

Journal of Kinesiology and Wellness

A Publication of the Western Society for Kinesiology and Wellness

Student Edition VOLUME 9, NUMBER 2, 2020

The Journal of Kinesiology & Wellness is published by the Western Society for Kinesiology and Wellness and is licensed under CC BY-NC-ND 4.0



ISSN# 2332-4503

The Journal of Kinesiology & Wellness (JKW) is a peer-reviewed online journal that covers issues in physical activity, health, wellness, and sport. JKW is a publication of the Western Society for Kinesiology and Wellness (WSKW) and is published bi-annually. The first JKW Edition is released in January and includes invited John Massengale Papers. The John Massengale Paper is an invitation-only paper authored by a prominent scholar. This edition also consists of scholarly papers based on original research (experimental, descriptive, historical, or philosophical) and the WSKW Chronicles. The WSKW Chronicles include post-conference proceedings such as conference abstracts.

The second JKW Edition is a Special Student Edition, that is reserved for scholarly papers based on original research (experimental, descriptive, historical, or philosophical) in which a student (undergraduate, or graduate) is the lead author.

~~~~~~~~~~

Visit the JKW website for more information:

https://jkw.wskw.org/index.php/jkw/about

Note to authors: Manuscripts can be submitted through the JKW website:

https://jkw.wskw.org/index.php/jkw/submission

Questions can be directed to Dr. Jeff Bernard, Editor-in-Chief at jbernard1@csustan.edu.

## **Journal of Kinesiology and Wellness**

### A Publication of the Western Society for Kinesiology and Wellness

Bethany Shifflett, Ph.D.

San Jose State University

WSKW Executive Director

Jeff Bernard, Ph.D.

California State University, Stanislaus

JKW Editor-in-Chief

Ovande Furtado, Jr., Ph.D.

California State University, Northridge

Associate Editor

#### JKW Editorial Board

Seung Ho Chang, Ph.D. San Jose State University

Gioella Chaparro, Ph.D.

California State University, Dominguez Hills

Min Kim, Ph.D.
Sam Houston State University

Jongil Lim, Ph.D.

Texas A&M University- San Antonio

Laura Robinson-Doyle, M.S. Southern Methodist University

Heather Van Mullem, Ph.D. Lewis-Clark State College

### Thank you to our reviewers for JKW Volume 9, Number 2, 2020

Cole Armstrong, San Jose State University
Jeff Bernard, California State University,
Stanislaus
Seung Ho Chang, San Jose State University
Andrea Ednie, University of Wisconsin –
Whitewater
Guillermo Escalante, California State
University, San Bernardino
Cathy Inouye, California State University,
East Bay
Wura Jacobs, California State University,
Stanislaus
Minhyun Kim, Sam Houston State University
ZaNean McClain, California State University,
East Bay

Aubrey Newland, Chico State University
Jason Ng, California State University, San
Bernardino
Jamie Robbins, Methodist University
Clay Robinson, Lewis-Clark State College
Laura Robinson-Doyle, Southern Methodist
University
Jessica Savage, Lewis-Clark State College
Jennifer Sherwood, California State
University, East Bay
Sharon Stoll, University of Idaho
Heather Van Mullem, Lewis-Clark State
College
Claire Williams, Saint Mary's College of
California

## **TABLE OF CONTENTS**

## **Peer-Reviewed Articles**

|    |                                                                                                                                                                                                                                        | Page |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 1) | Physiological and Psychological Differences Between Novice and Advanced Boulderers  Emma Gabriano, Julia Swanson, Vincent Luna, Jared Harris, Brett Shagena, Noah Banez, Trent Shaw, Eric Wong, Jacob Clark, and Timothy A. VanHaitsma | 1    |
| 2) | Gender Balance in ESPN and espnW Content Aurelyn S. Ancheta, Joanna Peet, Anthony Abuyen, and Bethany Shifflett                                                                                                                        | 13   |
| 3) | Gender, Body Norms, and Sports Apparel Advertisements Emily Weber and Heather Van Mullem                                                                                                                                               | 21   |
| 4) | Exercise in the Management of Postural Orthostatic Tachycardia Syndrome Kassandra Adger and Heidi Lynch                                                                                                                                | 28   |
| 5) | Cross-Calibration of GE Lunar iDXA and Prodigy Densitometer for Measurement of Bone Mineral Density in Young Adults Erick A. Ramirez, Guillermo Escalante, and Zhaojing Chen                                                           | 38   |
| 6) | Energy Expenditure in a Syme's Amputee Triathlete Erin J. Beezhold, Brandon J. Sawyer, and Heidi M. Lynch                                                                                                                              | 47   |
| 7) | A comparison of Body Composition Measurements in College Students Using Three Assessment Devices Julio C. Mora, Zhaojing Chen, and Guillermo Escalante                                                                                 | 56   |
| 8) | A Smartphone Mindfulness-Based Intervention Pilot Study with Competitive High School Baseball Players  Blake Costalupes, Jenelle N. Gilbert, Wade Gilbert, and Michael G. Coles                                                        | 63   |
| 9) | Altitudinal Beliefs Toward Individuals with Disabilities at a Metropolitan University: Insights and Implications for Kinesiology Professionals  Alex J. Berndt, Daniel Kissinger, Michael Messerole, John Noble, and Danae Dinkel      | 73   |
|    |                                                                                                                                                                                                                                        |      |

# 10) Selective Attention is Resistant to High Intensity Exercise and Musical Distraction

Derek Jones, Jeffrey Fariss, Robert Blaisdell, Laura Jimenez, and Jo Morrison

84