



UNC  
GREENSBORO

Department of Kinesiology

# UNCG KIN-EDI

APRIL  
2024

## KIN-EDI COMMITTEE

ON EQUITY,  
DIVERSITY, AND  
INCLUSION

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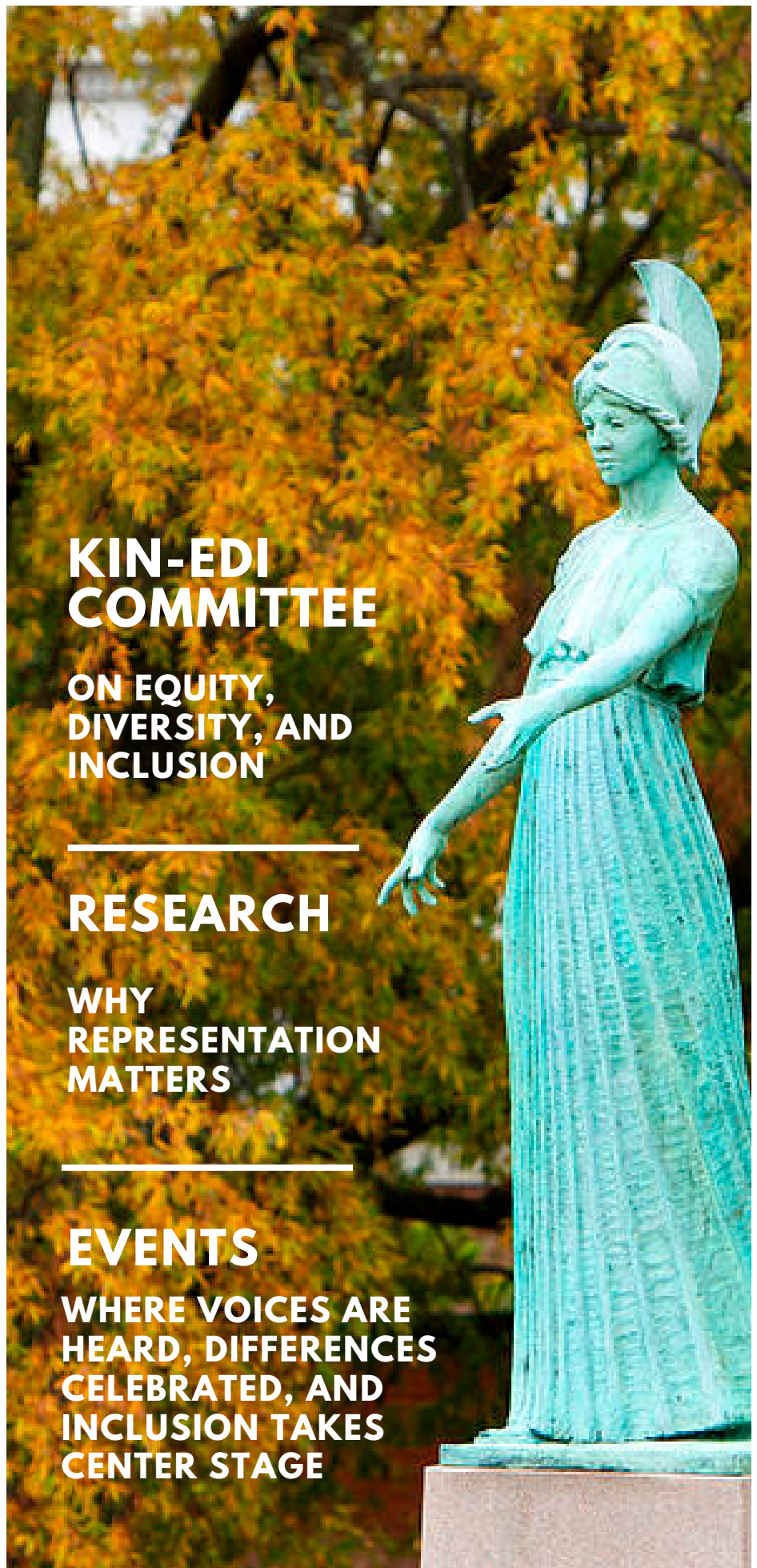
## RESEARCH

WHY  
REPRESENTATION  
MATTERS

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## EVENTS

WHERE VOICES ARE  
HEARD, DIFFERENCES  
CELEBRATED, AND  
INCLUSION TAKES  
CENTER STAGE





**UNC GREENSBORO**

Department of Kinesiology

# **KIN EQUITY DIVERSITY AND INCLUSION COMMITTEE (KIN - EDI)**

## **PURPOSE**

The purpose of the EDI committee is to promote equity, diversity, inclusion, and social justice in the Department of Kinesiology.

