



# PROGRAMS & DEGREES

## ***Athletic Training***

Prevention, examination, diagnosis, treatment and rehabilitation of chronic and acute medical conditions.

Degrees: M.S. in Athletic Training, Doctor of Athletic Training

## ***Dance***

The Dance Program focuses on the areas of choreography, performance and teaching to create a strong educational foundation for the dance professional.

Degree: B.S. in Dance

Minor: Dance Minor

## ***Exercise Science & Health***

This degree will prepare you to join a field of highly qualified professionals who enjoy working in the world of health and wellness in a variety of settings.

Degrees: B.S. in Exercise Science & Health (emphases: Fitness, Health and Human Performance; Pre-Physical Therapy; Pre-Athletic Training), M.S. in

Movement and Leisure Science with Emphasis in Exercise Science and Health, Ph.D. in Exercise Science

## ***Physical Education Teacher Education***

Prepares one to teach healthy, physically active living in schools and community settings through movement, exercise, games, sports, etc.

Degrees: B.S. Physical Education, M.Ed. Physical Activity Pedagogy, Ph.D. in Education, emphasis Healthy Active Lifestyles

## ***Recreation***

This degree prepares to lead public and private programs that are designed to encourage active lifestyles.

Degree: B.S. in Recreation, M.S. in Movement Leisure Sciences, with an emphasis in Recreational Leadership, Ph.D. in Education with an emphasis in Healthy Active Lifestyles

Minors: Outdoor Recreation Leadership, Sustainable Tourism and Leisure Enterprises

## ***Gifts***

UI Professor Emerita of Dance Diane Walker, pledged \$30,000 for the Diane B. Walker Dance Faculty Endowment to support full-time dance faculty in furthering their professional growth. She says, "I hope to reward faculty members and assist in providing a means for them to conduct their creative and scholarly work." Walker is co-creator of DancersDrummersDreamers, and a longtime supporter. Walker hopes to be an inspiration to others who are motivated to create an endowment. She will give \$5,000 annually for five years to fully fund the endowment, along with an additional \$1,000 annual gift that will be used for immediate use.

From the Department of Movement Sciences, thank you for your generous gift!

## ***Faculty Happenings***

Dr. Chantal Vella recently received a grant from the Mountain West Clinical Translational Research to explore the effects of different deliveries of exercise (continuous exercise vs interval exercise) on cardiovascular disease risk factors and enjoyment in young, overweight and obese adults, as well as their impacts on how long someone sits throughout the day. The goal is to determine which delivery of exercise best promotes exercise adherence and risk factor reduction in young adults.

Dr. Sharon Stoll was invited to give the E.C. Davis lecture at the Western Society of Kinesiology & Wellness Conference 2014. Her presentation was titled "Character and Leadership: Musings from a Weathered Athlete."

## ***Faculty Honors & Awards***

- Dr. Philip Scruggs – 2014 IAHPERD Collegiate Educator of the Year
- Dr. Chantal Vella – University of Idaho Presidential Mid-career Award

***"Leisure has recuperative effects, especially for people who work long hours or who have physically or mentally demanding professions. . . socializing with friends and family, doing something creative, going for a walk in the park, all can have benefits to health and wellness."***

**- Dr. Julie Stafford Son, Associate Professor of Recreation, when asked to provide expert commentary for WalletHub.com**

# HONORS & AWARDS IN 2014

## **Bobby Brown**

A major in Recreation with a minor in Outdoor Recreation, Robert Brown maintains a 4.0 cumulative GPA and serves as platoon commander of his NROTC unit. Staff Sgt. Robert Brown received the USS Little Rock Award, a national scholarship awarded for academic and leadership achievement offered by the USS Little Rock Association. Brown said he discovered the intrinsic rewards of helping others, and the leadership and care for others is manifested in his involvement at UI in various programs that support wounded warriors and combat veterans.

## **Katie Taylor**

Katie Taylor received a student research grant through the Gatorade Sports Science Institute (GSSI). Katie's research includes exploring the relationships between physical activity, quality of life, and resilience in patients with inflammatory bowel diseases such as Crohn's Disease or Ulcerative Colitis.

# GRADUATE ACHIEVEMENTS

Graduate student **Sherry Garcia Croston** competed in a Ruck Challenge recently (incredibly difficult). The challenge occurred on August 22, 2014. She travelled 19.55 miles in 12.5 hours. The event occurred in Coeur d'Alene, ID and started at 10 pm in the evening.

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**Matt Greene** in the M.Ed. in Physical Activity Pedagogy program will be presenting "Baseball Conditioning Program Regardless of Space, Facility or Equipment" at the national SHAPE conference March, 2015.

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**Elisa Drake** has been working with Dr. Grace Goc Karp and Professor Helen Brown on the Community Transformation Grant providing professional development workshops to classroom teachers at Plummer-Worley School District and Coeur d'Alene Tribal School.

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**Amber Brown** achieved her first author publication in the European Journal of Applied Physiology *Green A, McGrath R, Martinez V, Taylor K, Paul DR, Vella CA. Associations of objectively-measured sedentary behavior, light activity, and markers of cardiometabolic health in young women.* She also received the 2012-2013 ACSM Northwest Annual Meeting: Outstanding Doctoral Student Research Presentation award.

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**Katie Taylor** received the Outstanding Doctorate Student Research Poster Award at the 2014 ACSM Northwest Regional Chapter Annual Meeting in Wenatchee, WA, and was also an author alongside Amber Brown on a publication regarding associations of objectively-measured sedentary behavior, light activity, and markers of cardiometabolic health in young women.

