

Department of Kinesiology

University of Wisconsin-Oshkosh

Future

"The best way to predict the future is to create it." - Abraham Lincoln

As we begin another academic year at UW Oshkosh, the new start has me thinking about the future and what this year may hold for us in the Department of Kinesiology. There are several exciting changes that make me believe that we have created a very positive year - and more - ahead.

One of the first changes this year is the arrival of our two new faculty members, who will teach in both the undergraduate majors and the MS in Athletic Training program. Dr. Kyle Petit returns to UW Oshkosh as an alumnus, and Dr. Kevin Biese comes to us from UW Madison. We are extremely excited for the future ideas and projects that these hires will bring to the undergraduate and graduate students. Make sure to read more about them in this newsletter and on our department website (<https://uwosh.edu/kinesiology/contact/>).

Additionally, the department has submitted our self-study for the new Strength and Conditioning major. The department will have a site visit with external reviewers this year to continue the process of accreditation through the Commission on the Accreditation of Strength and Conditioning Education (CASCE). The future of the department is bright, as this major has already started to bring in several new students. Once completed, this major will become the first CASCE-accredited program in the state of Wisconsin, a huge accomplishment for our Strength & Conditioning Program Director, Craig Biwer.

As I begin this year as my first as Chair of the Department of Kinesiology, I am excited about the future development and announcement of a new departmental research lab, which you should hear more about in the spring newsletter. We also have new classes starting and some new roles for members in the department, but I am extremely excited to still have all of our excellent faculty and staff returning and look forward to continued growth of our three undergraduate majors and our MSAT program.

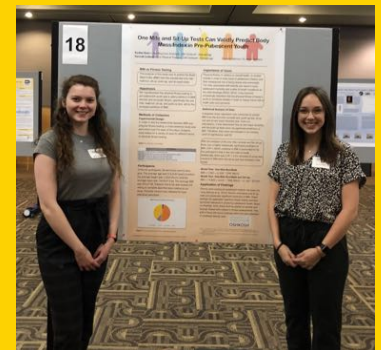
As always, we are proud of all our alumni representing our department and our university across the state and the country. I know that one of our greatest sources of current and future students is based upon referral from our excellent alumni. In order to support the future of the Department of Kinesiology, please consider checking out the options to give back to the departmental scholarships and the Healthy Titans program to help future Titans have the same great experience that you had. 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
Chair, Department of Kinesiology
Director, MS in Athletic Training Program

Department News New Faculty



Research Highlights



Program and Alumni Highlights



Congratulations to Our Spring and Summer Graduates

Welcome New Faculty

Meet Dr. Kevin Biese

Tell us a bit about your background.

I was born and raised in Kaukauna. I went to UW-Madison where I switched majors from pre-veterinarian to history, and finally found my passion in athletic training. My passion arose from my love for sports and medicine. I then attended the University of North Carolina (UNC), where I worked as an assistant athletic trainer for the baseball and wrestling programs, and graduated with a MA in Athletic Training. I then pursued my P.h.D. at UW-Madison under the direction of Dr. David Bell. I was a research assistant in the Wisconsin Injury in Sports Laboratory and taught classes in the Kinesiology Department. My dissertation centered on the cultural phenomenon of sport specialization. I graduated in May 2022 with my wife of 9 years and 5 wonderful children by my side.

What piqued your interest about UWO?

I was attracted by the class sizes at UWO and hope that my students see me not just as their teacher, but also as a mentor. To foster true mentorship requires authentic and purposeful 1-on-1 interactions. The classes I will be teaching at UWO are perfect for this type of mentorship to blossom! Second, I wanted to work at UWO because of the strong faculty and staff members in the department who display an intentional commitment to the surrounding community.

What are your research interests?

I am interested in how to make youth sports safer. Injuries happen and, though all injuries are not 100% preventable, I believe athletic trainers and other professionals can create a youth sports environment that sees fewer injuries and more fun. I specifically have an interest in understanding how sport specialization affects injury risk and how it interacts with the natural growth process that adolescents experience.

What are your hobbies? I enjoy spending time with my wife and children; there is no shortage of laughter and energy in our household! I also enjoy golfing, working out, and playing basketball. At the end of the day, I'm really a sports junky; I'll play or watch just about any sport and am a huge fan of all WI sports teams!



Meet Dr. Kyle Petit

Tell us a bit about your background.

I am originally from New London and am an alum of the UW-Oshkosh Athletic Training Program.

I got my master's degree from Illinois State University and my Ph.D. in Kinesiology from Michigan State University. I thoroughly enjoy interacting with students and helping them achieve their career goals. I also am motivated to ask complex research questions and attempt to find answers that benefit the greater good, in my case, improving concussion management and recovery.

What piqued your interest about UWO?

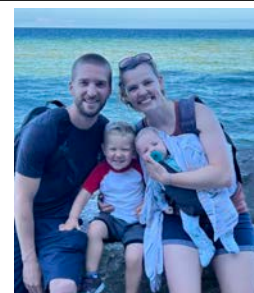
Being an alumnus of the university, I know the quality of the faculty, staff, and students that are here. I am eager to maintain that level of excellence through my teaching, research, and service to the university.

What are your research interests?

My research interests are specific to the evaluation, management, and treatment of sport-related concussions. Currently, I am working on ways clinicians can utilize physical activity to improve concussion recovery. My future research will incorporate vision and balance training to improve the rehabilitation process for those with a concussion.

What are your hobbies?

I enjoy spending time with my wife and two young sons, golfing, and traveling.



Dr. Biese: biesek@uwosh.edu

Dr. Petit: petitk@uwosh.edu

Department Highlights: Research

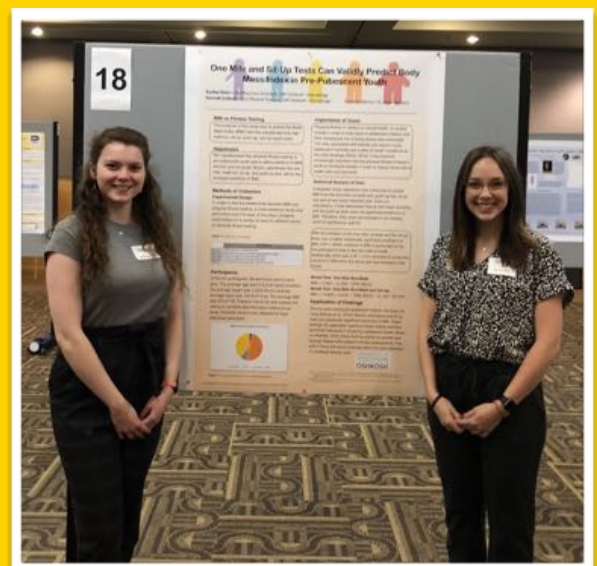
Celebration of Scholarship and Creative Activity

Two student groups participated in the 29th Annual Celebration of Scholarship and Creative Activity event in the Spring of 2022. Kinesiology majors Hannah Sullivan (Rehabilitation Science) and Rachel Blatz (Healthcare Science), presented their research: "One Mile and Sit-Up Tests Can Validly Predict Body Mass Index in Pre-Pubescent Youth."

Blatz shared "Throughout my entire undergraduate college education, I had always wanted to participate in research. In my last semester, I finally had the opportunity to put my experimental hypothesis into motion. Although completing the research was not easy, the process itself taught me so much. Additionally, presenting this research at the COSCA event made the process that much more rewarding. Hannah Sullivan and I are extremely proud of our accomplishments regarding our study. We treasure the experience and the connects we have made with the Kinesiology staff throughout the process."

Kinesiology majors Harry Orth (Rehabilitation Science), Hunter Fredrick (Exercise & Sport Science) and Savion Bebo (Rehabilitation Science) presented their research: "Pressing Exercises with Blood Flow Restriction Incite Post-Activation Potentiation."

Both groups worked with student advisor Brian Wallace on their research projects.



