

EDUCATION  
MOVEMENT  
EDUCATION  
ACTIVITY  
ENDURANCE  
LIFESTYLE  
ACTIVE  
IMPACT  
INSPIRE  
MOVEMENT  
IMPACT  
PHYSICAL  
INFLUENCE  
EDUCATION  
SCIENCE  
ACTIVITY  
HEALTHY  
LIFESTYLE  
RESEARCH  
LIFESTYLE

# nMotion



## Department of Movement Sciences

*As the 2014-2015 academic school year comes to a close, the Department of Movement Sciences is reflecting on the numerous positive experiences of the year.*

### *Healthy Active Workplace*

Evidence shows that workplaces that facilitate physical activity can have direct impacts on the overall well-being of personnel. In order to model healthy active workplaces, the Department of Movement Sciences has implemented various strategies, including sit-stand desk options, providing exercise balls as seating, and



Financial Specialist, Tiffany Rittenhouse, (left) enjoys the option of an exercise ball instead of a chair.



Administrative Coordinator, Amber Ziegler, (right) will never go back to a traditional seated desk.

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**University of Idaho**  
College of Education

# FEATURED PROGRAM—RECREATION

Through classes and practicum/internships, REC students have been involved in numerous programs and events, including Recreation Student Organization's Ice Fishing Derby, Trail Builds and Cleanup on Moscow Mountain, Late Night at UI (alternative to drinking), Idaho 'N' Heroes Outdoors, City Parks and Recreation events across the state, and Integrated REC and STEM (Science, Technology, Engineering and Math) education with youth.

## Q: What has been your most meaningful experience in Recreation classes?

The most meaningful and fun experience I have had in REC classes is creating experiences with peers as well as building my knowledge of recreation and outdoor recreational leadership. I am building up my professional repertoire through these classes and making professional and personal connections in the process.

– **Michael Ruby**

The most meaningful experience I have had in a REC class occurred during a Wilderness First Responder course [REC 290], when I got a chance to talk with members of the UI Outdoor Program. I realized then that a degree allowing me to work in a university outdoor program and teach was worthwhile. I decided why I was here finally.

– **Galen Barker**

In Dr. Stoll's REC 260, we learned about the history of recreation and how it played an important role in societies and cultures documented all the way back to the first known civilization. We also learned the many different aspects and channels that leisure and recreation can take. This was important because it showed the wide variety of careers we can work in.

– **Dylan Schols**

## Q: What would you like to do with your Recreation degree?

A recreation degree will enable me to work a variety of interesting jobs. I hope to either work in youth programming or tourism. These are both areas that are always in demand. I will be able to help people have fun and be active.

– **Kaitlyn Rhea**

My hopes are to get involved in the adventure travel business and lead and design trips all over the world. I also hope to run/own a gym that's more specialized. I want to help people enjoy life and stay healthy - in all areas of their lives.

– **Jenine Estlick**

I wish to take my REC major and promote and teach people that recreating outside has more to it than just a vacation aspect. It is a lifestyle that can be lived day to day in one way or another. I wish to show this through example as well.

– **Drew Tucker**

With this degree, I know that I will be able to share once in a lifetime experiences with individuals who have become so consumed by their day-to-day life.

– **Morgan Choate**

I hope to someday become a resort service manager at a quality ski resort. This means my dream job can be

## ***REC Student Voices:***

### ***Recreation Students Lead the Way:***

REC student **Benjamin Deremiah** served as the race director for the Inaugural Moscow Rolling Hills Half Marathon on April 12. As an intern for the Moscow Parks and Recreation, Ben planned and implemented this event with guidance from our Recreation Supervisor, **Eric Newell**. This event got off to a great start with 144 runners and will continue next year on April 10, 2016.

REC student **James Poirier** is coordinating the Northwest Navy competition with peer support from REC students **Bobby Brown** and **Justin Wilkison** and with Dr. Julie Son - REC Program Coordinator - as faculty mentor. Northwest Navy is a

competition between five universities in the Northwest Region that includes fitness and sporting events.

REC Master's student **John Mahoney** is conducting the Families in Four Seasons program with Coeur D'Alene youth in Plummer to teach kids snowshoe and canoe building skills, and to facilitate outdoor activities in youth (a project in collaboration with REC, ESH and C&I faculty and students).

**...continued on next page**



**Start of the Race**



# FEATURED PROGRAM—RECREATION

REC student **Bobby Brown** is coordinating experiential and therapeutic outdoor recreation trips for wounded warriors and combat veterans. As an intern for Idaho 'N' Heroes Outdoors, Bobby serves nine injured veterans, and offers them an experience of a lifetime in the state of Idaho. Bobby is responsible for every aspect of planning and executing four hunting trips and one steelhead fishing float trip.

REC student **Gloria Mayorga** is coordinating a weekly summer reading program for children and families called "Summer Storytime Series," scheduling guest readers and leading themed games and crafts. As an intern for the



Summer Storytime Series with Mayor Bill Lambert



Bobby and Louis Williams, a 100% disabled and medically retired Marine. Louis is a Purple Heart recipient for injuries he sustained from direct combat

Palouse-Clearwater Environmental Institute, Gloria is also involved in the coordination and facilitation of many Environmental Education efforts.

## ***Center for ETHICS\****

Directed by Dr. Sharon Stoll, the Center for ETHICS\* offers study, intervention, outreach, consultation, and leadership in developing and advancing the theory, knowledge and understanding of character education including moral and ethical reasoning, moral development, ethical leadership, and ethical application. The Center aims to model ethical conduct, and creates methodologies, curricula, workshops, and other materials to support the practical application of moral reasoning in organizations, industries, and disciplines. The Center also provides research and internship opportunities to undergraduate and graduate level students at the University of Idaho. Dr. Stoll is a strong mentor and instructor, and students who are involved with the Center go on to have valuable impacts on their disciplines and communities. Center for ETHICS\* staff and students produce high quality work that is recognized and utilized nationally and globally. The Department of Movement Sciences is proud to be associated with an organization that does such important and effective work. For more information on the Center for ETHICS\* please visit their website:

[http://www.webpages.uidaho.edu/center\\_for\\_ethics/](http://www.webpages.uidaho.edu/center_for_ethics/)

## ***Alumni Stories***

**Nicole Fisher**, Recreation graduate, works with a children's obesity program. She coaches kids with high Body Mass Index and low self-esteem in making health-conscious choices in everyday living. **Kelsey Craft**, Exercise Science & Health graduate, will be moving to Florida this summer to start a Physician's Assistant program. **Eddy Hancock**, Exercise Science & Health Graduate, recently obtained a position working in cardiopulmonary rehab at St. Luke's in Meridian, Idaho.

***Alumni, we'd love to hear from you! Please let us know what you're up to in your life and your career. Contact us via email***

***([movementsciences@uidaho.edu](mailto:movementsciences@uidaho.edu)) or phone***

University of Idaho  
Department of Movement Sciences  
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# DEPARTMENT NEWS

## **Welcome to our new Financial Specialist, Tiffany Rittenhouse!**

Though she moved to Moscow from San Antonio, Texas, Tiffany is originally from the Palouse. She graduated from Pullman High School before attending the University of the Incarnate Word to obtain her bachelor's degree in Business Administration. Tiffany enjoys photography and reading, and is finishing her Master's degree in Architectural History from Savannah College of Art and Design. She's excited to be back in the area, and we are very excited to have her in the Movement Sciences office!

