



# Kinesiology

## Washington State University

Fall 2023 Recap

It was a great start to a new school year with many changes, achievements, accomplishments, and successes. New staff and graduate students were welcomed with open arms into the program, and new developments began in research labs.

## STAFF AND GRADUATES

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### Tami Goetz

Tami Goetz has been a part of the Kinesiology Program for many years, acting as an instructor and coordinator of internships and practicums. She is an experiential educator who facilitates and leads student and community programming in outdoor, recreational, and sport settings alike. She enjoys leading effective game techniques for groups, leadership in programming, and experiential learning for professional growth. She will be moving forward in her career at the University of Idaho in the Recreation, Sport, and Tourism Management Department. We wish her well!



### Lukas Krumpl

Lukas Krumpl is a recent graduate from the University of Idaho and new faculty member in Kinesiology. He teaches Biomechanics, Fitness Assessment and Prescription, Research Methods, and Strength & Conditioning. He is a Certified Strength and Conditioning Specialist and an active member of the National Strength and Conditioning Association and the American Society of Biomechanics. Dr. Krumpl's research interest focuses on the in-vivo morphological and mechanical properties of the plantar fascia in response to mechanical loading, utilizing ultrasound imaging. Specifically, his research addresses potential avenues toward prevention of injuries to the plantar fascia, such as plantar fasciitis, by better understanding the tissue's mechanical response to external stressors like running.



## Peyton Goodman

Peyton Goodman is a recent graduate from the WSU Kinesiology graduate program. She specializes in sport nutrition and has had previous experience as a registered dietitian / nutrition specialist in collegiate athletics. She has spent her time on the Palouse as a cheerleader at the University of Idaho, a spin instructor at Rev Studios, and an undergraduate instructor at WSU. After graduating, Peyton began working at the Sports Academy in Thousand Oaks California as a Contract Sport Nutritionist who works closely to provide drafted athletes with proper dieting and nutrition plans.

## Amber Brown

Amber Brown is the KIN ACTV program's new director. She joined the WSU College of Education's Kinesiology and Educational Psychology Department in August of 2023 and hopes to build upon the current program by offering a variety of activity classes that are inclusive of all Washington State University students regardless of background or ability. The primary goals of KIN ACTV are to promote overall wellness, to foster lifelong engagement in physical activity, to encourage social interaction and team building, to develop leadership skills and improve resilience, and to contribute to the health and sustainability of our local community and beyond.

## FALL 2023 BRUYA-WOOD UNDERGRADUATE CONFERENCE

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"I would say the most valuable experience for me was learning how to take a huge chunk of information and condensing it into something that was easy to understand... Bruya Wood helped me become more professional because it forced me to accurately interpret scientific language and it also helped me understand myself better because it provided clarity to my true academic interests." — Shweta Mohan



# AWARDS

## **Grand prize for outstanding work and \$300 scholarship: Walter Crijanovschi**

“Enhancing Joint Proprioception and Muscle Function in Hypermobility Syndromes”

### **Outstanding Presentation: Dixon, Sophia & Olivas, Micah**

“Effects of Exercise on Spinal Deformities and Quality of Life in Patients with Adolescent Idiopathic Scoliosis”

### **Outstanding Presentation: Coren, Michelle**

“Exercise Intervention Improves Markers of Inflammation in Adults with Asthma”

### **Outstanding Presentation: Cherveny, Gavin**

“Comparing the Effects of Exercise on CNS and Peripheral Fatigue in Individuals with Multiple Sclerosis (MS)”

### **Dr. Judy Schultz Award for Outstanding Critical Thinking: Brooks, Braxton & Brown, AJ**

“What is the effect of Rhodiola Rosea extract supplementation on exercise performance?”

### **Dr. Judy Schultz Award for Outstanding Critical Thinking: Troiani, Alyssa**

“Maternal Exercise Program Improves Fetal Autonomic Nervous System Function”

### **Dr. Judy Schultz Award for Outstanding Critical Thinking: Fike, Devin**

“From Pain to Progress: Enhancing Functionality with Optimal resistance and Aquatic Training for Fibromyalgia”

### **Most Creative Topic: Botelho, Zion & Ramirez, Angel**

“Cardiovascular Benefits of Sauna Bathing”

### **Best Presentation: Lasch, Noelle & Riggs, Miriam**

“Effects of exercise on TBI symptom”

### **Best Presentation: Medalla-Edwards, Rozlynn**

“Reclaiming Life: Aerobic Exercise on Quality of Life in Post-Stroke Patient”

### **Best Presentation: Duckett, Lindsey**

“Exercise to Improve Independent Quality of Life with Autism Spectrum Disorder”

### **Most Innovative Poster Design: Eder, Maxwell**

“Changing Hemodynamics of Coronary Artery Disease Through Resistance Training”

# GAIT AND POSTURE BIOMECHANICS LABORATORY



Robert Catena, director of the Gait and Posture Biomechanics Laboratory and associate professor of Kinesiology, is leading groundbreaking research on the challenges faced by pregnant individuals. Chris Keane, Vice President for Research at WSU and vice chancellor for research at WSU Pullman, recently visited the lab. The lab's goals include reducing falls and injuries, understanding factors influencing balance control, and developing methods to minimize pain-inducing movements during pregnancy. Beyond research, the lab provides students with hands-on experience using advanced movement analysis equipment and conducting scientific research.



