

A Lifetime Of Preventive Sports Medicine: Georgia State Provided Many Opportunities

By G. Rankin Cooter, Ph.D., Fellow, American College of Sports Medicine, professor emeritus, Kinesiology and Health

Arriving at Georgia State in fall 1973, I was given the challenge of formulating and implementing a human performance laboratory and integrating it with a new master's curriculum in exercise science. Support from Roy Hall, then the dean of the College of Education, and Richard Wehr, chair of the Department of Health, Physical Education, Recreation and Safety, was tremendous. I purchased state-of-the-art equipment for research and teaching purposes, which later proved beneficial in the collection of research data and rehabilitative efforts with professional sports teams. This afforded graduate and undergraduate exercise science students practical experiences with athlete assessment and evaluation in laboratory and field settings.

Our initial experiences in the mid-1970s were with the Atlanta Falcons, which included gathering comparative strength data, body composition and analysis per position, blood and urine samples, various flexibility measures and cardio-respiratory fitness analyses. We collected data over a 10-year period to identify personal and team physiological and performance deficiencies, which served as a guide

for performance enhancement and injury prevention. We tested the entire team, including players such as Steve Bartkowski, William Andrews and Mike Kenn, consulted with them on physical limitations and potential injury prevention and provided a training prescription based on test results. We conducted the evaluation as a part of the Falcons' physical exam in conjunction with team physicians and orthopedists. The team adopted this innovative, data-based approach to training and exercise prescription and used it for team improvement.

We conducted our most comprehensive testing on a Cybex leg apparatus, allowing the bilateral analysis of right and left legs for strength, balance and potential injuries due to a limb or specific muscle weakness. Another essential test was the body composition analysis, which allowed us to work with the NFL Players Association to set body-fat standards for players of various positions (for example, linebackers could have only 12 percent body fat). If players were over their allotted body fat prescription, they were fined until they reached their prescriptive body weight based on scientific testing. Previously, body weights were



Rankin Cooter working with an athlete.

arbitrarily set by coaches.

Other local professional teams became interested in the prescription approach to performance enhancement, and the program evolved into a similar relationship with the Hawks, Braves and Flames National Hockey League franchise. Students in exercise science gained valuable experience testing, analyzing data, prescribing exercise and counseling athletes. These programs helped the development and expansion into service projects with the Marietta and Decatur fire departments, Department of Natural Resources and other agencies as we created and prescribed programs specific for their work tasks and skill set, such as working in a heated environment while carrying 75 pounds of fire-fighting equipment and clothing.

The Georgia State Department of Kinesiology and Health has experienced rapid growth and expansion with existing programs

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Association Chair reflects on the past year's giving and receiving.

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CHAIR'S COLUMN

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We have passed from our season for giving and receiving to our season of renewal. I hope that you enjoyed both giving and receiving this past year. There is true joy in both. Some giving can be temporary and still have a lasting effect – a recipient smile can lead to lasting remembrance. Some giving can reward the initial recipient and last through a lifetime of other recipients – an example is the L. Lynn Hogue Professorship recently established by a Law School alumnus to honor Emeritus Lynn Hogue and to help recipients reach his high level of achievement. We'll have more information on Lynn's honor in a later newsletter, and we will also continue to celebrate the accomplishments and gifts of other emeriti in upcoming newsletters.

We still have gifts and smiles to savor as we move into our spring. Our Valentine's luncheon is both a gift from the University to emeriti and an opportunity for renewal of relationships with University colleagues and leaders. We have a robust spring program planned, and hope to see you coming back to those programs for intellectual and social renewal.

Artworks

Larry Walker, professor emeritus, College of Arts and Sciences

"Diverse Connections and Other Secrets," an exhibition of 18 works by Larry Walker on view at Mason Murer Fine Arts, last fall, represented yet another chapter in my continuing artistic career.

I retired as a professor emeritus in December 2000 after about 17 years of service with the university's School of Art and Design, having served 11 years as director of the school. I always

promised to remain active with my artistic activities and exhibitions. My artistic endeavors have included 12 solo presentations and participation in 18 invitational, juried or curated exhibitions since my retirement. It's been my honor to receive four significant awards, including a 2007-08 Working Artists Award from the Museum of Contemporary Art of Georgia.

