



HEALTH AND HUMAN DEVELOPMENT

DEPARTMENT NEWSLETTER • FALL 2021

Kinesiology & Physical Education P-12 Programs

Hello from HHD Chair Keith Russell

Greetings from Bellingham! The students, faculty and staff of the Department of Health and Human Development (HHD) send you warm greetings and hope you have weathered the storm, as it said verbatim on the senior year sweatshirt my daughter received commemorating her final year in high school. We both looked at it and each other and laughed; we are a little seasick, but we weathered it! These past eighteen months have been unlike any other. I will not speak to how hard it has been on our side of the fence, because fences are ubiquitous and COVID left no one unscarred. We simply did not have the bandwidth to send out a newsletter last summer, and when I asked the faculty and staff over a late spring 2020 Zoom meeting if we should try, I was met with blank stares and silence that said in a thousand words: "We would love to, but we are simply trying to teach math to our kids, finish up the quarter, walk our dogs that now have an undergraduate degree from WWU through Zoom, write annual reports, reconfigure our wireless, and finish up the quarter while also scheduling an optometrist appointment because our eyes don't feel right." I read the room with deft precision and said, "Alrighty then, the newsletter, like almost everything in 2020, is cancelled." And here we are, a year later, and we are doing a newsletter, even if it is not approved yet by Governor Inslee's Phase 3 restrictions. I am certain our faculty and staff still don't have the bandwidth given their unbelievable efforts over this last year to serve our students and programs, but we all agreed: we have to do it, it is critical.

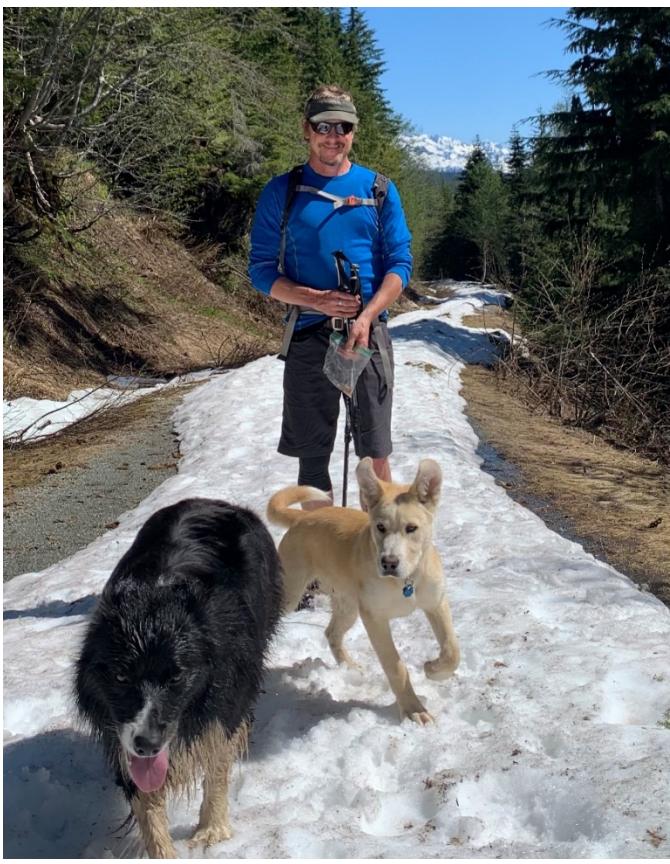
As usual, HHD has experienced a lot of change in the past few years. In 2020 we welcomed two new faculty and one staff to HHD and are welcoming one more in academic year 2021-2022. Kristen Chmielewski, Ph.D., (Recreation Management and Leadership, University of Iowa) and Mary Hunt, Ph.D., (Public Health, University of Arkansas) each had an opportunity to teach two quarters face-to-face (F2F)

before they were sequestered to their respective home offices and charged with taking all their curricula online. Both Kristen and Mary have done a remarkable job adjusting to WWU's quarter system and their respective program's curricula. The effort that was required is staggering, and we owe them sincere gratitude for their efforts in serving our students and programs.

