

## 2014 WSKW Annual Conference

### Convention Sessions – Wednesday, October 8, 2014

<b>4:30 - 6:30 PM</b>	<b>Registration</b>	<b>Convention Lobby</b>
<b>4:30 - 5:30 PM</b>	<b>Future Directions Meeting</b>	<b>Douglas Room</b>
<b>5:30 - 5:45 PM</b>	<b>BREAK</b>	
<b>5:45 - 6:15 PM</b>	<b>Academic Presentations</b>	

**Title:** *Exercise and Fibromyalgia: What We Know*

**Washoe BC**

**Presenter:** Scott Cheatham (California State University, Dominguez Hills)

**Abstract:** Exercise prescription for the Fibromyalgia (FM) client has changed in recent years due to new research and a more complex understanding of the pathology. This presentation will discuss the most current research on clinical management and exercise prescription for individuals diagnosed with FM. The participant will learn the most current evidence based exercise guidelines for common modes of exercise including: strength training, aquatic exercise, Pilates, Yoga, Tai Chi, and more. This presentation is for the kinesiology professional who desire more in-depth knowledge of FM. Objectives: By the end of this lecture the participant will be able to:  
1) Discuss the traditional and current etiological theories of FM and 2) Discuss evidence based exercise guidelines for common modes of exercise.

**Title:** *Examining Decision Making Process of Football Participation by Using Extended Theory of Planned Behavior (ETPB): Focused on Role of Sensation Seeking*

**Washoe DEF**

**Presenters:** Youngjae Kim & Yoonsuk Cha (Chung-Ang University), Hosung So (California State University, San Bernardino)

**Abstract:** Project: The purpose of the study was to examine and predict intention of participation in pursuing football activities, using the Extended Theory of Planned Behavior (ETPB). Means: A total of 213 Koreans who participated in football activity for their leisure activity participated in this study and completed online questionnaires. Outcome: Relationships among the constructs in the ETPB model with sensation seeking added for the current study, using the empirical results of structural equation modeling (SEM), indicated that participants' sensation seeking was found as a positive influence on their attitude toward participation of football activity, subjective norms, and perceived behavioral control. In addition, the most significant explanatory variables in predicting the intention of participation in pursuing football activities as leisure were perceived behavioral control, attitude toward football activity participation, subjective norms. Reflection: Results indicate that psychological variables, such as perceived behavioral control and attitude played an important role using the ETPB model. Sensation seeking had a positive influence on perceived behavioral control and attitude toward behavior and a negative impact on subjective norms. Findings from the current study supported the empirical results of the ETPB model.

**6:15 - 6:20 PM**

**BREAK**

**6:20 - 6:50 PM**

**Academic Presentations**

**Title:** *The Relationship Among the Empathetic Ability, Resilience and Externalizing Behavior Problems of Schoolgirls Participants in Sport Club*

**Washoe DEF**

**Presenters:** In Hyung Kim (Silla University), Ji-Seon Kim & Jin-Seong Kim (Pusan National University)

**Abstract:** The purpose of this study was to discover the relationship among the empathetic ability, resilience and externalizing behavior of schoolgirl's participants in sports club. For this study, 163 people from elementary schools and 291 people from middle schools were selected as research participants in 8 metropolitan cities including Gyeonggi province in 2013. The data was analyzed by a factor analysis, difference verification, and regression analysis, path analysis using the SPSS 21.0, LISREL 8.35. The following results have been drawn from this study. First, the results were analyzed according to the school's level. The results of middle school girls are higher in empathetic ability, especially emotional empathy. The results of elementary school students are more likely to have resilience. The results of middle school girls are higher in sociality. The results of middle school girls were higher in externalizing behavior problems, especially in aggression. Second, in the result of difference test depending on the participation period showed that in the cognitive empathy, students who participated more than 1 year are more likely to have higher ability to empathize than students. And in the resilience, if the period is more than 1 year, students are more likely to have better sociality. Externalizing behavior problems in accordance with the participation period didn't show any difference. Third, the results of examining the causality that empathetic ability effects on reliance and externalizing behavior problems depending on the schoolgirls' sports club participations and activity have been showed as follows. Empathetic ability, especially emotional empathy directly has an effect on control of resilience, and sociality. Also emotional empathy indirectly has an effect on positivity through the control. And analysis showed that aggression of externalizing behavior problems have direct, indirect influence through resilience, in the case of delinquency, only have an indirect effect through resilience. They showed that cognitive empathy directly affects the control of resilience and sociality, indirectly effect the positivity through the control. For the aggression of externalizing behavior problems, it only effects indirectly through the control of resilience and sociality, and even to the delinquency.

**Title:** *The Journey of a Thousand Miles: Creating Recreation Trail Guides in NE Oregon*

**Washoe BC**

**Presenter:** Brian Sather (Eastern Oregon University)

**Abstract:** A dearth of information about recreation trails of Northeast Oregon and a yearning to ride them prompted the presenter to engage in a multi-year project to explore and document. The purpose of this project was to enhance and promote recreation and fitness activities in Northeast Oregon. Several modes of transportation and electronics were employed to gather data for the trails. Then, the information was processed using special software and presented with an online content management system. Details will be provided about the entire process, along with sharing the value of the presenter's experience in outdoor recreation.

**7:00 - 8:00 PM**

**Conference Social**

**Douglas Room**

## 2014 WSKW Annual Conference

### Convention Sessions – Thursday, October 9, 2014

<b>7:00 - 8:00 AM</b>	<b>Central Committee Meeting</b>	<b>Douglas Room</b>
<b>8:15 - 8:30 AM</b>	<b>President's Welcome</b>	<b>Washoe DEF</b>
<b>8:30 - 9:20 AM</b>	<b>General Session: Keynote Presentation</b>	<b>Washoe DEF</b>

Dr. Steve Jefferies, Central Washington University

*"50 Million Strong: Health and Physical Education's 21<sup>st</sup> Century Moon Shot"*

**9:20 - 9:30 AM**                      **BREAK**

**9:30 - 10:00 AM**                      **Academic Presentations**

**Title:** *Featuring Recreation Trails Online: The Technology, Process, and Experience!*                      **Washoe BC**

**Presenter:** Brian Sather (Eastern Oregon University)

**Abstract:** The presenter shares a method of collecting trail data and converting it to a feature-rich online multimedia presentation for promoting recreation and fitness outdoors. The focus of the project is to develop a comprehensive and accurate collection of trail information for a specific region in Oregon. Perhaps more interestingly, the presenter shares his personal recreation experience gained in this multi-year project.

