Welcome to the Kinesiology Department!

We are glad that you are here!! We hope that you had a fabulous summer and are ready for a GREAT academic year!!!
Please go to our Advising Office located in 203 Forker...

- Any time you have questions or need assistance
- To learn more about the careers in Kinesiology
- If you have questions about University policies
- If you start to struggle in your course(s)
- Before selecting or changing your major or option
- While planning your educational journey
- When considering adding or dropping a class
- When creating your schedule and choosing classes
- If you need information on tutoring in writing, math or other subjects
- When you are within 2-3 semesters of graduating

Meet our Advising Team...

Carol Cordell  
KIN Adviser

Jenny Gibbs  
KIN Adviser

Kyle Holtman  
KIN Adviser

Mary Meier  
ATR Adviser

Lisa Phillips  
KIN Adviser

DeAnn Pitman  
Program Assistant

Pamela Wysocki  
Load KIN Adviser

Kinesiology Department
Check out what's new in our August Newsletter

Please go to our Administrative Office located in 237 Forker...

- Any time you have questions or need assistance
- If you are looking for a room
- If you want to rent a locker
- If you need help finding your instructor’s mailbox
- If you are looking for Lost and Found
- To report any building issues

Meet our Administrative Team!

Hector Angius  
Assistant Scientist I

Jody Burdick  
Clerk II

Ren Leibold  
Storekeeper II

DeAnn Pitman  
Program Assistant II

Fran Sabetta  
Admin Spec II

Lori Wideman  
Admin Spec III
Check out what's new in our August Newsletter

Providing free, private and secure support with a trained Crisis Counselor 24/7

STUDENT COUNSELING SERVICES
Student Services Building, 3rd Floor
(515) 294-5056
Walk-In Hours: Monday - Thursday
8:00 am - 3:00 pm
Counseling.iastate.edu

THIELEN STUDENT HEALTH CENTER
Corner of Union & Sheldon Drive
(515) 294-5801
Hours: Monday - Saturday
8:00 am - 5:00 pm
CycloneHealth.org
*Hours vary, please refer to website.

STUDENT WELLNESS
Friley Hall, Room A37
(515) 294-1099
Office Hours: Monday - Friday
8:00 am - 5:00 pm
Studentwellness.iastate.edu

ADDITIONAL SELF-HELP RESOURCES

ULifeline
ulifeline.org/iastate/
800-273-TALK (8255)
Text "START" to 741-741

The National Suicide Prevention Lifeline
(800) 273-8255

FIRST NURSE (515) 239-8877

IOWA STATE POLICE DEPARTMENT
NON-EMERGENCIES (515) 294-4428
EMERGENCIES 911

AMES POLICE DEPARTMENT
NON-EMERGENCIES (515) 239-5133
EMERGENCIES 911

MARY GREELEY MEDICAL CENTER (515) 239-2011

Important Dates to Remember...

Friday, August 25, 2017
• Last day to initiate registration through AccessPlus. A late registration fee applies.
• Last day to process most schedule changes without signatures of instructor and adviser (full-semester courses and first half-semester courses). See the tuition adjustment schedule for financial deadlines and the Schedule of Classes for exceptions.
appearing on the permanent record or counting toward the limit of dropped courses.
- Last day to process a schedule change for fall through AccessPlus registration.
- Last day to change a full semester course from audit to credit basis.

**Saturday, August 26, 2017**
- Last day to return textbooks for refund to University Book Store. Exclusions apply. See www.isubookstore.com for details.

**See your adviser if you have any questions!**

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**Physical Therapy Open House**
Saturday, September 16, 2017  
8:50 a.m. - 3:00 p.m.  
St. Ambrose University  
Rogalski Center Ballroom

**Morning Session - All Attendees**  
**Welcome and Overview** - Michael Puthoff, PT, PhD, GCS, Professor and Director  
**Professional Opportunities in Physical Therapy** - Lynn Frank, PT, MPT, NCS Assistant Professor & Academic Coordinator of Clinical Education  
**The Ortho World: Life as an Orthopedic Physical Therapist** - David Wedeking, PT, DPT, OCS, CMT  
**The Toy Story: The Inside and Outs of Pediatrics** - Emily Schwytzer, PT, DPT

(Lunch Provided)

**Afternoon Session - College Students**  
**Tour of Center for Health Sciences Education**  
**Tips on Applying and Preparing for Physical Therapy School** - Michael Puthoff, PT, PhD, GCS

To register:  [www.sau.edu/pt](http://www.sau.edu/pt)  
Cost is $10.00 per person  
(Lunch and handouts are provided)  
For more information 563-333-6403 or [pt@sau.edu](mailto:pt@sau.edu)
Please help welcome our new faces to the department...

