

# Department of Kinesiology

University of Wisconsin-Oshkosh

## ADVERSITY

**"In every adversity there lies the seed of an equivalent advantage."**

Robert Collier

This Fall at UW Oshkosh has brought several layers of adversity and difficult news for the campus as a whole. The current budget situation has put the university in the news and caused several challenges to work through. While the Department of Kinesiology has certainly not been exempt from changes, we have been able to proceed forward due to our strong enrollments and programs. Our majors continue to grow in numbers and the adversity the university is facing has planted several seeds of advantage that could be realized within a year.

One of the first changes this year is the beginning of the first accelerated BS-MS program on the campus of UW Oshkosh. This new opportunity will be a 3+2 program combining the popular Rehabilitation Science major with the MS in Athletic Training graduate program to complete both in 5 years. We are extremely excited for the future opportunities that this will provide our students and the new, high-quality students that this will recruit into both programs. Information on the new program will be available on our department website.

Another area of advancement this year has been the increased involvement of students in research projects with faculty members through the SPIRL lab. We have our inaugural group of graduate assistants in the MSAT program, two of whom are completing their own research projects with faculty mentors. Additionally, there are several undergraduate students who are helping out on research projects with Drs. Wallace, Petit, and Biese. Many of these students are receiving funding through various programs on campus, while at the same time learning through the high impact practice of research mentorship.

As we, as a campus, find our way through the adversity, I am confident that the Department of Kinesiology will continue to grow and find itself even better positioned to be a highlight of the campus offerings. Changes that are occurring will require adjustments, but the flexibility of our department members and students will provide us opportunities for continued growth.

We are always 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 Highlights



## SPIRL Research Highlights



## Program and Alumni Highlights



## Congratulations to Our Spring and Summer Graduates



# Department Highlights

## Schmidt Don't Quit Scholarship Bike Ride 2023

UW-Whitewater to UW Oshkosh...  
One and done!

This year's bike ride was a one-day event. Since UW-Whitewater is only about 95 miles south of Oshkosh, I was able to complete the ride in just over 8 hours. Following some encouraging words from my wife along with her usual, "don't do anything stupid out there" I left the UWW campus at 7:30 AM and was on my back deck with a cold drink by 3:45 PM. I was fortunate that temperatures were in the mid-70's and I also experienced a very much appreciated SW wind. My rest stops included the KwikTrips in Watertown, Juneau, and Waupun. Why KwikTrip you may ask? Pretty simple: you can find one or more in nearly every Wisconsin town and you always know what they sell... carrying a KwikTrip gift card is a lot easier than carrying food on my bike.

I've been asked what motivates me to continue the Schmidt Don't Quit effort each year.

It allows me to combine two things that I have a real passion for: 1) raising money for Kinesiology scholarships and honoring our students. Many are working part-time jobs outside of their full-time course loads to make ends meet. "Entitled millennial" is a term that does NOT fit our Kinesiology students here at UW-O. I have the utmost respect for their work ethic. 2) The importance of daily physical activity for overall health and wellness is something I always preach in my classes and I believe it is important to demonstrate this to the campus community and, of course, our students. The rides motivate me to train and stay fit. This was the 5<sup>th</sup> straight year I've completed a ride from one of our UW campuses. That includes, in order, UW-LaCrosse, UW-Eau Claire, UW- Platteville, and UW-Stout.

Why do I choose these other campuses as my starting point? I am a huge fan of the UW System and the WIAC. What an amazing treasure this is to Wisconsin; a first-rate education at an affordable price and we should be proud of the system as a whole. Any positive media attention that can be directed toward the UW System is a good thing as far as I'm concerned. And many of our KIN students compete in intercollegiate athletics so I think they appreciate me making the trek to visit their rival schools! UW-River Falls and UW-Superior are the two campuses left on my list.

Thank you to all who have supported me in this endeavor and special thanks to our donors who have made our Kinesiology scholarships a reality.

Interested in contributing in the future?

Contact Dan Schmidt at [SchmidtW@uwosh.edu](mailto:SchmidtW@uwosh.edu).



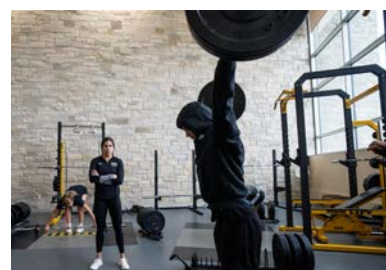
# Department Highlights

## Strength and Conditioning Major Granted Accreditation

Since the fall of 2020, the Department of Kinesiology started down the path of creating a Strength and Conditioning major with the end goal of being the first accredited program in the state of Wisconsin. After almost three years of program development, an extensive self-study, and an on-site accreditation visit, UW Oshkosh's Strength and Conditioning major was officially granted accreditation by the Council on Accreditation of Strength and Conditioning Education in July of 2023! UW Oshkosh is one of only nine accredited undergraduate programs in the country. Current and incoming students can be confident that our strength and conditioning education meets, if not surpasses, the standards required for accreditation. With over 25 students currently enrolled in the major, the program is growing in popularity. Our alums, who have worked hard to set a high standard for the program, are a big reason for its success.

"I want to thank everyone for their help, guidance and support in the accreditation process. Our strength and conditioning major has great potential because of the time, energy and effort the Kinesiology staff puts forth every day into educating our students to the best of their ability."