**Title:** *Developing a Roadmap for Professional Development: The 5-Year Plan*                      **Washoe DEF**

**Presenter:** Scott Cheatham (California State University, Dominguez Hills)

**Abstract:** What is the next step beyond graduation? What are the qualifications needed to get the ideal job? Is a graduate degree necessary? These are common questions graduates ask and at times may not know the steps needed to achieve that ideal job. This lecture will help the student build a road map for professional success through the development of the 5-year plan. An A-Z approach will be presented which will allow the participant to immediately apply the principles discussed. This lecture is for the participant who desires a more in-depth understand about professional development and career planning.

**10:00 - 10:10 AM**                      **BREAK**

**10:10 - 10:40 AM**                      **Academic Presentations**

**Title:** *Common Core and YOU!*                      **Washoe DEF**

**Presenter:** Paul Rosengard (SPARK)

**Abstract:** Whether you are a physical education student or seasoned professional, you've heard of the new common core standards and are probably wondering, "What does this mean for me?" Today more than ever, ALL

teachers are being held accountable to prove their students are learning. This session will examine common core through the eyes of a physical educator – so be ready, it will be active and fun. Rated R for Relevant!

**Title:** *A Study on Senses of Pleasure and Worry About Physical Education of Middle School Students*

**Washoe BC**

**Presenters:** Hui-Seung Han (Pusan National University), Keun-Mo Lee (Pusan National University), Se-Bok Oh (Busan National University of Education), Jun Kim (Central Michigan University)

**Abstract:** This study aimed to operate and design physical education classes efficiently through a survey of opinions about materials of pleasure and worry for students in physical education in middle schools; to do this, 420 middle school students, regardless of gender, were selected in South Gyeongsang Province. From the statistical test and analysis of the results of the survey, the following conclusions were drawn. First, as for the level of pleasure and worry about physical education by middle school students' gender and school year, both levels of pleasure and worry were higher among boys than among girls. In other words, as for the level of pleasure and worry about physical education, boys were found to feel more pleasant and worried about physical education than girls. As for the level of pleasure, it was shown that boys as eighth-graders felt more pleasant than counterparts as seventh- or ninth-graders, while girls as seventh-graders felt more pleasant than counterparts as eighth- or ninth-graders. Second, as for the degree of pleasure material factors in physical education by middle school students' gender and school year, all of health, sociality, ease, and freedom factors were higher among boys than among girls. Different phenomena were found by gender and school year in health, sociality, and freedom factors, not in ease factor, among pleasure material factors in physical education. Third, as for the degree of worry material factors in physical education by middle school students' gender and school year, boys showed higher exercise skill performance and facility environment factors than girls. There were different senses of event, interpersonal relationship, and exercise skill factors among worry material factors in physical education by gender and school year, and different phenomena were shown in the facility environment factor by school year for boys. To put the conclusions together, boys felt more pleasant and worried about physical education than girls in middle school, and there were differences in pleasure and worry material factors by gender and school year. It is therefore necessary to improve physical education classes with these considerations in physical education by gender and school year. Higher interest in physical education can exert positive effects on class satisfaction, which can then increase pleasure among students participating in classes, while lower interest in physical education can exert negative effects on class satisfaction, which can then raise the level of worry among students participating in classes. It can be said that positive experience in physical education in middle school is also related to active participation in physical education activities and health care and maintenance. It is therefore necessary to present a desirable direction for physical education and ultimately improve the quality of physical education in order to obtain more developed and advanced results according to these results; it is also necessary to make multilateral efforts to improve the quality of physical education. To allow middle school students participate pleasantly in physical education, it is necessary to provide various physical subject contents in pursuit of opportunities to participate in wide-ranging physical education activities and make learner-centered operation.

**10:40 - 10:50 AM**

**BREAK**

**10:50 - 11:50 AM**

**Academic Panel Presentation I**

**Washoe BC**

**Title:** *The Danger of Socialized Conformity to Intellectual Diversity in Kinesiology*

**Panelists:** Brett Holt (University of Vermont), John Osterello (California State University, East Bay), Larry Bruya (Washington State University), Sharon Stoll (University of Idaho)

**Abstract:** Topic: In prior years, there have been WSKW discussions on threats to academic freedom which include five identified external threats (Advocacy, Accreditation, Budget, Media, Culture of Fear, and "For-Profit" colleges). In continuing with this theme and relating to the "Hot Topic" for 2014 (Diversity), we would like to examine the

need for “Intellectual Diversity” in Kinesiology or the field may become threatened with Intellectual conformity. Concept: The concept that “Diversity” in academics and Kinesiology is limited to external traits prevents the deeper understanding of “Intellectual Diversity.” Kinesiologists cannot allow this deeper form of diversity to escape discussions/scrutiny from experts in the field. Intellectually, this panel is being composed of four expert kinesiologists with four distinctly diverse lines of inquiry to help illustrate WSKW’s commitment to Intellectual Diversity. Positions: Diversity in any given academy is often identified by external traits (i.e., gender, race, ethnicity, religion, etc.); However, we would take the position that it is “Intellectual Diversity” under the Kinesiology “umbrella” that need be advocated by members of the Kinesiology profession. Protection and support of “Intellectual Diversity” needs be retained in Kinesiology in order to 1) allow experts freedom of inquiry, 2) maintain academic identity amongst sub-fields (i.e., Physical Education – Teacher Education, Sport Psychology, Exercise Science, Health Promotion, Dance, Sport/Fitness Management, Motor Learning, etc.), 3) maintain academic integrity as an umbrella field, and 4) decrease the danger of “forced socialization” into the academy. Discussion: Through a process known as “Socialized Conformity,” academic institutions, academic departments, professional organizations, journals, and even sub-committees have all infringed on academic freedoms by discouraging “Intellectual Diversity.” “Socialized Conformity” has been identified throughout the kinesiology profession in process which include but are not limited to: Assigned mentor faculty with agendas, internal/external tenure and promotion reviews who do not place a value on a young faculty members inquiry, “stacked deck” hiring committees, skeptical administrators who view “numbers” as more a value than academic integrity, dissertation committees that find little value in the candidates line of inquiry, and even professional journals/organizations that make determination of “interest to audience” without inquiring the “audience.” Each of these dangers will be discussed in context as a threat to Academic/Intellectual Freedoms. Reflection: The panel will reflect on each other’s experiences while encouraging discussion from the audience.

