

Department of Kinesiology

University of Wisconsin-Oshkosh

CONNECTION

"Know where you want to go and make sure the right people know about it."
Meredith Mahoney

In the fall newsletter, we looked forward to a year of growth and it certainly has been a strong one. Our faculty members have come together to create a new research lab named SPIRL. This is an exciting step forward for research in our department. The new Strength & Conditioning major completed a successful accreditation site visit this spring and are awaiting final approval. As we celebrate another group of students graduating, the department would like to welcome you to our strong alumni base. I hope that this newsletter is one of the ways our alumni stay connected, but there are several other ways as well. Please reach out and share your story so we can continue to tell the great things that our alumni are doing to represent the Department of Kinesiology.

This spring newsletter contains one story of alumni hiring alumni, but there have been several more that we have heard of just this year. We invite you to follow our social media accounts where you will hear about other alumni spotlights. One of the great things about our alumni staying connected to our department is getting them to interact with our current students. This happens in many ways, including guest panels in classes, mock interviews, and internship or clinical supervisors. This quote above is something each one of students should remember. Connecting to as many alumni and other professionals through your time in the Department of Kinesiology will certainly help to make sure the right people know about it...as long as you tell them!

It was also very exciting for our Strength & Conditioning faculty and students to connect with alumni at the NSCA Great Lakes Regional Clinic this April. These alumni show the strong foundation that our new major is built upon, and this clinic was a great opportunity for our current students to interact with them. The department is looking forward to even more Strength & Conditioning alumni coming out of the new major and adding to these networking connections.

The last opportunity for connection with alumni, future students, and community is the new SPIRL lab. This is an opportunity for our students to engage with faculty in a variety of research projects, but also hopefully a resource for our alumni and the community. Please be sure to check out the article below and follow along.

As always, we are proud of our alumni working in all areas of the state and nation. Please continue to represent our university and the department well. Just as we love to connect students to our alumni, we love when alumni connect new future students with our department and keep the tradition going.

Sincerely,

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

Department News New Lab: SPIRL



Program and Alumni Highlights



Congratulations to Our Fall Graduates



NEW Kinesiology Lab in Albee Hall

Sport Performance & Injury Research Laboratory



Introducing the new Kinesiology lab called SPIRL: Sports Performance Injury & Research Laboratory

We see the creation of the Sport Performance & Injury Research Laboratory as serving three major purposes for the department and surrounding communities of UW-Oshkosh.

First, it serves to give students an opportunity to engage in cutting-edge research with advanced equipment in movement analysis, concussion diagnostics, and balance assessment. In this environment we hope students will learn to think critically and ask clinically meaningful questions that can propel their careers after graduation and beyond.

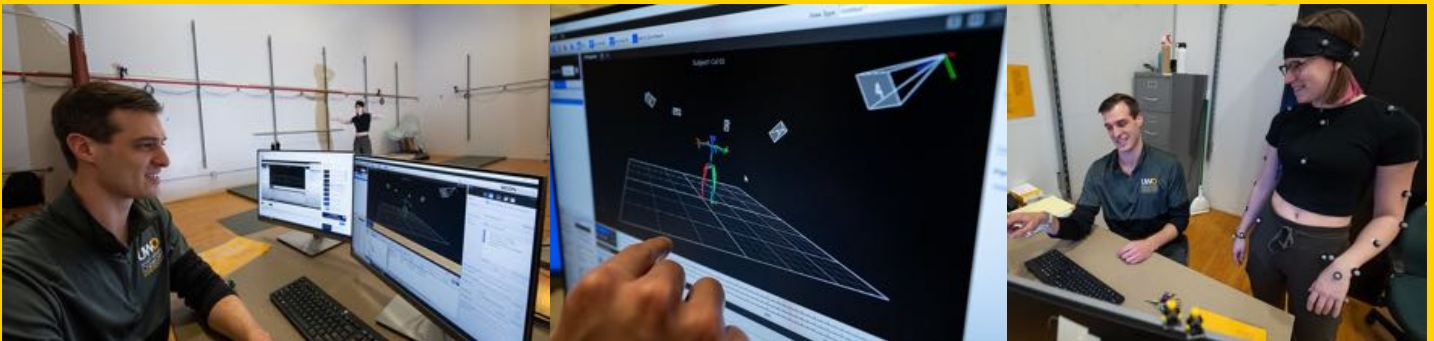
Second, the collaborative efforts of the lab aim to answer real-world problems and offer solutions in areas such as concussion diagnostics and management, pediatric sport injury risk and prevention, and health literacy.