Craig Biwer, Strength & Conditioning Program Director



## Healthy Titans Impacts Students, Alumni and Staff

Healthy Titans is a wellness program for faculty & staff, retirees and their spouses. But it is so much more than that! Healthy Titans offers our students a hands on experience in three different classes and three different areas of wellness: fitness center management, personal training and group fitness. This experience benefits both the participants and our students, providing valuable hands-on experience to prepare them for success in their future careers.

"The Healthy Titans program was a great way to build skills that translate to the real world setting. This program gave us the opportunity to build relationships and practice social skills on a professional level. We received opportunities to work one-on-one and in group settings. Through Healthy Titans we were able to make positive impacts on the participants' lives. This in turn helps us, as a wellness professional, build confidence going into an internship or our career fields." Ben Clewien '19

The gift that keeps on giving: "No matter how many personal trainers I have had, I ALWAYS learn something new that I can take away each semester. Most recently I shared some stretching ideas with my son who has his first full-time job and is working from home." Debbie Gray Patton, Healthy Titans Member

Interested in finding out more about Healthy Titans? Visit the website at: <https://uwosh.edu/kinesiology/healthy-titans/> or contact Director Kate Harrell at [harrellk@uwosh.edu](mailto:harrellk@uwosh.edu).



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)

# Sport Performance and Injury Research Laboratory (SPIRL) Updates



## Research Updates from SPIRL

Brian Wallace, Lace Luedke and Kevin Biese have been working together to help install 2 new motion capture cameras (see image above). This upgrades our system from an 8-camera system to a 10-camera system which allows for less missing data during data collection. This is a helpful update to better utilize the biomechanics lab now and in the future .

Kevin Biese published the following papers:

Secondary School Athletic Trainers' Knowledge of Growth Spurts and Growth Measurement Methods

[CLICK HERE TO READ MORE](#)

The Association Between Sport Specialization and Sport Motivation in Middle School-Aged Athletes

[CLICK HERE TO READ MORE](#)

Youth Sport Participation Experiences From the Perspective of Hispanic/Latinx Parents and Their Children

[CLICK HERE TO READ MORE](#)

Secondary School Athletic Trainers' Clinical Management Decisions of Low Socioeconomic Status Patients

[CLICK HERE TO READ MORE](#)

Brian Wallace presented the following paper at the 41<sup>st</sup> Annual International Society of Biomechanics in Sports conference:

Biomechanics Student's Learning and Perceptions of Learning Due to the COVID-19 Pandemic and Associated Mitigation. [CLICK HERE TO READ MORE](#)

Visit SPIRL at: <https://uwosh.edu/kinesiology/spirl/>

# CONGRATULATIONS

## Spring and Summer 2023 Graduates

### Spring Graduates

Brittany Adelmund  
Adana Amor  
Joshua Barczak  
Kaylee Bowe  
Tricia Cich  
John Daley  
Anthony De La O  
Leah Edwards  
Sydney Foote  
Michael Griep  
Michaela Guenther  
Rachel Heisler  
Ross Harford  
Tyler Heitpas  
Hailey Holm  
Karissa Hucke

Jack Lehn  
Chris Lorfeld  
David Lutostanski  
Matthew Micoliczky  
Madelynn Otto  
Elise Pence  
McKenna Stehlik  
Sydney Szalinski  
Quinlan Thompson  
Reiley Tyler  
Rachel Uhrich  
Mallory Villwock  
Madison Walter  
Zach Wasielewski  
Ashley Wissink

### Summer Graduates

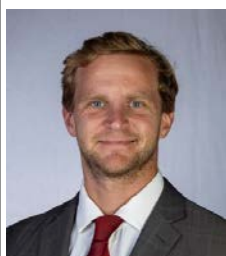
Cassie Diaz  
Jack Feye  
Adam Pulvermacher  
Maximus Ramminger  
Brandon Rothe  
Michael Savignac  
LJ Waco

### MSAT Graduates

Cierra Boutelle  
Tim Ladewig  
Lizet Moreno  
Grace Stevens  
Darian Van Offeren  
Allison Vreeke



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



**Cory Chapp**

I am the Head Strength and Conditioning Coach at The University of Minnesota Duluth in charge of programming for all of the 12 varsity teams. The UWO Strength and Conditioning (S&C) Program helped get me acclimated with the S&C profession and lifestyle. At UWO, we are given the opportunity to experience many different types of S&C (College, High School, Private) to help us understand the field we were getting into. When I left UWO, I felt very prepared and confident in my ability to step in to any intern position and excel. I would not have gotten to where I am now without the UWO S&C staff.



**Austin Tomaz**

I am the Assistant Director of Sports Performance at Grand Canyon University. My main responsibilities include men's soccer, men's tennis, and women's tennis. Within those sports, I am in charge of resistance training, speed/ power development, metabolic conditioning, and fatigue monitoring. I am also the Internship Coordinator and lead our class of interns through a curriculum geared towards sports performance and ultimately preparing them for their next step as a graduate assistant or a sports performance coach. Finally, I am an adjunct professor for the exercise science department at GCU and teach "Resistance Training and Cardiovascular Fitness" both lab and lecture classes.

UWO definitely prepared me to kickstart my career. The specific strength and conditioning route was huge for my development. Between the specific coursework and the clinical hours with Steve Brown and Kris Williams as well as the other high schools in the area, I think UWO gives a higher quality product for the Kinesiology students than many other universities.

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.