

Bender
of
Twigs



Michael Rogers

Although the department and college had different names when Dr. Michael Rogers started at WSU, we celebrate a remarkable milestone in his career as a valued member of the Department of Human Performance Studies in the College of Applied Studies. Mike's dedication and unwavering commitment to the department over the past 25 years have left an indelible mark on our academic community and pushed the level of expectation through the college.

Dr. Rogers' contributions to teaching, research, and service have been nothing short of remarkable – recognized by numerous awards in each category. He has been prolific at publishing research articles in strong journals throughout his career, and his interactive presentations at domestic and international conferences and events promoting the benefits of elastic bands resistive training have been instrumental in advancing the field, elevating the reputation of our department, and influencing national recommendations for physical activity and aging.

Over the years, we've experienced numerous changes and challenges, both administrative and technological, in a landscape defined by budgetary constraints and personnel transitions. Through it all, Mike has proved to be a steadfast and caring leader who was always up to the tasks at hand. His expertise and open-mindedness allowed for risk-taking and laid the foundation for the growth and interdisciplinary approach that the Human Performance Lab has been able to experience. His in-depth understanding of exercise physiology has been pivotal in shaping the quality of talent that the department produces.

Images of him in town squares across Asia and Europe leading balance training exercises to smiling aging adults is as much his legacy as his track of research. Dr. Rogers' experience with working and traveling overseas has given him a unique perspective on the importance of global education and a broad, meaningful foundation for our students, equipping them for success in the ever-evolving workforce. His commitment to providing students with a global perspective aligns perfectly with the department's mission to nurture well-rounded individuals.

Furthermore, Dr. Rogers has been director of the Center for Physical Activity and Aging for more than 20 years and is a passionate advocate for fall prevention through exercise and the promotion of lifelong physical wellness. His dedication to the health and well-being of individuals of all ages underscores his commitment to our community's betterment.

In conclusion, as we celebrate this journey of 25 years with Dr. Michael Rogers, we extend our heartfelt gratitude for his invaluable contributions and dedication to WSU. He has not only made a significant qualitative difference in the lives of countless students and colleagues but has also set a standard of excellence that will continue to inspire and guide us for many years to come. Congratulations on a quarter century of exemplary service, Dr. Rogers!