We also welcomed Jen Leita to the team, a long-time instructor in kinesiology who now serves as HHD's advising coordinator, supporting faculty and staff in serving more than 500 students in our four distinct academic programs. Jen has been an amazing addition to HHD, changing the way we advise our students, teach our classes and respond to student needs. We are fortunate to have her in this position.

Finally, we welcome Nathan Robey, PhD., University of Northern Colorado, to the KPE faculty. Nathan will be replacing Dr. Kari Jo Hilgendorf, who will be leaving HHD to care for her growing family. Dr. Robey previously served as our lab technician, so already knows his way around the Carver Academic Facility and HHD's ten labs. Dr. Robey has a bachelor's degree in athletic training from South Dakota State University and a master's degree from Texas State University, also in athletic training. His doctoral work in exercise science at UNC focused on "The Effect of Visual Disruption on Stability After Anterior Cruciate Ligament Reconstruction," which he completed in the summer of 2020.

We are happy to report that despite the pandemic, Dr. Jun San Juan's Human Anatomy Dissection class this spring was able to provide students with an incomparable experience to learn human anatomy through hands-on human body dissection. This series of courses allows HHD faculty to better prepare our students for careers in allied health.



Keith hiking in the snow with his dogs Cody and Banjo

Other news is that the Community Health Program has formally changed its name to Public Health to better reflect the mission and curriculum of our nationally accredited program.

This fall our goal is to offer as many classes as possible F2F even though we are confronted with myriad challenges trying to accomplish this goal. There are so many moving targets, that we are all accustomed to pivoting on a moment's notice because we simply do not have the answers we need to plan. In fact, this spring after submitting our primarily online-delivered academic schedule for fall 2021, we received notice that vaccinations would be required and we all would need to teach F2F. Two days later, we again received a notice, this time that faculty actually had the choice whether to teach online or F2F. In the midst of making these decisions, the administration was writing policy in real time for what that would look like for the fall. HHD's staff of Sue, Denise, Kately, Rob and Jen have been remarkable supporting us through this tumultuous time.

I want to send a **HUGE THANKS** to everyone who contributed to the various scholarships and funds in the department over the past couple of years. Your donations make it possible for us to support and enrich students' education in the form of scholarships, support conference attendance and other learning opportunities, and maintain our state-of-the-art lab

equipment. We are eternally grateful for your continued support. Thank you for helping us develop the next generation of HHD alumni who work to improve the quality of life of those they serve through their dedicated work in health and human development.

Please let us know if you will be in the area and keep a watch for a possible alumni event in spring of '22. We are long overdue for some real NOT socially distanced connecting. Best wishes for a healthy 2021-22!

Keith
Chair, Health and Human Development
Professor, Recreation Management and Leadership

Physical Education Notes

Jane Gray – SHAPE Award Winner

Recent graduate Jane Gray '21 was awarded the Society of Health and Physical Educators (SHAPE) Washington State Major of the Year award! This award recognizes an undergraduate student in a university health and fitness program (physical education or kinesiology) who demonstrates outstanding academic achievement and community involvement. Congratulations on this award, Jane!

"The Washington state SHAPE America Major of the Year award celebrates outstanding undergraduate students in the fields of health, physical education, recreation and dance who provide exceptional service to school or community during their undergraduate career. SHAPE Washington supports coordinated efforts to foster healthy, active, educated youth in Washington State through professional development, advocacy, community outreach and partnerships."