## **AIMS**

- 1) Identify inequities (e.g., racism, sexism) in KIN
- 2) Ask how they are operating in KIN (e.g., policies, practices, values)
- 3) Organize and strategize to act (action steps)

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## **MEMBERS**

DeAnne Brooks (Inaugural Chair)  
Adam Berg (Past Co-Chair)  
Omari Dyson  
Ben Dyson  
Diane Gill  
Lauren Griffin  
Jackie Maher  
Jessica McNeil  
Erin Reifsteck (Co-Chair)  
Louisa Raisbeck (Co-Chair)

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## **DESCRIPTION**

The KIN - EDI Committee in the Department of Kinesiology is dedicated to reviewing and revising potentially discriminatory policies, such as those related to recruiting, grading, hiring, and appeals. Additionally, the committee will recommend actions to other departmental institutions, create avenues for student input on departmental climate concerns, organize anti-racist professional development, develop inclusive teaching standards, facilitate connections with campus-wide initiatives, and analyze student outcomes to identify and address discriminatory practices.

# SCHOOL VISITS

## ALLEN JAY PREP

On February 12, 2024, our Kinesiology Department hosted 8th grade students from Allen Jay Middle Preparatory Academy, a Guilford County Schools Choice School. Social Studies teacher Matt Shilling (MEd '11) organized the class field trip where students toured campus. The Esports arena, the Kaplan Center, and our very own Mary Channing Coleman Building, home of both the Kinesiology and Athletics Departments, were a big hit! KIN faculty members Erin Reifsteck, Jessica McNeil, and post-doc Emily Bechke, as well as PhD students Hannah Koch and Sheldon Smith engaged the students in hands-on activities with research equipment in the exercise physiology lab (e.g. BodPod, environmental chamber, dynamometer).



## WESTERN GUILFORD HIGH

This semester 30 students taking a health and wellness class at Western Guilford High School visited campus. During their visit, Dr. Aaron Terranova greeted the students and gave them a tour of the Athletic Training lab. Graduate students Emily Bechke and Krista Clark offered the students a tour of the Exercise Physiology Lab where students had the opportunity to try the BodPod and heat chamber. Dr. Michael Hemphill engaged the group in a basketball-related restorative justice activity in Coleman Gym. To conclude their visit, Dr. Alan Chu led the students through mindfulness activities that help with sports performance.



# LATINAS IN ACTION



The Latinas in Action Study, headed by Dr. Jaclyn Maher and Dr. Sandra Echeverria, finished data collection in November 2023. In this study, 67 women engaged in a 7-day Ecological Momentary Assessment Study Model where questionnaires were answered three times per day regarding individual, social, and environmental influences on physical activity.

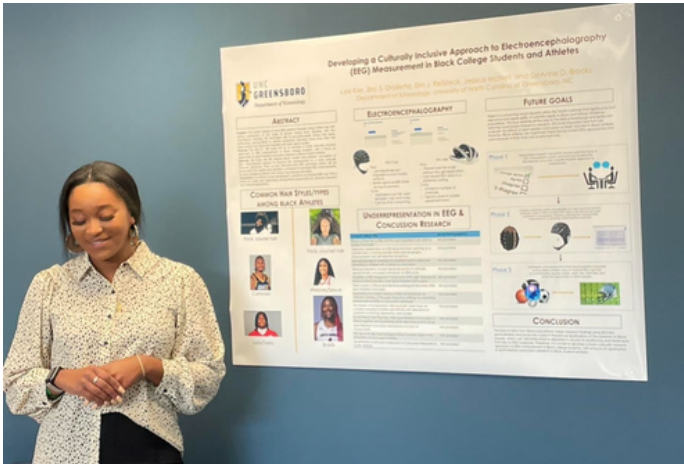
Participants also wore an activity monitor during waking hours, providing a direct assessment of physical activity.

