



A Message from the Research Committee

Special points of interest:

- KSS research and creative activities
- Submit presentation proposals for the November IAHPERD State Convention NOW!
- Deadline for submissions for IAHPERD Student-Mentor Awards is July 10th
- 2010 AAHPERD National Convention in Indianapolis. Session Proposal deadline June 15th, 2009 !!

The Kinesiology and Sports Studies faculty has been engaged in a significant number of creative and scholarly activities during the fall 2008 and spring 2009 semesters. These activities show that we as a faculty are not only teaching but are also making contributions to the body of knowledge that we present to our students. We reach many students through teaching; we also reach many more people by doing research and creating activities. EIU faculty and students had a great impact on the IAHPERD state conference by presenting, organizing, and being a part of the conference. Our faculty also published in professional journals and presented at other professional conferences. We congratulate all our colleagues for their scholarly and creative work and we are proud to recognize their accomplishments!

Dr. Jeff Willardson and Dr. Mark Kattenbraker create instructional video

Dr. Willardson and Dr. Kattenbraker traveled to Utah State University in February after receiving a grant from Primal Pictures in England to initiate the development of an instructional video. Dr. Eadric Bressel, Utah State, possessed the necessary equipment to gather motion capture data of various resistance training exercises performed by Dr. Kattenbraker. The data has been sent to Primal Pictures for final construction of the product. The final product will be a video showing an animated skeleton and muscles performing the resistance exercises with the human motion provided by the motion capture data that was collected at Utah State. The video will highlight joint actions and muscle activity during the various exercises.



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Dr. Croisant' and Dr. Hussey were at 2009 AAHPERD

Dr. Croisant presented a workshop at the 2009 AAHPERD Convention titled "Functional fitness assessment of baby boomers: How fit are you?". Dr. Croisant and her colleagues taught participants how to administer assessments of balance and mobility, agility, strength, and flexibility. Participants received hands-on experience in safely using assessment equipment, organizing a testing session, and interpreting results. She also talked about how to present or host a TESA workshop in their community. This workshop was designed to train leaders for effective older adult group exercise programs. Dr. Hussey presented a session that offered the participants an opportunity to improve personal badminton skills and develop teaching methods which are appropriate for beginners and intermediates.



Quality research by graduate students



An Examination of Perceived Stress and Burnout Among Athletic Trainers in Various Employment Settings

Allison Beckett

The purpose of this study was to examine perceived stress levels and sources of stress among Certified Athletic Trainers in different job settings and the relationship of perceived stress to burnout. Subjects completed a survey which utilized the “Maslach Burnout Inventory Human Services Survey” consisting of 22 items and a “Situational Stress Questionnaire” consisting of 15 items. Sixty-two athletic trainers who were members of the National Athletic Training Association working in various athletic training employment settings (Professional, College, High School, Clinic and Educational settings) in the Midwest were subjects for this study. Mean scores and responses from each questionnaire were recorded and compared between the five athletic training job settings that were

assessed. The results demonstrated a low risk for burnout in athletic trainers. Professional sports athletic trainers were at a higher risk for burnout than the remaining four groups. Most athletic trainers are satisfied with their relationships with people at work. The number of hours spent at work, lack of personal time and non-compliant athletes were the most common causes of stress for athletic trainers. It was concluded that athletic trainers working in professional sports, collegiate athletics and high schools have a higher risk of burnout compared with those working in a rehabilitation clinic or athletic training education programs.



The Effect of Interval Training versus Long, Slow Distance Training on Mile Time in College Age Females

Joe Molter

The purpose of this study was to compare improvements in one mile run time resulting from either interval training or long slow distance training. Seven female subjects ranging in age from 19-21 years participated in this study. Each participant was timed in a one-mile run prior to engaging in a three week, nine session training program. Three subjects were



assigned to the interval training group and ran on a treadmill at an intensity of 85-90% of their maximal predicted heart rate. The interval type was different for each of the three days of

training within a week. One session included four sets of four minutes of

exercise at 85-90% of the maximal heart rate with three minutes of active recovery between sets. A second session involved seven sets of running for two minutes at 85-90% with only one minute of active recovery. The final session consisted of five bouts of running for three minutes at the same intensity with three minutes of active recovery. Three subjects assigned to the long slow distance group ran on a treadmill at 70-75% of their maximal heart rate. Initial duration for these sessions was 20 minutes with the duration increasing by one minute per session. One subject who received no training, acted as a control. At the end of the training period, the one mile run was repeated. Post-training tests revealed significant improvements in both group’s mile time, with the long slow distance group showing a significantly greater improvement than the interval group. These results suggest that progressive long, slow distance training is more effective than interval training programs of the type used in this study for improving one mile run times.