**10:50 – 11:50 AM**

**Academic Poster Session I**

**Convention Lobby**

**1. Heal Grant, Insights Gained From One Year Follow-Up**

**Presenters:** C. Inouye, J.L. Rayas, J. Sherwood (California State University, East Bay)

**2. Exploring a Standard Time for Skill Practice in Taekwondo**

**Presenters:** Hosung So, Hyun-Kyoung Oh (California State University, San Bernardino), Soojin Yoo (University of Texas – Pan American), Young-Sub Kwon (Humboldt State University)

**3. The Effects of Basic Psychological Needs and Ego-Resiliency on the Subjective Happiness in Dance Sports Club Members**

**Presenters:** Jooyoung Park, Tae-Jun Chon, Hyun-Joo Jin, Soo-Hyun Park, Min-Ho Kim, Dae-Dong Kim (Soongsil University), Joohee Kim (Sungkyunkwan University)

**4. Effects of Physical Activity on Physical Self and Social Physique Anxiety Among College Students**

**Presenters:** Hyun-Kyoung Oh (California State University, San Bernardino), Heesu Lee (University of South Carolina), Minhyun Lee (University of New Mexico), Kibum Cho (West Virginia University), Hosung So (California State University, San Bernardino)

**5. Effects of Levels of Physical Activity on Physical Education State Anxiety Among College Students**

**Presenters:** Hosung So (California State University, San Bernardino), Minhyun Kim (University of New Mexico), Soojin Yoo (University of Texas – Pan American), Hyun-Kyoung Oh (California State University, San Bernardino), Heesu Lee (University of South Carolina), Kibum Cho (West Virginia University)

**6. The Influence of Entrance Examination-Preparing Physical Education Student's Participation in Plyometric Training Upon Quickness and Agility**

**Presenters:** Woosuk Kim, Seung-eun Song, Yougjae Kim, Kyung Kim (Chung-Ang University)

**7. Correlation Between Personality and Empathy by School Sports Club Involvement Among Middle School Students**

**Presenters:** Youngjae Kim, Eunjoo Cha, Sojung Park (Chung-Ang University), Hosung So, Hyun-Kyoung Oh, (California State University, San Bernardino)

**8. Physical Education Teachers' Perceptions of Professional Socialization**

**Presenter:** Hong-Min Lee (University of New Mexico)

**9. Powerful Words: Analysis of Text Present in "Fitsporation" Images**

**Presenter:** Heather Van Mullem (Lewis-Clark State College)

**10. Effects of Exercise Intensities on Immune Cell Death in Smokers and Non-Smokers**

**Presenters:** Kyung-Shin Park, Yang Lee (Texas A&M University), Daniel Park (J.B. Alexander High School)

**11. Native Americans Fight Against Sports**

**Presenter:** Michael Dunn (Gonzaga University)

**12. The Effect of Enjoyment on Leisure Engagement in Dance Sport**

**Presenters:** YoungJae Kim, HyeHee Lee, YoonSuk Cha, SungYoun Won (Chung-Ang University), Hosung So (California State University, San Bernardino)

**12:00 - 1:30 PM**

**Lunch**

**Douglas Room**

**12:30 - 1:30 PM**

**E.C. Davis Lecture**

**Douglas Room**

Dr. Sharon Stoll, University of Idaho

*"Character and Leadership: Musings from a Weathered Athlete"*

**1:30 - 1:45 PM**

**BREAK**

**1:45-2:45 PM**

**Academic Panel Presentation II**

**Washoe BC**

**Title:** *Lessons from the Trenches: Tips and Strategies for Succeeding in Academia*

**Panelists:** Jennifer Beller (Washington State University), Carole Casten (California State University, Dominguez Hills), Bethany Shifflett (San Jose State University), Jane Shimon (Boise State University), Sharon Stoll (University of Idaho), Heather Van Mullem (Lewis-Clark State College)

**Abstract:** Come to this interactive session to learn tips and strategies for entering into and succeeding in academia from successful scholars. Suggestions for submitting a successful application to graduate school, securing your first academic position, effective teaching and learning strategies for both face-to-face and online courses, strategies to balance active scholarship and service agendas, and managing workplace politics will be discussed.

**1. Post Activation Potentiation During the Hang Power Clean**

**Presenters:** Curt Hamilton (Velocity Sports), Rick Lambson, Mark DeBeliso (Southern Utah University)

**2. The Analysis of Pre-Service Physical Educator's Behavior Intention Toward Teaching Students with Disabilities Using the Theory of Planned Behavior**

**Presenters:** Hyun-Su Lee, Geon-Hee Kim, Hye-Min Kim (Pusan National University)

**3. A Validation Evaluation of a Behavior Inhibition Measurement: Targeted Research on Inclusive Physical Education of High School Students Without Disabilities in Korea**

**Presenters:** Jin-Woo Park, Hye-Min Kim, So-Hyung Kim (Pusan National University), Jae-Hwa Kim (Texas Women's University), Hyun-Se Lee (Pusan National University)

**4. A Study on a Relationship Between Culture Inclination and Multicultural College Student Participants in Sports Clubs**

**Presenters:** Ji-Seon Kim (Pusan National University), Chan-Ryong Kim (Dong-Eui University), In-Hyung Kim (Silla University)

**5. Grounded in Physical Activity: How the AKA Core Elements Can Help Us Prepare Future Professionals**

**Presenters:** Sean Sullivan, Amy Miller (California Baptist University)

**6. Male to Female Transsexual Athletes in Sports**

**Presenters:** Kyongmin Lee, Minhyun Kim (University of New Mexico), Daewoon Yoon, Yongseek Kim (New Mexico Highlands University)

**7. Legal Prevention of Ambush Marketing in Sports**

**Presenters:** Kyongmin Lee, Minhyun Kim (University of New Mexico), Daewoon Yoon, Yongseek Kim (New Mexico Highlands University)

**8. Literature Review and Managerial Implications on Cause-Related Marketing (CRM)**

**Presenters:** Kyongmin Lee, Minhyun Kim (University of New Mexico), Daewoon Yoon, Yongseek Kim (New Mexico Highlands University)

**9. Considerations for Students with Intellectual Disabilities (ID) to Participate in Soccer**

**Presenters:** Minhyun Kim, Kyongmin Lee (University of New Mexico), Hosung So (California State University, San Bernardino), Yongseek Kim, Daewon Yoon (New Mexico Highlands University)

**10. The Effects of Different Recovery Methods After Soccer Matches in Elite Soccer Players**

**Presenter:** Seung Hoon Paik (Humboldt State University)

**11. Therapeutic Humor in the Management of Pain**

**Presenter:** Alexander Ernesto Alonso (La Sierra University)

**12. Monocular vs. Binocular Vision in Throwing Ability**

**Presenter:** Jacqueline Soberanis (La Sierra University)

**13. The Effect of Dance Sport to the Emotion of Adolescent Diabetics**

**Presenters:** Cho-Young Yook, Eun-Shim Yang, Hyhn-Nam Kim, Im Ha Yoo (Korea National Sport University)

**14. A Study on Student Tennis Athletes' Career Consciousness and Relationship Between Achievement Goal Orientation and Career Preparation Behavior with Career Deterrents**

**Presenters:** Sae-Mi Lim, Keun-Mo Lee (Pusan National University), Jae-Hyung Lee (Korea Maritime and Ocean University), Jin-Sung Kim (Pusan National University)

**2:45 - 2:55 PM**

**BREAK**

**2:55 - 3:25 PM**

**Academic Presentations**

**Title:** *Body Composition Differences by Assessment Methods*

**Washoe BC**

**Presenters:** Clay Robinson, Paisley Marks, John Robinson, Michael Van Meel (Lewis-Clark State College)

**Abstract:** For many years the most common traditional assessment methods to determine body composition have been skin fold and hydrostatic weighing. Bioimpedence is a non invasive technique but has been reported to have poor validity. The new assessment in the area of anthropometric measurements is using the DEXA scan or dual ex-ray abortion. This new methods is reported to be the most valid and reliable means of predicting an individuals body composition however the time and cost prohibit many institution from using this method. There has been some notable differences in predication of body composition using traditional skin fold and hydrostatic assessments when compared to DEXA scans when athletes are assessed. The purpose of this roundtable discussion is to investigation the difference in assessments between these three methods of body composition assessment and try and determine if the difference is due to higher bone density in the athletic populations. If there is a difference in body fat prediction based on bone density should the traditional methods (hydrostatic and skin fold) be adjusted to reselect the DEXA results. Are the differences that are found due to a greater bone density in the athletic population? Students at Lewis- Clark State College have collected data from athletes and non athletes using all three methods and the results will be discussed in this roundtable session. If athletes who have bone density that is 1 to 2 standard deviations higher than normal have a greater prediction in body composition than when hydrostatic weighed it might be inferred that the heavier bone density is influencing a lower body composition prediction when under water weight is assessed. Discussion of results, summation of recent research articles, and discussion will follow a brief presentation by the researchers listed above. We encourage active participation in the discussion and hope to create thought into why there are differences in the reported anthropometric assessments.



**Title:** *Physical Genesis: Examining Fitness Levels and Health Behaviors for Children in Grades 5-11 Nationally*

**Washoe A**

**Presenter:** Robert Thomas (La Sierra University)

**Abstract:** PROJECT: This presentation is intended to inform attendees of this national study to be done in Spring 2015, and to solicit their suggestions for improving the design. MEANS: Content for this presentation will be developed using the study description; the assessment tools (Fitness tests and Health Behavior Survey); and a review of existing literature that describe fitness levels and health behaviors for middle school and high school students. OUTCOME: The presentation will be an overview of the rationale for the study (no national fitness study published since 1987), the hypotheses, the methods, and the possible outcomes following the study. I would also appreciate the opportunity to hear concerns and suggestions from the attendees. REFLECTION: Because I have not completed this project yet, I do not have a fully-informed “reflection”, but I believe this presentation will inspire those who hear it to become more intentional to transform others within their sphere of influence and to continually strive to grow as a professional.

**3:25 - 3:35 PM**

**BREAK**

**3:35 - 5:05 PM**

**Peavy Papers**

**Washoe DEF**

**3:45 - 3:55 PM**

**Research Critiques and Literature Reviews**

**1. Value of Various Exercise Recovery Methods**

**Presenter:** Matt Bray (Whitworth University)

**2. Knee Alignment and Osteoarthritis**

**Presenter:** Greg Schrupp (Washington State University)

**3. Physical Education for Students with Disabilities**

**Presenters:** Daniel Reyes, Kari Hillwig, H Oh, Hosung So (California State University, San Bernardino)

**4. Biomechanical Feedback: Tuck Jump & Running**

**Presenter:** Kara Kracher (Eastern Washington University)

**5. Warm-Up Protocols for Flexibility and Power**

**Presenter:** Jonathan Hoelzen (Eastern Washington University)

**6. Treating Carpal Tunnel Syndrome By Massage**

**Presenter:** Justin Parks (Eastern Washington University)

**3:55 – 4:05 PM**

**Research Critiques and Literature Reviews**

**1. Aerobic Training Program for Fibromyalgia**

**Presenter:** Greg Schrupp (Washington State University)

**2. Researching Hydration and Weight Loss**

**Presenters:** E. Bartlett, Abigail Boyer, Nicole Garbe, Carson Homer, Analica Johnston, Robert Ogden, B. Olsen (Utah Valley University)

