What's New?

The Department of Kinesiology worked extremely hard over the fall semester to ensure that once students returned for spring classes the department would be primed to impact student learning. This edition of the Alumni Newsletter will highlight many of these opportunities.

Upcoming Events:

- March 4th - Advisory Board Meeting
- April 15th & 16th - ASAHPERD Conference
- April 29th - Annual Warhawk Cup Golf Tournament

Exercise Science

Warhawk Fit Downtown
Holly Clarke

The Graduate Assistants of the AUM Kinesiology Department recently visited Montgomery’s Southern Poverty Law Center to offer their services at the company’s Wellness Program event. Graduate students Rebekah Seay, Bruce Bentley, Katie Spain and Holly Clarke, gave valuable information on wellness and health care as well as offering services such as blood pressure, force vital capacity, waist to hip ratio, body composition, grip strength and general weigh-
ins. All the services offered are part of the “Warhawk Fit” initiative, which looks to help everyone and anyone begin, progress or continue on a path to healthier living. For a full list of all services on offer please feel free to contact warhawkfit@aum.edu or call us on 334-244-3472.

Nutrition within the Department of Kinesiology
Rebekah Seay

The Department of Kinesiology at AUM is continuing to grow. AUM is in the process of hiring a Registered Dietitian to initiate a Sport Nutrition Certification
starting in the Fall of 2017. The goal, in time, is to be able to offer Nutrition as an undergraduate degree. Presently the department offers undergraduate degrees in exercise science, physical education and sport management. By adding a sports nutrition certification, it will aid the students in becoming more versatile exercise scientists, sports managers and physical education teachers.

Scale Back Alabama
Bruce Bentley

On January 8th, Scale Back Alabama hosted a Guinness World Record attempt for most people on a scale. The event occurred in downtown Montgomery early that morning. Participants were greeted with fresh biscuits and bottled water. After an initial weigh-in, they were bussed to the official weighing station. Excitement hung in the brisk morning air as everyone awaited their turn to step onto the industrial-sized scale.

Obesity has become a major issue in the US. Alabama, in particular, has had a poor track record in staving off this problem. Scale Back Alabama has made tremendous strides in reducing the prevalence of obesity in the River Region, as well as the rest of the state. To date, the event has helped Alabama residents lose a total of 1.2 million pounds! They hope to add to that number with this year’s Scale Back Alabama. The world record attempt was organized as a way to kick off the event.

Ultimately, they were able to get 157 people on the scale for a total weight of 30,400 pounds! Previously, the record was held by a British company that was able to get 130 people together on a scale. While the Guinness certification process is still on-going, Montgomery, AL now holds the “unofficial” Guinness World Record for most people on a scale.
One of the field experience opportunities for our Kinesiology Department students here at AUM is volunteering to help teach Brain Pump classes to community children. Brain Pump allows our Kinesiology students to be interactive with children ranging in ages from 4-12. These Brain Pump classes are instructed by Physical Therapist, Tiffany Higginbotham and AUM Professor Dr. Erin Reilly. The classes combine the traditional physical therapy theories with the experience of a regular physical education classroom setting. The mixture of these two areas allows AUM students and professors to develop and study the fields of movement in young children and brain development. Brain Pump provides an environment for children to work on their readiness for learning, health and skill related fitness. Throughout the Brain Pump classes, students are able to work on gross motor skills, balance, body awareness, core strength, and crossing midline activities. Utilizing these skills, the Brain Pump class promotes better organization and the maturity of each student’s nervous system and how it correlates with physical activity and learning in and outside of the classroom. Children within Brain Pump are training at a heart rate that best stimulates the brain for optimum learning experiences. Brain Pump is taught at Metro Fitness on Saturday’s from 11:00-11:45 AM. For more information, please contact Tiffany Higginbotham at Body Logic PT & Wellness (334-380-5920). New classes begin in February, 2016.
Sport Management:
In support of Auburn University at Montgomery’s strategic goal of increasing its global presence, Dr. Foo and Dr. Schaefer travelled to Trinidad and Tobago for the US Embassy’s annual college fair on October 24th and 25th 2015. This recruiting trip was in an effort to promote AUM's academic programs and due to the overall success of the first trip; both Dr. Foo and Dr. Schaefer are excited to continue building these collaborative networks.

This summer (2016), Dr. Foo and Dr. Schaefer are facilitating a study abroad trip to Trinidad in hopes of enlightening students with an array of opportunities. In addition, visits are also planned with faculty members at the University of the West Indies and the University of Trinidad and Tobago.
New Faculty:

Dr. Schubert

Dr. Matt Schubert joins the AUM team from Kansas, where he completed a post-doctoral fellowship in Weight Management. Prior to AUM and Kansas, Matt completed his PhD in Australia studying exercise and nutritional manipulations to energy balance. He was excited to come to AUM due to the faculty and students as well as the university’s enormous potential for academic growth. He will be teaching within the Exercise Science program and his research interests are
diverse, including sport nutrition, exercise for health, and ways to improve exercise participation and adherence.
Alumni Announcements:

If you are an alum and would like to make an announcement to some of your old classmates concerning reunions, get-togethers, upcoming events, etc. via this newsletter, please email Dr. George Schaefer at gschaefer@aum.edu

Upcoming Events:

Health & Fitness Appraisals
Learn your cardio risk factor status and build your personal exercise/activity plan at a fraction of the typical cost.

- This battery of tests typically costs as much as $3,000.
- With Warhawk Fit, pay just $125
- Fall 2015 students will pay just $75

- 12 tests and evaluations, including:
  - Cardiovascular fitness EKG (reviewed by a physician)
  - Aerobic fitness
  - Blood chemistry profile
  - Pulmonary function

- Make your appointment today!
  - 334-244-3472

Available Through WarhawkFit

Provided by the AUM Kinesiology Department's Human Performance Lab
SAVE THE DATE
5th Annual Warhawk Cup Golf Tournament

BENEFITING AUM WOMEN’S BASKETBALL

FRI 2016
APRIL 29

LAGOON PARK GOLF COURSE
MONTGOMERY, ALABAMA
SHOTGUN START: 11AM
JAILHOUSE SCRAMBLE

$125 PER PLAYER
FOURSOME $400

CONTACT:
DAN DAVIS
DDAVIS21@AUM.EDU
CAYLA MORGAN
CMORGAN1@AUM.EDU
GEORGE SCHAEFER
GSCHAEFE@AUM.EDU

*LOOK FOR MORE DETAILS TO COME SOON!
Donations

Please consider giving back. All monies donated to the Department of Kinesiology will assist students with tuition and books. Any amount is appreciated and may be contributed via the following link:

http://cws.auburn.edu/giving/default.aspx?campus=AM

AUM Department of Kinesiology
P.O. Box 244023
Montgomery, AL 36124-4023

Checks can be made payable to AUM Department of Kinesiology.

Share This Newsletter With Your Friends!

Share  Tweet  Forward

Follow Us!

Copyright © 2015 AUM Department of Kinesiology, All rights reserved.
You are receiving this Newsletter because you are either a graduate of AUM’s Kinesiology Department, a faculty member or a graduate assistant, or a member of some other entity with interest in the department.

Our mailing address is: