Naismith Lecture Highlights Muscle & Aging

On October 20th, Dr. Scott Trappe from Ball State University presented a lecture on “Skeletal muscle health with age and exercise” as part of the Dr. James Naismith Lecture Series. Currently Dr. Trappe is the John & Janice Fisher Professor of Exercise Science, and is the Director of the Human Performance Laboratory at Ball State. His intriguing presentation chronicled the history of the field and much of his highly respected research. His presentation clearly showed that older people can improve muscle fitness.

Elementary Health Fairs Are a Big Hit

The HSES Peer Health Education class, taught by doctoral student Theresa Brown, has been busy this fall presenting Health & Wellness Fairs to hundreds of Lawrence elementary students. Shown at right are members of the Strong Girls program learning about the food pyramid from HSES students. At right is HSES alum Brian McCaffrey, principal at Broken Arrow Elementary School, where a second fair was held. These events were planned and organized by the HSES students, and included stations on bullying, internet safety, nutrition, exercise, stranger danger, and several other important topics.
Kansas Athletic Trainers Come to KU

The Kansas Athletic Trainers Society Annual Sports Medicine Symposium was held at The University of Kansas on November 7th in Hadl Auditorium. There were approximately 135 Athletic Trainers and students from across the state in attendance. This year’s program was capped off by the first KATS student quiz bowl between Fort Hays State University and KU. Both teams will compete in the quiz bowl at the District 5 meeting in March. Thanks to Drs. Phill Vardi-man and David Carr for serving as meeting hosts.

Kish Recognized as One of KU’s Best

The KU Board of Class Officers recently announced the five finalists for the prestigious HOPE Award (Honor for an Outstanding Progressive Educator). This year’s finalists included HSES’ own Dr. Bernie Kish. The finalists were selected from over 150 original nominations from across the KU campus. This award is the only honor given exclusively by students for teaching excellence. The selection process includes extensive interviews and teaching observations. Pictured here are Dr. Kish (second from right) and fellow nominees as they were honored at a special ceremony. Hats off for this outstanding accomplishment.

New Research & Coaching Performance Team

The ongoing collaborations between the HSES Human Performance Labs and KU Athletics have been formally organized into the Research & Coaching Performance Team. Under the direction of Andrea Hudy (Assistant Athletic Director for Sport Performance), and Dr. Andrew Fry (HSES Chair), this partnership of strength & conditioning coaches and sport scientists is designed to meet the needs of the high-performance athlete. In this manner, the resources of HSES are available to coaches and athletes in many sports, while the various projects provide ideal practical experiences for HSES graduate and undergraduate students. It is designed to be a win-win experience for all involved.

Achievements

Ithar Hassaballa, undergraduate student in Community Health, was awarded a Foreign Language and Area Studies Fellowship.

Theresa Brown, doctoral student in Health & Psychology of Physical Activity, was named the KAHPERD Outstanding Graduate Student in Research.

Sandy Sauer, master’s student in Health & Psychology of Physical Activity, will be competing in the Miss Kansas Pageant in Wichita before the holidays this year.

Matt Andre, doctoral student in Exercise Physiology, received an Outstanding Student Research award at the Central States Chapter of the American College of Sports Medicine conference.

Whitney Moore, doctoral student in Health & Psychology of Physical Activity, is part of a research team awarded a Carol M. White PEP grant for work to be performed with the Seaman School District in Topeka, KS.