

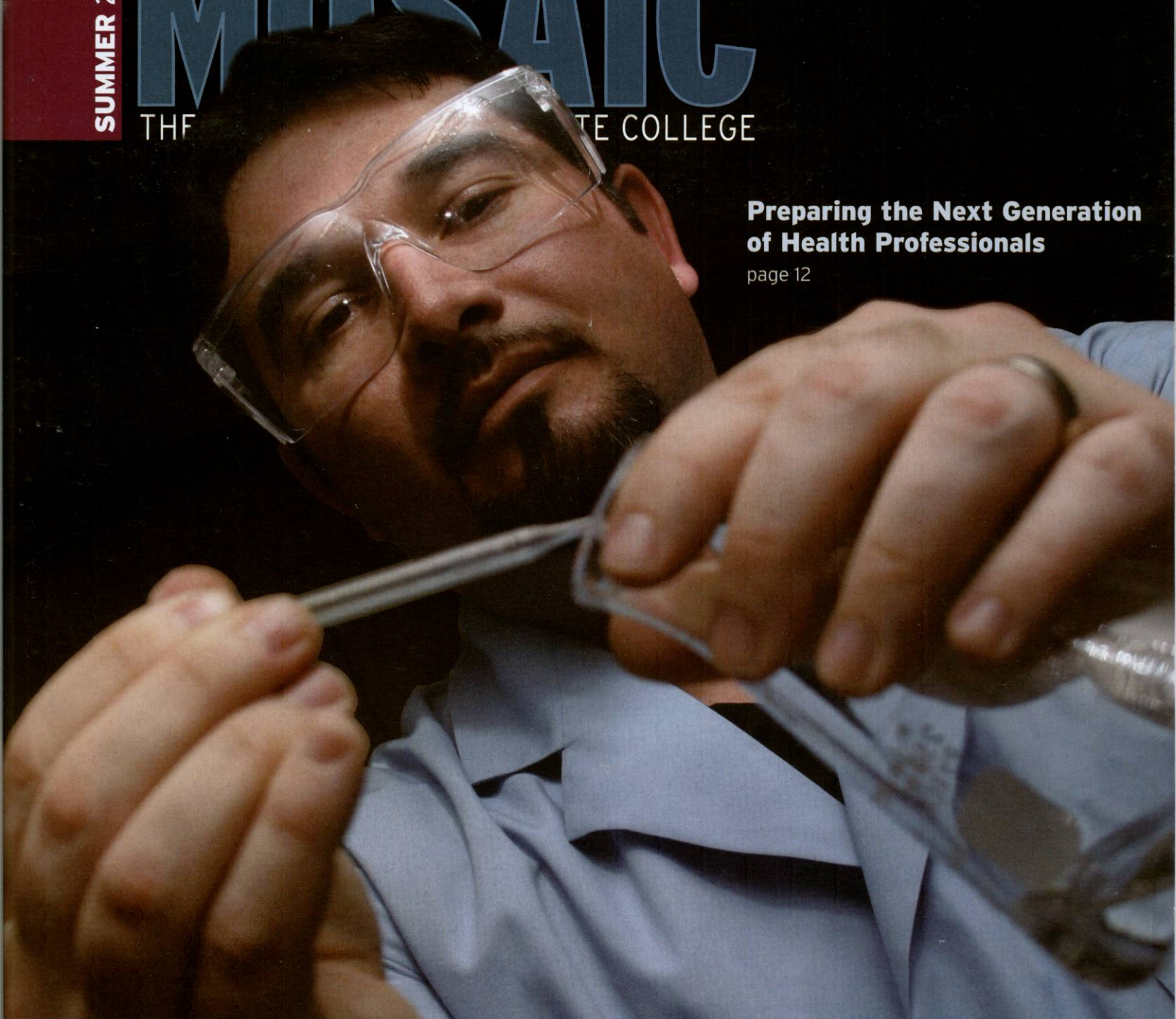
SUMMER 2009

MOSAIC

THE MAGAZINE OF MESA STATE COLLEGE

**Preparing the Next Generation
of Health Professionals**

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MESA
S T A T E
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Head of Sport Biomechanics and Engineering for U.S. Olympic Committee Tapped to Take Helm at New Monfort Family Human Performance Lab