The study is currently in the data cleaning and analysis stage, hoping to glean insights into the factors that influence physical activity in the places where Latinas work, live, and play.





# INCLUSIVE EEG CAPS



**Lexi Kier is a second-year Master's Student in the Sport and Exercise Psychology Concentration. She is currently working on her thesis that is investigating the feasibility of the current EEG cap design, the willingness of Black student-athletes to participate in a study that utilizes the current design, and the feedback and suggestions from Black student athletes to be more culturally inclusive in EEG methodology.**

**In Spring 2023, Kier received the Safrit Grant, enabling the development of a culturally inclusive approach to Electroencephalography (EEG) measurement specifically tailored for Black college students. Throughout the academic year, she actively participated in four conferences, including the CACE Conference at UNCG, Kinesiology Research Day at Augusta University, the Human Movement Science Symposium at UNC-Chapel Hill, and the NASPSPA conference in Toronto.**

**Notably, Kier's research was highlighted with a poster presentation at the Society for Psychophysiological Research in New Orleans. Additionally, she successfully completed the National Science Foundation I-Corps program, which exposed her to developing skills to extend her scientific focus beyond the laboratory and into innovative commercialization endeavors. As a 3MT (Three Minute Thesis) Finalist, Kier passionately presented on bridging racial inclusive disparities in EEG research, showcasing her commitment to advancing equitable practices in the field.**



# COMMUNITY IMPACT CHALLENGE

Sheldon Smith is a first-year PhD student in the Department of Kinesiology at UNCG. Having recently graduated from Winston-Salem State University's Doctor of Physical Therapy program in December 2023, Smith spent his undergraduate years at WSSU earning a Bachelor of Arts in Justice Studies and a Bachelor of Science in Biology with a chemistry minor. Hailing from Henderson, NC, Smith is a proud first-generation college graduate and the visionary behind Project PT: Reconstructing Physical Therapy.



As the recipient of the American Physical Therapy Association (APTA) Community Impact Challenge, an annual grant awarded to a physical therapy student, Smith directed Project PT with the aim of fostering community engagement in underserved communities.

This initiative unfolded as a three-day program held at The Salvation Army Ken Carlson Boys and Girls Club, exposing 10 African American males to the field of physical therapy.



The project sought to increase awareness of the profession and provide mentorship to students from diverse backgrounds, enhancing their opportunities for higher education.

The program incorporated physical therapy assessments and interventions in creative ways, including balance, jumping, and landing assessments, along with enjoyable competitions to reinforce their newfound knowledge. Pre- and post-assessments indicated a significant shift, with 30% to 100% of students accurately articulating what physical therapy entails by the program's conclusion. Moreover, 90% of students expressed their willingness to participate again.

Although the formal program has concluded, ongoing mentorship continues to support these students on their educational journeys.

# IN-PERSON OPEN HOUSE

UNCG was honored with the Higher Education Excellence in Diversity (HEED) award by INSIGHT into Diversity magazine for our demonstrated commitment to diversity and inclusion. Additionally, we maintain a strong presence on the U.S. News & World Report's 2023 Best in the U.S. list for Best National Universities, Best Colleges for Veterans, Best Value, and Top Public Schools. We are eager to inform talented students about UNCG and encourage them to consider our graduate program in kinesiology.

To facilitate this, we held three recruitment sessions in October and November 2023. Notably, our 3rd Annual in-person Open House was specifically tailored for undergraduates from HBCUs and MSIs.

