

MOV SCOOP

GVSU, Department of Movement Science



Mov Scoop is the Movement Science Department's end-of-the-semester publication. Its purpose is to showcase and share the many accomplishments, exciting projects, and research interests of Movement Science faculty members and students within our three programs. This publication attests to the passion, dedication, and energy faculty members in EXS, FIT, HPE, and SPM bring to GVSU



PHYSICAL EDUCATION RECHARGED

The GVSU Health and Physical Education Teacher Preparation Program Faculty and the Ottawa County ISD hosted "Physical Education Recharged" professional development for local PK-12 teachers.



See Jennifer Olson presenting moving with nutrition, and Russ Shifferd presenting ultimate frisbee skills.

HPE ALUMNI THRIVING ALL AROUND THE COUNTRY

Bri and CJ met as undergrads in the HPE program at GVSU and both played Lacrosse. Once they graduated, they got married and moved to Wyoming to do amazing things in the PE/Health world. Bri is in her 9th year of elementary PE/Health. Currently working at Woodland Park Elementary School in Sheridan WY. CJ is in his 10th year of teaching. 9 years of high school PE/Health and 1 year of Elementary PE/Health. He is currently teaching at Tongue River High School in Dayton WY. He is also the Assistant High school football coach and Head Wrestling Coach. Together they started the first-ever girls lacrosse team in Sheridan WY last year.



Emily is currently in her 6th year as an Elementary Physical Education teacher in Deerfield, Illinois. She teaches at Kipling and Walden Elementary Schools and recently secured a large grant for her school district to have Lu Interactive technology screens installed in all the elementary schools

FIT 153 CLASSES SET SAIL

Under the instruction of Dr. Giardina and Captain Roberts the FIT 153 classes set sail this fall learning in the classroom, on Zumberge Pond, and on Lake Michigan.



UNDERGRADUATE RESEARCH TEAM COMPLETE 2 RESEARCH STUDIES

The undergraduate research team of 15 students in Dr. Glass's lab completed 2 research studies, one of which was a student-initiated project. That study, initiated pre-COVID by Steven Zanders (class of 2020) was titled "Effects of pre-exercise warmup on muscle activation and jump power." We specifically were studying the impact of a vibrating foam roller (a new device) compared to a standard foam roller as well as stretching. The study took 3 years to be completed due to COVID shutdowns, but data are now collected, and the students are in the process of computation of all data. The second study was a 2-week training study, examining the effects of instability training on improvements in muscle activation stability during a challenge. Subjects trained for 2 weeks with a "slosh tube", a water-filled training device, while control subjects trained with just a tube (no water). Results showed significant improvements in stability after just 6 sessions of training. Students designed all of the treatment protocols and a method of accurately measuring jump height using high-speed cameras. Future studies will use training devices currently in design in the lab for weaker and more clinical populations.



UNIFIED SPORTS

FIT 180 Unified Sports debuted in the fall 2023 semester and landed an article in the Lanthorn.

SPORT MANAGEMENT COMMITMENT DAY 2023

Sport Management held its inaugural Commitment Day on September 15th for its largest freshmen class in program history. Students are committed to developing, discovering, and dedicating themselves to the profession. In turn, the faculty is committed to mentoring, teaching, and assisting students to achieve their goals. Students also had the opportunity to meet with GVSU RecWell and Athletics about jobs; the Career Center; CLAS Advising; and others to enhance their overall experience at GV. Students left the event having met the faculty, a SPM t-shirt, SPM stickers, and feeling welcomed and valued as a Sport Management student.



FACULTY ATTENDS SHAPE CONFERENCE

As she has been doing for the past several years, Dr. Beaudoin attended the Society of Health and Physical Educators (SHAPE) America conference in Seattle, WA as a presenter and chairperson for the College/University Instructional Physical Activity Programs (C/U IPAP) session and Coffee Talk held on March 31. The session had 4 presenters representing instructional physical activity and wellness programs from across the country who shared information related to innovative teaching strategies, effective administration, research, and advocacy related to IPAPs. Additionally, Dr. Beaudoin and Co-authors Dr. Lewis and Karol Tiemersma had a presentation titled "Instructional Physical Activity Courses and Student Success: Impact of COVID". This presentation shared preliminary descriptive data and suggestions for gathering markers of student success (e.g., retention, graduation rates, and academic performance) and the potential impact of instructional physical activity programs in supporting student wellbeing. Attending SHAPE allows Dr. Beaudoin to connect with faculty and administrators of instructional physical activity programs on college and university campuses. Learning more from a network of colleagues who share best practices for IPAPs allows us to enhance our FIT course offerings at GVSU. It is essential for student health and well-being that we continue to offer these instructional PA courses. Each year we continue to expand our FIT course offerings, refine course objectives and assessments, and critically examine best practices relative to enhancing instructor effectiveness, and overall student and instructor experiences within the FIT program.

