

# Department of Kinesiology

University of Wisconsin-Oshkosh

## Growth

**“Without continual growth and progress, such words as improvement, achievement, and success have no meaning.” - Benjamin Franklin**

As the university and the department emerge from the pandemic of the past 2 years, I think this quote by Benjamin Franklin rings strong and true for the Department of Kinesiology. Many exciting things have begun this year that will lead to growth and progress in coming years and help our department find continued improvement, achievement, and success.

One of the first exciting things this year in the Department of Kinesiology is the development of a new Strength and Conditioning major. Through the hard work of Craig Biver and department faculty and staff, the new strength and conditioning major officially began. The major is undergoing self-study review to prepare for external accreditation through the Commission on the Accreditation of Strength and Conditioning Education (CASCE). This new major will be one of the strongest curricular offerings to prepare future Strength and Conditioning professionals and is sure to attract high quality and engaged students.

The next exciting thing was that we were able to hire not ONE, but TWO terrific new faculty members who will start in August. The two new faculty members will teach in the undergraduate programs/majors and the MS in Athletic Training program. Kyle Petit returns to UW Oshkosh as an alumnus of our undergraduate Athletic Training program and returns to Wisconsin from his current position in North Dakota. He has an MS degree from Illinois State and a PhD from Michigan State. Kevin Biese is also returning to his roots in northeast Wisconsin. Kevin has an MA degree from the University of North Carolina-Chapel Hill and is currently completing his PhD at the University of Wisconsin-Madison. We are extremely excited for fresh ideas and perspectives that both new hires will bring to the students in the Department of Kinesiology.

Our three undergraduate majors are very popular with prospective students and our MS in Athletic Training program continues to grow as we welcome our third cohort. Even though all four programs are still quite new, the department is excited about the current and future growth opportunities and achievements that demonstrate our success as a department. You will see several examples of these achievements detailed in this newsletter and I hope that you will follow us on our social media platforms to stay up to date on future achievements.

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 referrals 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.

Sincerely,  
Dr. Robert C. Sipes Co-Chair, Department of Kinesiology  
Director, MS in Athletic Training Program

## Department News



## Research Highlights



## Program and Alumni Highlights



## Congratulations to Our Fall 2021 Graduates

# Department Highlights: Research

## Professional Presentations

Elizabeth Reddeman, a UWO alum who's now a 1<sup>st</sup> year DPT student at Carroll University, was a co-author on a platform presentation with Dr. Luedke at APTA CSM 2022 in February on Menstrual Health and Injury in Female NCAA Division III Cross Country and Track Athletes.

Senior Andrew Strasser is currently working with Dr. Luedke on his Honors Thesis on the Impact of COVID-19 on Training Habits and Injuries in NCAA Division III Cross Country Runners.



Dr. Kim Calvert will be presenting her doctoral research at the Great Lakes Athletic Trainers' Association annual meeting in March. Her area of research is health literacy, which reflects an individual's ability to find, understand, and use information to maintain and improve health and wellness. Kim investigated athletic trainers' use of health literacy communication strategies. The most commonly used strategies were making eye contact, listening carefully, and greeting the patient warmly. Athletic trainers were least likely to use images and encourage questions.



# Department Highlights: Programs

## New Strength and Conditioning Major



This past fall, the Department of Kinesiology unveiled its new Strength and Conditioning major! Being one of the few majors of its kind in the region, it provides an outstanding educational path for students pursuing a career in the performance enhancement field. Upon graduation, students will be prepared to pass National Strength and Conditioning Association's Certified Strength and Conditioning Specialist (CSCS) exam. We are currently pursuing accreditation of the strength and conditioning major and hope to become accredited in Fall of 2023. Spread the word and stay tuned for more exciting news as the strength and conditioning major grows!

## Mattea Peplinski Invited to "So You Want to Be a Coach"

Kinesiology alum and student assistant women's basketball coach Mattea Peplinski ('21), has been invited to participate in the Women's Basketball Coaches Association's (WBCA) "So You Want to be a Coach" program.

Peplinski said "Being accepted into the "So" program is extremely exciting. This opportunity will allow me to network with current coaches throughout all NCAA divisions around the country. I'm excited to learn from some of the best on how to grow as a coach, leader, & mentor in the sport of basketball. My degree at UWO has prepared me to find my passion in whatever life throws at me & the people I've met throughout the process have given me the confidence to achieve those goals. I'm grateful for the experiences that led me to getting into this program, and excited to see those that will come after attending."



Please share your alumni updates with us. We'd love to hear your stories.  
Contact Kate Harrell at [harrellk@uwosh.edu](mailto:harrellk@uwosh.edu)

# CONGRATULATIONS

## Fall 2021 Graduates

Talia Burmania

Angie Carini

Deidre Davis

Nick Duhm

Adriana Dupree

Kyle Fellingner

Natalie Hencke

Peter Her

Alex Jagla

Jonas Kasten

Kaylin Kostuchowski

Hannah Peerenboom

Mattea Peplinski

Danae Prange

Elias Rico

Paige Weigandt

### Tricia Cich and Quinn Steckbauer Receive Kinesiology Scholarships

Juniors Tricia Cich (Rice Lake) and Quinn Steckbauer (Merrill, WI) were the most recent recipients of the Kinesiology Scholarship. Cich is pursuing the Rehabilitation Science Major. "I chose the Rehab Science Major because I wanted to be able to help and care for people in a field that I was interested in which ended up being Kinesiology, as well as make contributions to further our understandings of certain injuries and issues in the field." Steckbauer is pursuing a major in Strength and Conditioning and was recently named Student Athlete of the Week in January, 2022. "I chose the Strength and Conditioning major because of my passion for learning more about the science of training athletes. This started from wanting to know how to improve myself athletically and has shifted to wanting to pass on what I learn to help others."



### Oh the Places They Will Go! Highlights from Our Alumni

#### METZGER RECEIVES NSCA AWARD



Kinesiology alum Ryan Metzger ('11) has been awarded the 2022 National Strength and Conditioning Association (NSCA) Assistant College Strength and Conditioning Coach of the Year. Metzger is currently in her third year as the Senior Assistant Strength and Conditioning Coach at Clemson University. She was a gymnast while at UWO and now competes at the national level in Olympic Weightlifting.

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