Welcome to the first edition of the “And The Beat Goes On…”; a biannual publication of the professional activities of students and faculty in the Health and Exercise Sciences Program. The purpose of this publication is to help each of us keep up-to-date on the activities of our students and HES colleagues so that we may more effectively coordinate our resources and integrate each other’s work in our classrooms. As you can plainly see, HES faculty and students have been extremely productive this Fall in spite of teaching overloads, reduced faculty resources, increased number of majors, and budgetary limitations. I applaud your work and dedication, and am truly honored to be associated with such outstanding students and professionals. I know you will continue this tradition of excellence.

—Dr. Chris Lantz, Director

Student and Faculty Awards

◊ National Professional Health Science Honorary Chapter Excellence Award
◊ National Achievement Academy Award
◊ AAHE Health Education Major of the Year
◊ ASHA National Undergraduate Scholarship winner
◊ ESG Founder’s Scholarship winner
◊ National Collegiate Education Award
◊ MOAHPERD Presidential Award Winner (Lantz)
◊ Association of American Colleges and Universities – Learning For Our Common Health: National Leadership Resource: Substance Abuse Prevention Award (Cox)
◊ Nominated ASHA William A. Howe Award (Cox)
◊ Who’s Who Among America’s Teachers Award (Cox)
◊ Nominated Walker and Doris Allen Fellowship on Teaching Excellence (Lantz)
“Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity”

General George S. Patton

And The Beat Goes On...

MOAHPERD Conference
Missouri Association for Health, Physical Education, Recreation & Dance, November 15-16, 2002, Lake Ozark, MO

◊ Eileen Webber, Michelle Petit—Eating Behaviors, Nutritional Knowledge and Body Image of High School Students (Jorn)
◊ Jen Knopf and Sarah Grogan—Biomechanical Analysis of Football Field Goal Kickers (Bird, M.)
◊ Sami Runnels, Jill Meyer—Are you an Athlete or a Non-Athlete? Body Composition Assessment using the Tanita Bioelectrical Impedance Scale (Jorn)
◊ Sherron Seals, Rose Buza—The Influence of Multi-ethnicity on Psychological Factors Associated with Exercise Among High School Students (Lantz, Mayhew)
◊ Britini Buford—The Effects of “GAKIC” (amino-keto acid blend) on Repeated Sets of Anaerobic Cycling (Koch)
◊ Leah Zidon—Mirror, Mirror on the Wall: Using Body Mass Index, Social Physique Anxiety and Self-esteem to Predict Eating Attitudes in Rural Northeast Missouri High School Students (Lantz, Mayhew)
◊ Elizabeth Welsch, Brandonn Harris, Anna Sineni—A Qualitative Study on Course Assessments and Classroom Preferences (Lantz, E. Bird)
◊ Jessica Radinsky, Katie Carmelina—A Comparison of Urinary Osmometer and Refractometer Readings of Hydration Among College Football Players (Boyd, Mayhew, Koch)
◊ Brandonn Harris—Parental Influence on Collegiate Athletes’ Intrinsic and Extrinsic Motivational Factors for Continued Athletic Involvement (Lantz)

ASHA Conference
American School Health Association, October 3-6, 2002, Charlotte, North Carolina

◊ Toigo, Clouse—Ombudsman Program Model for the State of MO (Cox)
◊ Casie Curfman, Toigo, Hiatt—Effects of an ergonomic intervention on the perception of MSD risk of clerical workers (Cox)
◊ Toigo, Neuwother, Neidlinger—Needs assessment and asset inventory for a rural, free medical clinic (Cox)
◊ Eileen Webber, Casie Curfman, Carpenter—Results of an 8-county needs assessment for rural, Northeast MO (Cox)
◊ Casie Curfman, Stanley, Grasch—Evaluation of the PACE Program (Cox)
◊ Lonegran, Judson—Worksite health promotion in Colorado (Cox)
◊ Cox, C.—Show-Me advocacy for school health and school success

Manuscripts Published and Submitted...

◊ Clouse, S., Toigo, A., & Cox, C. The Student Ombudsman Model: Increasing the number of Long Term Care Ombudsman in Missouri. Annals of Long Term Care.
◊ Stanley, J., & Cox, C. Accentuate the positive! Using an asset mapping tool as part of a community health needs assessment”. Health Promotion Practice.
◊ Antoine, M., Donald, S., Cox, C. Are students throwing away nutrition? A pilot study. Journal of Research in Childhood Education
◊ Hooper, J., Cox, C., & Donald, S. Colorado’s worksite health promotion activities: A comparison to the 1999 National Survey. MOAHPERD Journal
◊ Clouse, S., Toigo, A., Hembree, M., Judson, E., & Cox, C. LTC administrators’ perceptions of the Ombudsman program in the state of Missouri. The Director.
◊ Cox C. (Ed.) ACSM’s Worksite Health Promotion Manual, Champaign, IL: Human Kinetics Publishers