HUMAN TRAFFICKING EDUCATION IN HPE 267

Guest speakers Teresa Fetterley, Jamie Presler, and Kevin Akin were invited by Professor Rachel Fetterley to lead her HPE 267 (Health and Movement Education for Elementary Teachers) in a presentation on human trafficking (HT). This took place in Professor Fetterley's class during both the Fall and Winter semesters. Teresa Fetterley and Jamie Presler are certified A21 Human Trafficking Trainers and Kevin Akin is the principal of Grant High School, where Teresa is a counselor and Jamie is an interventionist and academic coach. Teresa and Jamie are a part of the Michigan Think Tank Team, contributing to the development of A21's Human Trafficking Prevention K-12 Curriculum. The three guest speakers recently presented this curriculum to the MDE and to the Governor's Office.

The presentation was aligned with the safety and social and emotional health content that is part of HPE 267, and students were able to learn first-hand from professionals at the forefront of the creation of a HT curriculum. The K-12 Human Trafficking Education Curriculum is:

- standards-based (aligned to MI Health, SS, & ELA)
- developmentally and age-appropriate
- evidence-informed & evidence-based

Many students were unfamiliar with what HT was and they voiced after the class how much they benefited from learning about the dangers of this crime. The speakers were able to engage them in a discussion about the statistics, risk factors, and warning signs to look for in their future classrooms. Students also took part in a 5th-grade lesson that was part of the proposed curriculum.

The feedback post-presentation was very positive. Here are some quotes from Professor Fetterley's students:

"I think it was useful because it is important to know as a future teacher the warning signs to look for with your students to see if they are being human trafficked."

"I think this training was very useful. I didn't know how prevalent of an issue child trafficking was in the state of Michigan. I also think that the prevention factors were very helpful. I think we forget how great of an impact we can have as educators."

ARCHERY LESSON'S IN HPE 220

Students in HPE 220 (Methods of Teaching Net/Wall/Target Activities) had the opportunity to try a new skill at Grand Valley Sporting Goods this week. Instructor Jon Schultze led students and Professor Fetterley through an archery lesson and safety tactics and everyone was able to practice for multiple rounds. For many students, this was their first time using a bow and arrow, and everyone had a great time!





THANKS, COACH JONES!

After sixteen years of teaching one-credit FIT classes, while also coaching GVSU Track and Field, Steve Jones has decided to wear one less hat around GVSU and step down from teaching weight training and Olympic lifting classes. We are thankful for Coach Jones's years of teaching nearly one hundred students each semester in recent years. When he started, he taught double this amount. You will be missed, Steve!

SCUBA DIVES AND DODGES IN SPRING TERM '23

The FIT 158 Scuba Open Water class had to dodge challenges while learning to dive underwater for the Scuba Open Water class this past spring term. The class had to work around the loss of the GVSU pool for one week and still get in all their dive time before they completed their open dive at a couple of local lakes. A shout out to the class for their flexibility and to Professor Green's management of many possible solutions. Also, a big thank you to Peter Bryant in Athletic and Rec Facilities and those in facilities that had the pool operational within the week.



Dr. Johnson Explores Outdoors Education on Sabbatical

During the Winter 2023 semester, Dr. Johnson was engaged in her Sabbatical project of exploring Nature Literacy and Outdoor Education. In an ongoing effort to engage and learn from her international colleagues, she spent 2 months living in Spain and Malta. She spent time at the Scandinavian School of Madrid where she watched students participate in a variety of outdoor exploratory activities. She was able to see preschool students engage in risk-taking activities and explore nature in authentic developmentally appropriate activities. Not only do the students engage in these activities during physical education but throughout the school day. Dr. Johnson was fortunate to have lunch at school, that was prepared from local fresh ingredients, and to watch as students engaged with kitchen staff to help prepare and clean up the cafeteria. All meals are well-balanced and focus on providing essential nutrition to all students. While in Malta she spent time at Kamaja Outdoor- an outdoor education school. This school provides a variety of opportunities for children in Malta to learn how to engage with the the natural world as well as develop critical skills. Students of all ages participate in the programming and older students take on leadership roles by helping the younger students. The children participate in fitness and exercises, wall climbing, obstacle course challenges, risk-taking activities, and fire/shelter building. It was an amazing experience that Dr. Johnson was able to see the high level of engagement from students when they are challenged and able to engage with nature. These experiences provided her with important information that is embedded into HPE 260: Teaching Outdoor pursuits as she continues to expose HPE majors to more global contexts.



FIT 280 SPORT OFFICIATING



FIT 280 Sports Officiating class made its debut in the fall 2023 semester with students completing the certification examination to be certified by the MHSAA to officiate. Professors Malike Baker and Jamillya Hardley themselves are both sports officials. They are leading the next generation of referees through learning the management of a game from the pre-planning to the final buzzer. Pictured are the guest speakers who are certified officials who shared their years of experience.

MIS RECOGNIZED FOR EXCELLENT INSTRUCTION

Professor Eric Mis was recognized for “Excellence in Teaching” as a part-time faculty. The MOV department awarded “Coach” (as his students call him) The Vonnie Boetsma Adjunct Teaching Award which was established in 2009 to recognize excellence in teaching of an adjunct faculty. Vonnie was the first recipient awarded. Eric received three letters of student support for this award. His efforts in teaching span eight different FIT courses.



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