While maintaining emphasis on composition, structure, shape identity and diversity of materials, my work explores the concept of dual/opposing spaces that coexist within a limited

perceptual, visual or ideological context – for example, dark/light, good/evil, interior/exterior, positive/negative, life/death and freedom/oppression.

Many of my recent works merge elements of my Wall Series (characterized as urban walls in a deteriorating state with peeling posters, broken windows, eroding paint, etc.) with imagery from my Metamorphic Series (an evolving mass of figurative elements including heads, faces,



imaginary birds and fish). These images, which I call Wall Spirits, often emerge from shadowed areas of the painting, thus contributing another element of visual or conceptual intrigue as the viewer seeks to develop an understanding of my work.

The image accompanying this article, a detail of the painting titled "W...Rap It – Wall Series", contains a number of wall spirits. See if you can find five of them. (Here's a hint: They're profiles of representational heads, some with collaged eyes.)

Emeriti Join Senior Alumni on a Tour of North Georgia Wineries

Teryl Frey, emeritus Regents' Professor, College of Arts and Sciences

Several members of the Emeriti Association and their spouses joined the senior alumni on a tour of two North Georgia wineries on Nov. 7. After a drive up Georgia 400, skirting Dahlonega, the bus took us on several beautifully foliaged, winding roadways to the first of our destinations, Wolf Mountain Winery. The winery sits on a south-facing slope with a dramatic view overlooking the vineyards and

the surrounding mountains. During an excellent buffet lunch and subsequent wine tasting, one of the vintners described the history of the winery (founded in 1999) and its operations. Although the wine industry in Georgia is relatively young, it's progressed past the days of using native scuppernongs and muscadine grapes, and wineries now produce a large collection of

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VOLUNTEERING AS A PART OF RETIREMENT

Harvey Newman, professor emeritus, Andrew Young School of Policy Studies

One of the parts of retirement I most looked forward to was the chance to spend more time doing the things I love. There would be more time for family, especially my wife and grandson, as well as more opportunities to volunteer. The additional family time has been great, and it turned out I didn't need to look very far to find places to commit my time and energy as a volunteer.

One of those opportunities is serving on the Coordinating Board of the Emeriti Association. I was quickly immersed in the array of activities sponsored by the association. Seeing old friends and making new acquaintances among the retirees from our university has been gratifying, but it's also been educational to hear authors speak and to participate in many of the programs sponsored by the Emeriti Association. One of the first things I would say to my fellow retirees is to spend time with your old colleagues in the activities of the association. If you want more involvement, I'm sure the committees working on the newsletter, the author's series or any of our other activities would welcome some help.

If you still want to do some volunteer work in the Atlanta area, but

aren't sure how to start, take a look at the Office of Civic Engagement. It's an excellent way to get connected to volunteer opportunities in the community, so visit them online at service.gsu.edu. There's a link from the Emeriti Association web page so anyone who wishes to serve as a volunteer can find information. The director, Lovell Lemons, and his staff are experienced at placing people with nonprofit groups of all types and locations in the metropolitan area. The Office of Civic Engagement also links to a website called *Volunteer Solutions* that can be used to record the hours spent in a nonprofit agency and help the university document our impact on the community.

There are intergenerational volunteering opportunities with group projects involving students and retired faculty members. Emeriti Association members can serve as mentors for the students while working for the benefit of the community. Another way we can share our experiences with a younger generation of students is through speaking to campus



Harvey Newman with Andrew Young and other board members serving on the Andrew Young Foundation.

groups. Over the years, I've enjoyed spending time with first-year students in Freshmen Learning Communities. In student housing, there are also regular meetings for groups such as Sophomores Achieving in Life, and a variety of campus organizations that provide a chance for us to share our experience with an audience of young people.

The key to all of these volunteer opportunities is to contact the Office of Civic Engagement. You can reach Lovell Lemons by email at llemons@gsu.edu, by phone at 404-413-1550 or drop by their offices in room 429 University Center, 66 Courtland St.