**3. Inclusion in Physical Education**

**Presenters:** Kari Hillwig, Daniel Reyes, H Oh, Hosung So (California State University, San Bernardino)

**4. Interval Training and Energy Expenditure**

**Presenter:** Christa Gentili (Eastern Washington University)

**5. Results of Recovery Sleep Post-restriction**

**Presenter:** Nessa Forsberg (Eastern Washington University)

**6. Effect of Cooling Vest on Temperature**

**Presenter:** Francesca Lahoz (Eastern Washington University)

**4:05 – 4:15 PM**

**Research Critiques and Literature Reviews**

**1. Importance of Motivation in a Rehabilitation Setting**

**Presenter:** Greg Schrupp (Washington State University)

**2. Efficacy of PNF in Hemiplegic Rehabilitation**

**Presenter:** Lizzie Choma (Whitworth University)

**3. Outcomes of Prenatal Tobacco Exposure**

**Presenter:** Rachel Teo (Whitworth University)

**4. Shod and Unshod Back Squat Kinematics**

**Presenter:** Richard Mehlbrech (Eastern Washington University)

**5. Alertness after a Night of Light Drinking**

**Presenter:** Richard Galindo (Eastern Washington University)

**6. Resistance Training for College Students**

**Presenter:** Danielle McCammon (Eastern Washington University)

**4:15 – 4:25 PM**

**Research Critiques and Literature Reviews**

**1. Effects of Constraint Induced Movement Therapy in Treating Hemiparesis After a Cerebral Vascular Accident**

**Presenter:** Greg Schrupp (Washington State University)

**2. Benefits of Physical Activity on Depression**

**Presenter:** Melissa Callaghan (Whitworth University)

**3. Prosthesis and the Performance Capability**

**Presenter:** Kenny Bush (Whitworth University)

**4. Infant Physical Activity and Bone Strength**

**Presenter:** Rebecca Jepsen (Whitworth University)

**5. ADHD Prevents Memory Consolidation in Sleep**

**Presenter:** Taylor Pena (Whitworth University)

**6. Protein Blend Helps Muscle Protein Synthesis**

**Presenter:** Eleni LaRue (Whitworth University)

**4:25 – 4:35 PM**

**Research Critiques and Literature Reviews**

**1. Concussion Occurance in Athletes**

**Presenter:** Erin Manhardt (Washington State University)

**2. Subacromial Impingement Treatment Methods**

**Presenter:** Alisa Stang (Whitworth University)

**3. The Effect of Various Water Temperatures on Exercise**

**Presenter:** Brady Olsen (Utah Valley University)

**4. Hippotherapy and Muscle Activity in Children**

**Presenter:** Rebecca Jepsen (Whitworth University)

**5. Pain Perception in Self Versus Others**

**Presenter:** Taylor Pena (Whitworth University)

**4:35 – 4:45 PM**

**Research Critiques and Literature Reviews**

**1. The Effects of Multiple Sclerosis**

**Presenter:** Jessica Hill (Whitworth University)

**2. Evidence-Based Practice for Adaptive Physical Educators**

**Presenter:** Hong-Min Lee (University of New Mexico)

**3. Stunt-Related Injuries in Cheerleading**

**Presenter:** Ashley Hall (Whitworth University)

**4. Fitness and Quality of Life to Fibromyalgia**

**Presenter:** Jackie Beal (Whitworth University)

**5. Short Term Starvation and Mineral Inequity**

**Presenter:** Julianne Kubes (Whitworth University)

**4:45 – 4:55 PM**

**Research Critiques and Literature Reviews**

**1. Psychobiological Effects of Sleep Deprivation**

**Presenter:** Nerlin Manalu, C. Veranunt (La Sierra University)

**2. High Fructose Corn Syrup & the Onset of Gout**

**Presenter:** Zachary Travis (La Sierra University)

**3. Whole-Body Vibration Effects on Strength**

**Presenter:** Preston Wolff (Whitworth University)

**4. The Effects of Protein on Body Composition**

**Presenter:** Shannae Pello (Whitworth University)

**5. Effects of High-Intensity Interval Training**

**Presenter:** Kyle Wicks (Whitworth University)

**5:05 - 5:15 PM**

**BREAK**

**5:15 - 5:45 PM**

**Academic Presentations**

**Title:** *Effect of Recognition of Special Physical Education Expertise of Preliminary Special Physical Education Teachers on Emotional Reaction as to Challenging Behaviors of Students with Disabilities*

**Washoe A**

**Presenters:** Dae-Kyung Kim, Jin-woo Park, Soo-Gyung Park (Pusan National University)

**Abstract:** Project: The purposes of this study are to examine the level of expertise recognition of preliminary special physical education teachers who are enrolled in the department of special physical education and identify the effect thereof on the emotional reaction of preliminary special physical education teachers as to the challenging behaviors of students with disabilities. Means: This study set the students enrolled in the department of special physical education nationwide as the population in order to identify the purpose of the study and the data of 297 students, which were sampled through purposeful sampling method as for the third and fourth year students, were utilized for processing the final data. The utilized questionnaire is as follows. 1) The questionnaire of special physical education recognition used for the special teachers (Ki Hong Kwon, 2008; Hyun Jung Hahn, 2011), 2) The emotional reaction questionnaire (Oh, Seo & Kozub, 2010). As for the data analysis method, exploratory factor analysis was conducted to verify the validity of questionnaire by using SPSS 21.0. Also, multiple regression analysis was conducted in order to examine the effect of recognition of special physical education expertise on the emotional reaction as to the challenging behaviors of students with disabilities. Outcome: The results of this study are as follows. First, it was found that the sub factors such as common knowledge of special physical education, life instruction and parental education and extracurricular activities had a significant impact on positive emotion, whereas academic lesson, aptitude and personality were not found to have a significant impact on positive emotion. Second, such sub-factors as common knowledge of special physical education, academic lesson, life instruction and parental education, aptitude and personality and extracurricular activities were not found to have a significant impact on negative emotion. Reflection: It would be required to develop educational programs to improve the recognition of special physical education expertise of preliminary special physical education teachers in order to reduce the challenging behaviors of students with disabilities based on the aforementioned study results. Also, it is believed that it will be necessary to conduct a study to improve the positive emotion of physical education teachers as to the challenging behaviors of students with disabilities.