Current collaborations for research projects in the lab include researchers at Northumbria University to develop a deep learning algorithm for analyzing mobile eye tracker data which is currently under review at the journal Computers in Biology and Medicine. Lisa Fornier in Psychology and one of her students doing an honors thesis to examine how pregnancy changes how females reprioritize physical and cognitive demands of a task.



Recently completed research in the lab includes Pegah Jamali (PhD student) who had her first journal manuscript "Different neurocognitive controls modulate obstacle avoidance through pregnancy" accepted in the journal Experimental Brain Research. Former MS student Brett Stewart had his masters research "Determining fall risk change throughout pregnancy: the accuracy of postpartum survey and relationship to fall efficacy" accepted in the journal Ergonomics. Former MS student Hallie Music had part of her masters thesis "Upper extremity kinematics during walking gait changes through pregnancy" published in the journal Gait and Posture. This was published with a collaborator from the University of Idaho.

And to celebrate the end of the semester, Dr. Catena and his lab members went on excursions to Ferdinands, up Kamiak Butte, and out to lunch.

# EXERCISE PHYSIOLOGY AND PERFORMANCE LABORATORY

This semester three new graduate students were welcomed into the lab, all coming from different backgrounds, and all have earned their undergraduate degree in Kinesiology at WSU



Ryan Hudgins  
MS Kinesiology  
Ironman triathlete



Jasneet Nijjar  
MS Kinesiology  
Sprinter in Track  
and Field at WSU

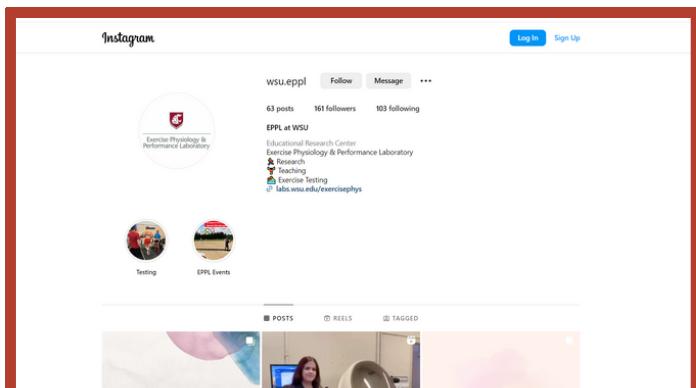


Ailaiti Xiaerzhate  
PhD  
Personal trainer  
and fitness coach



Current projects in the lab include the ongoing digitization of the Ironman Triathlon data, and collection of data from triathlons from around the world. Future projects during the spring semester will include pregnancy-related studies: more to come!

The lab has been working in conjunction with the WSU football team and nutritionists. All football players had the opportunity to have their body composition analyzed via BodPod at the beginning and end of the semester. Lab members worked diligently to test all 120 athletes within the span of four days.



The lab has also flourished in their social media activity, as well as an increase in exercise testing participants. You can find the types of exercise testing offered, equipment used, and much more here: [instagram.com/wsueppl/](https://instagram.com/wsueppl/)

## ATHLETIC TRAINING

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2024 will mark 50 years of Athletic Training Education at WSU, be on the lookout for highlights, historic facts and an alumni event coming in 2024!

Colby Tegt (class of 2025) has been the District 10 Student Leadership Representative for the NATA this past year and is the incoming National Chair in June 2024. Paige Corbin (class of 2026) was selected to be the next SLC representative to replace Colby when he moves to the Chair position.

Kasee Hildenbrand was appointed to the Washington State Athletic Training Advisory BOD through the Department of Health and will be the vice-chair in 2024.



## KIN ACTV PROGRAM

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New classes that for next fall include capoeira (a Brazilian martial art that combines dance, fighting, music, and acrobatics), fitness exploration, mindfulness exploration, and swim conditioning.

Amber is always looking for people to join the KIN ACTV instructor team and is currently hiring for summer and fall 2024. If you have a background in sports or physical activity, want to share your knowledge with others, make some money, and build your resume, please contact Amber at [amber.n.brown@wsu.edu](mailto:amber.n.brown@wsu.edu) or 509-335-8112.

**Cheers to an amazing semester, and we can't wait to see you continue to grow and develop in the spring!**

