“The New Normal”

Well, this sure is an INTERESTING time here in the Department of Kinesiology and at UW Oshkosh, just as it likely is everywhere. No one would have predicted that we would close buildings and finish the entire semester in an online learning environment, but our faculty and staff have stepped up and shown their resiliency, commitment to student learning, and collaboration in helping each other out. I have been SO proud of the work and conversations that have taken place already as we prepare for this unique situation.

There is still so much to be excited about this year in the Department of Kinesiology at UW Oshkosh. As the Department co-chair and Director of the Athletic Training Program, I am most excited about our new curricular offerings that are sure to attract high-quality and engaged students, interested in wellness, performance, and healthcare careers. Our faculty are engaged with students in classes, in research labs, and in daily conversations and mentoring.

We are pleased to announce that we have formal approval for our TWO NEW MAJORS and students now can choose between the Exercise and Sport Science major and the Rehabilitation Science major. With these approvals comes a brand new website to share all of the important information about the new majors. Please check out the website at www.uwosh.edu/kinesiology

More exciting news is that the new Masters of Science in Athletic Training will welcome it's first cohort to campus in June to begin coursework in the new graduate professional athletic training program. The traditionally strong undergraduate program will graduate it's final cohort and complete the transition to the new MSAT program in order to meet accreditation standards. Details on the new program and the application process can be found on the new website as well.

As always, we are proud of the graduates finishing up this spring and summer. I know that one of our greatest sources of current and future students is based upon referral from our excellent alumni. Please continue to represent our university and the department well and keep on spreading the name of UW Oshkosh Kinesiology and Athletic Training wherever you go.

Dr. Robert C. Sipes, Co-Chair, Department of Kinesiology
Director, Athletic Training Program
KINESIOLOGY HIGHLIGHTS

Read on for highlights from our department.

See the Human Biomechanics Laboratory In Action
The Human Biomechanics Lab is the only 3D motion research lab in NE Wisconsin. Dr. Lace Luedke and Dr. Brian Wallace continue to use this lab for research and work with students.

Professional Presentations
Dr. Luedke presented at APTA's Combined Section Meeting 2020 in Denver, Colorado in February; over 18,000 PTs and PTAs were in attendance for the conference. Dr. Luedke presented an educational session on "Keeping Runners In the Game: Management of Foot Pain in Runners" as well as a platform presentation on a study conducted with UWO alumnus Nick Freitag "Running Readiness Scale™ and Injury in Collegiate Track & Field Athletes - a Pilot Study." She also had a poster presentation on "Factors Associated with Self-Selected Step Rate in Collegiate Cross Country Runners - a Comparative Study." Dr. Luedke was also able to catch up with UWO alumna, Maya Puleo, in Denver; Maya is now a first year DPT student at University of Wisconsin.

Research Publications
Dr. Luedke and alumnus Turner Geisthardt were recently published in the March, 2020 Sports MDPI:

"Y-Balance Test Performance Does Not Determine Non-Contact Lower Quadrant Injury in Collegiate American Football Players" written by Dr. Luedke, UWO alumnus Turner Geisthardt, and Dr. Mitch Rauh.
Healthy Titans

Healthy Titans is a health and wellness program for campus faculty and staff. The Healthy Titans program provides real-life experience for our Kinesiology students. Students are responsible for managing the Albee Strength and Fitness Center as well as providing group fitness instruction and personal training for Healthy Titans members.

Why are we telling you about Healthy Titans? Healthy Titans provides our students with many unique hands-on experiences that are geared to help them better perform in their internships as well as in their future careers. Throughout their junior and senior years, Kinesiology students are gaining valuable, real life experience in the following areas:

**Fitness center management:** students are responsible for the day to day operations of the Albee Strength and Fitness Center. They are able to apply knowledge in several aspects of managing a strength and conditioning facility: facility design, day-to-day management including scheduling, maintenance, and administration.

**Group fitness instruction:** students lead group fitness classes for faculty, staff and community members. Students have two instruction experiences for the community. Currently, they are providing online workout videos for the Healthy Titans members during the Safer at Home Order.

**Personal training:** students are responsible for fitness assessments and workout programming for two clients over the course of a semester. This is one of our most popular Healthy Titans offerings.

A Healthy Titans internship experience is also available to our students. Students in this internship will assist with employee wellness programming, community wellness, nutrition education and are able to further develop their skills in exercise leadership to Healthy Titans members.

Please share your alumni updates with us. We’d love to hear your stories. Contact Kate Harrell at harrellk@uwosh.edu
## CONGRATULATIONS SPRING 2020 GRADUATES

### Spring 2020 Graduates
- Andrea Arnett
- Noah Arnold
- Erik Cabral
- Lauren Calcari
- Adam Canedy
- Eliot Dittmer
- Baylee Falk
- Joey Guenther
- Ashley Haney
- Joseph Jensen
- Samantha Kage
- Marissa Kaul
- Coral King
- Austin Kosmal
- Mitch Kramer
- Duresa Kumbi
- Michael Marino
- Adam Messerschmidt
- Madelaine Morris
- Jake Murphy
- Joshua Perez
- Anna Louise Pupeter
- Theresa Richards
- Alyssa Ross
- Megan Roth
- Keanu Summers
- Jay Voelker
- Grant Walters
- Aubrey Wzientek
- Julia Yuhas
- Allison Zahn

### Athletic Training Graduates
- Quinn Armitage
- Raven Gmach
- Alison Kramer
- Kyla Lichtenwalner
- Ryan Michael
- Jake Rathsack
- Nikki Rowland
- Kelli Schneider
- Stephanie Ticks
- Leah Watermolen

### Summer 2020 Graduates
- Amira Ali
- Miguel Arroyo Ortega
- Aleah Bauldry
- Reed Bogrand
- Alexis Brewer
- Kristen Bunch
- Tayah Cunningham
- Sydney Elsner
- Makayla Fenner
- Kyle Gums
- Hannah Heinisch
- Bryce Hellenbrand
- Shea Hill
- Madalyn Holtz
- Kristi Mickow
- Kathryn Purcell
- Miranda Rudnick
- Andrew Stengl
- Matt Smith
- Emily Schmid
- Allison Vreeke

## Oh the Places They Will Go!

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

1. **Logan Polack and Tanner Zimmerman**
   - Logan and Tanner are head trainers at Burn Boot Camp in Appleton, WI. Logan is the head trainer at the Appleton East location and Tanner at Appleton West.

2. **Jake Rathsack**
   - Accepted to Central Washington University with a GA position with Football and Track.

Please don’t hesitate to contact us at kin@uwosh.edu or visit our website [http://www.uwosh.edu/kinesiology](http://www.uwosh.edu/kinesiology) to find out more about Kinesiology at UWO.