**Presenter:** Roger Park (Gonzaga University)

**Abstract:** In 2005, entrepreneur Brady Nelson submitted a proposal to bring an arena football team to Spokane and league commissioner approved it ([http://www.spokaneshock.com/team/staff/?staff\\_id=2](http://www.spokaneshock.com/team/staff/?staff_id=2)). In fact, Spokane Shock began its inaugural season in 2006 at "Arenafootball2" (AF2), sub-division of Arena Football League (AFL) and became one of three expansion teams with Everett Hawks and Stockton Lightning. Spokane Shock accomplished both on-field and off-field success by winning division titles in all four seasons and Arena Cups in 2006 (<http://www.nationmaster.com/encyclopedia/Spokane-Shock>) and off-field success and by achieving 25 sell-outs of 32 games from 2006 to 2009 while playing at AF2. After 2009 season, AF2 filed a bankruptcy heavily due to its economic downturn and financial difficulty that made Shock become a member of AFL since 2010. However, Shock was not as competitive in AFL as they used to be both from on-field by being ranked 5th, 3rd, and 6th in 2010, 2011, and 2012, respectively and off-field sides by selling out only 1 game of 26 games from 2010 to 2012 ([http://www.arenafan.com/teams/Spokane\\_Shock-149/history](http://www.arenafan.com/teams/Spokane_Shock-149/history)). The main purpose of this current research is to gather data on current and potential customers/fans (i. e., demographics and psychographics information) and aid business decision in reducing the risks involved in the process of critical business decisions for Spokane-based Arena Football League (AFL) franchise, Spokane Shock. Furthermore, it is to identify and confirm the effectiveness of ticket type-based segmentation as a relevant tool in order to increase the operational income for Shock through the sequential tree analysis among the variables of sport fandom, fans' budgets/expenditures at the venue, family income, and ticket types. A total of 31 survey crews volunteered (from the research method class) for this current research and successfully collected surveys (a paper and pencil survey) from 191 Shock fans from two Shock home games. Each survey respondent was given a small rubber ball with Spokane Shock log on. The completed surveys were inserted into statistics programs of SPSS and Decision Trees 21.0 for the statistical analyses. The survey instruments consist of three parts: (1) demographics with 6 items and psychographics information with 14 items, (2) sport fandom questionnaire with 5 items developed by Wann (2002), and (3) other promotion-related questionnaires with 10 items. A panel of experts (n = 6), including marketing director and manager of Spokane Shock, three research assistants, and one professor in sport management conducted a test of content validity in terms of item relevance and clarity. Each of these items was phrased into a statement anchored by a Likert 5-point scale (1 = strongly disagree to 5 strongly agree). The sample was split first by the predictor variable annual family income, into respondents making "less than \$25,000 a year" and those making \$25,000 - \$75,000 a year. The first level of Tree Model explained that 38.2% of fans making "less than \$25,000 a year" are more likely to spend between \$10 and \$20 at the venue for concession and merchandises while 29.7% of fan making between \$25,000 and 75,000 a year are more likely to spend "more than \$41" at the venue,  $\chi^2 = 37$ , Adjusted p = .001. The fans making between \$25,000 and 75,000 were again split into two groups of single game ticket (including complimentary ticket holders) holders and season ticket holders. According to the second level of Tree Model (see Figure 1), 28.3% of single game or complimentary ticket holders have an average expenditure range of \$21-30 while 39.2% of season ticket holders are willing to spend more than \$41 at the venue that is significantly higher than the single game or complimentary ticket holders (21.7%). The CHAID decision trees model described in the previous section can help marketers allocate marketing resources on the basis of the predicted profitability levels. Identification process of features and behaviors of new ticket holders must be completed to enable to allocate the marketing resources based on the customer's expected value. For high-valued fans with season ticket holders and high sport fandom can be targeted by appropriate loyalty programs/campaigns. Evidently it is efficient to spend the highest per head amount on these fans. Shock needs to develop very exclusive entertainment options for them such as up-scale dining options, high quality merchandise items, or other unique fan experience programs for the loyal fans. Secondly, fans making more than \$25,000 a year are more likely to spend at the venue than those making less than \$25,000 a year. In other words, Shock needs to diversify ticket options such as 3-game tickets, 5-game tickets, and 10-game tickets and other entertainment options so that light consumers can be attracted to the loyal fan level with an increased sport fandom. Lastly, the decision trees found that season ticket holders and even complimentary ticket holders partially contributed to the operational revenues through parking, concessions, and

merchandise sales. Thus, it confirmed that complimentary ticket holders also proved to be still valuable and meaningful in contributing to the overall revenue.

**Title:** *Quantifying the Worth of a Professor*

**Washoe BC**

**Presenter:** John Z. Ostarello (California State University, East Bay)

**Abstract:** The role and expectation of professors has changed over the years. This change has been most marked over the past 3 decades. Accompanying these changes there has been more attention given to evaluating professors. This evaluation has been used by administrators for the purpose of determining promotions, but also by colleagues who have, overtly or covertly, made judgments about their peers. In both cases, these evaluations are seeking to determine the worth of a professor. Evaluations of professors have tended to be more subjective than objective. However, there has been a definite trend to move the evaluations to the objective side of the continuum. This presentation will examine some of the objective measures that have been used, suggest other measures that could be employed and discuss the merits of these measures.

**6:00 - 6:30 PM**

**University of Nevada-Reno Dance Presentation**

**Douglas Room**

## 2014 WSKW Annual Conference

### Convention Sessions – Friday, October 10, 2014

**7:00 - 8:00 AM**

***Business Meeting***

**Douglas Room**

**8:10 - 8:40 AM**

***Academic Presentations***

***Title: Development of Instructional Activities for Folk Dance Course in ASEAN***

**Washoe BC**

***Presenter:*** Achara Soachelerm (Kasetsart University)

***Abstract:*** The objective of this classroom action research aimed to develop the instructional activities for Folk dance course in ASEAN. This research also studied how Folk dance impacted participants' physical and mental wellness. The study was performed in a Folk dance classroom. The study was accomplished by encouraging 37 students to fully participate in this research. The research instruments consisted of 15-week instructional physical activities, course schedule, general questionnaires about ASEAN, instructor's teaching plans, progress reports, students' journal, and students' survey regarding to the instructional activities of the course. Participants were 37 undergraduate students who enrolled in Folk dance course in the first semester of 2012 academic year at a public university in Bangkok. The data were analyzed by using descriptive statistics for frequency distributions and percentile, and content analysis. The result indicated that using feedback and group process, influenced on developing the instructional activities for Folk dance, increased the diversity of Asian's culture. The findings also revealed that when the instructional activities encouraged the participants to engage in activities, the students openly expressed themselves with joy while moving on the dance floor. While the course was in the midway (8 weeks in progress), the participants already showed significantly improved the state of being healthy, physically and mentally. Participants worked better together as a team; they helped and supported each other; and they learned how to communicate more effectively with their team members. They showed more respect toward one another, and they danced for the entire period without showing a sign of tiredness.