## **Welcome to our new Advising Specialist, Allison Morgan!**

Allison Morgan joined the Movement Sciences Department as the Advising Specialist in August 2014. She obtained her undergraduate degree from Metropolitan State University of Denver and her graduate degree from Colorado State University. Before moving to Moscow, Allison worked as an academic and financial advisor at a higher education institution and as a snowboard instructor. In her role as an advisor Allison assists students in course selection to meet graduation requirements and begin their path towards their desired career. You can find Allison assisting students on a daily basis by addressing immediate student needs such as class options and academic and personal challenges, as well as discussing long term student goals such as graduate school and potential career options. Allison is happy to have found a new home in Idaho and considers herself lucky to be surrounded by fantastic faculty and exciting energy that the students bring to campus. **Go Vandals!**

Reach Allison at: [almorgan@uidaho.edu](mailto:almorgan@uidaho.edu), or 208-885-5028

## **Honors & Awards**

**Kalyn Hasenoehrl**- Richard Irvin Scholarship from the Northwest Athletic Trainer's Association

**Josh Lavigne**- Whitesel Pro Sports Therapy Scholarship from the Northwest Athletic Trainer's Association

**Ken Peki**- Excellence in Teaching Award from the National Society of Leadership and Success, nominated by a student in H&S 288.

**Katie Taylor**- ACSM Northwest Service Award from the Northwest Chapter American College of Sports Medicine

## **Funded Grants**

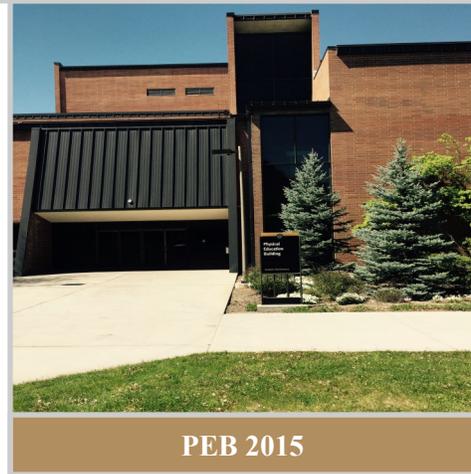
**Elisa Drake** and **Cathy Berei** received a \$490 service learning grant from the College of Education, for use in purchasing course equipment and materials. Physical activity and nutrition equipment was purchased for students H&S 423/523 to use during in-service activities in community schools. **Dr. Bamboo Chen** received a Seed Grant through the University of Idaho to fund his project, *Assessing the Stress-relief Benefit*

*of Outdoor Travel Using Physiological Measures.*



Women's Health Education Building under construction, 1970. Source: Uidaho Library

**PEB:  
& Now**



**Then**

PEB 2015

The year 2015 marks the 45th anniversary of the completion and dedication of the Physical Education Building at the University of Idaho.  
The Physical

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[www.uidaho.edu/ed/movementsciences](http://www.uidaho.edu/ed/movementsciences)

# GRADUATING STUDENTS

**Hayden Kraack (B.S. Recreation)** plans on starting an internship with HI Water Adventures.

**Kevin Racine (B.S. Exercise Science & Health)** starts an internship as a PT Aide with Idaho Spine and Sports Physical Therapy after graduation. Afterwards he is applying to Physical Therapy school.

**Marlene Zellars (B.S. Recreation)** has a job with Portland Parks and Recreation as an Associate Concert Producer.

**Ashley Christman (B.S. in Exercise Science & Health)** will attend Boise State's Nursing program in the fall.

**Caleb Struble (B.S. Recreation)** is attending Infantry Officer Basic Leader Course in Ft. Benning, Georgia, before moving to Montana to be in the National Guard.

**Lauren Goetz (B.S. Physical Education)** plans on Student Teaching in P.E. in Kennewick, Washington.

**Genna Rose Lovell (B.S. Recreation)** has been offered a position with BlueFire Wilderness Therapy. This program offers backpacking, hiking, mountain biking, rock climbing, and equine therapy. Their Mission is to help guide others on a personal journey to

realize their strengths, hopes, and dreams.

## MVSC 486 Projects

### McDonald Elementary

Alongside P.E. teacher Lisa Carscallen, UI students have successfully created and implemented an 8-week training program for students at McDonald Elementary. The 80 children who attend activity classes regularly learn the importance of physical activity as well as how to prepare for a running event. The program concluded with The Palouse Palooza running event. This family fun run took place on April 25<sup>th</sup> at Mountain View Park and participants chose a distance of 1 or 3.1-miles.

