



IN-MOTION

Department of Movement Sciences

University of Idaho

College of Education, Health and Human Sciences



Dr. Sharon Kay Stoll

Celebrating 50 Years of Teaching and 37 Years at the University of Idaho

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Dr. Sharon Kay Stoll is celebrating 50 years of teaching. She started student teaching in 1967 in Mena, Arkansas at Mena High School. Her assignment in the Fall of 1967 was to teach ninth and tenth grade physical education along with teaching sophomore nonreaders Shakespeare. In fall 1968, she was a graduate assistant at Kent State University and taught exercise, self-concept for women, and a bowling class.

When asked about her bowling class she told the story of B135. "I was so excited to be teaching badminton. I made my syllabus and took it down to the secretary to turn it in. The secretary looked at me and said, you are not teaching badminton. You are teaching bowling." That day Dr. Stoll

found out that B135 was not badminton, but bowling. The secretary suggested that she go down to the bowling alley to learn about bowling. The manager asked her what she knew about bowling and Dr. Stoll said, "I have my own ball and I know how to score." In all, it turned out just fine for Dr. Stoll as the bowling manager was nice enough to come co-teach with Dr. Stoll for her three sections of B135.

(Story continues on Page 2)

MVSC Mission—

We improve movement, health, and well-being through innovative research, transformative learning and beneficial engagement.

Dr. Sharon Kay Stoll (cont.)

50 Years of Teaching and 37 Years at UI Dr. Stoll started her regular teaching in the fall of 1969. That fall she was teaching at Akron Garfield High School and in charge of seven physical education classes with seventy students in each class. Other responsibilities were to monitor the bathrooms, hall, cafeteria, and parking lots. She also coached four different sports. Dr. Stoll states, "This was pre-Title IX so I have a lot of great stories of girls trying to fight for the opportunity to participate in sport." She stayed there until 1975 when she left to go to Northwest High School in Canal Fulton, Ohio, where she was an English teacher and coached. In 1976 she left to earn her doctoral degree at Kent State University in Sport History and Philosophy. In 1980 she was awarded her Ph.D. and came to Idaho. She was a full professor by 1990. From 1993-1994 she was at the United States Military Academy in West Point, NY. In 1994 she came back to Idaho. Since Dr. Stoll's arrival in 1980 she has had 39 total doctoral students and has graduated 32 to completion.



HPERD Faculty 1981-1982, Sharon's 2nd Year at UI
*Top Row Fourth from Right

Dr. Sharon Stoll, Professor in Movement Sciences

Center for ETHICS!



Dr. SHARON STOLL, Director of Center for ETHICS

The Center for Ethical Theory and Honor In Competition and Sports (ETHICS) at the University of Idaho is unique in that it is the first of three programs in the United States which offers the study of moral development in sport. Dr. Sharon Kay Stoll is its director and has been since it became a Center in the fall of 1991. In the fall of 1991, Nightline came to do a story on the research that Dr. Stoll and her students had released. After Nightline, the Center was instituted by an act of the university president, Tom Bell, and state legislation.

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's goal is to return the classical concepts of justice, integrity, and responsibility in competition through education, research, and applied ethical intervention programs. A weekly newsletter is available via the following link:

http://www.webpages.uidaho.edu/center_for_ethics/

University of Idaho
Department of Movement Sciences
<http://www.uidaho.edu/ed/movementsciences>
movementsciences@uidaho.edu
208-885-7921

Welcome, Welcome!

CATE EGAN, Ph.D. Dr. Cate Egan joins the UI MVSC family from the University of South Carolina, where she completed her doctorate degree in 2017. Cate is starting her first year as an assistant professor in the Exercise Science and Health Program specializing in Physical Education Teacher Education. Prior to completing her Ph.D., she taught physical education at an elementary school in Minnesota (preschool through 6th grade), and taught in the physical education teacher education program at the University of South Carolina. Her research focuses on Healthy Active Lifestyles, specifically by expanding physical activity opportunities for students before, during, and after school. Dr. Egan enjoys being outside, college football, dogs, and traveling. Her goal is to travel to all 50 U.S. states. If you are interested in working on a collaborative research project to expand physical activity opportunities for children, families, and communities or want to explore the great Idaho outdoors please let Dr. Egan know!



