in Albuquerque, N. Mex.

Steve Richardson, BS KIN 2013, is a personal trainer at Fitness By Design, Indianapolis, Ind.

Garrett Rosh, BS PE 2011, works with Get Real Sports, Carmel, Ind.

Clark Russell, BS KIN 2013, is with Pinheads, Fishers, Ind.

Matt Scott, BS KIN 2012 is PE/health teacher at Christ the King School in Indianapolis, Ind.

Lee Seibold, BS KIN 2012, accepted a position with William Henry Burkhart Elementary, Indianapolis, Ind.

Chad Simmons, BS KIN 2013, is graduate assistant, PETM Department of Kinesiology, Indianapolis, Ind.

Samantha Smith, BS KIN 2013, works with Personal Best Fitness in Scottsburg, Ind.

Brittney Usowski, BS KIN 2013, is graduate assistant, PETM Department of Kinesiology, Indianapolis, Ind.

Katherine Vanosdol, BS KIN 2013, is sports director with Cereland Park, Columbus, Ind.

TCEM Faculty Represent Indianapolis, IUPUI in Slovenia



The bond of sisterhood is a strong one. The relationship must weather the unknown and generally becomes stronger in the process. Such is also the case with Sister Cities Indianapolis and Piran, Slovenia.

This past summer, Indianapolis Mayor Greg Ballard cut short his trip to meet with Piran Mayor Peter Bossman when Indianapolis Police Officer Rod Bradway was tragically shot and killed in the line of duty. The trip was to further the cities' relations. Thankfully, however, Mayor Ballard's travel companions, Amanda Cecil, associate professor and TCEM program director, and Susan Alvarez, TCEM lecturer, continued on with the trip, which ultimately succeeded.

"I think that while Mayor Bossman was disappointed that Mayor Ballard was not there, he and his staff still were incredibly gracious and welcoming and did not alter their itinerary," Alvarez

says. "I was surprised at how much time Mayor Bossman spent with us. It was great getting to know not only him, but members of his staff as well. It was fascinating to learn more about Piran, and look at the challenges they have been facing due to the economy, but also to see how well they are at dealing with tourism."

Once the events were attended to successfully, Cecil and Alvarez had educational items on the agenda as well, and ventured on to university visits.

"Susan and I met with several administrators and faculty from the University of Primorska to find ways to expand our partnership," Cecil explains. "We are looking at student and faculty exchanges, shared research projects, and short and long-term study abroad

opportunities. Currently, we are partnering on a video-conferenced class, and we welcomed a visiting scholar to our campus this summer.

"We hope this partnership will afford many student (both undergraduate and graduate) experiences. It may be via study abroad or a joint course or project. We are very excited about the potential opportunities."

Alvarez agrees, and also sees the potential to expand opportunities for TCEM students.

"For me, the university visits were a highlight," she says, "As I want to explore how we can do more in terms of both faculty exchange and a student study abroad experience. An idea we are looking at is how to incorporate not only Piran, but also Cologne and Monza as well as a student study abroad opportunity due to the closeness of all the cities. I feel there are some real opportunities there."

— Shanna Mooney

Meet Brandon Lawhorn, Current Kinesiology Student

Brandon received one of two 2013 P. Nicholas Kellum \$1,000 Scholarships.

Brandon indicates, "Receiving the Kellum scholarship was a great honor. It reflected my work ethic and dedication to my academics. Thank you to those who honored Dr. Kellum through this scholarship. You are helping a working student with the ever increasing tuition costs."

► **PETM Scholarship Numbers**

This year, PETM provided 42 scholarships amounting to nearly \$70,000 in assistance to TCEM and Kinesiology students. Thanks to the donors who helped make this possible.

But there's more work to be done. Despite this success, more than 900 students did not receive Kinesiology or TCEM scholarships.

► **Scholarship Facts**

Scholarships provide working students with the ability to focus on their academic success and career planning, and nearly 75 percent of our students work.

Scholarships help students participate in experiential learning, such as study abroad and career-related conferences.

Scholarships help students like Brandon, as well as TCEM alumna Maria Meschi (see page 16) and Kinesiology alumnus Tommy Means (see page 14), succeed.

Scholarships reduce student debt, something increasingly important in this economy.

► **You can help!**

You can contribute to already existing department scholarship funds. TCEM and Kinesiology have accounts for student scholarships established through the IU Foundation.

Gifts of \$10,000 or more may establish permanent scholarships, utilizing investment earnings to offset tuition.

Give online today at <http://petm.iupui.edu/give> or contact Laura Klaum, lklaum@iupui.edu or 317/274-1484 for more information.





New online graduate courses target state standards, help meet licensure requirements

Beginning next spring, Indiana physical education teachers will have a new, high-quality online option for fulfilling professional development requirements for teacher's license renewal. The Department of Kinesiology is set to launch six graduate-level, one credit-hour courses specifically designed for physical education teachers. These short courses, aligned with Indiana's educational standards and focused on collaborative learning, will be delivered online in four-week sessions during the academic year and summer.