Quality research by graduate students

The Relation of Cognitive Strategy with Injury, Motivation and Performance Among Collegiate Cross-Country Runners

Megan Craig

The two most common types of cognitive strategies used by distance runners identified in research are association and dissociation. While research has been conducted on elite athletes and the strategies they use during racing, this descriptive study gathered data from five intercollegiate cross country programs across the country. The purpose of this study was to determine the practices and views of distance runners and coaches of the sport at the college level. Participants were sampled from a population of male and female cross country runners between the ages of 18 and 23 years competing at the NCAA collegiate Division I and Division III levels. A total of 118 cross country athletes, as well as five coaches, completed a 24 item survey. Results showed that 68.6% of the runners were predominantly dissociative in their answers, while 28.0% were both associative and dissociative. Only 3.4% were found to be predominantly associative. The dissociative group of athletes had the fastest mean race time in the 8 kilometer race for males (\bar{x} =2:59) but the females in the associative/dissociative group were the fastest with a mean time of 19:56 for a 5 kilometer cross country race. It was concluded that while the most successful runners at least in part, used dissociative cognitive strategies, the most successful female

Opinions of Women in Regard to Gender Bias in Sports Media

Brian Gibbons

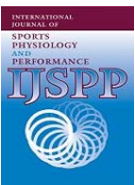
The purpose of this study was to assess the opinions of women in regard to gender bias in sports media. Eighty female subjects participated in this study. Participants were asked to complete an 18 item survey featuring demographic questions and Likert-scaled items (1-7, with lower scores indicating greater bias) assessing their opinions regarding gender bias in print media, television and the Olympic Games and the influence this portrayal has on young women. The participants indicated that they felt an inequality exists between males and females throughout all types of media with mean scores for print (\bar{x} =3.51) and television \bar{x} = (3.10) media and overall coverage (\bar{x} =1.96) of women's sports. The results show that subjects believed that female athletes were most fairly represented with the Olympic Games coverage. They did feel that the Summer Games were better at portraying female athletes than the Winter Games. Subjects also felt the media's portrayal of female athletes influenced adolescent women (\bar{x} =4.31). The findings of this study demonstrate that women do care about sports and that they are of the opinion that female athletes receive biased sports coverage from the media.

Ms. McFarland's dancers reach EIU and Charleston community

The EIU dancers, led by Jeanna McFarland, presented their annual spring concert entitled *True Expressions* on Friday and Saturday, March 6 and 7, 2009 on the stage in McAfee Gym. Their presentation included traditional forms of ballet, modern, tap, jazz and hip hop. The recital, sponsored by the Department of Kinesiology and Sports Studies, was broken into two acts that included a total of 18 performances. The performance attracted about 500 people from EIU and Charleston community.



Dr. Willardson and colleagues publish in IJSSP



They compared core muscle activity during resistance exercises performed on stable ground vs. the BOSU Balance Trainer. Twelve trained men performed various lifts and muscle activities were assessed. Their research did not demonstrate any advantage in utilizing the BOSU Balance Trainer. Therefore, fitness trainers should be advised that each of the aforementioned lifts can be performed while standing on stable ground without losing the potential core muscle training benefits.

Dr. Crawford published a book review.

"Sweet William -- The Life of Billy Conn," authored by Andrew O'Toole was reviewed by Dr. Crawford and published in the Journal of Sport History, Vol. 35, No. 2..

Dr. Oliver will represent KSS at Teaching Professor Conference 2009.

Dr. Oliver has been selected to attend the sixth annual Teaching Professor Conference in Washington, D.C. on June 5-7, 2009.

Stacey Ruholl elected to CAA (Council of Academic Affairs).

Dr. Croisant received a 2009 Summer Research/Creative Activity Award

KSS impact at 2008 IAHPERD state conference



Creatine to Growth Hormone: Ergogenic Aids and Exercise

An overview of various ergogenic supplements that may or may not improve athletic performance.

Presenter: Jake Emmett

Hybrid Diabetes – The Next Alarming Epidemic?

Discover how this frightening diagnosis is quietly creeping into the mainstream. A discussion of what it is, who is affected, and what to expect will provide you with the information to know what you can do about it.

Presenter: Stacey Ruholl

Recent Advances in the Science of Physical Education: Research Applications for the Teacher

A ‘mini-symposia’ of presentations representing the sub-disciplines of knowledge that support physical education. Speakers to present some of the latest information in these fields that has, will have or should have an impact on the practices of the physical educator now or in the near future.

Presenter: Brian Pritschet, Brent Walker, Ovande Furtado, Jake Emmett, Hasan Mavi, Eastern Illinois University, Charleston. Dali Xu Western Illinois University, Macomb

Presider: Brian Pritschet, Eastern Illinois University, Charleston.

Heart Disease: Assessment and Management of Personal Risk

Individual assessment of modifiable and non-modifiable risk factors for heart disease. Strategies for managing/lowering risk will be discussed.

Presenter: Mark S. Kattenbraker

IAHPERD 101

Interested in contributing to IAHPERD? Learn how the association functions and how important your involvement is.

Presenter: Deb Wolf

Student Mentor Projects

The Effects of Relaxation and Self-talk in Reducing Anxiety and Increasing Performance on a Golf Putting and Concentration Task

Student: Amanda Warner

Mentor: Brent Walker

Motivational Factors of Marathon Running

Student: Donna Lakinger

Dr. Oliver’s presentation at IAHPERD Mid-State Conference

Jon A. Oliver, Associate Professor, Department of Kinesiology and Sports Studies
Presented at the 2009 IAHPERD Mid-State Conference - [March 16th, 2009](#) - hosted at Eastern Illinois University

Title - *Trends & Issues Affecting High School Activities Associations*

Evaluated recent issues and trends affecting high school sport, including participation rates, drug testing programs, school classification changes, new programming trends, sportsmanship policies, and research on equipment. The 40 in attendance were mostly Illinois physical educators who also coach high school sports.

