Welcome to the Child Sensorimotor Development, Kinesiology, and Health Initiative (CSDKHI)

The Rutgers Child Sensorimotor Development, Kinesiology, and Health Initiative (CSDKHI) supports sensorimotor development, motor skill acquisition, and physical activity for improved child health outcomes. The initiative is led by Dr. Lisa Rossman Murphy of the Department of Kinesiology and Health, Rutgers New Brunswick School of Arts and Sciences.

The CSDKHI focuses on several factors affecting the developing child – obesity, inactivity, and chronic health issues. Through education, information, research, and programming, the goal of the CSDKHI is to improve movement skills and function and to increase physical activity for improved health in children.

Areas of Interest

- Understanding the gap between neurodevelopment and kinesiology
- Sensory stimulation and opportunities for movement and their affect on neuromotor development
- Motor skill development, attainment of motor skills, and competent movement
- Physical literacy proficiency and engagement in physical activity

Pediatric Pedagogy

Courses are offered through Rutgers SAS Department of Kinesiology and Health to educate those interested in healthcare and/or kinesiology careers working with children.

Pediatric Physical Development and Fitness (01:377:340)

- This course is the first of its kind to examine pediatric physical, neurological, and sensorimotor development, attainment of motor skills, and fitness.

Pediatric Health – Contemporary and Cultural Factors (01:377:417)

- This course examines the effects of culture on the health of the developing child, as well as contemporary factors such as technology, substance use, and marketing.

Projects

The CSDKHI in conjunction with the Rutgers Culture of Health School Program is working to improve physical literacy of school children. RU student volunteers are needed to implement the program in local schools, specifically grades K-2 and 6-8. If you are interested in gaining valuable experience working with school-aged children or as research support please email Dr. Murphy at lar122@kines.rutgers.edu

Culture of Health School Program

New Jersey Kids Study (NJKS) – a longitudinal birth cohort study of 5000 pregnant women and their children aims to examine many factors impacting health of the developing child. Contact Dr. Murphy (lar122@kines.rutgers.edu) for possible opportunities to help with this groundbreaking work.
Resources
US Dept of Health and Human Services – Physical Activity Guidelines
Physical Activity Guidelines for Americans

Academy of Pediatric Physical Therapy
APTA Pediatrics

American Academy of Pediatrics
About the American Academy of Pediatrics