

Physical Activity Leaders – Physical Educators with more...

The University of Idaho PETE program has become renowned in developing pre-service teachers' pedagogical and leadership skills so that they can become effective **Physical Activity Leaders (PALs)** in their school or school district. **PALs demonstrate the motivation and skills to program, promote, and coordinate** with others to provide a variety of physical activity opportunities outside of physical education during and

beyond the school day. PETE students gain

ample hands-on experiences and skill-building opportunities related to Comprehensive School Physical Activity Programming (CSPAP) during their degree. A Comprehensive School Physical Activity Program is a multi-component approach that uses all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. <http://www.shapeamerica.org/cspap/what.cfm>



Our Graduates are Prepared to...

- Provide moderate to vigorous activity during physical education for at least 50% of the class time as measured through pedometers and other technologies
- Train classroom teachers to provide physical activity breaks and organize physical activities during recess
- Implement before and after school programming such as running programs, adventure clubs, safe routes to school, etc.
- Develop wellness resources and physical activity experiences for school staff and administration
- Involve parents and community members in promoting physical activity as a central component of healthy active lifestyles
 - Develop a coalition of advocates at their school site



Explore—Discover—Engage—Move!

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Movement Sciences

MVSC 429/486 Community Partnerships



COMBATING THE SLEEP PROBLEM

Alongside Vandal Health Education Coordinator, Emily Tuschhoff, and Movement Sciences faculty supervisor Helen Brown; Jeneba Hoene, Monica Dierken, and Cody Blamires have been focusing on learning more about sleep health among UI students living in the residence halls and developing strategies to enhance awareness on campus. According to our National College Health Assessment data, *64% of University of Idaho students felt tired, dragged out, or sleepy during the day 3+ days of the week.* This is a clear indication that sleep

health needs to be addressed, and in response they are approaching the issue from several angles. First, to increase awareness among students, they are creating educational materials to share on the website, social media, flyers, bulletin boards, and at tabling events. They have also been creating a "Sleep 101" program that will be able upon request through Vandal Health Education's peer education program. Lastly, they hosted a presentation for stakeholders about what has been done on other campuses to enhance the sleep health of students. This work will set the foundation for comprehensive sleep health initiatives at the University of Idaho.

TAKING A CLOSER LOOK AT VANDAL NUTRITION

With the help of the Department of Movement Sciences, alongside Campus Dietitian Marissa Rudley, the MVSC 486 Nutrition Services team has been conducting a year-long assessment of Bob's Place Dining Hall in an *effort to encourage healthy eating habits.* Their assessment has included conducting student surveys, student focus groups, as well as Nutrition Environment Measures Surveys (NEMS) and Sodexo Mindful Nutrition Criteria Surveys. A major goal was to identify nutritious dining options and student's perceptions of the available dining options. Two key areas were identified for improvement: (1) increasing awareness of healthy dining options and developing a consistent, and (2) easy-to-read labeling system for allergens and nutrition facts.

Team members Danielle Riddle, Cortney Thomas, Torrin Crawford and Gabby Leong are continuing to bring a nutrition-oriented mindset to campus. Their efforts will continued in March in conjunction with National Nutrition Month, which featured nutrition promotions and a "Nutrition Trivia" event at Bob's Place. This student group continued to partner with Vandals Dining to identify areas for improvement with labeling and provide student feedback. With 70% of students surveyed desiring healthy dining options, this project promotes the health and wellbeing of our Vandals.

MVSC 429/486 Community Partnerships (cont.)

INVESTIGATING THE DECLINE IN INTRAMURAL PARTICIPATION



This MVSC 486 group worked with Butch Fealy, Associate Director of Competitive and Recreational Sports and the UI Intramurals Program. The problem we investigated was a lack of participation in intramural sports within the last few years, especially amongst freshmen and sophomore populations. Numbers have been constantly declining as students opt to not play. Our data collection identified a need to increase awareness of intramural programs and to combat the idea that intramurals are only for “athletic” students. Our target population was freshmen students living in the dorms. There was a strong correlation between those who participate early in the college experience and those likely to participate in the future, while those who do not were less likely to participate in future years. As a group, we will promote intramurals collaboratively with Resident Assistants in freshmen dorms and create bulletin boards and flyers as a marketing/educational strategy. Our end goal was to see an increase in individual residence hall participation to create a sense of competition between each floor. We hope these strategies will help promote a healthy active lifestyle among new students and showcase the fun intramurals bring to the University of Idaho. Student Authors: Chad Blair, Nickolas Becar, Carson Huck, Juan Medina.