Sarah Grogan and Jennifer Knopf, MOAHPERD

Dr. Lantz, Rose Buza, and Sherron Seals, MOAHPERD

Jen Knopf, MOAHPERD
NSCA Conference
National Strength and Conditioning Conference, July 11, 2002, Las Vegas, Nevada

- DL Christopher, LP Scully, MD Boyd, AJ Koch—The Effects of Short Term Detraining on the Isokinetic Strength of the Triceps Muscle in Collegiate Baseball Players
- B.N. Buford, A.J. Koch—The Effects of “Gakic” (amino-keto acid blend) on High-Intensity Anaerobic Performance
- K. Fletcher, M. Bird, A.J. Koch—Electromyographic Comparison of the AB-Slide and Crunch Exercises
- Zivnuska, Flickinger, McCluhan, Cain, M. Bird—Stretching Duration and Frequency Impact on Hamstring Flexibility of Dancers
- Lynch, Johnson, Fridlington, Fridlington, Adams, Mayhew—Comparison of two leg-to-leg bioelectric impedance devices for evaluating body composition in college football players
- Johnson, McLeod, Mayhew—Relationship of selected strength measures to batting velocity in college baseball players
- Whaling, Lacey, Mayhew, Bird—Biomechanical comparison between wide-grip free weight bench press and Nautilus leverage machine bench press
- Ware, Steinberg, Copeland, Mayhew—Using body mass to select the best weight for predicting 1-RM bench press strength in college football players
- Martin, Cosgrove, C. Thompson, K. Thompson, Mayhew—Evaluation of gender differences in strength and power for high school athletes using allometric scaling
- Fridlington, E., J. Fridlington, J. Adams, L. Jorn, Mayhew, Ware—Comparison of arm-to-arm and leg-to-leg bioelectric impedance techniques for evaluating body composition in college football players.
- Lanners, C., R. Shook, J. Adams, L. Jorn, D. Zimmer, J. Mayhew—Differences in body fat measurement of college female athletes using four techniques
- Borter, L., J. Schell, C. Lantz, J. Mayhew—Comparison of the 4-6-RM versus the 7-10-RM for predicting 1-RM bench press in moderately trained college men
- Ball, D. Mayhew, J. Mayhew, C. Lantz—Accuracy of body dimensions to predict upper body strength in moderately trained college men and women
- Piper, Martin, Cosgrove, Thompson, Mayhew—Comparison of 40-yd dash characteristics in male and female adolescent athletes.
- Mayhew, J. L., J. S. Ware, S. Corbett, and K. Cannon—Use of multiple loads to predict 1-RM bench press in college football players
- Steinberg, M., J. S. Ware, M. Copeland, D. Mayhew, and J. L. Mayhew—Use of absolute loads to predict 1-RM bench press in college football players

More Conferences...
Check out more research that was presented at other conferences this past year!

- Toigo, Hembree, Clouse—Student Ombudsmen Model, MO Quality Care Coalition (Cox)
- Chris Lantz—The evolution of a research geek. MOAHPERD Scholar Address presented at the annual meeting of the Missouri Association of Health, Physical Education, Recreation, and Dance, Lake Ozark, MO.
- Chris Lantz & Debbie Rhea—Exercise identity, eating attitudes, and body alienation differences in competitive ultra-marathoners. Poster presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Tucson, AZ.
- Chris Lantz—The psychology of sport injury: Issues and challenges for the athletic trainer. Lecture at the annual meeting of the Missouri Athletic Trainers Association, Columbia, MO.
- Sherron Seals and Rose Buza—Psychological factors associated with exercise: The influence of age and multi-ethnicity. Lecture at the 11th annual Midwest Sport and Exercise Psychology Symposium, Macomb, IL. (Lantz)
- Chris Lantz—Muscle dysmorphia: Has the time finally come for us guys? Keynote lecture at the 11th annual Midwest Sport and Exercise Psychology Symposium, Macomb, IL.
- Zivnuska, N., Flickinger, N., McCluhan, E., & Cain, K—Stretching Duration and Frequency Impact on Hamstring Flexibility of Dancers Oral presentation at the national convention for the American Alliance of Health, Physical Education, Recreation, and Dance, San Diego, California, April, 2002 (Bird, M.)

“...nothing at all about it." 
Mark Twain
Ongoing Research Activity...

