

## Article Analysis for Application Process

You are applying to the Master of Arts in Kinesiology Graduate Program at California State University, Chico. Students in our graduate program work with a small group of scholars in one of the following areas of emphasis: Adapted Physical Education, Biomechanics, Coaching, Exercise Physiology, Physical Education, or Sport/Exercise Psychology. We would like to get to know your understanding of the area of emphasis you would like to study should you be accepted to our graduate program. Faculty members from the Kinesiology Department have provided articles related to each area of emphasis. Please select and read **ONE** article from your area of interest. After reading the article, use your own words to answer the following questions about the article you chose in a short essay format. The length of this article analysis should be at least 3 pages long, but no longer than 5 pages, double spaced. It is strongly encouraged that you contact the corresponding faculty in each area (see faculty listed below) if you have any difficulties accessing the article.

1. Identify the article you selected. Provide a general summary of this article that includes the purpose of the study, an overview of the design/methods, and a summary of the results.
2. Why did the author(s) need to conduct this research? What is the importance of the study?
3. What did the author(s) find? What did the author(s) conclude based on the findings?
4. From your perspective, do you think there are any concerns, cautions, or limitations that should be considered when interpreting or applying the results of the study?
5. What have you learned from reading this article?
6. How could these findings apply to your potential professional career? If not applicable, please share with us your potential future career goals based on your area of choice.
7. Why do you wish to pursue a master's degree in your area of choice?

### Articles

- **Adapted Physical Education** - Dr. Josie Blagrove ([ablagrove@csuchico.edu](mailto:ablagrove@csuchico.edu)), Dr. Layne Case ([lcase@csuchico.edu](mailto:lcase@csuchico.edu))
  - Blagrove, J. (2017). Experiences of children with autism spectrum disorders in adapted physical education. *European Journal of Adapted Physical Activity*, 10(1). Retrieved from: <https://eujapa.upol.cz/pdfs/euj/2017/01/03.pdf>
  - Blagrove, A. J., & Colombo-Dougovito, A. M. (2019). Experiences participating in community physical activity by families with a child on the autism spectrum: a phenomenological inquiry. *Advances in Neurodevelopmental Disorders*, 3(1), 72-84. <https://doi.org/10.1007/s41252-018-0094-0>
  - Case, L., Ross, S., & Yun, J. (2020). Physical activity guideline compliance among a national sample of children with various developmental disabilities. *Disability and Health Journal*, 13(2), 100881. <https://doi.org/10.1016/j.dhjo.2019.100881>
  - Case, L., Schram, B., Jung, J., Leung, W., & Yun, J. (2021). A meta-analysis of the effect of adapted physical activity service-learning programs on college student attitudes toward people with disabilities. *Disability and Rehabilitation*, 43(21), 1-13. <https://doi.org/10.1080/09638288.2020.1727575> ([link to article](#))
- **Biomechanics** – Dr. Chengtu Hsieh ([cthsieh@csuchico.edu](mailto:cthsieh@csuchico.edu)), Dr. Melissa Mache ([mmache@csuchico.edu](mailto:mmache@csuchico.edu))