The new courses will not only help teachers meet the current requirement to complete six semesters of approved college courses every five years, but will also provide viable post-graduate study in their field.

"Most professional development courses are very general and not geared to physical education," says Rafael Bahamonde, PhD, kinesiology professor and PETM associate dean. "Our courses are developed by faculty members with expertise in the field and explore topics that directly correlate to the existing state standards, such as assessment, youth fitness, adapted physical education and nutrition."

Bahamonde expects the new offerings to be a welcome alternative for teachers whose options for viable

Online Ed for Physical Education

graduate-level education have been limited in recent years due to the state's decision in 2002 to discontinue requiring a master's degree for teacher license renewal. With few teachers pursuing the curriculum-teaching track in graduate programs, many accredited universities, including IU, were no longer able to offer these courses. The department's new courses, which will use the latest technology in online education, were developed to meet the needs of today's working teachers who generally prefer the convenience of short online modules, flexible scheduling and a collaborative learning environment.

"Teachers are looking for interaction with peers within a learning community, and that's definitely something our new courses provide," stresses Bahamonde. "They also want to take courses from an accredited university in a program that allows them to complete their professional development requirements conveniently."

In addition to the six topical courses, a seventh course, an introductory module offered at no charge, highlights the courses and outlines expectations. For more information about the new graduate-level professional development courses, contact Rafael Bahamonde, rbahamon@iupui.edu.

— *Jill Jansen*



TCEM Announces New Center

The hub is a crucial part of a wheel because it provides a support that goes outward to all parts of a wheel's edge. TCEM's Center for Events and Tourism aspires to be that dynamic hub for tourism in Indiana.

The center seeks to be a resource for any organization that runs an event of significant scale. That includes things like street research and student projects, as well as local convention and visitors bureaus, according to Dean Jay Gladden. "For example, Amanda Cecil (associate professor and TCEM program director) headed the development of the Super Service training program created specifically for the Super Bowl," he says. "But it is being adapted for use by other industry businesses in various locations throughout the state."

The goal is to engage students, faculty and other resources when businesses need help with data collection, idea generation, or plan development and implementation.

"We have this treasure trove of faculty expertise, research, educational products and contact with the media, and we want to let people know what is available," says Amanda Cecil, PhD, CMP. "This also provides us with a vehicle to partner with

industry and engage students specifically around events."

It's also an opportunity for students to work side by side with some of the best industry minds in Indianapolis. "On the student side, we're getting to engage with businesses that handle these services and getting hands-on experience from conception through to the end," says Larry Jenkins, a TCEM graduate student who helped organize the center. "And on the business end, they get an infinite amount of resources at a significantly lower cost."

He cites an example of hiring a consultant to do research. "Say an organization needs to know who is visiting Indy. What are the things they like to do?" he asks. "Using the center, we can do the research as part of a contract or grant, as a learning opportunity for students, on internship — we could have an entire program that could be working potentially on one project."

There is also a definite plan to tie in student projects, initiatives and internships as well, according to Cecil.



for Events and Tourism



"This high bar of experience will allow us to recruit high-ability students locally, nationally and internationally," she says.

Jenkins adds it's also about talent development. "Such collaborations produce a higher caliber of talented graduates

they work for or are aware of an organization that has research or educational needs," says Gladden. "We would also be happy to talk to them about any ideas they have on advancing the center. Input is always welcome."

—Lynnell Nixon Knight

who can go right into organizations and have immediate impact," he says. "We are an event-driven city. We do more events to drive our downtown economics than any other city of our size. It makes sense to have this partnership with the school."

PETM alumni and friends can be an important help toward the center's success, providing resources, networking opportunities, research contracts, and even mentoring. "We hope alumni will partner with us by letting us know if

TV Show Features



Kinesiology students Jordan McIntire, Brock Winters, Joy DeBaun and Chad Simmons think you should vacation with Camp Brosius.



Amanda Cecil and her son Cole share a magic Brosius moment.

Camp Brosius offers that rare thing in today's world — a chance for families to unplug, play together and create magical memories. It's not just for college camp. It's a family destination of choice.

Brosius recently caught the attention of *Family Travel with Colleen Kelly*, a show that airs on over 200 PBS stations nationwide. They filmed a feature on Camp Brosius this past summer which is scheduled to air locally on December 14 and 15, depending on the market.

The show's producer Tricia Fusilero says they came across IU's family camp while doing research for family experiences, and decided to feature it along with other family travel options such as a cruise, Cheyenne, Montreal and even destinations as far away as Ireland.

Tricia attended with her ten-year-old daughter, show host Colleen Kelly and

her family, and several other crew members. "This was one of my favorite experiences," she says. "You could just feel the tradition. There were many families who'd been there year after year — but there also were new families like mine."

