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Winter 2024

The Pulse Winter 2024

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GYM-MASTERS Nationally Recognized



Photo Credit: MUR

The Gym-Masters team was nationally recognized recently in the Winter 2024 issue of American Kinesiology Association's journal. The article showcased their history, excellence in skills and outreach, as well as highlighted their far-reaching impact on tours. It also pointed out that the Adventists have developed something special that doesn't exist anywhere else in the gymnastics world, because it is practiced at all levels and reaches audiences of all ages. Coach Craig Johnson was contacted by a writer from the journal who had heard about the team and wanted more information about their history as well as Adventist gymnastics overall. He and team leaders were interviewed for the article. (Link to article [starts on pg. 5]: <http://tinyurl.com/2r929nuf>.)

Gatherings



SHK Convo in December was held at the Outdoor Leadership Council House. S'mores and hot drinks were served while a worship thought was shared by Dr. Judy Sloan, dean. When asked why they came, a student responded "This was by far the coolest one on the list of convo options!" Another event was held on February 7, where SHK majors were invited to stop by the conference room to enjoy homemade soup and sides provided by the department.

Needed: New Ice Baths



The benefits of hydrotherapy have long been recognized, but a recent explosion in interest in ice bath plunges has led to our current equipment not accommodating the demand from students, members and employees in our hydrotherapy room. For **Giving Day**, April 3-4, our project is to raise \$20,000 to purchase two new ice bath plunge tubs that will be self cleaning and temperature regulating. Please help us reach our goal by donating at: southern.edu/health-kinesiology.

Celebrating 60 Years

The School of Health and Kinesiology is excited to announce that we will be celebrating 60 years of the Physical Education department being in existence at Southern Adventist University during Alumni Weekend in October. The Theme will be "Fit for Eternity" and weekend events will include tours, workshops (Vegetarian Culinary Arts, Human Performance Lab and Active Brain), and Saturday evening vespers followed by a pickleball tournament in the gym. A 5K race will be held Sunday morning. Join us for a memorable weekend! For more information contact Arlene at aleavitt@southern.edu.

New Event Timing System



Photo Credit: MUR

Last semester, the School of Health and Kinesiology used the newly purchased Jaguar Lite chip timing system for the first time at the Kirsten Wolcott Memorial 5K run. The SHK Adventure Program department recently used it for the McKee Southern 6 Trail Race. This system enables us to quickly and efficiently provide accurate results for participants. The acquisition of the Jaguar Lite system has enabled us to take the next step in providing a quality service to our community and real-world racing experiences for our students.