MOSCOW MIDDLE SCHOOL PE CLASSES

MVSC 486 students worked with Moscow Middle School P.E. teacher, Mr. Thill, to develop resources for their strength and conditioning program. We developed instructional videos that explained techniques for exercises and workouts with age appropriate modifications, and developed a website where students could access all of the resources. Middle school is an impressionable time for early adolescents who are starting a journey of discovering who they are. It is in this time that we can really make a difference in developing habits of a healthy active lifestyle in students’ lives. Through our resources we were able to help students feel more competent, confident, and have a positive attitude towards resistance training. Student Authors: Bradley Kruger, AJ Gravel, Nicole Weinman, Callie Collins.

MVSC 486 Project-Dance

Dance Major students Christine Atwood, Lauren Smith, and Kristal Garland-Smith created a local National Water Dance for their senior capstone, service learning project. This community event celebrated arts in action. The National Water Dance (NWD) is a collective of dance artists and educators stretching from coast to coast. The students brought many different groups in the Moscow community together, including art enthusiasts, environmentalists, young studio dancers, and university students in a site-specific performance. This event took place downtown Moscow in friendship square on April 16th to bring attention to the pressing issues of water in our community. National Water Dance believes that our environment is the most urgent issue of this generation and that artists need to take the lead in addressing it. If you have any further questions regarding the event contact: uidanceoutreach@gmail.com



Doctoral Student Spotlight



For my dissertation, Effectiveness and Causal Mechanisms for a 'Life after Sport' Career Development Intervention with Collegiate Student-Athletes, I created a 9-week career development intervention for student-athletes. A survey instrument was administered both pre- and post-intervention to measure different psychosocial and behavioral outcomes related to career development. Repeated-measures ANOVA's revealed significant group by time interaction effects for career decision-making self-efficacy, positive emotion toward life after sport, several subscales of self-determined motivation, knowledge about career development tasks, planning for career development, completion of career development tasks, and stage of change with the intervention group significantly improving over time while the control group had no significant improvements. Results indicate that a multidisciplinary life after sport intervention program can positively impact both psychosocial and behavioral outcomes for student-athletes as they transition to life after sport.

The biggest thing that I would want to express about what I learned would be that perseverance and self-confidence will help you to accomplish the goals you set out for yourself. It is so important to have a support system of people who are willing to help you and encourage you. There will always be roadblocks and challenges, but the end product is worth the work. Looking back on my entire education experience, it was an incredible time of learning and forming who I am, and by maintaining a healthy balance between life, work, and school my experience was rich and fulfilling.

I am currently the Assistant Director for Internships and Employer Relations for South Idaho with University of Idaho Career Services. My office is in downtown Boise at the Idaho Water Center building, and I am enjoying traveling across South Idaho networking with employers and helping them get connected with UI students for job opportunities and internships.

Matt Vaartstra, PhD Education, Exercise Science—Sport Psychology

Master's Student Spotlight



"The professors and doctoral students here at the University of Idaho love what they do and do what they love. They help provide every student the opportunity to learn and grow! My own personal sense of self in both the objective and subjective realms were developed by my peers, the staff, the community. Opportunities arose for me to pursue outside curricular activities and ultimately fostered my future aspirations for being a physical therapist. MacKenzie will be attending Western University of Health Sciences to work on his Doctorate of Physical Therapy Degree. GO Vandals!"

MacKenzie A. Schneider, MS Movement & Leisure Sciences—Exercise Science



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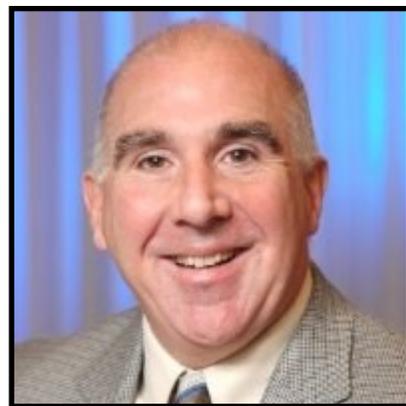
Doctoral Student Spotlight

My dissertation will investigate Oregon high school athletic directors' understanding of the difference between social values and moral character. A common understanding of sport is that "sport participation builds character". Former UCLA basketball coach, John Wooden said, "Sport does not build character, it reveals it". Character can be built by coaches and athletic administrators involved directly in the teaching of character in the lives of athletes. However, the majority of studies on character and sport agree that the more highly skilled an athlete becomes, the less morally developed they become as well. Athletic directors hire coaches, coaches influence athletes, many for a lifetime. It is important that athletic directors understand how to build character on purpose. Oregon high school athletic directors (N=291, 221 responded) were offered the opportunity to take the RSBHVI between August-September 2015. I have developed an intervention for the AD's who responded, entitled "Why does high school sport morally matter?" There are eight modules for athletic directors to complete. Following the intervention, those participating in it will take the RSBHVI again to see if the intervention had an impact on athletic directors understanding of moral reasoning.