◊ Jessica Ley—Large, multi-university substance abuse/risky behavior project since last year (Cole)
◊ Sami Runnels and Jill Meyer—Continuing research on the Tanita Scale and Body Composition Assessment (Jorn)
◊ Rose Buzo & Sheron Seals—Multi-university study on the influence of multisthentic identification on psychological variables associated with perceived exercise behavior (Lantz)
◊ Jill Meyer—Sportsmanship attitudes of Rugby players-comparing the English to Americans, Males and Females (Jorn)
◊ Jamie Pohlman—Classifying overweight and obesity using BMI, Overweight Index and Skinfold Measurements (Jorn)
◊ Andy Guestle—MAE case study comparing exercise with music and exercise without music (Cole)
◊ Missy Kane—MAE case study examining self-esteem in children (Cole)
◊ Mayhew, Eldridge-Houser and Cole—Student perceptions of their body image
◊ Matt Helbig, B. Peter, & Matt Nelson—Sodium Citrate & running performance (Koch)
◊ Sarah Dance—Continuous vs. Interval Cooldown on lactate clearance in swimmers (Koch)
◊ Jason Waggoner—Effect of immune-boosting egg powder on incidence of sickness - (Koch)
◊ Committee—First-years students’ perceptions of campus-wide risky sexual behavior (Cox)
◊ Committee—The male cycle: Myth or fact? (Cox)
◊ Shelton, Cahill—West Nile Virus: Implications for Health Educators (Cox)
◊ Committee—Kirkville School District substance abuse and violence survey data analysis (Cox)
◊ Degenhart, Carpenter— Safe Brake: Highway safety legislative advocacy program (Cox)
◊ Committee—An evaluation of a violence prevention program for nursing home employees (Cox)
◊ Hembree, Toigo, Chause—The Student Ombudsmen Model in Progress (Cox)
◊ Neuwoehner, Weidinger—A four-phase needs assessment for a rural, free medical clinic (Cox)
◊ Waggoner, Rhoads, Voorhees—Effect of warmup on 1-RM bench press performance (Mayhew)
◊ Haffey, Gordillo—Effect of skinfold equation on estimates of body composition in college students (Mayhew)
◊ Elisea Avalos—Changes in BMI in Truman State University students in the last 25 years (Mayhew)
◊ Anna Uhrlieh—Allometric scaling of isometric strength performance in men and women (Mayhew)
◊ Mark Litwiller—Prediction of 1-RM bench press from repetitions to fatigue in females (Mayhew)
◊ Dudek, Bilger—Norms and correlates for the Margaria-Kalamen power test (Mayhew)
◊ Kelli Dudley—Determination of force curves for elastic swim cords (Mayhew)
◊ Britni Buford—BGAKIC effects on repeated sprints (Koch)
◊ Jessica Radinsky—Osmolality in football players (Koch)
◊ Amanda Wherry—IgA changes during rugby match (Koch)
◊ Allison Blyth—Reliability of Arkray Lactate Analyzer (Koch)
◊ Casie Curfman—Bone density comparison between selected female athletes and non-athletes (Cox)
◊ Britni Buford, Kate Fletcher—Power Prediction in Football Players Using Anthropometric and Vertical Jump Measures (M. Bird, Mayhew)
◊ Alison Blyth, Calie Fulmer, Sarah Dance—The Effect of Concentric vs. Stretch Shorten Cycle Exercises on the Swim Start (M. Bird)
◊ Amy Gosney, Amanda Wherry—The Prediction of Judges’ Score from Kinematic Elements of a Springboard Dive (M. Bird.)
◊ Weidinger, Neowother, Committee—Kirkville R-III School District Substance Abuse and Violence Prevention Needs Assessment (Cox)
◊ Cooper, Heinecke, Lowery—Effect of elastic bands on force production and power output during submaximal bench press performance (Mayhew)
◊ Courtney Burkett—Relationship of the waist-to-hip ratio to physical performance factors in male and female college students (Mayhew)
◊ Parhusit, Seedle—Effect of pedal revolutions at a constant work output on cardiovascular and metabolic parameters (Mayhew)
◊ Erika Lippert—Relationship of alcohol consumption to abdominal skinfold in college students (Mayhew)

Grants Receiving Funding or Submitted
◊ American School Health Association National Undergraduate Scholarship, 500.00 (Cox)
◊ Eta Sigma Gamma Founder’s Scholarship, 500.00 (Cox)
◊ Eta Sigma Gamma Travel and Professional Development Grant, 300.00 (Cox)
◊ Missouri Dept of Mental Health Community 2000 Substance Abuse Prevention grant, 15,000.00 (Cox)
◊ Three County Needs Assessment, 5000.00 (Cox)
◊ Health and Exercise Sciences Student Travel Grant, 200.00 (Cox, M. Bird, Koch)
◊ Two Eta Sigma Gamma Grant Review Committee Project Grants, 480.00 (Cox)
◊ Salivary IgA and plasma glutamine/glutamate ratio over a competitive swimming season (Koch)
◊ Northeast Regional Professional Development Center: MO DESE/MSIP Presentation/Training, 400.00 (Cox)
◊ NCCPA/APAP Research Grant, 10,000.00- submitted (Cox)
◊ Blueprint for physical activity grant, 10, 000.00 (Cox)

We’re on the web!
HTTP://HES.TRUMAN.EDU

Truman State University
Health and Exercise Sciences

Pershing Building 212
100 E. Normal
Kirksville, MO  63501

Phone: 660-785-4456
Fax: 660-785-7492
Email: hes@truman.edu

Ongoing Research Activity...