***Title: Anthropometric Somatotypes in Youth in a Rural School District in Kansas***

**Washoe DEF**

***Presenters:*** Young Sub Kwon (Humboldt State University), Oh Byung Kwon (Arcata High School), Kathy Ure (Wasburn University)

***Abstract:*** Project: The state of Kansas has the 18th highest rate of adult obesity in the nation, at 27.2% and the 22nd highest of overweight youths at 31%, according to a report by the Trust for America's Health and the Robert Wood Johnson Foundation. The purpose of the present study was to verify somatotypical characteristics of K-12 students in a rural school district in KS. Using this data we can chart and analyze how each grade compares to another. Means: The somatotypical values of 247 students were elaborated by the Heath and Carter's method. Anthropometric data were taken to classify students in each grade in the following areas: Ectomorphy, Mesomorphy, and Endomorphy. Anthropometric standardization reference manual (ASRM) and international biological program (IBP) references were pursued for antropometrical measurements. Triceps, subscapular, supraspinale measurements and the thickness of calf and skin, humerus bicondylar, femur bicondylar, bicepsgirth,

weight, and height measurements were used in somatotypical calculations. Statistic program for social sciences (SPSS) was used for statistical evaluation and ANOVA analyses. Outcome: Significant differences were found among grade groups. Table 1: Comparison of anthropometric somatotypes of four different grade groups Mean  $\pm$  SDK-3(n=64) 4-6(n=57) 7-9(n=61) 10-12(n=55). Endomorphy 3.6  $\pm$  2.0 5.9  $\pm$  2.7\* 6.0  $\pm$  2.7\* 6.2  $\pm$  2.0\* Mesomorphy 4.5  $\pm$  1.2 4.5  $\pm$  4.6 3.1  $\pm$  1.3\*† 3.3  $\pm$  1.6\* Ectomorphy 2.2  $\pm$  1.3 2.8  $\pm$  1.5\* 3.0  $\pm$  1.8\* 2.3  $\pm$  1.2 $\Psi$  \*p < 0.05, value is different from K-3. †p < 0.05, value is different from 4-6.  $\Psi$ p < 0.05, value is different from 7-9. Reflection: From these results, it appears that grades K-3 are ideal compared to other grade groups. It means this school district might implement student physical activity and wellness education programs into earlier grades such as 3rd grade.

**8:40 - 8:50 AM**

**BREAK**

**8:50 - 9:20 AM**

**Academic Presentations**

**Title:** *An In Vitro Reevaluation of the Biochemical Causes of Skeletal Muscle Acidosis During Intense Exercise*

**Washoe BC**

**Presenter:** Farzaneh Ghiasvand (San Jose State University)

**Abstract:** Traditionally, “lactic acid” production has been believed to cause a decrease in blood and muscle PH and interfering with muscular contraction, and consequently causing muscular fatigue during high intensity short duration exercises (i.e, 400 meter dash). The basic and clinical science, and exercise physiology interpretation of cellular acidosis is still based on “lactate acidosis”. However, an understanding of the basic biochemistry of glycolysis and lactate production reaction indicates that glycolysis produces a net gain of two protons (H+), and the reaction which produces lactate (Lactate Dehydrogenase Reaction (LDH)) consumes two protons with a net production of zero protons from glucose to lactate. ” Therefore, the primary aim of the present study was to determine whether lactate accumulation, NADH + H+ accumulation, and ATP hydrolysis reactions coupled with glycolysis, and each independently influence pH in vitro. To confirm that the net gain of protons from glycolysis and the LDH reaction is zero, we measured the pH of each proton-generating and proton-consuming reaction of glycolysis in vitro (hexokinase (HK), glyceraldehyde 3-phosphate dehydrogenase (G3-PDH) coupled to phosphoglycerate kinase (PGK), pyruvate kinase (PK), ATPase, and the LDH reaction). In addition, we examined the pH of the PK reaction (as a baseline reaction due to unavailability of PFK) at four different conditions in vitro: (a) independently, (b) coupled to the LDH reaction, (c) coupled to the ATPase reaction, and (d) coupled to both the LDH and the ATPase reactions. The results of our study showed a 1.52, 0.43, and 0.93 unit decrease in pH for the HK, G3-PDH coupled to PGK, and ATPase reactions, respectively from an initial pH of 8.0. However, we observed a 1.90 and 3.10 unit increase in pH from the PK and the LDH reactions, respectively. The pH of the solution from condition b was approximately 1.0 unit higher (pH ~ 8.8) in comparison to the pH of the solution from condition a (pH ~ 7.9). Moreover, the ATPase reaction decreased the pH of the solution 0.88 and 1.80 unit for conditions c and d, respectively. These results indicate that lactate production does not cause metabolic acidosis, and that biochemical contributors to the development of acidosis include glycolytic flux, NADH + H+ accumulation, and ATP hydrolysis. In conclusion, the results of this study suggest that metabolic acidosis is not caused by lactate production, and the terms “lactic acid” and “lactic acidosis” should not be used. The explanation of metabolic acidosis in the classroom, as well as in biochemistry, physiology and exercise physiology textbooks needs to better identify the multifaceted determinants of skeletal muscle acidosis during exercise.



**Title:** *An Analysis on the At-Risk Youth's Exploration of Physical Activity Meaning*

**Washoe DEF**

**Presenters:** Youngjae Kim, Jeonghyung Cho, Sealhee Han (Chung-Ang University)

**Abstract:** The purpose of this study was to recognize reasons for why at-risk youths actually do physical activity through exploration of physical activity meanings. Open-questionnaires were sent to 404 at-risk youths suspended by court, prosecution and school and transferred to the alternative education center in Seoul and Gyeonggi province. In-depth interviews on 18 at-risk students were also conducted to obtain further analysis. In addition, 14 teachers were also interviewed for the purpose of experiential materials. Among 404 responses from the open-questionnaires, 239 non-responsive and faithless papers were excluded and 165 papers were used. The meaning of the in-depth interviews on the at-risk youths and the teachers was analyzed. Results found that the tendency for at-risk youths was uncontrolled when they get stressed or angry. Some of them solve the problem by exercise, but uncontrolled and aggressive students didn't know how to solve the problem or resolved it in a healthy way. Second, the most basic reason why at-risk youths do physical activity was that their own personality was very active and sought the kinetic movement. Another reason was for their own health, entering university, spare time, and etc. The positive changes of at-risk youths were good health, mental health, and improvement of their friendship from physical activities. On the other hand, an increase in aggression was associated with the negative change. Third, most of the at-risk youths were bored with just straying in the classroom and wanted to know new things through the physical program like learning new exercise with active and interesting friends. Fourth, as a result of the interview with teachers, they were positive with the physical activity and wanted to arouse at-risk student' cooperative spirit and let them feel unity. Moreover, teachers wanted at-risk youths to be mentally stabilized through meditation. The teachers also emphasized that the time for physical activity should be increased and required that the policy is nationally made to increase the physical equipment and time.