One attendee featured in the show is IU alumnus Ed Sputh, BS Business 1975. Ed's family has a long history with Camp Brosius and Indiana University. His grandfather and great grandfather were involved in establishing the camp as a physical education training tool in 1921.

www.campbrosius.com
317.274.0606

IU's Camp Brosius

He himself has attended nearly every year since 1951, along with his brothers Dennis, Ted and Fred — all IU alums — and their sister Sara.

Elkhart Lake, Wisconsin, is camp's home. Ed's family travels from Seattle, Denver, Lafayette, Indianapolis and Phoenix. His daughter Heidi visits from Florida, and several nieces and nephews come from other locations. "It's the only time I get to see some of my family," Ed says. "The home we grew up in no longer exists because our parents died a few years ago. Now this is our family home."

"There's a feeling, just something about this place," says Sputh. "I love seeing my grandkids doing the same things I did at their age — jumping into the same lake from the same docks."

TCEM faculty Amanda Cecil's family is starting down that same path. Amanda indicates, "Camp Brosius has been THE place that my family has disconnected from daily grind of work, school, and life, and reconnected with each other! It is a special week that our kids talk about all year. We started going six years ago and then started inviting others to join us. Our group gets bigger and bigger and now it is not just a vacation, but a valued family tradition!"

Amanda's cousin April cuts right to the chase, "My daughter will no longer love me if we don't go to Camp Brosius!"

Camp director Wiley Craft, BS Physical Education 1977, and his wife Mary have led Camp Brosius for the last six years, although he's been involved with the camp on and off since he was 15 years old. "I started as a kitchen boy in 1974," he says. "There've been some great renovations to the place in the last five years thanks to IU alumni, donors and friends. We updated, but camp's magic and charm remains the same."

Keeping the same feel is important for a place like Camp Brosius because tradition runs through its heart and soul. The bathrooms may be modern, but the good old-fashioned formula for family fun remains the same.

Each day starts with a flag raising ceremony and children's songs. "Songs are such a big part of the tradition at camp," says counselor and PETM kinesiology student Joy DeBaun. "Counselors arrive two weeks early to train, get the camp ready and plan the programming. We're all CPR certified, and we plan an endless amount of fun and festivities for families."

Each morning, adults elect to have free time or planned activities, while children are divided into appropriate age groups to enjoy traditional camp experiences. Parents relax, knowing children are nearby, unplugged from technology, being physically active and having fun. Everyone gathers for a noon meal, and planned activities resume until around 4 p.m. when the families get back together for fun evening programs like talent shows and theme parties. The fear of overnights away from parents is eliminated, as families stay together in their accommodations.

PETM kinesiology grad student Chad Simmons was the children's program director this past year, and says the kids love the activities, which range



The Sputh family vacations annually at Camp Brosius.

from a water carnival to caving — although everything is optional.

He says it was great to see kids interacting with other kids, moms, dads, aunts, uncles. "Sometimes whole buildings will be reserved for an extended family," he says. He adds that if he were to write a mission statement for Camp Brosius, it would be: "To provide a welcoming retreat that combines a number of traditional camp experiences with a family vacation."

Tricia says the whole atmosphere just encourages relationships and relaxation. "And not having to cook or clean up just took away so much stress," she says. "We had so much fun, we're going to try and go back."

PETM kinesiology grad student and 2013 adult program director Jordan McIntire may have the essence of Camp Brosius summed up when she says, "Once you go to this place, it has your heart."

— *Lynnell Nixon Knight*

Service learning helps alumnus soar



Rare is the student who develops such an affinity for their area of study that they immerse themselves fully into it—and do so to the extent of being awarded a national honor before they even complete a graduate degree. Tommy Means, however, is just such a student.

Means earned his Bachelor of Science in Kinesiology, with a major in exercise science, in 2012. And while doing so, he worked and gained valuable knowledge as a Service Learning Assistant at IUPUI with Dr. Stanton's Motor Activity Clinic and Ability Fitness Clinics.

"After graduating, I immediately began my master's program at the University of Wisconsin-La Crosse in the College of Health and Science," Means says. "My major is therapeutic recreation."

But continuing with the hands-on approach to education he experienced at IUPUI, he also worked part time at the Chileda Institute (chileda.org), a residential facility and school for youth with exceptional needs.

"I was a program assistant with responsibilities of providing direct care to residents/students and assistants during classroom times and recreation activities," he says.

It is for his work in the field—as well as his stellar potential as an academic—for which he is being honored with the Academy of Leisure Sciences Future Scholar Award.

"The award goes to a graduate student who shows excellent potential in pursuing a doctorate and being a contributor to the field," Means explains. "The award is presented by the Academy of Leisure Sciences at the National Recreation and Parks Association Congress (academyofleisuresciences.com).

"A major goal of the award is to meet some of the top researchers and scholars in the field," he says. "It will be a great opportunity to talk to professionals from different universities I may pursue for my doctorate. As an award recipient, I am also given a mentor from the congress to guide me through the process."

While Means has done an extraordinary amount of work to achieve this honor, he credits IUPUI with preparing him.