Dr. Cate Egan, Exercise Science and Health Faculty—Physical Education Teacher Education

JOSHUA BAILEY, Ph.D. Dr. Joshua Bailey joins MVSC as an assistant professor in Exercise Science and Health with a focus in biomechanics. Joshua completed his Ph.D. in Kinesiology at the University of Nevada, Las Vegas in 2017. He has made the transition to Moscow with his wife, Alexis (of 7 yrs) and two highly active boys Grayson (5 yrs) and Daxton (3 yrs). His family looks forward to their first snowy-white winter in the Pacific Northwest. His research focuses on gait pattern changes during endurance running, while runners approach performance thresholds. His work has incorporated wearable technology, with a vision of expanding to the outdoor environment. From a coaching perspective, he hopes to identify tools for running coaches and endurance athletes to further enhance athlete performance. When he is not immersed in learning, teaching and research, he loves exploring the outdoors with his young family. He looks forward to supporting his boys on whichever life path they decide to embark.



Dr. Josh Bailey, Exercise Science and Health Faculty—Biomechanics

Welcome, Welcome (cont.)

JAYME BAKER, D.P.T. Dr. Jayme Baker completed her undergraduate degree in Kinesiology (emphasis in Athletic Training) from Cal State University Fullerton. After graduation, she went into clinical practice, serving as the Head Athletic Trainer at Rubidoux HS in Riverside, CA. After 2 years of clinical practice, Jayme returned to school to pursue a doctorate in physical therapy at Loma Linda University. Upon completing her Doctorate in Physical Therapy, Jayme returned to clinical practice as an outpatient therapist with her practice focusing on orthopedic rehabilitation, hand therapy, and wound care. In addition to clinical practice, Jayme also served as adjunct faculty for the Athletic Training Program and Kinesiology Department at California Baptist University. In the summer of 2013, Jayme and her husband moved to Moscow, where Jayme served as an adjunct faculty member for the M.S. in Athletic Training Program at UI for the past 4 years. Dr. Jayme Baker is now a Clinical Assistant Professor in Athletic Training, where 50% of her faculty position is engaged in outreach work within the Integrated Sports Medicine and Rehabilitative Therapy (ISMaRT) Clinic on the UI Moscow Campus in the College of Education, Health and Human Sciences Building. When not working, Jayme enjoys time creating new adventures with her husband and three children. Taryn is the most recent addition to the Baker Family, August 29, 2017.



Dr. Jayme Baker, DPT Athletic Training Faculty

EMMA GRINDLEY, Ed.D. Dr. Emma Grindley has been a member of Exercise Science and Health faculty since 2007, and in 2017 she transitioned to a permanent Instructor in MVSC. She has taught 21 different courses within the college during those 10 years. Emma currently focuses her time on helping students explore careers and build their resumes through practicum and internship, as well as teaching Psychosocial Determinants of Health where students explore mind-body-spirit research and practice. Dr. Grindley also teaches Psychology of Injury and Referral in the M.S. Athletic Training Program. Emma loves spending her time playing, being outdoors, and creating with her two sons Liam (Batman) and Max (Robin), husband Alan, dogs Kota and Kiah, and Pete The Cat.



In October, Emma was awarded the PIFCU Faculty-Staff Award. Her children attended and their highlight was high-fiving Joe Vandal and listening to the marching band. Emma was nominated by student athletes Kelly Dopke and Kayla Watanabe.



One of Dr. Grindley's favorite quotes is: *"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."* Viktor Frankl

Dr. Emma Grindley, Exercise Science and Health, and Athletic Training Faculty



Faculty Promotions

HELEN BROWN Helen Brown, a faculty member in Exercise Science and Health, was promoted to Clinical Associate Professor in 2017. In addition, Helen was awarded the *University of Idaho Outreach and Engagement Award* in 2017. Public health and nutrition has been the focus of her work at the UI. Her engaged teaching, scholarship, outreach, and service are built into everything she does to serve communities. At a young age Helen traveled the world and was faced with poverty she never knew existed in places such as India and Haiti. She knew through those experiences that she needed to be a part of solutions. From there she decided to be a nutrition major, but in order to be on the preventive side of things she found her focus in public health. Systems thinking aided her to bring about environmental and policy changes that actually make a difference. She noted, *“For me, the heart of the work is about equity and justice.”* She strives towards finding how to not just make health care access for all possible and easy.