ClubFest
Wednesday, September 6, 2017
11:00 a.m. - 4:00 p.m.
Central Campus

ClubFest is an opportunity for students to browse through many clubs and organizations at Iowa State to find out how to GET INVOLVED on campus!
Join us! CALS Study Abroad Staff will be in attendance at the university's free study abroad fair on Thursday, September 14th from 10:30 a.m. - 1:30 p.m. in the Great Hall at the Memorial Union. Stop by our table to learn more about study abroad options offered through the College of Agriculture and Life Sciences.

If you are unable to attend, stop by our office at 0018 Curtiss Hall or check out our Spring 2018 Programs!

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**Academic Coaching Workshop Series**

The Academic Coaching staff offers free workshops during the fall and spring semesters. Below is a schedule of the upcoming semester's workshops.

**Academic Coaching Workshop: Starting Your Semester Off Right!**

Topic 1: Time Management

**Wednesday, September 6 | 6:00PM - 7:00PM**  
0060 Hixson-Lied Student Success Center  
Students will determine time management systems that are effective and useful for having an organized semester. Register [here](#).

Topic 2: Study Skills

**Thursday, September 7 | 5:30PM - 6:30PM**  
0060 Hixson-Lied Student Success Center  
Students will become aware of ways to improve their study skills and exam preparation strategies. Register [here](#).
ATTENTION
Pre-Physical, Pre-Occupational Therapy or Exercise Science Students!!

Beth Dahlke, an Occupational Therapist from Homehealth Care at Mary Greeley Medical Center, is looking for student volunteers to assist with an exercise class for older members of the community with balance issues. She works with a class called *A Matter of Balance* and needs assistance for 2 hours per week for 8 weeks. See the attached flyer for more details. Contact her at dahlke@mgmc.com 515/291-2348.

RESEARCH OPPORTUNITIES AT ISU

The Campus-wide Undergraduate Research program welcomes you back to Iowa State University! If you are already involved in undergraduate research I would encourage you to continue during the Fall 2017. If you are still looking for opportunities to be involved in undergraduate research please register here. If you are not sure that research is for you or where to start I would like to invite you to the multiple information sessions. Below is the schedule of these sessions. You could attend a session on one topic you are interested in or on all topics. The number of openings in every session is limited. Please, fill this short registration form to reserve your spot.

“Why should I look for UR experiences?”

- Thursday, August 24, 10:00 to 10:50 a.m., Bessey 0210
- Thursday, August 24, 3:10 – 4 p.m., Science 0152
- Friday, August 25th, 12:10 – 1 p.m., Carver 0305
- Monday, August 28th, 2:10 – 3 p.m., Pearson 2105

“How to find your research mentor?”

- Tuesday, August 29th, 1:10 – 2 p.m., Hoover 1213
- Tuesday, August 29th, 6:10 -7 p.m., Physics 0005
- Wednesday, August 30th, 10:00-10:50 a.m., Coover 2245
- Thursday, August 31st, 10:00- 10:50 a.m., Bessey 0210
- Thursday, August 31st, 3:10 – 4 p.m., Science 0152

“How to create a research poster?”

- Tuesday, November 7th, from 3:10 to 4 p.m.

“Graduate school application”, TBA

“How to apply for the Summer Research Experiences for Undergraduates (REU) programs?”

- Tuesday, November 14th, 3:10 – 4 p.m.
- Thursday, November 16th, noon to 1 p.m.

Please, let me know if you have any questions about undergraduate research at ISU.

Svitlana Zbarska, Ph.D. | Iowa State University
Undergraduate Research Program Coordinator Campus-Wide
The Office of the Senior Vice President and Provost | University Honors Program
Human Sciences Week
October 2-6, 2017

The week showcases the college’s commitment to expand human potential and improve people’s lives through diversity and social responsibility, wellness, entrepreneurship, personal financial literacy, and STEM (science, technology, education, and mathematics) education.

Human Sciences Week is a time for the Iowa State University College of Human Sciences to celebrate its unique, innovative, people-oriented programs and rich traditions with food, dance, speakers, and philanthropic events.

Click [here](#), to view the complete schedule.

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**Fall 2017 Dance Events**

Alvin Edgar Guest Artist Deborah Slater will be in Residency October 15-21 with 2 of her company dancers. The Scholarship Gala Concert which will include her company and
Li Chiao-Ping Dance Company is coming to perform 'Landed' December 2nd at 7pm in the Betty Toman Studio Theater Forker 196.