My world has been turned upside down related to my understanding of sport and character development. Having had nearly 25 years of high school and college coaching and athletic administration experience behind me I was convinced that sport participation built character. However, this T.S. Eliot quote captures my Ph.D. experience, "We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time". Dr. Stoll has been an incredible influence in my life and professional approach. I knew she was good before I came here, more by reputation, but having had the chance to work with her and learn from her has been nothing short of amazing. She is the best teacher/instructor/professor that I have had the opportunity to learn from. I am so grateful for this experience and it has provided me with exactly what I was looking for.

I am in the process of distributing my intervention to those participating. My data collection will be completed in spring 2016. I look forward to receiving the input back from those participating in the intervention and determining the effectiveness.

Kevin Bryant, PhD Education, Emphasis in Healthy Active Lifestyles—Character Education



Movement Sciences Front Office Spotlight



Steven Bird joined the Movement Sciences staff in April 2016. Steven is currently working on his Juris Doctorate Law Degree at the University of Idaho. He received his B.A. in Psychology at the University of South Florida in May 2015. Steven will be working as the Administrative Assistant for the department, Physical Activity and Athletic Training Programs.

Before moving back to Idaho, Steven was not only a full-time student at the University of South Florida, but was heavily involved in both Academic and Student Affairs. Originally a office assistant for Academic Advising, he soon became the Academic Program Specialist in the Advising Office, working closely with the Biology program, organizing freshman orientations, and sitting on the university wide committee that created the first freshman experience program. Additionally, he was involved in Student Government as the Senate President Pro-Tempore, the Attorney General, and was the president of the first theatre club on campus, Broadway Bulls.

Practicing law has been a passion of Steven's since his freshman year of college, and was something that he set his eyes on. Having an opportunity to move back to Idaho, the place where he grew up, and study law was something he couldn't let pass him by. Throughout his undergraduate career, he also developed a passion for higher education, teaching in a college setting, and encouraging leadership in students. This was especially showcased as an instructional designer for the College of Arts and Sciences and the Department of Psychology. Because of this, he is currently working on getting admitted to the Master of Science in Adult Organizational Learning and Leadership here at the University of Idaho and eventual the Leadership in Higher Education doctorate program.



Masters Classes: SUCCESSFUL FACULTY FALL CONCERT & MASTER CLASS, "RISING MOMENTUM" The UI-Dance Program's Fall Concert "Rising Momentum" was a success with record-breaking attendance.

The show featured work by faculty choreographers: Belle Baggs, Anna Keller, Melanie Meenan, and Rachel Winchester. Guest artist Nhan Ho, from California, premiered a new work. Additionally the 15 member company was proud to host a Master Class taught by faculty and attended by prospective students and community members.



AFRICAN DANCE MASTER CLASS with OKAIDJA:
"DANCING FEET AND TALKING DRUMS"

UI-Dance Program partnered with Festival Dance to hold a master class with Ghanaian dancer and musician Okaidja in February. In this interactive dance workshop participants learned how to speak the drum language and to perform the corresponding dance movements through a collaborative approach. Okajida performed with his band Shokoto on February 13th in the Admin Building. Audience members were exposed to a mixture of traditional and contemporary African and world music—a fusion of rhythms from Ghana, Brazil, Cuba, Peru, and the Deep South.



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Dance Events—Spotlights



25th Anniversary of Dancers Drummers Dreamers, “Commotion ‘n Motion”

The UI-Dance program in collaboration with the Lionel Hampton School of Music produced the 25th annual production of DDD this spring. This unique live music and dance performance has been a Moscow favorite since its inception. The energetic concert, full of inventive student choreography and music compositions, took place on March 24-26th in the Hartung Theatre.