- Hsieh, C. (2019). Joint angular positions that influence volleyball attack height in men's players. *ISBS Proceedings Archive*, 37(1), 348-351. Retrieved from <https://commons.nmu.edu/cgi/viewcontent.cgi?article=1718&context=isbs>.
- Mache, M. A., & Teri, T. A. (2016). Gross motor skills are related to postural stability and age in children with autism spectrum disorder. *Research in Autism Spectrum Disorders*, 23, 179-187. <https://doi.org/10.1016/j.rasd.2016.01.001>
- Mache, M. A., & Hsieh, C. (2016). A temporal and kinetic comparison of the kettlebell swing and maximal vertical jump. *ISBS Proceedings Archive*, 34(1), 803-806. Retrieved from <https://ojs.ub.uni-konstanz.de/cpa/article/view/6923>.
- **Coaching** - Dr. Aubrey Newland ([anewland1@csuchico.edu](mailto:anewland1@csuchico.edu)), Dr. Traci Ciapponi ([tciapponi@csuchico.edu](mailto:tciapponi@csuchico.edu))
  - Newland, A., Newton, M., Moore, E. G., & Legg, W. (2019). Transformational Leadership and Positive Youth Development in Basketball. *International Sport Coaching Journal*, 6(1), 30-41. <https://doi.org/10.1123/iscj.2018-0002>
  - Legg, E., Newland, A., & Bigelow, R. (2018). Somebody's eyes are watching: The impact of coaching observations on empowering motivational climates and positive youth development. *Journal of Park and Recreation Administration*, 36(4), 90-106. <https://doi.org/10.18666/JPra-2018-V36-I4-8885>
- **Exercise Physiology** - Dr. John Azevedo ([jlazevedo@csuchico.edu](mailto:jlazevedo@csuchico.edu)), Dr. Feng He ([fhe@csuchico.edu](mailto:fhe@csuchico.edu)), Dr. Ryan Perkins ([rperkins2@csuchico.edu](mailto:rperkins2@csuchico.edu)), Dr. Andrew D'Lugos ([acdlugos@csuchico.edu](mailto:acdlugos@csuchico.edu))
  - D'Lugos, A. C., Fry, C. S., Ormsby, J. C., Sweeney, K. R., Brightwell, C. R., Hale, T. M. et al. (2019). Chronis doxorubicin administration impacts satellite cell and capillary abundance in a muscle-specific manner. *Physiological Reports*, 7(7), e14052. <https://doi.org/10.14814/phy2.14052>
  - D'Lugos, A. C., Patel, S. H., Ormsby, J. C., Curtis, D. P., Fry, C. S., Carroll, C. C., & Dickinson, J. (2018). Prior acetaminophen consumption impacts the early adaptive cellular response of human skeletal muscle to resistance exercise. *Journal of Applied Physiology*, 124(4), 1012-1024. <https://doi.org/10.1152/jappphysiol.00922.2017>
  - He, F., Chuang, C. C., Zhou, T., Jiang, Q., Darlene, A. S., & Zuo, L. (2018). Redox correlation in muscle lengthening and immune response in eccentric exercise. *PLoS ONE*, 13(12), 1-19. <https://doi.org/10.1371/journal.pone.0211246>
  - He, F., Hockemeyer, A. K., & Sedlock, D. (2015). Does combined antioxidant vitamin supplementation blunted repeated bout effect? *International Journal of Sports Medicine*, 36(05), 407-413. <http://dx.doi.org/10.1055/s-0034-1395630>
  - Perkins, R. K., Lavin, K. M., Raue, U., Jemiolo, B., Trappe, S. W., & Trappe, T. A. (2020). Effects of aging and lifelong aerobic exercise on expression of innate immune components in human skeletal muscle. *Journal of Applied Physiology*, 129, 1483-1492. <https://doi.org/10.1152/jappphysiol.00615.2020>
  - Perkins, R. K., Miranda, E. R., Karstoft, K., Beisswenger, P. J., Solomon, T. P. J., & Haus, J. M. (2019). Experimental hyperglycemia alters circulating concentrations and renal clearance of oxidative and advanced glycation end products in healthy obese humans. *Nutrients*, 11. <http://dx.doi.org/10.3390/nu11030532>

- **Physical Education** – Dr. Catherine Himberg ([chimberg@csuchico.edu](mailto:chimberg@csuchico.edu)), Dr. Josh Trout ([jtrout@csuchico.edu](mailto:jtrout@csuchico.edu)), Dr. Layne Case ([lcase@csuchico.edu](mailto:lcase@csuchico.edu)), Dr. Kevin Patton ([kpatton@csuchico.edu](mailto:kpatton@csuchico.edu))
  - Patton, K. & Parker, M. (2017). Teacher education communities of practice: More than collaboration. *Teaching and Teacher Education*, 67, 351-360. <https://doi.org/10.1016/j.tate.2017.06.013>
  - Parker, M., & Patton, K., & Sinclair, C. (2016). “I took this picture because...”: Teachers’ depictions and descriptions of change. *Physical Education and Sport Pedagogy*, 21(3), 328–346. <https://doi.org/10.1080/17408989.2015.1017452>
- **Sport/Exercise Psychology** - Dr. Aubrey Newland ([anewland1@csuchico.edu](mailto:anewland1@csuchico.edu))
  - Newland, A., Newton, M., Finch, L., Harbke, C. R., & Podlog, L. (2013). Moderating variables in the relationship between mental toughness and performance in basketball. *Journal of Sport and Health Science*, 2(3), 184-192. <https://doi.org/10.1016/j.jshs.2012.09.002>
  - Newland, A., Newton, M., Stark, A., Podlog, L., & Hall, M. (2017). College students’ perceptions of a caring climate in physical activity classes. *Biomedical Human Kinetics*, 9, 99-106. <https://doi.org/10.1515/bhk-2017-0015>