Jane Gray

Kinesiology Notes

Nathan Robey – New KPE Faculty Member

Dr. Nathan Robey will join the kinesiology faculty in the fall of 2021. He completed his Ph.D. in sport and exercise science, with an emphasis in biomechanics, at the University of Northern Colorado in December 2020. Additionally, he holds a bachelor's degree in athletic training from South Dakota State University and a master's degree in athletic training from Texas State University. Prior to enrolling in his doctorate program, he worked as an instructor for the Athletic Training Biokinetics Program at Bethel University (St. Paul, Minnesota) while also serving as an athletic trainer for several Division III athletics teams at the university. Dr. Robey's current research interest focuses on the impact of anterior cruciate ligament (ACL) reconstruction on neuromuscular control of the knee, with the goal of improving rehabilitation and return to sport outcomes. His secondary research interests include using biomechanical tools to improve athletic screening and performance assessments and using data to improve clinical decision-making. Dr. Robey has spent the past two years working at WWU as the instructional support technician for HHD and the Biology Department.

In his free time, Dr. Robey enjoys spending time outdoors with his wife, Hillary (assistant professor in KPE), and their dog Tyr. He is excited to begin his role as a HHD faculty member in the fall and contribute to the Western community.



Nathan Robey

Kinesiology Graduate Students – Thesis Research Presentation

In April 2021, four kinesiology graduate students in the sport and exercise psychology option presented their thesis research at the virtual Northwest Student Sport and Exercise Psychology Symposium, hosted by Lewis Clark College in Idaho. Marisa Fernandez ('21), Dominique Mullicane, Zach Willis ('21) and Kelly Zwicker ('21) gave well-received presentations that stimulated many audience questions. Way to represent Western!

Nate Wolch – Teaching KIN 320 Fall Quarter

A familiar face will be at the front of the classroom fall quarter of 2021! Nate Wolch ('17, '19) will teach KIN 320: Psychology of Sport while Dr. Arthur-Cameselle is on professional leave. Students will no doubt enjoy learning about Nate's interesting work in the field of applied sport psychology. In addition to working full time at Joint Base Lewis-McChord teaching mental skills to soldiers, Nate also recently taught an undergraduate course in sport psychology at Seattle University.

Sarah Pine – Outstanding Graduate Student

Sarah Pine was selected as the 2020-21 Outstanding Graduate Student in Kinesiology, within the exercise science option. Her thesis was titled : "Effects of Hip Position on Scapular Kinematics and Muscle Activation in the Oblique Sling." Dr. Suprak served as the chair of her thesis committee.



Sarah Pine

News from KPE Faculty



KPE faculty congratulating students on persevering through a year of online classes

Jessyca Arthur-Cameselle

Dr. Jessyca Arthur-Cameselle had a busy year of online teaching and mentoring. She was highly impressed with her students' perseverance and flexibility in adapting to online instruction. Highlights of the year for her were popping in to engaging and lively small breakout room discussions in her online undergraduate courses as well as observing clients have "ah-ha" moments during individual meetings (over Zoom) with sport and exercise psychology graduate students who staff Western's [Center for Performance Excellence](#). In addition, the pandemic stretched Dr. Arthur-Cameselle's creativity and tech skills as she helped graduate students plan and practice several group workshops and teambuilding sessions online. This year, Dr. Arthur-Cameselle gave a lecture on the psychology of injury to the National Strength and Conditioning Association's Washington Virtual State Clinic as well as presented a workshop on motivation and burnout prevention in junior tennis for the United States Professional Tennis Association's Virtual West Coast Regional Conference. She also published two book chapters in [The Routledge Handbook of Clinical Sport Psychology](#).



Jessyca Arthur-Cameselle

Dr. Arthur-Cameselle is excited about starting new research projects on self-talk and mindfulness while on sabbatical in the fall of 2021, but before then, she enjoyed getting off her screen in the summer to hike and play sports with her family!