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**Vanessa Martinez** serves as a Regional Student Representative (2013-2014) for the Northwest Regional ACSM Executive Board. Vanessa also presented a tutorial lecture at the ACSM 61st Annual Meeting, "Yes, We Are Latinos. No, We Are Not the Same: Considering Cultural Differences When Designing Interventions Programs for the Latino Population" in 2014.

***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 ([movementosciences@uidaho.edu](mailto:movementosciences@uidaho.edu)) or phone (208-885-7921) or stop by the Physical Education Building anytime!***

# UNDERGRADUATE ACHIEVEMENTS

## *Physical Education Teacher Education (PETE)*

students are having an exciting time using technology in the schools. Recently they have been helping the Moscow school district collect data for their PEP grant, using FitStepPro, downloading pedometer data into the database, and using iPads to assess motor skills. In the secondary methods class, the PETE students are working with local middle and high school students on developing Comprehensive School Physical Activity programs.



ESH student, Jordan Tracy, working in the High Five Passport Program at the Farmer's Market for a project in MVSC 429 & 486. Jordan was hired as an intern this summer and aimed to increase kids' intake of fruits and vegetables and engagement in physical activity.

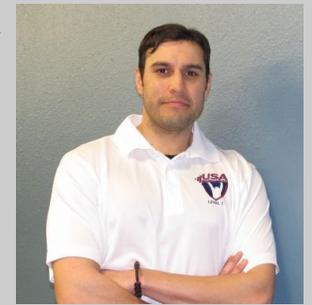


**Ben Deraud** graduated in December 2014 with a Dance Minor and Biology Major. Ben had the unique opportunity to attend the prestigious American Dance Festival twice while an undergraduate student. He performed at the University in Dance Theatre

productions and starred in a Dance for Camera film that received an honorable mention at the Utah Dance Film Festival in 2014. Ben says, "the building blocks of how the body develops and functions enhanced my appreciation for dance." Ben teaches two beginning courses at the University level.

## *Vincent Allen*

Exercise Science and Health undergraduate student Vincent Allen runs his own fitness blog. His life is dedicated to fitness and he learns from his



experiences teaching firsthand. His competitive attitude keeps him striving to see his full potential and helps motivate his clients to achieve more than they thought possible. Vincent's experiences with personal training and his friendly personality also make him a perfect fit for one-on-one personal training and distance coaching.

Check it out at <http://www.vgastrengthconditioning.com/>



**Charena Branscum** is a Dance Major graduating in May 2015. She has been a scholarship recipient from the Department of Movement Science for the last three years. Charena has performed since her freshman year in main stage works by faculty members and guest artists. She performed twice at the American College Dance Festival and

was recently invited to perform at the Gala concert. Charena tours and performs with DancersDrummersDreamers and holds numerous leadership responsibilities. For her practicum, Charena teaches beginning jazz at the University and locally in Lewiston, ID. She will be researching and developing a series of workshops related to flexibility and range of motion for her senior capstone.

*"Dance is more than just a stage performance—it is research—studying the body and movement and how it connects to other art forms, emotions, and political statements."*

- Charena Branscum, Senior Dance Major



The University of Idaho won the 2014 Northwest ACSM Knowledge Bowl! The team consisted of graduating seniors Kimberly Carrier and TJ Anderson, and junior MacKenzie Schneider. They are all ESH majors, and did a fantastic job representing the program, department, and the University.

Vanessa Martinez and Ryan McGrath trained the team, and Amber Brown and Katie Taylor organized the bowl. The team went on to compete and placed at the National competition in Orlando, FL.

# DANCE

*Pulse* is a newly conceived pre-professional concert produced in November 2014 at the Hartung Theatre that featured faculty and guest artist choreography. It was performed by 15 UI-Dance program students selected through an audition process. The evening featured dynamic physical explorations by: Belle Baggs, Melanie Meenan, Mia Seshiki, and Rachel Winchester. The show ranged in techniques and themes including ballet, historical modern, contemporary, and dance theatre. The concert also featured a piece



by guest artist **Louis Kavouras** (Las Vegas— pictured left) with special guest and lighting designer Peter Jakubowski (Las Vegas). Kavouras' expertise in the historically based modern dance technique by Erick Hawkins challenged our students yet was beautifully executed in "Episodes of Snow;" a delicate piece of cascading movement. The faculty looks forward to providing the university and surrounding community with dance concerts that feature fresh innovation and strong quality performances.



## THE TRUTH ABOUT...



*The Truth About...* featured work by seven advanced composition students of the UI-Dance Program. Students had the unique opportunity of casting their work with student dancers and receiving support and feedback throughout the creative process. The show was a success featuring an array of movement styles and themes. Proceeds from the show will support student attendance at the American College Dance Association Festival in Ames, Iowa in March 2015.

## DANCERSDRUMMERSDREAMERS

2015 marks the 24<sup>th</sup> year of DancersDrummersDreamers—a unique professional dance and music training program that exists at no other university. Diane Walker and Dan Bukvich, student choreographers, composers, dancers and musicians work together from the beginning of each spring semester to create original works. The performance is like a modern vaudeville show with music, dance, songs and some slapstick comedy. Over 100 majors from music and dance participate annually. It is a family event, described as eclectic, playful, fun, entertaining, collaborative, high octane energy, unique, and imaginative.



Don't miss this legendary and sell out performance of DDD titled, "Calculated Chaos!" Tickets are available at the UI Ticket Center, 208-885-7212. \$12 for general public, \$10 Seniors/Children, \$9 UI Student with ID. Tickets may be purchased at door but no guarantees of availability.

**March 26-28, 2015, Moscow, Hartung Theatre. 7:30 pm, doors open at 6:30 pm;  
Saturday, 2:00 matinee**