"This award is, in no small way, a reflection of Dr. Stanton's guidance and my time at IUPUI," he says. "I think the most important part of the PETM program was the service learning component," he continues. "Having the opportunity to apply skills and knowledge learned in the classroom in the community was invaluable. The experiential learning of that program allowed me to narrow my focus and realize where I wanted my career to go."

And he's getting closer to that career all the time.

"At the end of this academic year, I will have completed all my coursework, and I plan on staying at Camp Winnebago as the program coordinator for one more summer," he says. "In the fall, I will complete an internship as required to sit for the National Council of Therapeutic



Recreation Certification exam, which will certify me as a Certified Therapeutic Recreation Specialist (CTRS).

"I hope to complete this internship at Indiana University's Bradford Woods. During the fall of 2014, I also will apply to doctoral programs in leisure studies. I'm considering IU, Clemson and Waterloo.

"After completing my doctoral program, I would like to begin a tenure track position at a university teaching therapeutic recreation," he says. "And I hope to find a university that values the use of outdoor recreation as much as I do and allows me to utilize natural environments to teach, research, and practice therapeutic recreation."

— Shanna Mooney

Maria Meschi: Rising Young Professional Earns International Recognition

Maria Meschi, Events Management Certificate 2010, brought some reflected glory to her alma mater as the most recent recipient of the Meeting Professionals International (MPI) RISE Award for Young Professional Achievement.

MPI is an international consortium of more than 20,000 event industry professionals from 86 countries, existing to build community within the meeting industry. The TCEM department at IUPUI has been very involved in the local state chapter, with several students active as members and a healthy representation of alumni on the board.

Meschi's own involvement with MPI began as a student, and after a year, she was tapped to join the board in a communications capacity. "I had a telecommunications background, and there was a need for this skill set," she says.

"Maria came through our certificate program, and she's been on the fast track ever since," says TCEM Associate Professor and Program Director Amanda Cecil, PhD, CMP. "She's an amazing planner with the hybrid skills of a creative person who can follow through with the detail work."

Meschi became involved with MPI via the encouragement of Cecil, but soon realized there were a lot of people who didn't have any connections. "Many attendees would come on the scene not knowing who to talk to or what to do," she says. "People would come to one meeting and never come back."

She noticed other chapters reaching out to young professionals via emerging leaders programs, and she wanted to do something similar in her own chapter. She thought it was so important that she was willing to step off the board to lead a committee — or do whatever it took to get the ball rolling.

Instead, understanding its importance, the board decided to create an emerging leaders position and appointed Meschi to pioneer the effort. She promptly formed a student involvement group to transition students from their academic to professional environments. "Students already know logistics of their jobs, but they generally lack networking and professional development skills," she says.

She also initiated a mentor program, pairing interested members with experienced professionals in the chapter who have the skills they want to develop. The pairings are structured to be approximately four months long. "We give them a framework and ask them to meet at least once per month, but each group has the freedom to make their own agreements and set their own goals," says Meschi.

In addition, she developed a system to target young professionals who register for MPI events. "We reach out and welcome them with a specialized greeting, so no one is walking into their first meeting shell shocked and terrified," she says.

Meschi was nominated by the local board members for the RISE award, and went through a detailed vetting process. When she eventually got the call telling her she'd won, she felt deeply honored. And not without good reason.

"The award she won is international," says Cecil. "Only one young professional in the world is recognized this way annually — and Maria was it!"

— *Lynnell Nixon-Knight*



Kinesiology computing course goes mobile

Mobile technology is used in more places every day. Beginning this semester, the school's kinesiology classrooms are no exception. In what Department of Kinesiology faculty members call "a natural evolution of technology," new mobile data collection kits, including an Android tablet and several kinesiology sensors, are now available to students in the department's required course, "Microcomputer Applications in Kinesiology." To more closely resemble the professional working environment, the course has also changed from a lecture/exam format to an interactive model in which students work together on team-based projects.

"We determined through faculty surveys and graduate exit interviews that to be most effective, the classroom technology needs to be not only consistent with what today's working professionals use in the field, but should match the technology students use in everyday life — tablets, smartphones and apps," says Mark Urtel, undergraduate program director and associate professor, Department of Kinesiology. "Changing how the course is delivered also gives students a taste of what they'll experience on the job, working collaboratively and in small groups."

Portable and easy to use in gyms, recreational centers and training facilities, mobile technology is a perfect fit for on-site, real-time data collection, as kinesiology students are quickly discovering. Monitors and sensors connect wirelessly to Android tablet devices via Bluetooth technology. Using the appropriate software (app), students can record changes in blood pressure, for example, over an extended period of time, such as during an exercise class. Data is then exported from the tablet into Excel where students can demonstrate graphically how blood pressure changes over time with exercise. Graphs and summary statistics can then be placed into PowerPoint presentations to share findings with classmates and faculty.