UNCG Kinesiology Graduate Programs - In-Person Open House for students who attend HBCUs and MSIs:

**On November 10, 2023, students from HBCUs and MSIs were invited to learn about our 16 graduate programs. Attendees took lab tours, explored campus, met with faculty and current students, as well as gained tips about writing a strong graduate school application.**





**UNCG**  
KINESIOLOGY  
EDI Initiatives

## UNCG KIN EDI BADGE PROGRAM

*Promoting equity, diversity, and  
inclusion within kinesiology  
programs, research, and practice*

# KIN EDI BADGE

## BRONZE BADGE



Develop foundational  
knowledge in areas of  
inclusion, equity, and diversity

## SILVER BADGE



Build skills in areas of  
equity and diversity

## GOLD BADGE



Take action in areas of  
equity and diversity

## PROGRAM BENEFITS

- For students, staff, faculty
- Customizable
- Flexible
- Self-paced
- Professional Development

## AT EACH LEVEL:

1. Choose activities
2. Provide evidence
3. Submit reflections



## MORE INFORMATION IN CANVAS

Join the program, review  
details, and submit  
assignments in Canvas Self-  
enroll the Canvas Course at  
[go.uncg.edu/kinedibadge](https://go.uncg.edu/kinedibadge)





# FEBRUARY COLLOQUIUM: HOW AND WHY REPRESENTATION MATTERS

During our monthly colloquium on February 20, 2024, Dr. Aaron Goodson, Director of Mental Health and Performance of Athletics at Duke University, visited and presented on how and why representation matters.

With his work in the integration of clinical mental health and performance-boosting services for student-athletes, Dr. Goodson has been able to provide services to countless athletes across his career, with a careful consideration of diversity.

In his talk, he discussed racial and ethnic representation in mental health practice, emphasizing why and how seeing a counselor who reflects your identity can be a game-changer.

Additionally, Dr. Goodson spotlighted how through representation in research and in counseling departments, athletes and institutions as a whole can better tailor their psychological services to transform lives, both on and off the field, court, etc. for athletes of various identities.



# CWHW ACTIVE GIRLS - HEALTHY GIRLS SPRING BREAK CAMP



## AGHG Spring Break Camp:

On March 26-27, 2024, AGHG held a camp for 4th-6th grade girls that focused on the unique needs and cultures in their neighborhoods in order to build sustainable community relationships where innovative, accessible, and engaging programs can exist and thrive. Through this camp, girls had the opportunity to explore the joys and benefits of various forms of physical activity and help them find their unique path to a lifetime of movement.

Example activities include: volleyball, pickleball, bodyweight fitness, yoga, dance, walking for health, yard games, and more!

The AGHG team is passionate about providing an environment where learning and exercise can coexist, and not come at the cost of the other. For young girls, it is essential to have representation involved in these programs that matters. If you can see it, you can be it.

## Active Girls - Healthy Girls Mission:

Programming provided by the CWHW, Active Girls - Healthy Girls' mission is to provide sport, exercise, and physical activity opportunities for girls through evidence-based life lessons and a community-based emphasis on physical activity and wellness.



## The Center for Women's Health and Wellness at UNCG:

The Center for Women's Health and Wellness was established as an initiative to facilitate interdisciplinary research on women's health and wellness within the School of Health and Human Sciences, across the University, and with other institutions and community partners.

Although classified as a research center, we are equally committed to educational, networking, and community offerings to train the next generation of scholars and practitioners, and promote the health and wellness of girls and women in Greensboro and the global community.



# SCHOOL OF HEALTH AND HUMAN SCIENCES BLACK HISTORY MONTH PANEL

On February 23, 2024, the Human Health Sciences Program hosted a Black History Month panel titled, The Past, Present, and Future of Black American Health. Panelists for the event included Dr. Jeannette Wade (Human Health Sciences Program), Dr. DeAnne Brooks (Kinesiology), Professor Christina Yongue (Public Health Education), and Dr. Sharon Parker (Social Work). The event was supported by the School of Health & Human Sciences Equity, Inclusion and Diversity Committee.



# NORTH CAROLINA A&T HUMAN & HEALTH SCIENCES GRADUATE PROGRAM EXPO

On April 3, 2024, faculty and students from the Department of Kinesiology attended the Graduate and Professional Programs Expo hosted by the Hairston College of Health and Human Sciences at North Carolina A&T State University. The event was part of the College's 2024 Health and Human Sciences Week. Prospective students were able to inquire about the 16 graduate programs offered by the Department, and interact with current students. Representatives included Drs. DeAnne Brooks, Erin Reifsteck, and Aaron Terranova along with students Maslyn Behler, Jordan Bigelow, and Eryn Murray. George Durfee from the Graduate School also helped to make this effort a success. Additionally, students were able to build connections, provide information about different educational and career opportunities, and contribute to the future endeavors of students at North Carolina A&T.