Third, through our research we strive to produce tangible results that will impact the local communities surrounding UW-Oshkosh's campus.

Current projects include: The Association of Sport Specialization and Intent to Report Overuse Injuries in High School Volleyball Athletes and Dual Task Balance Performance in College-Aged Adults.

Visit the website for more information on current and past projects:

<https://uwosh.edu/kinesiology/spirl/>



Department Highlights

Alumni & Staff Reunite at NSCA Great Lakes Regional Clinic at Carroll University

Staff, current students and alumni reunited at the NSCA Great Lakes Regional Clinic at Carroll University Saturday, April 1st.

From left Kaitlyn Beiser, David Beiser, NSCA Assistant Strength & Conditioning Coach of the Year Ryan Metzger, Lydia Crow, Ally Frostman, Matt Micolczyk, Craig Biwer, Tim Suchomel, Kris Williams, Scott Hintz, Aaron Williams, Adrienne Benson, Billy Breider, Paul Slaght, and Steve Brown.



Adelmund and Szalinski Receive Chancellor's Award for Excellence

Seniors Brittany Adelmund and Sydney Szalinski were both awarded the Chancellor's Award for Excellence. This award recognizes students who "possess high academic and leadership qualities, and demonstrate a commitment to the ideals of excellence and service to others." The Kinesiology Department is quite proud to have not just one but two award winners for 2023.



Adelmund shared "Throughout the past four years at UWO, I have been able to achieve more than I ever thought possible. There have been challenges and roadblocks along the way, but I have been able to persevere, stay motivated, and continue forward. None of which could have been accomplished without the amazing help and constant support of my professors both in and out of class. Being recognized and nominated for the Chancellor's Award of Excellence by a professor that I look up to tremendously, has not only validated all my hard work, but shows that if you have good support around you, anything is possible. Thank you to the entire Kinesiology department for all the opportunities provided!"

Szalinski said, "I am really honored to receive this award, and I appreciate Kyle Petit for nominating me. I have enjoyed my four years here, and I wouldn't have had the success I have without the faculty's support. Everyone has helped me reach my goals in their own unique way whether it was answering questions I had for class, bouncing ideas off of for anything I was working on, or just taking time to talk to me about my life. Along with the faculty, everyone who has been on the Kinesiology Club executive board with me over the years has helped me grow into who I am today and has been vital to the success of the club. From students to faculty, I couldn't have asked for a better group of people to work with and learn from during my time here."



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

Alumni Spotlight



MOVEMENT REVOLUTION – ERIC JOHNSON, CSS, CIFT

What led you to open and start Movement Revolution? My first two years at UW-Oshkosh were spent pursuing a degree in Business Administration. Although I loved the idea of running a business, the idea of working within a business didn't feel as fulfilling. I wanted a career that allowed me to give back and help others. At the end of my sophomore year, I changed my major to Exercise Science and Health Promotion with the idea that I would become a physical therapist. During my last semester, I completed my internship at an Adaptive Health and Fitness Center in Chicago and it changed my life. I learned I could work with and help people living with significant physical disabilities live stronger, better lives through exercise. I was able to interact and collaborate with

some of the best PTs in the world, but it always bothered me that their time with their patients was limited to a 6-8 weeks. At the fitness center, I was able to establish longer-term relationships and help coach clients through a lifelong journey. I was also working to develop and enhance the availability of exercise programs, specifically for Parkinson's disease, which I grew a tremendous passion for. After working there for 5 years, I realized that the availability of the services was limited to those able to commute to downtown Chicago. I decided to explore the idea of creating my own program to meet the unmet need. In 2013, I (with the tremendous support and bravery of my wife, Christina) started Movement Revolution in Chicago, primarily servicing in-home personal training clients that were affected by neurological conditions. My mission from the beginning has been to enhance the accessibility of expert-led exercise interventions for those with neurological conditions to help them move better every day. Since then, we've opened 6 service locations and have helped over 800 people with neurological conditions (including PD, MS, stroke, spinal cord injury, brain injury, cancer, and other complex medical conditions). We've also developed our nationally accredited-Neuro Exercise Specialist training program for our team of coaches.

