On Friday, August 20th, the State of Kansas recognized several individuals from across Kansas for their long-term service and dedication to the state. HSES’s own Linda Faust was one of those honored in recognition of over 40 years of employment at KU. The ceremony was held at the Kansas History Museum and Library in Topeka and was attended by numerous high-ranking state officials including Governor Mark Parkinson, shown congratulating Linda.

During her time here at KU, Linda has worked in both the Registrar’s Office as well as in HSES. Currently, Linda assists with the administrative oversight of the HSES graduate programs, and is a welcome source of helpful information for both students and faculty alike. Congratulations Linda on a job well done!

Health & Psychology of Physical Activity

The former graduate specialization in Health Education has been revised and renamed to address the current foci of the program and its faculty. Led by Dr. Leon Greene, Program Director, and accompanied by Drs. Mary Fry and Sonya Satinsky (pictured left), the program is now titled Health & Psychology of Physical Activity. The new curriculum also aligns the coursework with the Certified Health Education Specialist (CHES) requirements as established by the National Commission on Health Education Credentialing.
Research to Study Therapeutic Modality

An ongoing project in the Applied Physiology Laboratory is examining the effectiveness of a new method proposed to help skeletal muscle recover from stressful exercise. Head-ed up by Dr. Phill Vardi-man (shown right) and assisted by Dr. Phil Gallagher, this project is using the Graston technique to help muscles recover from delayed onset muscle soreness (DOMS). This project is funded by grants from the Mid-America Athletic Trainers Association and the KU School of Education. Participants undergo a heavy lifting session designed to induce soreness, after which some are administered the therapeutic session. The project is slated for completion this semester, and could help clinicians determine the effectiveness of the technique.

KU to Host Central States ACSM Conference

The University of Kansas is pleased to host the 2010 Annual Conference of the Central States Chapter of the American College of Sports Medicine. The conference will be held at the Lawrence Holiday Inn—Holidome on Oct 21-22, 2010. The Central States Chapter encompasses the states of Kansas, Missouri, Oklahoma and Arkansas. Past-President Phil Gallagher from HSES is in charge of this year’s program which will focus on the role of exercise with aging, diabetes and related topics. HSES is eager to host the 150-200 expected attendees as we welcome them to KU and the entire Lawrence community.

Chinese Scholar in Sport Management to Visit HSES

Dr. Yufang (Sally) Song from Shandong Normal University in China will be a guest of HSES for the next six months. Specializing in Sport Management, Dr. Song will spend her time here expanding her study of the discipline, and interacting with the HSES Sport Management faculty. Dr. Angela Lumpkin will be serving as her mentor during her stay. Accompanying Sally is her five year old daughter Joy. HSES extends a warm welcome to Dr. Song as she settles in to her new role here at KU.

Announcements

HSES welcomes Will McDavitt to our building security staff. Will, who recently received his masters degree in Exercise Science, will be responsible for evening and weekend building hours.

Candace Hogue, masters student in the Health & Psychology of Physical Activity program, is the recipient of a research grant from the Assoc. of Applied Sport Psychology. Working with her mentor, Dr. Mary Fry, her work will examine the cortisol hormone response to stressful learning environments. Congratulations!