

Brad Cardinal Recognized as Oregon Scientist of the Year

By Penny McCullagh, Ph.D., KT Editor

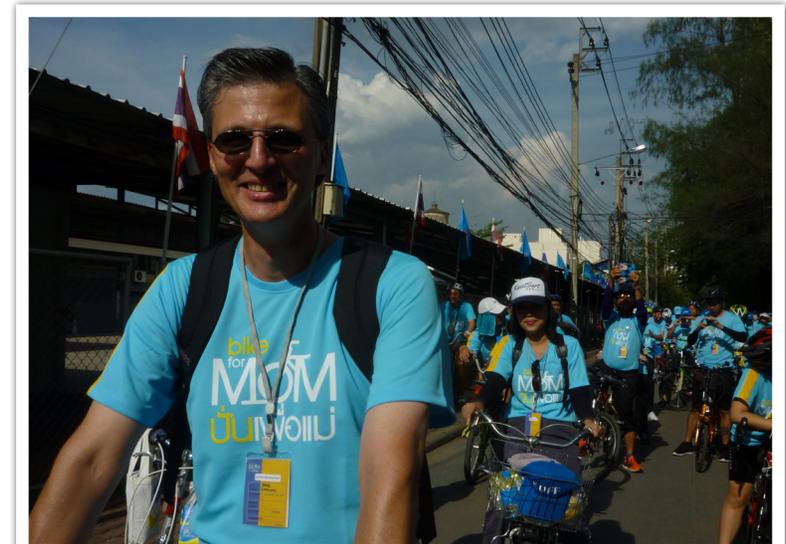
The Oregon Academy of Science (OAS) named Dr. Brad Cardinal, Professor in the Kinesiology program at Oregon State University (OSU), as their 2020 Oregon Outstanding Scientist Award recipient. He was honored for his “considerable contributions to the fields of exercise psychology and kinesiology and exercise science while at Oregon State University.” He is the only person in our discipline to be so recognized. Furthermore, *Synergies*, an OSU publication recognizing teaching, research and outreach in the College of Public Health and Human Sciences noted he is the first person from the college to receive the honor. <http://synergies.oregon-state.edu/2020/cphhs-professor-joins-distinguished-group-of-oregon-scientists/>

According to their website, the OAS (<http://oregonacademyscience.org/>) “promotes scientific research and education in Oregon. The annual meeting acknowledges contributions by outstanding university and K-12 educators demonstrating dedication to the advancement of science education. Additionally, each year the Academy acknowledges an Oregon scientist “who has made outstanding contributions in their

field.” The OAS has existed since 1943 and they began granting this award in 1949. Since 2000, they have honored 22 people in Oregon. Dr. Cardinal is the fifth person from Oregon State University to be so recognized during the past two decades. Three of the other recipients were in Chemistry and one was in Environmental, Ocean, and Atmospheric Sciences. The two-time Nobel Laureate Linus C. Pauling received this exact same award in 1987.

An examination of Dr Cardinal’s vitae, which is available online at OSU, clearly demonstrates why he is worthy of this honor. His scholarly work focuses on physical activity education across the lifespan in an effort to understand why people do or do not engage in physical activity. His work focuses on both individual and societal factors and he aims to bridge the gaps between research, practice, and policy.

Dr. Cardinal received his Ph.D. from Temple University in 1993 and he has been



Cardinal participating in event that made the Guinness World Record book

an active scholar even before completion of his doctorate. His first book “*Physical fitness: The hub of the wellness wheel*” was published along with co-author J.V. Krause in 1989. His first book chapter was in 1989 and his first publication out of nearly 300 (primarily refereed) was in 1986. He has collaborated with colleagues from China, Finland, France, Hong Kong, India, Iran, South Korea, Taiwan, and Thailand.

While the number of his publications is notable, what is particularly impressive is the impact his work has had on policy. He has position statements published by the National Association for Sport and Physical Education and the College and University Physical Education Council. His work has been cited in many research and government reports, including the landmark 1996 Surgeon General's Report on Physical Activity and Health and the 2018 Physical Activity Guidelines Advisory Committee Scientific Report (U.S. Department of Health and Human Services), as well as been widely featured in the popular media.

Dr. Cardinal has also done service to our profession serving on editorial boards, advisory boards, and serving as a mentor to numerous graduate students and international colleagues. Noteworthy are his recent positions as President of the National Academy of Kinesiology, as well as Chair of the President's Council on Sports, Fitness and Nutrition Science Board.

AKA was fortunate to have Dr. Cardinal as a keynote speaker at the January 2020 Workshop in Florida. He delivered a talk on "Promoting physical activity through general education: Looking back and moving forward". I sat glued in the front row to his excellent presentation.

Dr. Cardinal's list of honors and awards

at both the national and international level are impressive and extensive. Including an entry in the Guinness Book of World Records. I will let you find that one! (See photo)

Brad. First of all congratulations on this most recent award. As mentioned above, you have certainly been recognized for numerous professional accomplishments in the past. What does this award given by the Oregon Academy of Science mean to you?

Thank you, Penny. Your comments are gracious, kind, and very much appreciated. Truth be told, while "I" was singled out by the Oregon Academy of Science, that is misleading. Very little of what I do or have done has been done alone. As such, I see this much more as another positive indicator of the coming of age of the discipline of Kinesiology.