**Hot Topic Presentation**

**Washoe A**

**Title:** *Healthy People 2020: A Disconcerting Disconnect Between the Feds and Local Health Agencies*

**Presenters:** H. Garza, W.C. Andress, R. Thomas (La Sierra University)

**Abstract:** *Healthy People* is a United States Health and Human Services comprehensive report that is revised and updated every 10 years. It is the "nation's roadmap and compass for better health, providing our society a vision for improving both the quantity and quality of life for all Americans." (Koh, 2010) This paper which is based on surveys among local community based non-governmental health organizations, identifies a major disconcerting disconnect between what is happening at the federal level of government and what filters down to the grass-roots level.

**9:20 – 9:30 AM**

**BREAK**

**9:30 – 10:00 AM**

**Academic Presentations**

**Title:** *Physical Activity Levels of Children and Adolescents During School Break: An Observational Study with the use of SOPLAY*

**Washoe BC**

**Presenter:** Elkin Arias (Universidad de Antioquia)

**Abstract:** Project: Physical inactivity is associated with many preventable diseases and it is recognized as a serious public health problem. Recommendations of the Department of Health and Human Services of the United States

recommends that children and adolescents aged 6 to 17 years should participate in 60 minutes or more of daily moderate to vigorous physical activity (MVPA) (U.S. Department of Health and Human Services, 2008 ). The PA in school is particularly important for children from low-income households located in depressed areas. These children may not have access to physical activity programs offered outside the school due to lack of appropriate offers in the area, security issues, being in the situation of working children or lack of financial resources (Blatchford, Baines & Pellegrini, 2003). School seems to be an appropriate place to move and during school break the children and adolescents can try to meet some part of the recommended 60 minutes of PA. However, it remains unclear how environmental factors at school yard influence in levels of physical activity with age. In this study we compared the PA levels of children and adolescents which share the same school (adolescents go to school in the morning, children go in the afternoon). Means: Observers used the SOPLAY system (System for Observing Play and Leisure Activity in Youth) (McKenzie et al., 2002) to obtain data on the quantity and type of children and adolescents PA during breaks. Outcome: The results indicate that 56.1% of students do not perform any type of PA during rest and remain sedentary, 28% made moderate intensity PA, 15.9% perform vigorous PA. 42.4 of schoolchildren and adolescents perform moderate to vigorous physical activity (MVPA). Results show significant differences ( $p < .05$ ) between the percentage of girls and the percentage of female adolescents and also between the proportion of boys and male adolescents who remain sedentary during rest. Reflection: There are important differences in the PA of children and adolescents. The innate need to move can contribute to higher PA levels in children than those of adolescents even in similar environments .

**Title:** *Low Intensity Exercise Improves Cognitive Performance in Healthy, College-Aged Men and Women*

**Washoe DEF**

**Presenters:** Jennifer Sherwood, Evan Brizendine, Cathy Inouye, Shannon Webb (California State University, East Bay)

**Abstract:** Project: This experiment tested the effects of a low-intensity aerobic exercise bout on cognition and autonomic function in healthy, college-aged men and women. Means: The cardiorespiratory fitness of college-aged adults were measured in a maximal, graded treadmill test to exhaustion ( $VO_{2peak} = 50.1 \pm 9.0$ ). Sixteen participants (31% women, ages 18-31 yrs.) were recruited for two, randomized visits: rest and exercise. Thirty minute exercise sessions were performed by walking on a treadmill at 45% Heart Rate Reserve. Neurocognitive was assessed with the ImpACT, computerized neurocognitive assessment tool two hours after the completion of rest/exercise. Autonomic tone was assessed from heart rate variability measures at rest, before, during and after the cognitive test. Outcome: Preliminary results suggest that cognitive tasks requiring attention and memory were significantly better 2 hours after completion of 30 min. of aerobic walking compared to rest.

**10:00 – 10:10 AM**

**BREAK**

**10:10 – 11:30 AM**

**Peavy Papers**

**Washoe DEF**

**10:10 – 10:50 AM**

**Original Research Posters**

**1. Differences Between Perceived and Actual Cardiovascular Disease Risk Factors**

**Presenters:** Holly Shapnick, Matt Bray, Rachel Mackie (Whitworth University)

**2. Effects of Movie Genres on Cycling Performance and Perceived Exertion**

**Presenter:** David Bunch (Whitworth University)

**3. Teamwork from an Interdisciplinary View**

**Presenter:** Greg Schrupp (Washington State University)

**4. Influence of Insole Stiffness on Vertical Jump Performance in College Athletes**

**Presenter:** Sam Selisch (Whitworth University)

**5. Acute Exercise Responses to Kettleball Protocols**

**Presenter:** Lizzie Choma, Matt Bray (Whitworth University)

**6. Acute Exercise Responses to High Intensity Interval Training**

**Presenters:** Matt Bray, Lizzie Choma (Whitworth University)

**10:50 – 11:10 AM**

**Original Research Oral Presentations**

**Title:** *Cardiorespiratory and Caloric Expenditure Differences in Kettleball-Specific Workouts*

**Presenters:** Lizzie Choma, Jessica Hill, Kate Rapacz, Erin Witthuhn, Matt Silvers (Whitworth University)

**11:10 – 11:30 AM**

**Title:** *Comparison of Exercise Quality Between Different Exergaming Platforms*

**Presenters:** T. Davis, M. Thomson, S. Namanny, Ellis Jensen (Utah Valley University)

**11:30 – 11:50 AM**

**Title:** *Effect of Motor Imagery with Locomotion on Throwing Accuracy in College Students*

**Presenters:** Melissa Callaghan, Alisa Stang, Callum Mackintosh, Korey Kinney (Whitworth University)

**11:50 - 12:00 PM**

**Awards, Closing Remarks**

**Washoe DEF**