DESCRIPTION OF LANDED (2017)
The 12-person, evening-length, multi-media work, created by choreographer Li Chiao-Ping in collaboration with visual artist, Douglas Rosenberg, examines and explores the immigrant experience, drawing from stories of Angel Island immigrants in the early 20th century and cast members' personal family histories, some recent and some dating back several generations. The meta-narrative of the work brings the immigration discussion closer to home, presenting the opportunity to question and challenge our country’s policies and climate. Ranging in age from their 20s to 70s, the performers share and hold the stage to represent our conjoined and often complicated personal, yet universal, journeys from one land to another and from past to present. Engaging with local audiences about their own unique stories is important to the continuation and growth of this project. In addition to post-performance discussions with the artists, LCPD also plans to involve local dancers and community members in the project, either through the recording or performing--danced and/or spoken--of their stories.

Ms. Li’s inspiration for LANDED came from her visit to Angel Island in San Francisco, primary research of original letters and poetry written by immigrants, and her own connection as a first-generation Chinese-American artist. Originally thinking that Angel Island was much like the Ellis Island, she came to discover that this was untrue; most immigrants were incarcerated there and some never set foot as free individuals in the U.S. Through further research and consultation with immigration experts from the fields of Law, History, and Asian American studies, Ms. Li has built a multi-media, choreographic work that investigates the immigrant experience through stories – her personal story, the stories of Angel Island immigrants from the early 1900s, and stories from contemporary artist immigrants who face similar and unique challenges of culture, identity and acceptance today.

ABOUT LI CHIAO-PING DANCE Choreographer and performer Li Chiao-Ping founded Li Chiao-Ping Dance in 1990 and has made Madison, Wisconsin the company’s home since 1993. As a choreographer/director, Li Chiao-Ping has created, produced and performed over 130 works for the stage and screen and has collaborated with many artists, including her long-time creative partner, visual artist Douglas Rosenberg. LCPD’s first production in Madison was in 1995 at the Isthmus Playhouse at the Madison Civic Center. The company was invited to be a resident company at the Overture Center for the Arts in 2006. In addition to performing 2-3 times in Dane County each year, LCPD also regularly tours nationally. LCPD is committed to engaging with its community and audience members through outreach, performance, and
Madison Senior Center, where Ms. Li has taught since 2001.

Please be aware of the construction taking place in Fokker as we work to make our building a more beautiful and up-to-date facility for all those that enter our doors. Thank you for your patience!!

In the News

Researchers tackle obesity from multiple perspectives - Spyridoula Vazou, Greg Welk, Laura Ellingson, all are KIN Faculty

Festival Highlights benefits of music for people with Parkinson’s disease - Elizabeth Stegemöller, KIN Faculty

Iowa State University exercise study recognized for impact to worldwide health
Brain research aims to reduce effects of Alzheimer's and Parkinson's disease -
Elizabeth Stegemöller, Ann Smiley-Oyen, Marian Kohut, all are KIN Faculty
Matt Jefferson, Graduate Student in Neuroscience under Marian Kohut

A TR/KIN AFFILIATED CLUBS
INFORMATION & MEETING TIMES

EXERCYSE IS MEDICINE

To encourage regular physical activity and understanding of its health benefits by members of the ISU campus and the Ames, IA community. A secondary aim of ExerCYse is medicine is to encourage health care providers to include physical activity as a ‘vital sign,’ including the consideration and recommendation of physical activity when designing treatment plans. ExerCYse is Medicine is committed to the belief that physical activity is integral in the prevention and treatment of disease and should be a part of medical care. ExerCYse is Medicine ambassadors will be active volunteers at events to help communicate this message. This organization is directly affiliated with the Iowa State University Department of Kinesiology and the American College of Sports Medicine.

NEXT MEETING: Wednesday, September 27, 2017 at 5:00 p.m. in Forker 278

For more information, contact club President - Genevieve Hepworth

FELLOWSHIP OF ATHLETIC TRAINING STUDENTS

To provide leadership and educational opportunities for Athletic Training Students at ISU.
For more information, contact club President - Megan Blomberg

HEALTH PROMOTION CLUB

To encourage healthy living among the campus and community while providing students with an opportunity to practice what is learned in the classroom and gain knowledge in relevant health topics.

NEXT MEETING: CHECK BACK SOON!

IOWA STATE PRE-DENTAL CLUB

To aid all pre-dental ISU students with any questions they may have regarding dental school. We will cover everything from applications to admission. Our purpose is to help with anything related to the dental profession.