Suggestive of this, and as you noted, this award has never been granted to someone in Kinesiology before. In making the announcement, the President of the Oregon Academy of Science made particular mention of this, which further highlighted the significance of the moment for me and all those in attendance. Relative to disciplines such as Biology, Chemistry, Earth Science,

Math, or Physics, which are the disciplines that the vast majority of recipients of the Oregon Outstanding Scientist award have come from, Kinesiology is a "newcomer" and an "outsider." Being recognized by a broad-based, scientific organization such as this does feel different than one coming from our own discipline.

Kinesiology's maturity as a scientific discipline has really taken shape over the past ~60 years, especially during the decade of the 1960s. There were a series of seminal events leading up to this, most notably, perhaps, the Soviet's successful launch of Sputnik in 1957. America was perceived to be falling behind others in the world in the sciences and fields such as ours needed to "scientize" in order to remain in "The Big Tent". Indicative of this was the release of California's Master Plan for Higher Education in 1960, which challenged the scientific and theoretical basis of field's such as ours and, as such, whether or not it was appropriate to be included in the University of California system institutions. Responding to that, as well as James Bryant Conant's (1963) harsh criticism of graduate education in the field, Henry M. Franklin (1964) authored an important essay arguing for the disciplinary and theoretical basis of the field. This was further supported by the "Big

Ten Body-of-Knowledge Project” (Zeigler & McCristal, 1967). Decades of hard work by determined leaders and outstanding scientists lead to the eventual recognition of Kinesiology by the National Research Council in their Taxonomy of Fields during the early part of the 21st century (Thomas et al., 2007). Having an understanding of this history certainly added to the award’s meaning.

You are well aware that many individuals in our field of kinesiology do excellent research related to physical activity. However, it is oftentimes not fully recognized. Why do you think that is and is there anything we can do to ameliorate that omission?

Unquestionably, there are world-class, preeminent scientists trained and working in our field. Some have been recognized by their institutions as Distinguished Professors (or the equivalent), received Honorary Doctorates, prestigious honors and awards (e.g., American Association for the Advancement of Science Fellows, Fulbright Fellows, McArthur Fellows), had buildings and facilities named in their honor, etc. A handful are college or university Presidents or Chancellors. We need to vigorously tout

these accomplishments and recognitions to the broader academic and scientific community and within our own institutions. We need to also nominate and support one another for honors and positions such as these, as well as roles on National Institutes of Health review panels, standing and ad-hoc committees of the National Academies of Sciences, and membership in honorary academies and societies. The more we stand shoulder-to-shoulder with our scientific peers, the better it is for all of us and those who follow us.

As appropriate, we should also work to have press releases issued about the excellent research we have done. This means being prepared to work with the media. When doing so, refer to yourself as a Professor of Kinesiology (vs. an alternative title, such as Professor of Exercise Psychology). This is all part of the discipline’s identity and unification process. As the AKA and other organizations are now promoting, and as acknowledged by the National Research Council, Kinesiology is the name of our discipline. Unfortunately, a multitude of name and name variations still exist within our field, which diminishes the clarity and overall impact of the work we all do.



Cardinal aerobically exercising –every day for 5 years!
He is now at 10.5 years and only missed ONE DAY!

Given your extensive experience, what advice do you have to young professionals in our field surrounding research, teaching and service?

Find your unique niche within Kinesiology and pursue it with a passion. Take pride in who you are and what you do. A reminder

of this is Mark Twain's quote, "*The two most important days in your life are the day you are born and the day you find out why.*" Fortunately for me, my personal and professional identities are intertwined. I try to bring all of what I do to each of the classic triumvirate roles of the professoriate – teaching, research, and service. For me, they are nearly inseparable and highly synergistic.

So many people sacrificed and paved the way for what we do today. We have a duty and responsibility to "*Pass it on*", which is the motto of the National Academy of

Kinesiology, our discipline's highest honorary society. Keeping that in mind, I encourage active involvement in promoting the greater good of Kinesiology (Cardinal, 2013). In all of your interactions remember that you are not only representing yourself, but the discipline of Kinesiology. We all represent something so much bigger than ourselves.

References

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Photos provided by Brad Cardinal

Wine Marathon

If you enjoy wine and fabulous food and running 26.2 miles, then this could be the one for you. The Marathon Du Medoc (www.marathondumedoc.com) holds its annual event each September. Registration is limited to 8,500 runners, and each year it is a themed event. For the 2020 event, the theme is Cinema. The event was created in 1984 and was built on four pillars: health, sport, conviviality, and fun!

To address health, there is a medical congress before the marathon to provide information on sport-related pathologies. In addition, a number of field studies are conducted on participants. The route is an official marathon distance and is becoming very popular with international runners. The race has been rated as the friendliest marathon in France and each runner is rewarded with a host of gifts upon completion – including a bottle of wine. The fun is created by the entire weekend surrounding the race. The evening before the race there is a dinner (with wine of course). The next morning there is a parade of costumed runners and pre-show entertainment, followed by the start of the marathon with lots of happenings along the way. After the awards ceremony, there is of course dinner with wine tastings, a free show and fireworks. If you have not had enough fun by then – you can join in the Sunday walk in the vineyards. PMc