Lorrie Brilla

Dr. Lorrie Brilla, like others in the university community, had to transition to online instruction over the past year, which was a major challenge given that hands-on use of lab equipment was always part of the educational experience in her courses. Dr. Brilla located videos and data sets related to lab activities in an effort to make the practical aspect of her classes as real as possible. Another online experience for Dr. Brilla over the past year was providing the Adult Fitness Program remotely. Not being able to conduct research in the lab, Dr. Brilla turned her attention to preparing papers for publication from data already collected. She published two papers in journals and currently has two papers under review for publication. Dr. Brilla's graduate students also had to amend their thesis research projects to remote data collection, using creative solutions to ensure that they were not too delayed in completing their degree. She continues to mentor former graduate students to prepare their thesis research for article publication and has maintained her role as graduate program coordinator; as coordinator, she facilitates applications, graduate assistant awards and program assessment. She is also on the university's Research Advisory Committee and the Student Conduct Appeals Board.

On a lighter note, during the lockdown, she got a pandemic puppy. The black lab is named Koal and has been quite an addition to the household. Lots of time was spent in training...which is still in progress!

Harsh Buddhadev

Dr. Harsh Buddhadev's sixth year at Western was relatively mellow. Most of his efforts were spent on adapting his course materials and teaching style to facilitate engagement and learning through online classes. As much as this sudden shift to online teaching was challenging for faculty members, he acknowledges that this transition was equally or perhaps more difficult for students. Dr. Buddhadev was impressed with his students' understanding, kindness, tenacity and resourcefulness as they navigated the online learning environment in this unpredictable and devastating pandemic. These days, he is excited about the prospects of returning to campus for in-person teaching in the fall of 2021.

Gordon Chalmers

Dr. Gordon Chalmers continues to lead the Kinesiology and Physical Education Program as its coordinator from his “office” located in his kitchen. He is thankful for the hard work of the faculty, who continued to offer all normal classes, and the adaptability of students. He was pleased to see kinesiology graduate students continue to move towards their life goals despite the challenges provided by remote learning and online thesis research completion.

Dr. Chalmers is continuing his research of the neurophysiology of balance control by examining how the sensory nervous system in the legs allow people to balance under challenging conditions such as with their eyes closed or when they must move in the dark.

Kari Jo Hilgendorf

Dr. Kari Jo Hilgendorf formerly announced her resignation from Western Washington University and finished her work as a faculty member at the end of summer quarter 2021. Being a part of the Health and Human Development family was a tremendous blessing for Dr. Hilgendorf, and she regrets leaving the students, faculty and staff, particularly those she has worked closely beside within the kinesiology major. However, she eagerly anticipates caring for and raising her three-year-old son and one-year-old daughter and continuing research on ameliorating sequelae associated with child maltreatment.

Linda Keeler

Dr. Linda Keeler used her positive self-talk skills to figure out how to make the best of this academic pandemic year. Although in-person teaching is by far her preferred method of teaching sport and exercise psychology, she took advantage of many remote/online/blended teaching workshops in the summer of 2020 and found ways to be creative in remote teaching (the tennis ball challenge in KIN 320 is now forever going to be the sock challenge). Dr. Keeler, along with Dr. Arthur-Cameselle, remotely mentored graduate students' mental strength coaching work with clients, and her two graduate advisees successfully conducted and defended their theses research in 2021. Western Wellcat had to take a pause due to remote learning, but Dr. Keeler used that spare time to analyze aggregate data from the past six years on the therapeutic effects of the peer-led exercise program for students with depression. She co-authored a similar aggregate study in the Health Education Journal on the non-diet nutrition and exercise program, FitU, that she helped create when she worked at Chico State.

Dr. Keeler also loved witnessing the resilience and tenacity of the undergraduate students who kept their spirits up and excelled in some of the new methods of remote learning; however, like many students she is very much looking forward to in-person learning in the fall.

Hillary Robey

Dr. Hillary Robey (previously Dr. Franks) finished her third year at Western. She spent much of the past year at home teaching remotely. While the transition to remote learning was an unbelievably challenging task and learning curve, one furry friend enjoyed the company at home—her dog Tyr, who benefitted from walk breaks throughout the day and served as a constant distraction in the middle of Dr. Robey's classes and meetings. She is looking forward to heading back to campus, teaching students and seeing colleagues once again! Amidst the pandemic, Dr. Robey presented several conference sessions virtually at the SHAPE America National Convention. Also, in the fall of 2020, she began her role as committee chair of SHAPE America's Emerging Leaders Task Force, which aims to recruit, engage and retain young professionals in the physical education and health education fields.

