Athletic Training students and instructor in course AT 217
Dear friends,

The 2019-20 academic year was not what any of us expected.

In mid-March, the COVID-19 pandemic required our faculty to move all classes online in the span of two business days, using technology that was new to many of them. Our students had to juggle a host of changes, from academics to athletics to housing to internships and clinical rotations.

It was far from an ideal situation—but everyone rose to the challenge. The outpouring of support to and from our Kinesiology community continues to amaze me. Our students, faculty, staff, alumni, donors, and friends lent a (virtual) hand, gave and got advice, patiently worked through tech and scheduling hiccups, and found clever solutions to new problems.

Leaders are forged in times of crisis, and this global health pandemic has shown that our community members are, without a doubt, the Leaders and Best.

Although national and global issues are at the forefront of our minds right now, it’s important to remember the bright spots.

With your partnership and collaboration, we provided financial assistance to talented and tenacious students in need. We helped expand our faculty’s game-changing research efforts. And, despite a six-week shutdown, our new building is still on track for a late fall move-in and January classes.

Read on to learn about some of the ways your support has helped us accomplish all these things and more.

Thank you and Go Blue!

Lori Ploutz-Snyder
Professor and Dean, School of Kinesiology

Sport Management students and advisory board members at the 2020 spring meeting
Our school’s top priority has always been to help our students earn a life-changing Michigan degree in a safe and engaging environment. We’re proud of the three funds we’ve created, with your support, to help students in need remove obstacles to their full education.

The Kinesiology Student Enrichment Fund covers the costs of out-of-classroom experiences for students in need. This can include travel for a job or internship interview, fees to attend a professional conference, or a stipend for an unpaid summer internship.

“I’ve had the opportunity to work with Division I athletes and outstanding medical professionals, create my own research study, and travel with teams to other universities and competitions. None of this would have been possible without the supportive staff, programs, and resources at U-M.”
—Athletic Training student and recipient

“Michigan Kinesiology provided an outstanding framework within which our son was able to pursue his passion for sports, both inside the classroom and out. We support Kinesiology because we want others to have access to the same kinds of opportunities that proved so valuable in our son’s education, and in his development as a person.”
—John and Nanci Rosenfeld, parents and donors

The Emergency Aid for Kinesiology Students Fund assists students who have an unexpected, one-time financial need they can’t cover themselves, such as a medical or dental procedure, car repair, or moving/utility expenses.

Due to COVID-19, many of our students are now facing new hardships, including technological barriers, food insecurities, transportation difficulties, health anxieties, family pressures and concerns, and loss of income. Some students may not be able to begin or even return to their studies this fall.

In response, we have established the Kinesiology Grad/Undergrad Emergency Aid (COVID) Fund to assist students with temporary expenses related to COVID-19, such as medical, technology, housing, and tuition support.
Donations that are not designated for a specific purpose go to the Kinesiology Annual Fund, which supports multiple school initiatives. Each year, up to five $5,000 Donor Innovation Grants are awarded to faculty members for a special project that directly impacts our students. Here are the 2019-20 recipients.

**Dr. Peter Bodary** used his award to purchase research-grade classroom technology for his MVS 452: Scientific Inquiry Using Wearable Technology class, including:
- **Catapult.** Students designed mini-experiments to test this technology and then used it to analyze player datasets provided by Michigan Athletics.
- **Stryd.** Students used these devices to measure athletes’ power output and recovery.
- **Biostrap.** Students used these devices, which collect more raw data than a Fitbit or Apple Watch, to investigate the effect of sleep and workouts on subject recovery.
- **Athos.** Dr. Bodary purchased additional Athos equipment that students used to perform studies on muscle recruitment and activation.

After receiving her award, **Dr. Weiyun Chen** and her undergraduate and graduate students conducted a major study titled, “Active Body and Mind (ABM) Intervention for Older Adults.” Her team examined the effects of a 12-week ABM intervention on cognitive functions, fitness, physical activity behaviors, and psychological well-being between the intervention group and control group in the two retirement communities from September to December 2019. A second 12-week study had to be paused in March due to COVID-19.

Dr. Chen used her award to buy 20 Fitbit trackers, Fitabase software, and incentives for the control participants to complete the baseline and post-test.

**Dr. Michael Vesia** used his award to purchase equipment designed to introduce young students to the fundamentals of neuroscience and electrophysiology. These neuroscience experiment kits helped attendees “see” how electrical activity in their brain, nerves, and muscles helps them move.

In partnership with the U-M student group FEMMES and the U-M Natural History Museum, Dr. Vesia and his team hosted several events for participants of all ages and backgrounds to explore science through fun, hands-on activities. Kinesiology students shared their research with others, acted as role models for kids interested in STEM careers, and learned how to effectively communicate complex scientific concepts to a diverse audience.

For the 2020-21 academic year, a portion of the Kinesiology Annual Fund will be used to support our students and faculty in their transition to online, hybrid, and public health-informed in-person classes.
We’re excited that our building will be the new home of the Michigan Concussion Center, which recently received a $2M anonymous gift to support student research.

The Michigan Concussion Center was launched in late 2018 to maximize societal and individual health through the relentless pursuit of concussion knowledge. It aims to be the recognized leader in concussion research and clinical practice for positive impact to patient health. Learn more at concussion.umich.edu.

As construction winds down on our new building, we’d like to take a moment to thank the lead donors who gave so generously to our building fund. Our new home would not have been possible without your support.

- Bickner Family Foundation
- Jeannine Galetti
- Rodney and Amy Goble
- Dan and Janna Griffis
- Richard L. Hirsch Foundation
- Victoria King
- Barry Klarberg
- Nancy Lohr and Claudia Borders
- Dana and Scott Marcus
- Eryn McVerry
- Jon and Debra Paley
- Estee and Elliott Portnoy
- John and Nanci Rosenfeld
- Mark and Karen Rosentraub
- Nick Shaw
- George Wade

We’re planning to celebrate the new School of Kinesiology Building throughout 2021, beginning in the spring. Please stay tuned for more details on our public health-informed events.

Learn more about our new building and see progress photos at kines.umich.edu/newbuilding.
2019-2020 AT A GLANCE

- **104** scholarships & awards offered
- **$471,567** total student support disbursed
- **89** recipients of scholarships & awards
- **112%** increase in support disbursed over the last 5 years
- **197** gifts to the new building
- **9** named spaces in the new building
- **104%** increase in donor giving
- **442** total donors—including you!
- **76%** of total donors gave $100 or less

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