



WSKW

WESTERN SOCIETY FOR KINESIOLOGY & WELLNESS
SINCE 1956

69th Annual Conference

*A Historical Look at Our Future:
Remembering Trailblazers and
Preparing the Next Generation of
Leaders*

October 2-4, 2024

Oakland Center
Oakland, CA 94607

*“Where the conferee is the program, and
mentoring and networking are the
foundation”*

Welcome from the President-Elect



Welcome to Oakland, California and the **69th Annual Conference of the Western Society of Kinesiology & Wellness (WSKW)**. As President-Elect of WSKW, I join President Gioella Chaparro, PhD and the rest of the Executive Committee in extending a warm welcome to the 2024 Annual Conference participants. The Executive Committee members have worked since last year's Annual Conference to develop and offer a top-notch opportunity to reconnect with familiar faces and celebrate new colleagues from across the US and beyond.

We are excited to host several oral and poster sessions, as well as opportunities to catch up with old acquaintances and introduce yourself to new friends & colleagues. This year's presentations reflect the original research efforts of faculty members, graduate and undergraduate students representing 23 colleges and universities!

Special recognition goes to **Aubrey Shaw, PhD** (University of Idaho), winner of the Young Scholar Award; **Emily Van Horn, student** (CSU-East Bay), winner of the RD Peavy Paper Student Competition; **Bethany Shifflett, PhD** (Professor Emeritus, SJSU), this year's presenter of the EC Davis Lecture; and **Rachel Hollingsworth, MS** (Arizona State University), who will present this year's Keynote Address. We encourage you to relax and enjoy the friendly, supportive atmosphere that is a hallmark of the WSKW.

With gratitude on behalf of the entire Executive Committee,



Karen Hostetter, PhD, AT, ATC
2024 WSKW President-Elect



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2024 Featured Speakers

Keynote Speaker

“Integrative Healing”



Rachel Hollingsworth, MS, EP-C, ERYT-500, C-IAYT

Assistant Teaching Professor – Arizona State University

Rachel earned a Master of Science in exercise physiology from Arizona State University in 1996, after a double major of journalism & political science and Slavic languages & literature from Indiana University in 1993. She has experience designing curriculum, starting and running an academic department, as well as teaching at the community college and university levels. She started at ASU's Downtown Phoenix campus as a kinesiology lecturer in August 2018 and was previously a faculty member in the Athletic Training Department at Mount St. Joseph University (Cincinnati, OH), United States Sports Academy (Malaysia program), Seven Centers Yoga Arts Teacher Training Program (Sedona, AZ), and the College of Micronesia-FSM, where she was also the founding chair of the Exercise Sports Science Division. Rachel is a certified yoga therapist and has completed an experienced registered yoga teacher, which requires completion of a 500-hour teacher training course. We are excited to hear what Rachel shares with us this year!



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E.C. Davis Lecture
“In Concert We Shape the Future”



Bethany Shifflett, PhD,
Professor Emeritus - San Jose State University

We are absolutely thrilled to welcome back Professor Emeritus Bethany Shifflett, PhD as the EC Davis Lecturer. Having completed her Bachelor of Science degree from Southern Connecticut State College, Bethany pursued both a Master’s and Doctoral degree from the University of Iowa. She spent 13 years coaching gymnastics before moving into full-time academia. Her research and academic area of expertise is measurement & evaluation, which she used in service to others as a peer reviewer for conference papers and journal publications. She has also served on institutional accreditation review teams and held leadership positions, such as academic senator, board member for the San Jose State University and California State University retirement organizations. Her many honors and awards include the SJSU University and College Distinguished Service Award, the University Meritorious Performance and Professional Promise Award, and the Young Scholar Award from the Western Physical Education Society. We look forward to hearing from Bethany as we take an historical look at our future.



2024 WSKW Annual Conference

Wednesday, October 2, 2024 - Conference Sessions

- 11:00am – 6:00 pm Registration Open
- 1:00 am– 1:10 pm Day 1 Welcome & Warm-Up –
Karen Hostetter
- 1:10 am – 1:30 pm Instructional Applications of Pecha Kucha
Presentations – Jim Ave
- 1:35 pm – 2:25 pm The Coaches' Dilemma: What Will You
Do to Win? – Samantha Lewis
- 2:30 pm – 3:20 pm Using Strengths Perspective to Advance
Students' Education – Jim Ave
- 3:30 pm – 4:20 pm Perception is Everything: Factors that
Influence Inclusion of Students with
Physical Disabilities... - Aubrey Shaw
- 4:25 pm – 5:00 pm Heroes & Mentors – Karen Hostetter
- 5:00 pm – 5:55 pm Discussion & Adjourn for Day 1