Department Highlights

Update on the Master's of Science in Athletic Training Program



2nd Year MSAT Students

The 2nd year MSAT students are completing their immersive clinical experiences this semester. Each student is experiencing full-time athletic training in the career setting that they believe may be right for them and learning about all the other parts of the job. After this fall, they will return to classes to prepare for the BOC, learn how to find a job, and complete their second research project for presentation.

The 1st year MSAT students began their first clinicals this fall semester and have started our ADT sequence, learning how to Assess, Diagnose, and Treat the lower extremity first. These seven students are a fun bunch who work hard to learn as much as they can from our MSAT faculty. Applications are open for the 2023 Cohort, which starts next June. Please see the website for more details about the program and how to apply: <https://uwosh.edu/kinesiology/athletic-training/>

Suess and Schmidt Receive Performance Awards

Dr. Dan Schmidt and Deb Suess both received awards at the Opening Day Ceremony. Dr. Schmidt received the Edward M Penson Distinguished Teaching Award. Find out more about his nomination by clicking here: <https://uwosh.edu/specialevents/project/dan-schmidt/>.

Dr. Schmidt said: "It was nice to receive the recognition that goes with the Penson Distinguished Teaching Award. It also reinforces the fact that the Department of Kinesiology is home to some excellent teachers. I'm proud to be a member of such an impressive group of professionals."

Deb Suess received the Outstanding Performance Award for her work as the Administrative Assistant to the department. Find out more about her nomination by clicking here: <https://uwosh.edu/specialevents/project/suess/>.



Suess shared: "It is a great honor to have received the 2022 Outstanding Performance Award at Opening Day. I enjoy the Kinesiology Team and all the people I work with on a daily basis. This award has brought me true joy."

Please share your alumni updates with us. We'd love to hear your stories.
Contact Kate Harrell at harrellk@uwosh.edu

CONGRATULATIONS

Spring and Summer 2022 Graduates

Spring Graduates

Cydney Babicz
Rachel Blatz
Joey Buddenhagen
Eberhardt Dietzel
Brianna Gehring
Emily Gilot
Alyssa Gunderson
Kaira Hammond
Michael Hartman
Andrew Holst
Matt Holst
Jessica Hutter
Megan Kaminski

Olivia Keller
Kelsey Kobriger
Noah Krueger
Ger Lao
Cade Littleton
Skylar Manning
Reid Marquardt
Bryton Maupin
Olivia Mutchmore
Jason Myrick
Grace Nigl

Summer Graduates

Megan Barian
Chris Curran
Elise Deaver
Devin Keast
Alexander Lomibao
Lily Lor
Matthew Smolich
Claire Staples
Amanda Starzynski
Mackenzie Stecker
Issa Suarez
Alex Thompson
Anthony Xiong

Successful Fourth Schmidt Don't Quit Ride

Dr. Dan Schmidt completed his fourth successful Schmidt Don't Quit Scholarship Ride, raising \$4200 for Kinesiology students. Schmidt shared: "Thanks to all for your generous donations and support. My goal is to complete three more scholarship rides from UW System schools to Oshkosh before I retire: UW-Whitewater in 2023, UW-River Falls in 2024, and UW-Superior in 2025. I realize those plans can easily change, and I never take my physical health and good fortune for granted. But I continue to believe strongly in my cause which is to support our UW Oshkosh Kinesiology students the best way I know how."



Oh the Places They Will Go! Highlights from Our Alumni



2022 MSAT GRADUATE - JAKE LYMAN

Jake is a recent UW Oshkosh graduate from the MS in Athletic Training program. He currently is working at Menasha High School providing medical care for student-athletes. "I was very excited to begin my journey in athletic training; finding a job locally after graduation was the perfect opportunity for me. The program at UW Oshkosh has set me up for great success, and through the first couple months of being certified, I can honestly say I am confident in my skills and decision-making." Jake is a two-time graduate from UWO, earning a bachelor's in Kinesiology in 2015, and most recently the MS in Athletic Training in 2022.

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