◊ Jessica Ley—Large, multi-university substance abuse/risky behavior project since last year (Cole)
◊ Sami Runnels and Jill Meyer—Continuing research on the Tanita Scale and Body Composition Assessment (Jorn)
◊ Rose Buzo & Sheron Seals—Multi-university study on the influence of multisthentic identification on psychological variables associated with perceived exercise behavior (Lantz)
◊ Jill Meyer—Sportsmanship attitudes of Rugby players-comparing the English to Americans, Males and Females (Jorn)
◊ Jamie Pohlman—Classifying overweight and obesity using BMI, Overweight Index and Skinfold Measurements (Jorn)
◊ Andy Guestle—MAE case study comparing exercise with music and exercise without music (Cole)
◊ Missy Kane—MAE case study examining self-esteem in children (Cole)
◊ Mayhew, Eldridge-Houser and Cole—Student perceptions of their body image
◊ Matt Helbig, B. Peter, & Matt Nelson—Sodium Citrate & running performance (Koch)
◊ Sarah Dance—Continuous vs. Interval Cooldown on lactate clearance in swimmers (Koch)
◊ Jason Waggoner—Effect of immune-boosting egg powder on incidence of sickness - (Koch)
◊ Committee—First-years students’ perceptions of campus-wide risky sexual behavior (Cox)
◊ Committee—The male cycle: Myth or fact? (Cox)
◊ Shelton, Cahill—West Nile Virus: Implications for Health Educators (Cox)
◊ Committee—Kirkville School District substance abuse and violence survey data analysis (Cox)
◊ Degenhart, Carpenter— Safe Brake: Highway safety legislative advocacy program (Cox)
◊ Committee—An evaluation of a violence prevention program for nursing home employees (Cox)
◊ Hembree, Toigo, Chause—The Student Ombudsmen Model in Progress (Cox)
◊ Neuwoehner, Weidinger—A four-phase needs assessment for a rural, free medical clinic (Cox)
◊ Waggoner, Rhoads, Voorhees—Effect of warmup on 1-RM bench press performance (Mayhew)
◊ Haffey, Gordillo—Effect of skinfold equation on estimates of body composition in college students (Mayhew)
◊ Elisea Avalos—Changes in BMI in Truman State University students in the last 25 years (Mayhew)
◊ Anna Uhrlieh—Allometric scaling of isometric strength performance in men and women (Mayhew)
◊ Mark Litwiller—Prediction of 1-RM bench press from repetitions to fatigue in females (Mayhew)
◊ Dudek, Bilger—Norms and correlates for the Margaria-Kalamen power test (Mayhew)
◊ Kelli Dudley—Determination of force curves for elastic swim cords (Mayhew)
◊ Britni Buford—BGAKIC effects on repeated sprints (Koch)
◊ Jessica Radinsky—Osmolality in football players (Koch)
◊ Amanda Wherry—IgA changes during rugby match (Koch)
◊ Allison Blyth—Reliability of Arkray Lactate Analyzer (Koch)
◊ Casie Curfman—Bone density comparison between selected female athletes and non-athletes (Cox)
◊ Britni Buford, Kate Fletcher—Power Prediction in Football Players Using Anthropometric and Vertical Jump Measures (M. Bird, Mayhew)
◊ Alison Blyth, Calie Fulmer, Sarah Dance—The Effect of Concentric vs. Stretch Shorten Cycle Exercises on the Swim Start (M. Bird)
◊ Amy Gosney, Amanda Wherry—The Prediction of Judges’ Score from Kinematic Elements of a Springboard Dive (M. Bird.)
◊ Weidinger, Neowother, Committee—Kirkville R-III School District Substance Abuse and Violence Prevention Needs Assessment (Cox)
◊ Cooper, Heinecke, Lowery—Effect of elastic bands on force production and power output during submaximal bench press performance (Mayhew)
◊ Courtney Burkett—Relationship of the waist-to-hip ratio to physical performance factors in male and female college students (Mayhew)
◊ Parhusit, Seedle—Effect of pedal revolutions at a constant work output on cardiovascular and metabolic parameters (Mayhew)
◊ Erika Lippert—Relationship of alcohol consumption to abdominal skinfold in college students (Mayhew)