Thursday, October 3, 2024 - Conference Sessions

- 7:00 – 8:30 am Executive Committee Meeting
- 8:30 a – 6:00 pm Registration Open
- 8:30 a – 6:00 pm **Posters on Display**
- 9:00 – 9:10 am Welcome & Introductions –
Gioella Chaparro & Karen Hostetter
- 9:15 – 9:35 am Impact of Academic Role on Physical Activity, Health
Locus of Control, and Health-Related Quality of Life –
Kimberly Feiler
- 9:35 – 9:45 am Poster Preparations
- 9:50 – 10:50 am Faculty and Student Poster Presentations –
Faculty/Professionals & Students
- 10:55 – 11:15 am Using Service Learning in Undergraduate Adapted
Physical Activity Courses – Minhyun Kim
- 11:20 – 11:40 am **EC Davis Lecture** – In Concert, We Shape the Future –
Bethany Shifflett
- 11:45a–1:00 pm Lunch & WSKW Annual Business Meeting

- 1:05 – 1:55 pm **Keynote Address** – Integrative Healing – Rachel Hollingsworth
- 2:05 – 2:25 pm DEI – Diversity, Equity and Inclusivity – and Research: A Talk on the Role Manuscript Submission Guidelines May Play in Mitigating Representation Issues in Kinesiology Research – Jafra Thomas
- 2:30 – 2:50 pm Ethnic Differences in Health-Related Quality of Life, Physical Activity, and Health Locus of Control – Kimberly Feiler
- 2:55 – 3:45 pm Her Story in Sports History: Impact, Influence & Lead – Female Trailblazers in Kinesiology – Heather Van Mullem & Karen Hostetter
- 3:50 – 4:40 pm Remembering Trailblazers! Dr. Walter S. Hamerslough: Mentor and Leader for Over Four Decades – Robert Thomas
- 4:45 – 5:05 pm Peavy Student Research Presentation: Progress Report on the Relationship between Muscle Fitness and Radial Bone Strength in Older Adults – Emily Van Horn
- 5:10 – 6:00 pm **Dr. G. Arthur Broten Young Scholar Presentation:** The Moral Conundrum for Pre-Service Physical Educators While Teaching Inclusion: How Do We Include Students with Physical Disabilities? A Case Study – Aubrey Shaw
- 6:05 – 6:45 pm **2024 WSKW Annual Awards & Recognition** – Gioella Chaparro
- 6:45 – 6:50 pm Adjourn for Day 2 – Summary & 2025 Reminders
Dinner on your own

Conference Sessions – Friday, October 4, 2024

- 8:00 – 9:00 am Registration Open
- 8:45 – 8:55 am Day 3 Welcome & 2025 Reminders
- 9:00 – 9:20 am Changing Landscapes in Higher Education: Personal & Professional Reflections – Cathy Tingstrom
- 9:25 – 9:55 am Surviving & Thriving in a Multigenerational Workplace – Karen Hostetter
- 10:00–10:20 am The Invisible Labor of Love to Promote Equitable Grading Using Active In-Class Learning: Is Student-Led Discussion Necessary? – Jafra Thomas
- 10:20- 10:30 am Closing Remarks

2024 WSKW Annual Conference Awards & Recognition

Faculty Awards

- **Dr. G Arhtur Broten Young Scholar Recognition Award**
Aubrey Shaw, PhD – University of Idaho
- **Bethany Shifflett Outstanding Faculty Poster**
- **Outstanding Faculty Oral Presentation**
- **Booster Award**

Student Awards (To be announced at Award Ceremony – 10/3/24)

- **Matt Silvers Award for Outstanding Research Critique (Poster)**
- **Robert Carlson Award for Outstanding Review of Literature (Poster)**
- **Lawrence Bruya Original Research (Poster)**
- **Robert Peavy Outstanding Research Presentation Award –**
Emily VanHorn – California State University-East Bay
Mentor: Cathy Inouye - California State University-East Bay

Special Recognition

- **Cathy Inouye – California State University – East Bay**
Executive Director of WSKW - 2022 - 2024



Start Planning NOW for the
70th Annual Conference
of the



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Tentatively set for October 8 – 10, 2025
at
Oakland Asian Cultural Center

Next Year's Theme:

Integration & Collaboration:
Research and Action Across Kinesiology
Disciplines

Special Thanks
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Physical and Health Education America

Reach out for Sponsor Information
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