Mitch’s Message

Colleagues

As the academic year draws to a close, we will soon be meeting in Worthen Arena (May 2\textsuperscript{nd}) to send another large group of CAST graduates into the “real world”. As I’m sure you would agree, these students represent a part of your legacy as educators, so I hope you take as much pride in their accomplishments as I do. In a way, their achievements are a real tribute to your impact. As I’ve mentioned in the past, I know that their day is made more special by seeing you at the ceremony. I hope you will join us for our college ceremony in Worthen Arena following the main campus ceremony on the Quad.

In this issue of CAST Connections, we again highlight a number of faculty and student accomplishments. We had a great Spring semester! Successes in the form of student academic competitions, refereed publications and presentations, faculty awards, and external proposals are just a few that come to mind. Read further to learn more about your colleagues and our students. If you do, you will learn about federally-funded research in the college’s Biomechanics Laboratory, an immersive learning project that had real impact in the Muncie community, and various student/faculty activities that have contributed to the quality of experiences in our college! As I indicated above, we had a very busy and productive spring.

Finally, I hope you feel this past academic year has been a rewarding one. We all call CAST our professional home, but to me, it is much more than that. I’ve enjoyed interacting with all of you during my time as dean, and this past year was no exception. Because of YOU, we have a wonderful story to tell, and our alumni base continues to grow. I hope you will have a restful and restorative summer, and that you will return in the fall with a renewed enthusiasm for your roles as teacher/scholars. Most likely, the dean’s office and our Department of Family and Consumer Sciences will all be back in the AT building by then, so please stop in to see the renovated space.

All the best,

Mitch

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Important Dates

- **Friday, May 1**
  - Spring Semester Ends

- **Saturday, May 2**
  - Spring Commencement

- **Wednesday, May 6**
  - Grades due by 5:00pm

- **Monday, May 11**
  - Summer Term 1 Begins
Ball State Army ROTC
Branches 28 Officers

Seniors from Ball State University, Indiana Wesleyan University, and Indiana Purdue at Fort Wayne gathered together to receive their assigned career fields or “branch” in the United States Army, Army National Guard, and United States Army Reserve. After three years of intense training and education, these cadets enter the final phase in becoming a commissioned officer in the United States Army.

Command Sergeant Major Steven Dejong of 2d Squadron, 152nd Calvary served as the guest speaker speaking of leadership and expectations of these future leaders. A purple heart recipient and combat veteran of Afghanistan, Dejong spoke to the cadets on professionalism, care for soldiers, and the special relationship between commissioned and noncommissioned officers.

LTC Kelly Rosenberger, Professor of Military Science recognized these leaders and the challenges and efforts in reaching this point in their fledgling career and the future ahead of them. “These cadets are the future leaders of the Joint Force 2020 and beyond, “ said Rosenberger.

ZUMBA at the Buley

Eleven students designed and facilitated a nutrition education and aerobic exercise program for Delaware county citizens. Over 90 adult men and women participated in rhythmic aerobics and learned about nutritious cooking twice weekly for 10 weeks. Zumba @ the Buley provided childcare, free food, and safe, instructor-led exercise in Muncie’s Whitley neighborhood.

External funding secured from the Indiana Association for Health, Physical Education, Recreation, and Dance paid for eight community participants to become licensed Zumba instructors. Students had the opportunity to create radio commercials advertising the program on WLBC 104.1 and publish a cookbook.

This experience gave BSU students real world experience working as group exercise instructors for a large number of community exercise participants and helped our students demonstrate their skill sets and content knowledge to potential employers and graduate schools.
On February 12, CAST and the Sponsored Projects Administration (SPA) jointly hosted an NIH grant-writing workshop for the BSU community. This event was held in the Student Center and 59 people registered in advance. Speakers included Ms. Jackie Davis from SPA, Dr. Scott Trappe from the Human Performance Laboratory at BSU, Dr. Glen Duncan from the School of Public Health at the University of Washington, and Dr. Sue McDowell from the Department of Biology at BSU. Ms. Davis spoke about the NIH grant program structure and grant submission processes. Dr. Duncan discussed helpful hints he had picked up in the process of becoming successful in procuring NIH funding. Dr. Trappe, an experienced NIH grant proposal reviewer, took the audience through the steps and procedures involved in the grant review process. The final speaker in the session was Dr. McDowell, discussed her experiences in developing effective and successful NIH R15 (AREA grant) grant proposals – grants that specifically apply to BSU. Dr. Stan Geidel from SPA moderated the panel discussion that followed the presentations.

CAST is appreciative of the partnership with SPA for this initiative, the efforts made by the presenters for their outstanding contributions, and the audience for their attendance and participation.