How did your education at UWO help you to do this? My business minor came in handy! The catalyst that sparked my interest was Intro to Entrepreneurship that I took my senior year. From that point, I knew I wanted to do something special with my degree. Once I transitioned into the Kinesiology program, I started to truly love college and the courses I was taking. One of my favorite courses was Principles of Strength and Conditioning taught by Craig Biber. Aside from the principles of strength and conditioning Biber drilled into us, the biggest thing I took from that course, and still use, is the concept of sport-specific program design. At Movement Revolution, we utilize this concept to be specific to a disease or condition as opposed to a sport or position. We specialize in developing very customized programs and classes specific to each client's diagnosis, symptoms, and ability level.

What additional education/certifications did you acquire after your degree? Following graduation, I received my CSCS and continued to acquire more condition/disability-specific credentials. They include ACSM's Cert. Inclusive Fitness Trainer, Parkinson's Wellness Recovery (PWR!), Rock Steady Boxing, Functional Movement Screen (L1-2), and Delay the Disease.

What do you love most about what you do? I can say I truly love everything about what I do, but the best part is when you see or hear of your clients regaining the ability to do the things they love again. We've had clients unable to stand or walk now drive and walk themselves into the gym. We've helped people regain the ability to ski and compete in 5ks again after their stroke, get back on the golf course, and walk their kids down the aisle. (the list goes on!). The relationships we build and the community we build within our facilities are empowering and inspiring.

Internship Potential I got into this field with exposure through my internship and the best thing I can do is pay that forward. We accept interns at each of our Chicagoland locations every semester and summer. It's a great opportunity for those thinking about the rehabilitative sciences to be exposed to a wide array of ability levels and diagnoses. I'm also proud to say we've hosted two Titan interns in the past, both of which turned into employees at Movement Revolution! We love to keep good people and help them grow their passion for this field we all love so much!

Read on to learn more about another graduate who has joined Movement Revolution!



Please share your alumni updates with us. We'd love to hear your stories.

Contact Kate Harrell at harrellk@uwosh.edu

Oh the Places They Will Go! Highlights from Our Alumni



Meet Kelsey Kobriger, recent graduate, who works at Movement Revolution

After graduating from UWO in May, 2022 with a degree in Rehabilitation Sciences, I was on the search to begin my career. At that time, I was currently working as a CNA and Rehabilitation Aide at a local hospital and knew I wanted to continue working with special populations in the realm of health and wellness. In August of 2022, I found a career that aligned to my goals as a Neuro Exercise Specialist at Movement Revolution.

Movement Revolution is a Neuro Intensive Training Center in the Chicagoland area that provides personalized training to individuals with neurological conditions, such as Parkinson's Disease, stroke, spinal cord injuries, traumatic brain injuries, Multiple Sclerosis and more.

In my current position, I get to work closely with my clients to prevent the progression of their disease, minimize symptoms, and help them return to activities of daily living. At Movement Revolution, we get to work closely with our clients up to 3-4 times a week and continue building upon that relationship for months. Working in this field has exposed me to new training techniques that require us to think critically and adapt daily to our client's needs. In addition to providing 1:1 training sessions, we have a Rock Steady Boxing program for people with Parkinson's. Rock Steady Boxing is an amazing program where we have the opportunity to get creative with exercises and challenge our boxers in ways they never thought possible. The community-like atmosphere fosters hope and empowers our boxers to keep fighting back every day.

How did your time with the UWO Kinesiology department help prepare you for your current role?

UW-Oshkosh did an amazing job exposing me to the different career opportunities I had after graduating. In my Medical Aspects of Kinesiology course with Kate Harrell, I actually had my first exposure to the world of Rock Steady Boxing, as well as exercise programming for special populations. From the physiology of the human body to gait mechanics and exercise prescriptions, I utilize these components from my undergraduate degree daily when programming and working with clients. The Kinesiology department provided me with the foundations I needed to succeed in my field, both academically and interpersonally.

CONGRATULATIONS Fall 2022 Graduates

Derek Antholt

Savion Bebo

Abigail Daun

Mikaela Gerhartz

Lauren Grosskopf

Amy Herff

Tyler Speirs



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.