North Georgia Wineries Tour *continued from page 2*

red and white wines made from varietal grapes.

After walking uphill through the wedding venue, restaurant and gift shop, we boarded the bus for the trip to our second winery, Frogtown. Frogtown gets its name from the Native Americans who noted a profusion of frogs in the valley. The winery is similarly situated with a magnificent view over the Georgia mountains. During our tasting, the vineyard's founder and owner, Craig Kritzer, who's retired from a law

practice in Atlanta, recounted how he had developed the winery, including designing the building that houses the winery and restaurant. Frogtown has been very successful with its wines in competitions, consistently winning medals against competition from California vineyards. The bus trip back to Atlanta was beautiful and we were glad to be passengers after two rounds of wine tasting. The Emeriti Association thanks the Alumni Office for extending the invitation to join the tour.



Emeriti and Alumni Association members enjoying lunch at Wolf Creek.

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Preventive Sports Medicine *continued from page 1*

in exercise science, sports medicine, health and physical education, sports administration and the addition of a Ph.D. in kinesiology. Several scientific laboratories are involved in research activities providing a wide range of practical experiences for students. A Center for Pediatric and Locomotion Sciences is being developed under the direction of Dr. Mark Geil and Dr. Jerry Wu. The center supports innovative national and international research and solutions for children and adults with locomotion issues due to accidents, military service or other injuries needing prostheses. This center provides invaluable information and data for the development of prostheses and affords national and international recognition to the Department of Kinesiology and Health and to Georgia State.

The evolution of scientific principles as applied to sports medicine — preventive and rehabilitative — is more relevant than ever in today's

collegiate and professional sports arenas. These research applications are needed as the size, strength and speed of today's athletes continue to increase, complicating the ability to provide a safe and desirable competitive athletic environment. One specific and current issue is the focus on head injuries and the concussions suffered by contact participants, such as football players. New rules are being implemented to minimize head trauma, and increased emphasis is placed on apparel and equipment manufacturers to improve the safety of helmets and other sports equipment.

It's been an enjoyable ride to observe the evolution of exercise science and sports medicine and to be a part of this discipline over the last 40 years. I can't help but wonder what the next 40 years may bring to the sports medicine arena and the Department of Kinesiology and Health at Georgia State.

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EMERITIES

Events & Activities

2014 Upcoming Events:

We will send emeriti invitations with complete information about each event closer to the event date. Updated information will also appear on the emeriti website, emeriti.gsu.edu.

■ FEBRUARY

Valentine Party

Friday, Feb. 14, 2014 • 11:30 a.m. - 1:30 p.m.

It's not too early to think about Valentine's Day! Our special valentine is Georgia State's traditional gift of the Valentine's Day luncheon. Every year the university treats us to a reception where we meet friends, former colleagues and current deans and other administrators. This time of fellowship and catching up is followed by an elegant lunch on beautifully decorated tables and includes Georgia State's best entertainment. As usual, the Valentine's Day party will be at the Rialto Center for the Arts, 80 Forsyth St. NW, on the corner of Forsyth and Luckie streets. Parking will be validated.

■ MARCH

Author Series

Thursday, March 13, 2014 • 11 a.m.

Hear from another featured Georgia State author early in the new year: Michael P. Eriksen, Dean of Georgia State's School of Public Health, will discuss his book, *The Tobacco Atlas*, in the Library South Colloquium Room (eighth floor).

Library Program

Wednesday, March 19, 2014 • Details to come

■ APRIL

School of Music Recital and Luncheon

Thursday, April 17, 2014 • 11 a.m.

A concert featuring student performers from the School of Music at the Kopleff Recital Hall.

■ MAY

CDC David J. Sencer Museum

May 13, 2014 • 11 a.m.

The second field trip of the year will feature a tour of the CDC David J. Sencer Museum. Prior to a film introduction at 12:30 p.m. and a docent-led tour of the modern complex, there will be time to browse and eat an early lunch across from CDC in the new Emory Point Multi-use complex. An 11 o'clock, self-order lunch at Bone Fish is the current plan. Participants will get a taste of CDC's tight security at the gate when they are required to show a government-issued picture ID and allow an exam of their car interior and trunk. Punctuality is required for meeting the docent. Parking for the CDC complex is close to the Museum, and entrance to both is free.