### Tobacco Free Campus

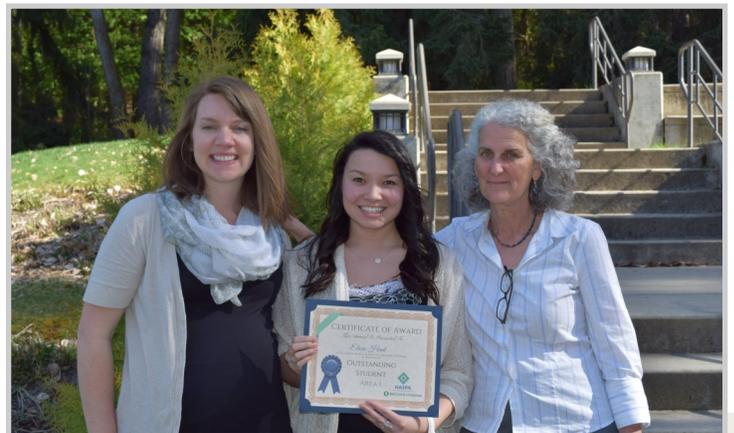
Elicia Hunt, Sarah Marquis, Heidi Anders, and Samantha Delmer have taken up the task of fighting for a tobacco-free campus. Their main goal has been to increase awareness among students about the intended tobacco-free policy, and the health benefits that will result. Their efforts have included speaking to different groups at UI, serving on the University Tobacco Task Force, meeting with President Staben, and engaging with the student body by posting information and materials on the Free Speech Wall in the Idaho Commons. Elicia won the Outstanding Peer Educator award for Region 1 (Idaho, Washington, Oregon, Alaska) at the BACCHUS Peer Health Education conference in Denver. She was nominated by Vandal Health Education Coordinator, Emily Tuschhoff, for her role as a Certified Peer Educator, advocating for a



## Graduating Dance Students!

From left to right: Shaundralyn Parry, Judy

discover and confront their core beliefs and fears, and



Elicia Hunt with Emily Tuschhoff & Professor Helen Brown

# DANCE PRODUCTIONS

## *Dancers, Drummers, Dreamers*

The 2015 Dancers, Drummers, Dreamers concert, “Calculated Chaos” was a success involving 60 students from the UI-Dance Program and the Lionel Hampton School of Music. Four productions took place, with nearly sold out houses each performance, and students participated in an outreach showing for Lenna Whitmore Elementary School. The UI-Dance program is thankful for funding from the Lionel Hampton Jazz Festival Office for the residency of known jazz dance teacher and choreographer Christy McNeil. DDD’s finale piece featured her dazzling rhythmical work “Granma’s Club.”



## *Jazz Festival*

Every February the UI-Dance Program partners with the Lionel Hampton Jazz Festival to offer a broad spectrum of dance workshops designed to reach the musicians attending Jazz Fest. Workshops are attended by Jazz Fest attendees, UI and LCSC students, and community members. This year the program served around 1,600 participants though volunteer instruction from dance faculty, guest faculty, and junior and senior dance majors/minors focusing on pedagogy.

## *American College Dance Festival*

In March, UI-Dance students and two faculty attended the American College Dance Association Conference for 3 days of performances, workshops, panels, and master classes taught by instructors from around the nation. The conference provides the unique opportunity for students and faculty to have their dance works adjudicated by a panel of nationally recognized dance professionals in an open and constructive forum. The UI– Dance Program



UI-Dance Students at the ACDA 2015

### *Interested in Donating?*

To make a gift, please contact us or donate online via [www.uidaho.edu/ed](http://www.uidaho.edu/ed)

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*Thank you to all who support the Department of Movement Sciences and our students. We so appreciate our practicum and internship supervisors, site coordinators, donors, and everyone else who helps us promote education*

### *Looking Close, Expanding Perceptions*

The UI-Dance Program presented the movement creation, performance, and research of four graduating dance majors in *Looking Close, Expanding Perceptions* on Saturday, April 25<sup>th</sup>. This senior dance concert featured the research interests of Charena Branscum, Judy Drown, Sarah Marquis, and Shaundralyn Parry, including queries about performance strategies, choreographic processes, production management, and healthy dance pedagogy