DDD’s 3rd Northwest Tour

Funding from the Provost office and the College of Letters, Arts and Social Sciences has been received to support a Northwest tour of the spring show of

DancersDrummerDreamers. Selected musicians and dancers will go on the road May 16-20th to perform for audiences in Idaho, Oregon, and Washington. The event provides a professional experience for students and represents the creative Vandal spirit. The kick off of the 2016 tour will be held at the Lionel Hampton School of Music Auditorium at 7 p.m. on May 15th.



CENDRILLON OPERA AND DANCE

UI-Dance majors and minors performed in *Cendrillon*, a school of music opera workshop performance on April 1st and 3rd, in the Admin Auditorium. Dance faculty, Melanie Meenan, choreographed three ballet-based pieces: a quartet (Hailey Herrington, Madeleine Phelan, Whitney Sumner, Brianna Wilfert) and duet (Aleksandra Day, Lauren Smith) performed by dance majors and minors and a solo performed by Festival Dance instructor, Lindsay Johnson. This dance performance was also made possible through the in-kind support of Festival Dance.

SENIOR PROJECT PRESENTATIONS!



Senior students presented dance research in a creative way at their Senior Project Presentations on April 23rd in the Physical Education Building Dance Studio. Projects ranged within the disciplines of dance pedagogy, dance composition, screen-dance

and site specific work. Seniors from left to right: Kristal Garland-Smith, Sydney Knudson, Christine Atwood, Amy Owings, and Elizabeth Sheldon.

BASI PILATES CERTIFICATION



The UI-Dance Program and Department of Movement Sciences is proud to be a host site for the BASI Mat Pilates Teacher Training Program. The first session was held this spring. This 100 hour, 6-module program is internationally known for producing high quality instructors! The program hopes to continue offer this certification in the future to support our students' career in Exercise Science, Physical Therapy, Dance and more with knowledge of this exercise form! Contact the UI-Dance Co-Program Coordinator (Melanie Meenan) for more details.



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Recreation Program Accreditation

The site visitors from the Council on Accreditation of Parks, Recreation, Tourism and Related Professions (COAPRT) were on-site this spring semester to review our Recreation Program. They provided a very positive and strong report. The Recreation Program had many identified strengths and received recommendations to improve a couple of minor issues. The Recreation faculty are working to address the recommendations as the accreditation process moves forward to the Council Hearing at the next National Park & Recreation Association (NRPA) conference in October 2016. The university, college and department were extremely pleased with the accreditation work completed by the Recreation Program.



Council on Accreditation

Parks, Recreation, Tourism and Related Professions

Intermountain Student Outdoor Leadership Seminar

In April, Recreation and Outdoor Recreation Leadership students Allison O'Bryan, Sonja Lierman, James Poirier, Bredesin Kretz, Eric Gower, Angela Stafford, Troy Clayton, and Tyrel Richard attended the Intermountain Student Outdoor Leadership Seminar in Ogden, UT with Professor Bruce Saxman. Students attended workshops ranging from professional preparation to river and climbing rescue clinics. Professor Saxman presented a half-day clinic on Mountain Biking Field Leadership. The event was a success for UI Recreation Students and Faculty.



Recreation Student Organization

The Recreation program and Recreation Student Organization hosted a spring banquet on May 6th at the 1912 Center in Moscow to honor our graduating seniors. Students, alumni, family, faculty and stakeholders were in attendance. Shelby Adams presented recreation portraits from the year, representing the rich experiences in which recreation students and faculty engaged. The experiences and goals of graduating Recreation Program students were celebrated.

Ice Skating 1980's Theme Event

The Recreation Student Organization Club (RSO) hosted an 80's themed Ice skating event at the Palouse Ice Rink on March 28th. More than 50 participants dressed up for the event. Prizes were given to three participants with exceptional 80's style of dress. Everyone had a blast! Thanks to our donors and sponsors, including Backcountry Lark, Dutch Bros. Coffee, Gambino's, La Casa Lopez, NRS, Pullman Village Centre Cinemas, The Breakfast Club, The Corner Club, Tye Dye Everything, and White Pine Gear Exchange and Fly Shop.



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Congratulations

Movement Sciences Graduates—2016!