NEXT MEETING: Wednesday, September 13, 2017 at 7:00 p.m. in Pearson Hall

For more information, contact club President - Noah Hart

KINESIOLOGY & HEALTH CLUB

Facilitates activities that relate to physical activity, wellness and health. In addition to introducing students to the ideas of establishing and maintaining an active and healthy lifestyle, while sharing that information with the community.

NEXT MEETING: Tuesday, September 12, 2017 at 6:30 p.m. in Forker 279

For more information, contact club President - Mallory Majors

KINESIOLOGY GRADUATE STUDENT ASSOCIATION

To increase cohesiveness of graduate students on assistantship and those who are not on assistantship, to increase the visibility of HHP graduate program, as well as the dept. in general, to serve as an academic and social forum for HHP graduate students.

For more information, contact club President - Paul Khoo

LADIES IN FITNESS TRAINING (LiFT)
questions and learn about weightlifting and fitness related activities, an encouraging and motivating atmosphere, resources to build a support system of strong willed and compassionate friends, and opportunities for involvement with activities in the club, at Iowa State University, and in the community.

NEXT EVENT: Wednesday, September 6, 2017 at 7:00 p.m. in Hoover 1312

For more information, contact club President - Mason Schroeder

ORCHESIS I DANCE COMPANY

Orchesis I is a student organization specializing in aspects of professional dance training. The company was established in 1926 as Iowa State's first dance group. We look for the best and brightest dancers who are open to change, growth, and development with their dancing and performing.

MEETS: Thursdays from 7:00 to 8:30 p.m. in Forker 0196

For more information, contact club President – Tympest Crawford

ORCHESIS II

Orchesis II is a non-audition dance company in which all individuals are welcome to participate regardless of their experience in dance training. Orchesis II strives to enhance a comfortable learning environment by providing performance opportunities for members. Orchesis II works in many genres of dance including tap, hip-hop, modern, jazz, Latin, and many, many others.

MEETS: Tuesdays from 7:00 to 8:30 in Forker 0196

Tryouts will take place on Tuesday, September 12, 2017 at 7:00 p.m. in Forker 196

For more information, contact club President – Laura Behrends or Haley Klusman

PHYSICAL EDUCATION CLUB

To promote staying active through a variety of planned activities. In addition, the club will provide knowledge and information about physical education and related areas, while creating professional relationships among members, faculty/staff at Iowa State University, and professionals throughout the state of Iowa.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - Eric Reents
To better prepare Pre-Medical students for acceptance into the medical field and to answer any questions about the path to and beyond medical school.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - Benjamin Dralle

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**PRE-OCCUPATIONAL THERAPY CLUB**

To give students the resources and information they need to be successful in a career in Occupational Therapy. The goal is to prepare students in many different aspects to become accepted into a graduate program. Including admission requirements, networking, and other necessary skills that will help them gain the knowledge and experience they need to achieve their goals in this field.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - Sydney Ginkens

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**PRE-OPTOMETRY CLUB**

Explores the field of optometry as well as optometry schools by visiting local optometrists, listening to optometry school representatives speak about their school and related activities.

NEXT MEETING: Wednesday, September 6, 2017 at 6:30 p.m. in Forker 0291

For more information, contact club President - Kimberlie Hodne

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**PRE-PHYSICAL THERAPY CLUB**

To promote networking, individual growth, and preparation for future physical therapy professionals.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - Dalton Frick

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**PRE-PHYSICIAN ASSISTANT CLUB**

To educate students about the Physician's Assistant profession. We also help students with the application and interview process so they are adequately prepared when meeting with a potential
NEXT MEETING: **CHECK BACK SOON!**

For more information, contact club President - Julia Nguyen

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**TAP IOWA STATE**

This group has weekly meetings that centers on learning, sharing, and refining tap and rhythmic dance skills. The membership is open to all Iowa State students who are interested in learning tap and other rhythmic dance. No previous experience is necessary. You have the opportunity to perform with the group during the Orchesis II semester showcase if you are willing to make the commitment.

NEXT MEETING: **Tuesday, September 12, 2017 at 8:30 p.m. in Forker 0198 (right after the Orchesis II auditions)**

For more information, contact club President – Kendra Beaman

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**THE KIN COLLECTIVE**

This organization serves to build a stronger sense of community within students of color in the Kinesiology department, connect them to more resources and opportunities, and to help create a departmental connection so that students can foster the relationships necessary to excel in their field of study.

NEXT MEETING: **Thursday, September 21, 2017 at 6:00 p.m. (location TBD). Thursdays by-weekly thereafter.**

For more information, contact club President - Artorria Jung
Check out what's new in our August Newsletter

http://mailchi.mp/ee70ff703ac2/aw61g1of4u?e=94dbff28a