Fall Kinesiology Updates

Happy Fall Semester!

As some of you may have heard, over Labor Day weekend, I completed a bike ride from LaCrosse to Oshkosh to raise money for Kinesiology student scholarships. With an amazing outpouring of support and newspaper coverage, the Kinesiology Club was able to raise enough money to establish our first round of scholarship awards beginning in the Fall of 2020.

So what would inspire an old guy, in the twilight of his professional career, to ride his bike across the state? There are a few reasons; trying to stay physically fit and set an example for my family, friends, and students is certainly part of it. Being able to get out and see the beauty of the Wisconsin countryside up close and personal is another good motivator. And you also get to meet interesting people along the way.

One gentleman was even kind enough to spend part of his Labor Day riding with me from Wautoma to Redgranite where he then treated me to lunch. Who knew UW Oshkosh Chancellor Andy Leavitt also enjoys a good bike ride when time allows?! It is worth mentioning that when I initially suggested that the Chancellor simply join me for the final homestretch back to campus on Opening Day he deferred saying that he “didn't want to steal my thunder.” Pretty cool and his support of our fund raising efforts was greatly appreciated.

I’m a fortunate human being. I have a great family that supports me and somehow accepts my weirdness…and trust me, there’s plenty. And I get paid to do something that I have a true passion for. I value and appreciate the fine people on our faculty and staff that I have the privilege of working with. And these Kinesiology students; working with them as they progress through our program and eventually reach graduation day has always brought me a wealth of joy and satisfaction. It is an honor to be able to share the journey with these young people during this exciting time of their lives and my hope is that this scholarship fund can make a difference.

I wish everyone a wonderful Fall season.
Dan Schmidt

Please feel free to contact us at kin@uwosh.edu or visit our website http://www.uwosh.edu/kinesiology to find out more about Kinesiology at UW Oshkosh.
AUBREY WZIENTEK PRESENTS AS MCNAIR SCHOLAR

Aubrey Wzientek, McNair Scholar, recently presented her research at the Culver Family Welcome Center. Aubrey's research was on softball batting and how front leg kinematics and kinetics and upper body kinematics compare between hitting from a front toss vs. a tee. Aubrey’s faculty advisor was Dr. Brian Wallace who is also mentoring McNair Scholar Miranda Rudnick.

DR. LUEDKE PRESENTS AT ACSM ANNUAL MEETING

Turner Geisthardt, as part of his Kinesiology independent study project, and Dr. Lace Luedke collected Y-balance test, single leg squat and survey data on collegiate football players during the 2018 season. Dr. Luedke presented their findings on high school sport specialization and injury in football players at ACSM's Annual Meeting in Orlando, FL in May 2019. They found a trend towards higher rates of prior injury in those who were moderately or highly specialized in a primary sport during high school. They are currently working on analyzing single leg squat performances and on a paper about the Y-balance test results and injuries that

Dr. Luedke will also be presenting at APTA's Combined Section Meeting 2020 in February. Her poster presentation is titled "Factors Associated with Self-Selected Step Rate in Collegiate Cross Country Runners - a Comparative Study." Her platform presentation is on "Running Readiness Scale™ and Injury in Collegiate Track & Field Athletes - a Pilot Study" (co-author is alumnus Nick Freitag) and her educational session is on "Keeping Runners In the Game: Management of Foot Pain in Runners."

MASTERS OF SCIENCE IN ATHLETIC TRAINING IS APPROVED!

On October 21, 2019, the Institutional Actions Council of the Higher Learning Commission voted to approve UW Oshkosh’s request to offer the Masters of Science in Athletic Training degree. The Athletic Training program at UW Oshkosh is transitioning the longstanding undergraduate major in Athletic Training to the graduate level with an MS in Athletic Training professional program. The new MS in Athletic Training will begin accepting applications by December 1st and the inaugural cohort will begin classes in the Summer of 2020. Please contact Robert Sipes (sipesr@uwosh.edu) for any questions and inquiries regarding the new program. Details will be provided on the website and social media platforms soon now that final approval has been obtained.
Peter Gray ('14) graduated from UW Oshkosh with a BS in Athletic Training and minor in Business Administration. Gray was also a member of the track and field team while at UWO.

“I am very appreciative of the education I received at the University of Wisconsin Oshkosh. The athletic training program prepared me well for my career path by challenging me in the classroom and allowing me opportunities to apply and learn with hands-on experiences. From working side by side with Joe Fox at Oshkosh North High School, learning how to thrive in a high-volume high school athletic training room, my clinical rotation with UWO Men's basketball, learning tricks of the trade from experienced head athletic trainer Wade Peitersen, all culminated to build a fantastic base for my career.”

After graduating from UW Oshkosh, Gray continued his education at the University of Alabama, graduating in 2016 with a Masters Degree in Sports Administration. During this time Gray also worked for UAB Sports Medicine – Children’s of Alabama as a graduate assistant athletic trainer providing coverage for historic Ramsay high school in the inner city of Birmingham.

Following his assistantship with UAB, Gray spent a summer as an intern in the Athletics Department at Rice University in Houston, TX.

“This was a valuable change of pace for me and allowed me to learn the ins and outs of an athletic department.”

Gray currently is in his fourth year at UK Healthcare Orthopaedic Surgery & Sports Medicine in Lexington, Kentucky where he is the head athletic trainer at Henry Clay High School. Gray is in charge of sports medicine coverage for approximately 600 athletes and 21 different sports. During his time in Kentucky, Gray has worked hard to raise the standard of care at Henry Clay. He is a contributor to the UK HealthMatters blog and podcast, guest lecturer on Athletic Training in the high school setting to University of Kentucky Kinesiology students. He has also gone through his 3rd ACL reconstruction, and has had the privilege of being recognized by the NATA for being in athletic training “owning my impact” and by UK Healthcare in their recent We Are Proof campaign. Gray is currently working to implement new programs including a healthy athlete initiative and an ACL support club.

“It all started at UWO and I am proud to be an alumnus.”

Website – www.henryclayathletictraining.com
Twitter - @petergrayatc
Your former students have been a HUGE part in our growing Fitness and Personal Training Department at the Sports Core. Pictured here, they are taking part in our Rock Steady Boxing Program for Parkinson’s Disease. We have 14 boxers on our roster. Hannah has been one of our original instructors with me and Melanie just got certified last week. She will be leading class on Wednesdays. Cole volunteers every Tuesday, Wednesday and Thursday with the group. We are very fortunate to have a great pipeline of hardworking Kinesiology students 60 miles away. Our doors are always open to UWO grads!

Jake Frias
Sports Core - Fitness Manager

Congratulations Fall 2019 Graduates
Megan Fevold, Alexsandra Pjevach, Alyson DeVries, Samantha Jaeke, Danielle Schreiber and Julianne Pollei

Oh the Places They Will Go!

Here are a few highlights from our most recent graduating class.

1. BAYLEE TECHMANSKI
   Strength & Conditioning
   Starting Graduate School at Carroll College

2. JORDAN KASPER
   Exercise & Fitness
   Accepted to PT school at Concordia University.

3. BILLY O’CONNELL
   Athletic Training
   Graduate Assistant Athletic Trainer at West Virginia Wesleyan College

Please feel free to contact us at kin@uwosh.edu or visit our website http://www.uwosh.edu/kinesiology to find out more about Kinesiology at UW Oshkosh.