Dr. William Sands to Head State-of-the-Art Facility Slated to Open Fall 2009

William (Bill) Sands has been named Director of the Monfort Family Human Performance Laboratory. He started at Mesa State on May 1 and has spent the summer preparing the new, 2,800 square-foot, state-of-the-art lab

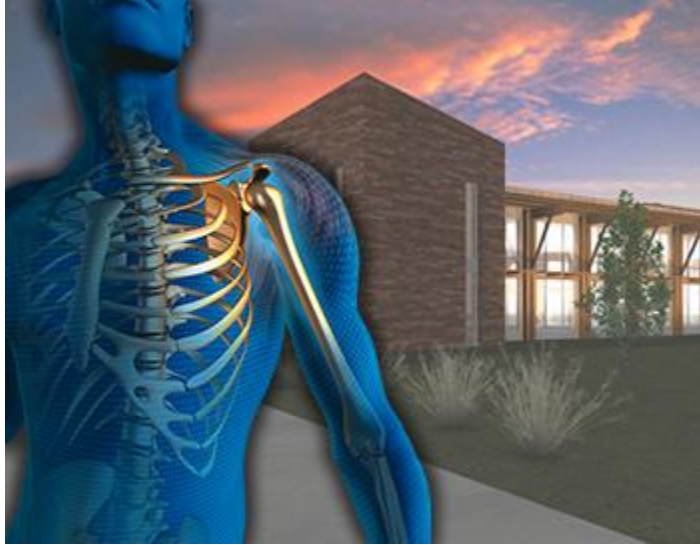
located in the new Saunders Health Sciences Center for its fall opening.

Sands is the former Head of Sport Biomechanics and Engineering for the U.S. Olympic Committee in Colorado Springs, Colorado. Previously, he served as Senior Sport Physiologist at the Lake Placid Olympic Training Center in New York. He has more than 35 years of experience in Olympic sports.

In addition to overseeing the utilization and operation of the laboratory, Sands' new responsibilities include developing and marketing programs relating to biomechanical analysis and physiological assessments; conducting community outreach projects; providing biomechanical and physiological analysis and related consultations; providing technical assistance to faculty, staff, and students; and pursuing grant funding.

"We are really excited to have someone with Dr. Sands breadth of experience join us as the new Director of the Monfort Family Human Performance Lab," said Dr. Jill Cordova, professor and head of the Kinesiology Department.

"With the implementation of the new lab along with the leadership provided by Dr. Sands we will be able to provide high caliber services to our students and the community in the areas of biomechanical and physiological sciences," Cordova added.



The Monfort Family Human Performance Laboratory will provide a myriad of services for community members, athletes, students and faculty. It will provide Mesa State the opportunity to affect the health and athletic performance of our region. This integrative multi-use human performance laboratory will fill a need in our community by providing advanced physiological and biomechanical performance and wellness testing, a service not currently available in Mesa County. This laboratory will expand student-learning

opportunities and may serve host to research projects.

Sands previously served as an associate professor at the University of Utah's Department of Exercise and Sport Science and Co-Director of the Motor Behavior Research Laboratory with adjunct appointments in Bioengineering and Physical Therapy. He was the Department Chair of Exercise Science & Sports Medicine at California Lutheran University and Director of the Human Performance Laboratory. Other positions include: Director of Research and Development for USA Gymnastics and Director of Sport Sciences in Kuala Lumpur, Malaysia during their preparation for their first hosting of the Commonwealth Games.

Sands has chaired the United States Elite Coaches Association for Women's Gymnastics for more than 25 years, written 17 books, received more than 250,000 in grants and contracts and published over 200 articles on sport performance. He is a Fellow of the American College of Sports Medicine and is certified as an Athlete Recovery Specialist, Emergency Medical Technician (EMT), Wilderness EMT, a CPR and First Aid Instructor and holds several certifications in emergency communications and search and rescue. A former All-American, MVP, Co-Captain, and NAIA Gymnast of the Year, Sands was also a World Championship coach in gymnastics and produced several Olympians, more than a dozen national team members and many World Championship team members. His primary service and research interests lie in athlete recovery, electromyography, training monitoring, and strength and power performance. He is married with one daughter.

The Monfort Family "Human Performance Lab"