"The updated technology and new course format will enhance students' capabilities in analyzing and presenting



data, preparing them more fully for the higher-level capstone courses," says Jake Streepey, associate professor, Department of Kinesiology. "It also offers the opportunity for students to become familiar with cutting-edge apps used in the profession, including new accelerometers and some that record video and analyze motion as well."

— Jill Jansen

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Kinesiology Center Targets and Promotes Physical Activity Benefits

Promoting the health benefits of physical activity to encourage more people to get moving is the focus of a new center developed by the Department of Kinesiology. The Center for Physical Activity in Wellness and Prevention is a virtual center aimed at bringing individuals and organizations together to identify and implement best practices for helping people become and remain physically active. Some of the center's goals are to enhance teaching and learning, provide community service, and promote research collaborations involving physical fitness and its benefits for personal health and wellness.

"This new center offers a venue for mobilizing and coordinating all of the exceptional work that's being done in this field — not only by members of our own department, but by others in the central Indiana community," says Steve McKenzie, PhD, clinical assistant professor in the Department of Kinesiology and center coordinator. "We view the center as a catalyst for increased collaboration and an organized way for interested parties to broaden existing relationships and form new partnerships."

Through relevant research and establishing best-in-class, population-specific approaches for increasing physical fitness, the center's overall mission is to "promote participation in physical activity and a pro-health



culture by all members of the Indianapolis community." To meet this objective, IUPUI Kinesiology faculty members prioritized three areas of interest to guide the center's research and service initiatives:

- Identify and develop "best practices" for mobilizing people to become and remain physically active.
- Investigate methods and devices for objectively measuring physical fitness and physical activity (and inactivity).
- Develop a database correlating physical fitness, health status and health disparities, particularly among individuals in lower socioeconomic groups.





“The center is our school’s next iteration of promoting physical activity for better health,” says PETM Dean Jay Gladden. “As the first school to train physical educators, we have always been at the forefront in using physical activity to promote health. This presence is manifested in many ways today through a variety of programs, so it only makes sense that we create a center to further nurture this focus.”

A number of existing programs are already offering opportunities for the center’s involvement, and several IUPUI schools and departments, including the IU School of Public Health, the Department of Communications and the Department of Economics, have expressed interest in collaborating with the center.

The Department of Kinesiology has assembled an advisory board to oversee the center’s activities. The board is currently seeking interested individuals — alumni, graduate students, IUPUI faculty and staff members, and members of the community — to serve as associates. In addition, the center will also sponsor two colloquia each year — the first in November 2013 — focused on topics related to the center’s mission.

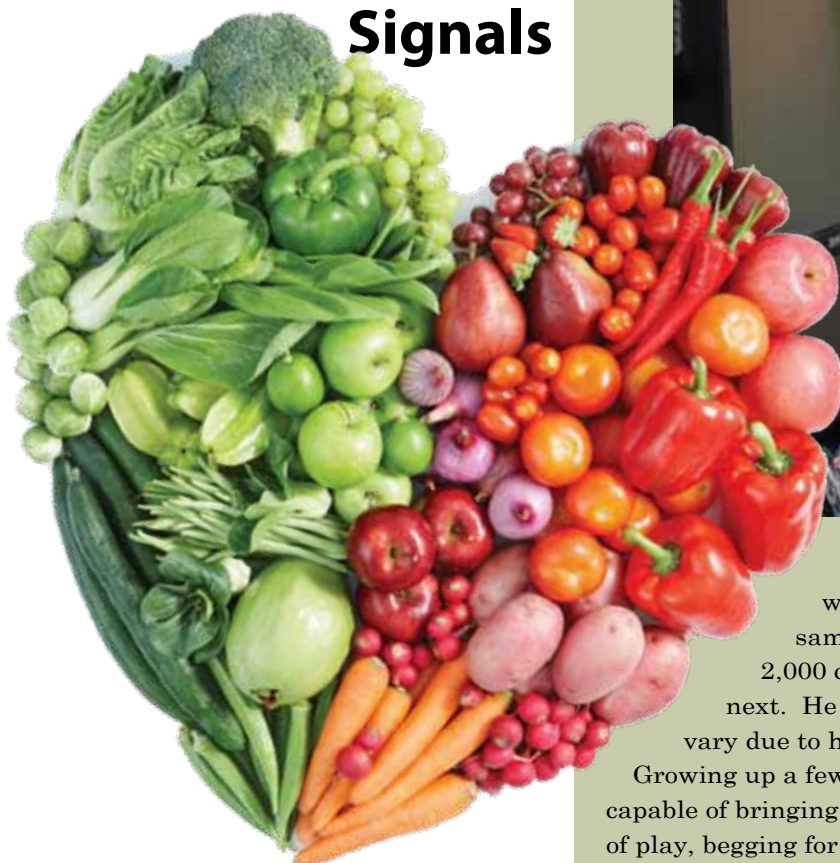


A center website is under development and a newsletter will be launched to provide updates on the center’s activities and upcoming events, including colloquia. In the meantime, if you are interested in learning more about the center or how you can participate, contact Steve McKenzie at stemcken@iupui.edu.