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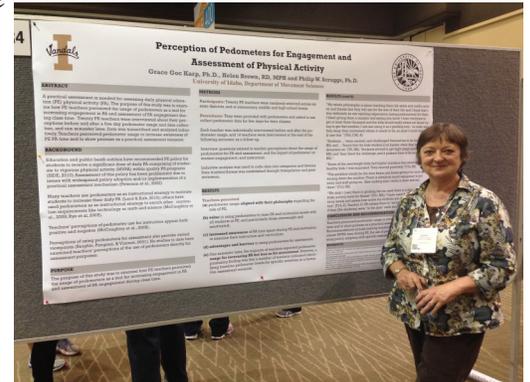
# POSTERS, PRESENTATIONS, & PUBLICATIONS

## ***Shape America 2015 National Convention***

- Berei C, Pratt E, Liang T, Shepard K, Nampai U, Neamphoka G, Parker MA, Akbar A. *Guideposts and Roadblocks to Career-Long Scholarly Engagement of Physical Education Teacher Education Faculty*
- Goc Karp G, Brown H, Scruggs PW. *Perception of Pedometers for Engagement and Assessment of Physical Activity*
- Latrell J, Stoll SK, Beller JM. *Moral Reasoning Relative to Social Justice Issues in Intercollegiate Sport*
- Stoll SK, and Beller JM. *Coaching a Gen-Y Athlete: Ways to be Successful*

## ***American College of Sports Medicine Annual Meeting***

- Taylor K, Seegmiller JG, McJannet Z, Martinez V, Drummer D, Vella, CA. *Maximal Oxygen Consumption is Similar with Decremental and Traditional Incremental Protocols in Runners and Triathletes*
- Vella CA, Dalleck LC. *Low Cardiorespiratory Fitness is Associated with Markers of Insulin Resistance in Young, Normal-weight Hispanic Women*
- McGrath RP, Vella CA, Scruggs PW, Williams CJ, Paul DR. *Low Accelerometer Adherence Negatively Impacts the Estimates and Application of Physical Activity Data*



## ***Northwest Athletic Trainers' Association 2015 Annual Meeting and Clinical Symposium***

- Baker RT, Graham VL, Seegmiller JG, Nasypany A, Vella VA. *Clinical Reaction Time is not Significantly Affected by Moderate-intensity Aerobic Exercise*
- Brody K, Baker RT, Nasypany A, May J. *Treatment of Chronic Low Back Pain Using the Myokinesthetic System: A Case Report*
- May J. *Applying the Mulligan Concept of Mobilization with Movement Intervention While Treating Ankle Pathology*
- Rhinehart AJ. *Wait, You're Treating the Wrong Side...Or Are You?*
- Judge K, McMurray J, and Zeigel A. *Return to play: More Than a Hop, Skip, or Jump*
- Schroeder K, Chapman E. *Breathing Pattern Disorders: A Missing Link in the Orthopedic Evaluation Process*

## ***AASP Regional Conference, Northwest Student Sport and Exercise Psychology Symposium***

- Homiratana A. *Playing one play at a time: Pre-performance routines in collegiate football*
- Martinez V. *Program Compatibility: Exercise is Medicine, but What Should be the Prescription?*
- Start A. *Power Posing and Dominating Discourse: A Comprehensive Self-Communication Intervention for Improving Confidence, Anxiety, and Performance*
- Vaarstra M. *Life After Sport: A Glimpse into Student-Athlete Career Development and the Role of Sport Psychology Practitioners*

## ***Publications***

- Dalleck LC, Van Guilder GP, Vella, CA. *The Prevalence of Adverse Cardiometabolic Responses to Exercise Training with Evidence-based Practice is Low. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy in 2015 Jan.*

## ***Editorial Board***

Dr. Philip Scruggs, Department Chair  
Dr. Bamboo Chen, Professor in Recreation  
Amber Ziegler, MVSC Administrative Coordinator