RECAP: Holiday Party and School of Music Gala

Emeriti members, spouses and friends enjoyed a reception before the School of Music's Holiday Gala on Sunday, December 8 at the Rialto.



EMERITIES

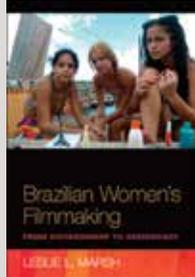
Events & Activities

RECAP: AUTHOR SERIES

By Anne Page Mosby, professor emerita, University Library

LESLIE MARSH, NOVEMBER

Book: *Brazilian Women's Filmmaking: From Dictatorship to Democracy*



As Georgia State's Centennial Celebration expanded to spotlight academic global engagements during International Education Month, the Emeriti Association collaborated with the Office of International Initiatives to feature some of the faculty research and publication activity related to Brazil, Turkey, South Africa, China and Korea. Dr. Leslie Marsh, Assistant Professor in the Department of Modern and Classical Languages, discussed her book, "Brazilian Women's Filmmaking: From Dictatorship to Democracy." With examples from print, film and alternative media she examined the diverse practices of women filmmakers in Brazil from the military dictatorship to the present.

Dr. Marsh and other international task force faculty are advancing one of the five goals in GSU's strategic plan: to achieve distinction in globalizing the university.

SPOTLIGHT

Ken Bernhardt and **Debby Cannon** were inducted into the Atlanta Hospitality Hall of Fame. Bernhardt, the Regents Professor of Marketing emeritus at the J. Mack Robinson College of Business, and Cannon, director of Robinson's Cecil B. Day School of Hospitality Administration, attended the ceremony hosted by the Atlanta Convention and Visitor's Bureau on Nov. 12.

Bernhardt and Cannon, along with fellow inductee Herman J. Russell, chairman of H.J. Russell & Company, were recognized for their contributions to the city's hospitality industry.

Bernhardt, chairman of the Georgia State University Foundation, has served on the Atlanta Convention and Visitor's Bureau board since 1991, including as its chair in 2010. He previously was honored by the organization in 2000, receiving the President's Award for outstanding service to the marketing of Atlanta.

William Cotterman (B.S. '69), professor and chair emeritus of the Department of Computer Information Systems, recently published "Improbable Women: Five Who Explored the Middle East" with Syracuse University Press. The book explores the lives of five daring women from different time periods who ventured into the heart of the region.

In Memoriam

Dr. Cennette Fisher Jackson of Richlands, N.C., died Oct. 14, 2013, at her home. She graduated from North Carolina A&T State University with a bachelor's degree in nursing, held a master's in psychiatric nursing from Adelphi University and received her doctorate in education from Nova Southeastern University.

Jackson was a member of Alpha Kappa Alpha Sorority and Sigma Theta Tau National Nursing Honor Society. She held the position of professor emeritus at Georgia State, where she taught nursing at the baccalaureate, master's and doctoral levels from 1977 until 2002. She also was director of the baccalaureate nursing program for 19 years. The Cennette Fisher Jackson Scholarship was established at the university in her honor to award undergraduate nursing students who demonstrate compassion, fairness, collaboration, respect for cultural diversity and dignity in all people.

Dr. Elliott Slocum, professor emeritus of accountancy, died Oct. 28, 2013. He was a native of Louisiana. After graduating from Louisiana Tech, he received his master's degree and Ph.D. from the University of Missouri. Emeritus John Cook of the School of Accountancy recalls recruiting him to Georgia State at the meeting of the National Accounting Association. Dr. Slocum came to Georgia State in 1966 and retired in 2002. He was active in the Academy of Accounting Historians and was editor of the organization's newsletter for several years. He was also very involved in the National Association of Cost Accountants. He was passionate about the Georgia State School of Accountancy's library for the history of accounting and was instrumental in starting and maintaining the library.