# KINdos Student Recognitions

KINdos are a way to recognize the achievements of students in the Department of Kinesiology. This year, our students have received some amazing accomplishments for their work at UNCG and beyond.

**Hannah Koch, Amanda Barclift, Aleiza Higgins, and Lexi Kier** represented the Kinesiology department at the 3-Minute Thesis Competition.



**Hamad Amni** received the AERA Lawrence F. Locke Graduate Student Award for being the lead author of the paper which is accepted with the highest rating score for SIG presentation at the AERA annual meeting. Additionally, Amni won a gold medal at the U.S. Kickboxing Nationals. He will compete as a member of the U.S. National Kickboxing team in the 2024 Pan Am Championship in Chile. Hamid Amni was selected to the Iranian National team for championship competitions. He will compete in the Seniors World Kickboxing Championship in November in Albufeira, Portugal.

**YJ Seo** was awarded the Korea Sports Promotion Foundation Foreign Study Fellowship. The fellowship provides opportunities and promotes welfare for former athletes through support for sports academic research, education, and training. The recipient contributes to the development of future Korean sports and assists with the growth of the next generation by sharing international experiences.



**Samiyah Muhammad** was awarded the North Carolina Athletic Trainers Association's (NCATA) Pioneer Scholarship for Service at the NCATA 50th Annual Symposium in Wrightsville Beach.



**Louisa Tichy** was awarded the Kate R. Barrett Student Professional Development Award. She was able to collaborate with Dr. Karen Mustian in the Exercise Cancer Laboratory at the University of Rochester.



**Tony New, Gillian Herman, and Logan Sprinkle** represented the Athletic Training program and were crowned champions at the NCATA 50th Annual Symposium Quiz Bowl. They will compete at the Mid-Atlantic Athletic Trainers Association's Annual Symposium at Virginia Beach in May.

# KINCLUSIVE EVENTS

## JOIN US!

Our department-wide initiative to create a “KINclusive” culture was kickstarted by a grant from the Division of Student Success in Spring 2023. This year’s KINclusive events, affectionately known as snackIN chat, are a time for students to network with peers, professors, and professionals to learn about opportunities available in the Department of Kinesiology, gain insight into related careers, and develop meaningful connections.

The highlighted events for the Spring 2024 semester included:

- **Chat with Dr. Aaron Goodson, Director of Mental Performance with Duke Athletics**, where students were able to learn about what the field of Applied Sport Psychology encompasses
- **Chat with Taressa Burge, DPT & Raven Hill, OT** allowed students interested in Physical Therapy and Occupational Therapy to gain insight into the popular career, how to prepare for the application process, and gaining observation hours
- **Student Panel on Undergraduate Research** encouraged students interested in gaining research experience to hear from current undergraduate students about their research experience, benefits of working in a research lab, and the skills they have acquired
- **Student - Faculty Mixer on Undergraduate Research** gave current undergraduate students the opportunity to speak with faculty and graduate students about their research, the roles undergraduates hold in the lab, and current work happening in the labs
- **Drop-In Advising** provided an opportunity for students to ask Kinesiology faculty advising questions and prepare for All-Day Advising
- **Funding Your Education** informed students about the financial aid, scholarships, awards, and fellowship opportunities available
- **Career Development & Resume Workshop** provided tips from Kristina Feduik in the UNCG Career and Professional Development Office
- **MSAT with Dr. T & Dr. G** where students chatted with Dr. Terranova & Dr. Griffin to learn about the field of athletic training and how to prepare for the MSAT
- **Paint Party!** Students always enjoy this annual paint and sip party involving paint supplies, sweet treats and lemonade.

### UPCOMING

#### LDOC Fun Day

Enjoy ice cream, snacks, and backyard games to celebrate the Last Day of Classes!

Wednesday April 24

12:00-2:00pm

Belk Pavillion

#### Follow KINclusive

UG Update

Weekly BLAST

[kin.uncg.edu/diversity](http://kin.uncg.edu/diversity)

#### 2023-2024 KINclusive Staff

Cardia Carroll, Eryn Murray, Emily Postlethwait

Dr. DeAnne Brooks