PhD in Education—Movement Sciences

Kevin Bryant
Vanessa Martinez
Katrina Taylor
Amanda Start

Doctor of Athletic Training

Robert Bonser
Erin Chapman
Victoria Graham
Christy Hancock
Bethany Hansberger
Robinetta Hudson
Ryan Krzyanowicz
Scott Landis
Rick Loutsch
Monica Matocha
Janet McMurray
Valerie Stevenson
Patti Syvertson

M.S. Athletic Training

Jamie Emerson
Dalton Harmon
Kalyn Hasenoehrl
Joshua Lavigne
Amanda Nyberg
Kristen Prosser
Ashley Seaton

M.S. Movement & Leisure Sciences

Angela Bjorklund
Mark Blickenstaff
Bryan Darrow
Erin Hento
Justin Nadeau
MacKenzie Schneider
Aubrey Shaw

M.Ed. Physical Education

Paul Alderete
Sherry Croston

B.S. Dance

Amy Owings

B.S. Education (Physical Education)

James Schultz

B. S. Exercise Science & Health

Brett Ballard
Eli Campbell
Alex Conley
Victoria Cossairt
Megan Cox
Melissa Damele
Devin Drummer
Danielle Gamel
Justin Hackett
Samantha Hendricks
Britney Hoffer
Taylor Johnson

Bradley Kruger
Christopher Masciotra
Ashtin Mitchell
Matthew Newland
Keaton Orr
Kori Palmer
Katelyn Peterson
Leila Riley
Mykaela Robinson
Nathan Stark
Daniel Taylor
Cortney Thomas

B.S. Physical Education (Exercise Science & Health)

Amanda Cruse
Spencer Klingenberg
Elsa Krier
Brandon Wallen

B.S. Recreation

Shelby Adams
Galen Barker
Eduardo De La Rosa
Emily Renzini
Austin Volking



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MVSC EXTRA!

Jobs—

-Amanda Start, PhD; Major Professor Dr. Damon Burton; has been hired as a Research Analyst at the Walter Reed Army Institute of Research.

-Katie Taylor, Doctoral Student; Major Professor Dr. Chantal Vella; has accepted a tenure track faculty position in Exercise Science at Eastern Washington University.

-Matt Vaartstra, PhD; Major Professor Dr. Damon Burton; is working as the University of Idaho Assistant Director for Internships and Employer Relations in Boise, Idaho.

First Year Completed—

-Professor Bruce Saxman, MA Recreation; Bruce has completed his first academic year at the University of Idaho as a faculty member in the Recreation Program. Bruce completed his BS at Clemson University and MA at the University of Nebraska-Omaha.

-Dr. Lindsay Warren, DAT; Lindsay has completed her first academic year at the University of Idaho as a faculty member in the Athletic Training Program. Dr. Warren completed her BS at the University of Southern California, MS at California Baptist University, and DAT at the University of Idaho.

-Dr. Hyung-Pil Jun, DAT; Jun has completed his first academic year at the University of Idaho as a faculty member in the Athletic Training Program. Dr. Jun earned his BS at Indiana University of Pennsylvania, MS at the University of Pittsburgh, and PhD at the University of Miami.

Fulbright Outreach Lecture—

-The Recreation Program, led by Dr. Julie Son, was instrumental in bringing Dr. Hsueh-wen Chow to the University of Idaho as a Fulbright Visiting Scholar. Dr. Chow presented "How Parks Contribute to Our Health and Wellness" on May 3rd in the Bruce Pitman Student Union Center.

Arriving Soon—

-Ann Brown, Ann will be starting at the University of Idaho as an Exercise Science and Health Faculty Member in August 2016. She is completing her PhD in Exercise Physiology at Florida State University. Her dissertation is examining the effect of protein supplementation on body composition and dance performance in female collegiate dancers.

Going Abroad—

-Helen Brown, RD, MPH; In collaboration with Curriculum and Instruction faculty member, Dr. Janine Darragh, Helen will be taking students back to Nicaragua in summer 2016 to continue with and start new community development projects related to sustainable community health and literacy.

Retirement—

-Dean Cori Mantle-Bromley, Dean Mantle-Bromley has served as the dean of the College of Education since fall 2010. Thank you Cori for all you have done for MVSC. We wish you a most wonderful healthy active retirement and many enjoyable miles of trails hiked.

New Arrivals—

-Tyson Lee Chen, Born January 10, 2016 to the parents of Bamboo Chen (Recreation faculty member) and Vicky Lee; Stature 53cm, Body Mass 3200g.

-Adelynn Grace Meenan, Born November 11, 2015 to the parents of Melanie (Dance faculty member) and Sean Meenan; Stature 55cm, Body Mass 3900g.



Interested in Donating — MVSC Excellence Fund or Scholarship?

<https://www.sites.uidaho.edu/giving/givingform.aspx?presets=>

Contact Marta McClintock, Director of Development

(208) 885-7476, martam@uidaho.edu

Movement Sciences Newsletter

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