A highlight of 2020 was getting married (elopement style due to the pandemic) to Nathan Robey, whom she met during her doctoral program at the University of Northern Colorado. In their free time, Dr. and Dr. Robey enjoyed skiing, hiking and walking Tyr in the Bellingham area. She enjoyed spending this summer outdoors and working on publishing manuscripts that have been lingering on her to-do list for the past two years.



Hillary and Nathan Robey's elopement-style wedding overlooking Rimrock Lake, July 2020

Jun San Juan

It was a very tough year for everyone, including Dr. Jun San Juan, because of the pandemic, but he had some valuable events in his professional career that helped him face this hardship. First, Dr. San Juan is happy to announce that he was promoted to full professor in the fall of 2020. Second, his dream of starting a human cadaver dissection course at Western came to fruition after almost eight years of planning. He was able to offer the cadaver dissection class face-to-face spring quarter 2021 with the help of the HHD department and the office of Environmental Health and Safety to ensure that everyone was safe.

Third, two of his former master's students graduated with their doctoral degrees and are now working as post-docs, one at a hospital biomechanics lab in New Jersey and another at a university in Colorado. And last, with the help of his graduate students and faculty colleagues, he published a manuscript in "The Knee" journal; this publication is part of a product evaluation they performed a few years back. In the summer of 2021, Dr. San Juan attended the annual meeting of the American Society of Biomechanics and the Northwest Biomechanics Symposium, which were both virtual this year; at the conference, his graduate students presented the results of their thesis research. He is very excited and looking forward to teaching in-person in the fall and seeing everyone back on campus.

Below: the first cohort of students in the dissection class (KIN 497B Human Anatomy Dissection), spring 2021.

Back Row L-R: HHD Chair Keith Russell, Sean White, Dr. Jun San Juan. Front Row L-R: CHSS Dean Paqui Paredes Méndez, Anna Bruni, Mariel Relyea, Tyler Verrill

Dave Suprak

Dr. Dave Suprak was on leave for the spring of 2021 but will be back in action fall 2021!

Nicholas Washburn

Despite the coronavirus pandemic, Dr. Nicholas Washburn had an eventful year at Western. He presented research on the influence of a caring climate on student emotions in secondary PE at the international level (AIESEP, 2021) and on the influential aspects of secondary field experience for preservice teachers at the national level (SHAPE America, 2021), plus collaborated with students to present on the teaching games for understanding (TGfU) instructional model at the state level (SHAPE Washington, 2020). Dr. Washburn remained active in scholarship with submitting two papers for review on which he is the lead author, one concerning the influence of role stress and emotional intelligence on teachers' emotional exhaustion and affective commitment, and the other on preservice teachers' interpretations of secondary field experiences in PE.

Having had substantial opportunity to master the Zoom platform and all its functions, Dr. Washburn is eager to resume in-person instruction to reconnect with his students as they prepare to become professional educators of health and PE. Outside of his role with Western, Dr. Washburn enjoys spending time with his partner, Alena; daughters, Lila Marie and Finley Joy; and puppy, Hamilton.



Ways to Give to Kinesiology and Physical Education

As always, we appreciate your support of the Kinesiology & Physical Education Programs and the Center for Performance Excellence, which allows us to offer more opportunities to our students. Our KPE Fund covers conference attendance, special events, guest speakers, research, equipment, materials, etc.

Online: [Kinesiology and Physical Education Program Support Fund](#)

[Center for Performance Excellence](#)

[Health and Human Development Foundation Fund](#)

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View from Oyster Dome (photo by Jasmine Goodnow)