— Jill Jansen

Eating for Energy:

Re-learning Your Body's Hunger Signals



Food is fuel for the body. The human body converts food to chemical energy which maintains our body tissues and allows for growth and physical work. How often does food serve other purposes in our lives?

Celebrations, comfort, tailgates, hospitality, movies, boredom, and the list goes on. Very often in these situations, food is consumed regardless of hunger. Calories consumed in the absence of true hunger often exceed the need for energy and as a result are stored as fat for later use. Re-learning the body's hunger and satiation signals (and listening to them!) can help achieve or maintain a healthy weight, and put an extra beat in your step.



Think about how children choose when and what to eat. When offered the same healthy diet, a two year old may eat 2,000 calories a day one week, and 1,000 the next. He is responding to hunger cues which vary due to his growth rate and activity level.

Growing up a few years, hunger may be the only thing capable of bringing that same child inside after a morning of play, begging for lunch. Later that night, he may engage in a standoff that lasts for hours when being forced to eat dinner when not hungry. If somewhere through the passage of time you've lost these strong determinants to eat or not to eat, don't fret, you can get them back.

I hate to be the one to have to tell you this, but your diet may have sabotaged your body's hormonal messenger system. You may never feel hungry (but you still eat — so you're not listening to your body), OR you're always hungry, and can't seem to stop eating. I'll address both:

I'm never hungry, but I still eat too much!

Your body has a lot of fuel stored in the form of glycogen (in muscles and the liver) and triglyceride (in adipose tissue). When you over eat, you keep these stores full, your blood sugar remains high or adequate, and your body



doesn't get hungry. If you ate a snack at midnight then slept all night, it shouldn't be a surprise that you're not hungry when you wake up at 6 a.m.

I'm not hungry, but I still want to eat!

Eating a diet that contains too many refined carbohydrates, sugar, artificial sweeteners, or is otherwise devoid of nutrition (lacking vitamins and minerals from fruits and vegetables) can leave the body looking for more nutrition, even though it has enough energy. Refined carbohydrates and sugars are processed very quickly and stored for later use by the body. The sweet taste of artificial sweeteners sends a message to the brain to get ready to process sugar, but that sugar never enters the blood stream. The body's need for vitamins and minerals can send signals similar to hunger urging you to eat, even though your stomach may be physically full.

Tips to re-learn your hunger signals:

Eat a few light meals in a row.

- Salads, fruit and vegetable smoothies, cereal and milk.
- Putting your body in a caloric deficit will empty its glycogen stores, and pull extra energy from stored triglycerides.
- This will remind you what real hunger feels like!

Eat breakfast!

You already know, breakfast is the most important meal of the day. If you skip breakfast, you're putting yourself into a caloric deficit that may make you grumpy or eat an enormous meal late at night. It will curb your nighttime raids of the pantry that are caused by that caloric debt you put yourself into (or boredom, and in that case, find a hobby).

Learn to eat according to the Hunger and Satiety Scale

- Think about your hunger on a scale from 1 to 10.
- 1 being you want to chew your hand off, 10 being you are too full to move.
- Make it a goal to begin a meal around a 3 or 4, and stop eating around a 7.
- This will insure you never get ravenous and begin to eat everything in sight, and you never become overly stuffed.

Follow the MyPlate guidelines

- To ensure your body gets the nutrients it needs to make you feel satisfied, you need to eat a balanced diet full of fruits and vegetables.
- Drink plenty of water.
- Enjoy your food, but eat less.
- Make half your plate fruits and veggies.
- Make half of your grains whole grains.
- Avoid sugar, artificial sweeteners, and high fat foods.

That last one is tough, but those are the foods that give us the urge to eat again just a few hours later, even when we are not feeling true hunger. Eating those foods once in a while is okay, just know how your body is going to feel after, and don't give in to the urge to eat again when you know you've consumed an ample amount of energy. Reach for water instead.

It's still a good idea to know about how many calories are in the food you eat, and about how many calories you need to eat each day, but it doesn't need to be something you think about every hour of every day. Weight maintenance is, like a check register, a balance equation. To maintain weight, calories in must equal calories out. You don't need to balance the equation every day, or even every week. But irresponsible behavior left unchecked for an entire month may put you in a hole that is difficult to dig yourself out of.

— Kara Egan, PhD, MPH

Peace Run down, but study abroad opportunities not out for students





Dr. Brian Culp, Kinesiology associate professor, has gained new insight.

"I feel bad for my students not being able to take that trip, but we will carry on," he wrote in a blog post after his trip was cancelled while en route to the airport. "Kenya will too. We know violence happens everywhere. It does give us some new areas of discussion for this semester. 'What is peace?' Is it an ideal or something that is truly obtainable? 'Do international themed events (i.e. Olympics, Goodwill Games) truly function to support peace, or do they carry other social connotations?'"

Culp, who was to be accompanied by PETM grad students Adam Heavrin and Larry Jenkins, says the Moi partnership is a work in progress, and the research shall continue.

"This fits into our university mission and value statements," he says.

It's a terribly sad irony that a trip to support the MUKESCO Peace run, which aimed to bring together people from the villages surrounding Moi University in Eldoret, Kenya, in a peaceful celebration of health, sports and different cultures, had to be cancelled due to violence.

"We participate in these endeavors to expose our students to life outside of the state of Indiana and to break down common misconceptions regarding sport and life in developing countries.

"Africa is also an emerging market that is worthy of study and examination. In my opinion, these types of programs really help frame the purpose of higher education—to help students critically think, get out of their comfort zone, be involved in experiential learning, produce leadership opportunities, assist students in career development, advance learning and opportunities for others in the future, and provide meaning instead of compiling tasks just for the purpose of doing so.

"The other interesting aspect of the partnership," Culp continues, "is to continue to find new avenues to get Moi University and Indiana University to be more involved with the local community in Eldoret. The university already has a pretty strong presence with USAID AMPATH (www.ampathkenya.org).

"One of our ultimate goals is to help foster an environment for the exchange of ideas and give students from both schools an opportunity to study the impact of sport on communities."

Support for study abroad opportunities for students like Larry and Adam is provided through the Efroymson Family Fund, a CICF Fund. Dr. Culp is partnering with the university's study

abroad office to identify options for Larry and Adam to engage in a different international experience. Next spring, TCEM students will receive assistance to participate in a cruise line management course, and one outstanding student will be selected to spend a semester abroad in Germany. For information about how you can support student study abroad, contact Laura Klaum, lklaum@iupui.edu.

— Shanna Mooney

The Charitable Gift Annuity: The Gift That Gives Back to YOU

Have you ever considered making a gift to the School of Physical Education and Tourism Management or Camp Brosius – and also a gift to yourself – at the same time? If so, a charitable gift annuity might be for you!

The name says it all. It's both a charitable gift and an annuity. To create the charitable gift annuity (CGA), you can contribute property to PETM or camp (through the Indiana University Foundation) and then you'll receive back an annuity for life. Gift annuities can be funded with modest amounts — starting at \$5,000 — and multiple annuities can be created over time.

CGAs provide lifetime payments to you and/or your designated beneficiary (up to two lives total). The payments are

fixed, and therefore not affected by changes in the stock market — providing a safe, reliable income stream. The gift annuity rate is based on the age of the annuitants.

In addition, gift annuities qualify for major tax benefits. You can take an immediate charitable tax deduction in the year of your gift. At the same time, if you transfer appreciated property in exchange for a CGA, any capital gains tax liability will be spread out over your life expectancy. Plus, part of your payments will be tax-free.

Finally, and most importantly, your gift will support PETM in a significant way. You can support any area within the school — whether it's scholarships, academic programs, Camp Brosius or other — and know that you are making an important gift for our future. Please contact Laura Klaum, 317.274.1484 or lklaum@iupui.edu, for more information.

— *Kate Brinkerhoff*
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Piran, Slovenia: sister city to Indianapolis and a great place to visit

I had the opportunity to travel to Piran, Slovenia in September 2013 as a member of the delegation of the Indianapolis Sister City Partnership, and I can truly say, this is a hidden gem.

I am not sure why I was expecting a post-cold war, dark and depressed location, but what I found was anything but that. Piran is a vibrant, active, colorful and historic town. Their architecture reflects their influence from not only the Venetian Republic, but medieval walled cities, as well.

Located on the Gulf of Piran and the Adriatic Sea, this tourist-friendly town of about 17,000 is a mixture of Italian and Slovenian cultures. Piran is in part a peninsula, which at its point provides incredible views of both the coasts of Croatia and Italy. While it does not have an actual beach, there are many piers that jut out into the water, allowing for swimming in some incredibly clear waters.

In terms of history, Piran is the birthplace of Giuseppe Tartini, an Italian baroque composer and violinist. You can visit Tartini house and see artifacts from his life, or visit Tartini square (the town's main square) where you will find restaurants, cafés and the many events. While I was there, they had a very fun flea market where you could buy antiques, trinkets, jewelry and food. It is the place for both locals and tourists to mix and mingle.



We stayed in the Hotel Piran, which was built in 1913, but renovated in 2002. While the decor is still a bit dated, the view from my room was amazing. My room, like many, faced the water, and most have balconies which allow you to watch the comings and goings on the bay or the town. The hotel offers Wi-Fi, a restaurant and a café that has seating facing the water. They also have several spa services available onsite, and rates usually include a very nice breakfast buffet.

A fun fact about Piran is that they limit the number of cars into the town. There is a huge car-park just outside the entrance to the town, and they offer a free shuttle bus to the various locations.

In terms of places to eat, do not expect to find fast food – what you will find is a mixture of Italian, Mediterranean, Yugoslavian and seafood restaurants of all price ranges. We enjoyed a wonderful Italian meal as well as great fresh seafood (mussels, calamari, sea bass to name a few). Do expect to dine at a leisurely pace.