Ms. Davis presented “NSF Grants 101” and Dr. Holtgraves presented “Helpful Hints in Preparing NSF Proposals”. Dr. Bishop talked about “Collaboration in Pursuit of NSF funding”. Dr. Miller spoke about the “NSF Peer Review Process”. Dr. Geidel from SPA lead a panel discussion and Anthony Mahon gave the closing remarks.

We would like to thank Dr. Mahon for organizing this event for CAST as well as all the presenters and the participants.
Inaugural Cardinal Deans’ Shootout

Ball State Athletics held the inaugural Cardinals Deans’ Shootout at halftime of the Tuesday, Feb. 24 men’s basketball game versus Western Michigan. Each campus dean was invited to participate in a free throw shooting contest. The dean selected one student to be on his or her team, and both team members had 30 seconds to make as many free throws as possible. Mitch and his partner Kevin Edgington, a sophomore majoring in Sports Administration put up a great fight narrowly being defeated by John Fallon and his partner.

Lawrence Judge Honored at SHAPE Convention

Lawrence Judge, associate professor of physical education, will be honored as one of six Research Fellows selected by the Research Council for SHAPE America - Society of Health and Physical Educators. This year's Fellows will be honored at the 130th SHAPE America National Convention & Expo in Seattle, March 17-21.

"SHAPE America Research Fellow status is reserved for members who have made significant contributions to research, creative or scholarly activity," says Louis Harrison, chair of the Research Council. "The purpose of Fellow status is to promote scholarship, recognize research accomplishments by our members and promote participation in the research activities of the organization."

During his nine-year career at Ball State, Judge has co-authored more than 100 peer-reviewed publications and given 165 peer-reviewed academic presentations at a variety of state, national and international conferences. He collaborated on the acquisition of more than $250,000 in grant funding from a variety of community foundations, sport organizations and federal agencies. Judge is currently the coordinator of Ball State's Athletic Coaching Experience (ACE) graduate program.
The overall purpose of Dr. Haroldson’s study is to assess consumer understanding of various nutrition marketing terms and their impact on consumer behavior. This study is comprised of two parts: an online survey and on-campus taste tests. The online survey will examine consumer’s understanding, willingness to pay, and taste and health perceptions of food products labeled with various popular nutrition marketing terms (gluten-free, non-GMO, organic, and all-natural). It will be distributed nationally utilizing Qualtrics to comprise a nationally representative sample (n = 300). The on-campus taste tests will also examine how these same food label marketing terms affect participants’ taste perception. Each marketing term will be tested on a separate day with a goal of 50 participants per taste test. The results will serve as a foundation for 1) further research on the effects of these marketing terms on satiety, consumption and weight, and 2) the development of a nutrition intervention to increase awareness and knowledge of these particular marketing terms.

Dr. Montoye’s funded research study will examine the accuracy of accelerometer-based physical activity monitors for measuring free-living physical activity in a population of healthy adults. In order to accomplish this goal, adults (n=30) will visit the Human Performance Lab on two occasions. At each visit, participants will be fitted with several activity monitors (left and right hips, left and right wrists, right thigh, and right ankle) and then instructed to leave the lab and perform their normal, daily activities for a four-hour period. A research assistant will stay with the participant and directly observe and record activities performed, in real time, on a handheld tablet computer. Physical activity will be predicted with each accelerometer using previously developed machine learning models. These predictions will be compared to the activities recorded by the research assistant to determine the most accurate activity monitor placement and inform future use of activity monitors for measuring physical activity.
Biomechanics Laboratory Receives Defense Department Funding

Soccer is not only the world’s most popular sport, but its training regimens could help make American female soldiers tougher. The research team in the Biomechanics Laboratory at Ball State University lead by Dr. He Wang, will use advanced technologies including high speed motion capture, computer simulations, and finite element analysis to better understand how soccer could better prepare women for high intensity training demanded by the military. The Department of Army supports this research project to determine why soccer conditioning makes women’s leg bones stronger and more resilient. Twenty female inter-collegiate soccer players and 20 sedentary women will participate in the project. Outcomes of the study will help the US Army understand the mechanism of high risk of tibia stress fracture among female recruits and find effective ways to reduce the injury rate during training.

Kaminsky Named Leader of Fisher Institute for Wellness and Gerontology

On January 6, 2015, Longtime Ball State educator Leonard Kaminsky was named the new director of the university’s Fisher Institute for Wellness and Gerontology. “Dr. Kaminsky has been an ally of the institute since his earliest days at Ball State and brings a wealth of knowledge in the areas of health and well-being to his new role,” said Mitch Whaley. In addition to this honor, Dr. Kaminsky is also the director of Ball State’s clinical exercise physiology program as well as the adult physical program. Congratulations, Dr. Kaminsky!

Carol Friesen (at Left) wins first GEMmy Award from the Ball State Graduate School, Congrats Carol!

Congrats to Janet Fick (at right) for receiving a Ball State Immersive Learning award for Habitat for Humanity Project!