A must-do on your trip is a visit to the Church of Saint George, which sits on top of the hill overlooking the town and the bay. The view is simply spectacular. To get there, you meander through narrow cobblestone streets and steps which are a wonder to explore, as well. Piran has an aquarium, several galleries and museums, a couple of smaller squares and other shops.

A don't-miss shop is Piranske Soline – which has some of the best salted chocolates made from salt mined at the Sečovlje salt flats at nearby Portorož. Consider buying what they call salt flour which is a great finishing salt, and of course the chocolates. In addition, they offer many other items made from salt. If you have the time, a trip to the flats is a great experience, as it houses a Nature Park, the working salt flats and a newly added spa.

I would highly recommend a trip to Piran – as it will exceed your expectations.

— Susan Alvarez, MS



PETM Essential Conversation Event Promo

Continuing education is more than attending the occasional night class. In fact, it's quite often about gathering together with others in your industry to share tools and new ideas, make connections - and have some fun.

The School of Physical Education and Tourism Management at IUPUI is keen on providing just such gatherings for its alumni through a series of events, now in its second season, and aptly named Essential Conversation Series.

This year's theme is "Learn, Equip and Connect" and the monthly events are designed to provide informal yet informational opportunities for PETM grads to meet and learn from experts and each other, enjoying food and beverages at locations throughout the Indianapolis area.

Coordinator Melissa Seibert says there's been a positive response to the mixers where the idea is to provide useful career information and networking opportunities in a fun, relaxed environment. "We think it's important for our alumni to keep engaged with each other, so we want to give them discussion forums that are valuable as well as interesting."

Stacy Raysor-Mitchell attended events last year and says those discussions were indeed helpful — especially since she is tweaking her career path after being in the hospitality industry for over 20 years.

"For one thing, it's good to know I'm not the only one in the process of changing. And I definitely enjoyed hearing



ideas about how to get connected with key people to further your career," she says. "You don't have to re-invent the wheel, but you do need to develop a few qualified connections."

Raysor-Mitchell was also impressed with the responsiveness of the series administrators. She filled out a survey and noticed her comments were integrated into one of the following sessions. "They heard me," she says simply. "They're

responding to our needs."

According to Seibert, that's very much a part of the mission. "We want to hear where the needs are," she says. "It's very much a part of equipping people."

This year's events go from October through May, covering topics from finances to branding, and employing venues like a local winery and the Propylaeum.

"Kinesiology-related fields and tourism, conventions and event management careers are changing. Our industries and the ways we deliver services are evolving, and the manners in which we move forward in our professional lives are changing, too," says Seibert. "These events provide a good central meeting opportunity for people to hear from the experts, try some new things, pick up a few tips and — always, always — be networking."

— *Lynnell Nixon Knight*

Event Details

Who Anyone may attend, but this event will be particularly geared for:	What & Presenter(s)	Where	Date	Time
All alumni	How to Create a Personal Elevator Speech – Jaime Lira, IU Kelley School of Business Alumnae	City Barbeque: IUPUI location, 621 W. 11th Street, Indianapolis	12 November	11:30 a.m. – 1:00 p.m.
All alumni	Holiday Tea	The Propylaeum: 1410 N. Delaware Street, Indianapolis	10 December	3:30 – 5:00 p.m.
All alumni	Watch Party for PBS Show “Family Travel with Colleen Kelly” featuring Camp Brosius	Pure Eatery: 1043 Virginia Ave., Indianapolis	15 December	8:30 – 10:00 a.m.
Female alumni	Women’s Personal Finances – Dawn Brannon Braun with Raymond James Associates	USTA Midwest Office: 1310 E. 96th Street, Indianapolis	21 January	3:30 – 5:00 p.m.
All alumni	An Afternoon Social	Dick’s Bodacious Barbeque Downtown: 50 N. Pennsylvania Street, Indianapolis	11 February	3:00 – 4:30 p.m.
Kinesiology alumni	Owning Your Own Fitness Business – Steve Fallowfield, Visiting Lecturer, et al.	Dawson’s on Main: 1464 Main Street, Indianapolis (Speedway)	24 February	3:00 – 4:30 p.m.
All alumni (especially business owners)	Strategies for Success – Growing Forward – Sandi Ballard, Herron School of Art alumnae	George’s Neighborhood Grill: 6935 Lake Plaza Drive, Indianapolis	18 March	3:30 – 5:00 p.m.
All alumni	Building Your Brand – How to be Noticed In Today’s Job Market – David Pierce, Assistant Professor	Granite City Downtown: 49 West Maryland Street, Indianapolis	22 April	3:30 – 5:00 p.m.
All alumni	Aging? Don’t Fight It, Embrace It! – NiCole Keith, Associate Professor	Chase Legacy Center: 727 North Oriental Street, Indianapolis	20 May	3:30 – 5:00 p.m.



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