Helen’s contributions the past 5 years have spanned the UI, Moscow, the broader Palouse area, and recently Nicaragua. Her previous experience working with Native American tribes in California and Wisconsin supported a natural transition to communities on the Palouse such as the Coeur d’Alene Tribe. Working with vulnerable and at risk populations has led her to work with populations such as migrant seasonal Head Start on preventative measures for obesity. The Safe Routes to School Program was initiated in Moscow in 2007 under the direction of Helen and Grace Goc Karp, in collaboration with the City of Moscow to improve infrastructure and encourage safe walking and biking to school. She developed the course Global Health, Literacy and Community Development, which takes place during the summer as a study abroad program in Nicaragua supporting student engaged experiences. To learn more about the Nicaragua work visit: <https://helenbsite.wordpress.com>. These are just some of the highlights of her work and dedication to serving communities as she sees her “civic duty and responsibility” is to help improve conditions and places.

Helen’s passion and dedication is translated in her teaching endeavors. Her students are out in the community through practicums, directed studies, and employment. The tobacco free UI Campus, effective July 2016, came directly from Helen’s Health Promotion class. *“The most rewarding part of this kind of work is students understand that they can do effective work that changes things. When you can help students understand their own capacity and vision and when communities realize change they never thought possible—that’s what is really fulfilling for me.”* Helen has recognized that the most challenging part of this work is being patient, change takes time. *“The challenge becomes educating students that process does really matter.”* She hopes to instill that that measuring one’s steps, being methodical, planning, and assessing are all important parts of the success of a project. Helen attributes this recognition to the bigger picture of support from the UI, College, Department, and of course her students that will be the future of engaged public health work across the globe. Congratulations Helen!



Helen Brown, M.P.H, R.D.N; Exercise Science and Health—
Community Health and Health Promotion

University of Idaho
Department of Movement Sciences
<http://www.uidaho.edu/ed/movementsciences>
movementsciences@uidaho.edu
208-885-7921



Faculty Promotions

ALAN NASYPANY Dr. Alan Nasypany, a Clinical Assistant Professor in Athletic Training, was promoted to Clinical Associate Professor in 2017. Alan is the Athletic Training Program Director and has been a faculty member at the University of Idaho since 2007. He and his wife, Emma Grindley, have two children, Liam and Max (Alan's two best friends). Alan enjoys spending time with his awesome family, being outdoors adventuring, laughing, playing guitar, golfing, reading, and working with patients in the Integrative Sports Medicine and Rehabilitative Therapy (ISMART) Clinic. Dr. Nasypany loves to learn, particularly in areas of healthcare and wellness, where he digests a vast amount of information from reading, and scholarly outreach practice. Particularly, he works to empower patients and students in their health and wellness in order to improve their lives and scholarly practice. Emma states, "He thinks he is very funny but the faculty feel he needs to continue to work on that some more."



Dr. Nasypany's love of learning can be witnessed in his scholarly patient-care work, where he continues to advance his knowledge and practice through a scholarly model that bridges the gap between theory and practice. Woven throughout Alan's work (i.e., scholarship, teaching and outreach) is the practitioner focused scholarly process of Evidence Based Practice and Practice Based Evidence. These combined models woven throughout his work have advanced the athletic training profession and scholarship impact in patient-care. Furthermore, Dr. Nasypany's drive as a scholar in scholarly development activities (e.g., innovative body and mind therapies, etc.) has brought creative innovation to the Athletic Training Program at the University of Idaho. Alan demonstrates true vision and entrepreneurship.



This vision and entrepreneurship can be seen in the development of the first doctoral program in Athletic Training in the World and the ISMART Clinic. The Master's degree in Athletic Training has also led the way in moving the profession to post-baccalaureate professional certification. The overall Athletic Training Program has woven scholarship and outreach/engagement throughout the curriculum. The faculty led ISMART Clinic is central to the scholarly outreach and patient-care practice in which both faculty and students engage, and this aligns well with the land grant mission of the university. The ISMART Clinic provides patient-care to the University of Idaho and Moscow communities. His collaborative scholarly patient-care works, with colleagues and students, are disseminated in athletic training, physical therapy, rehabilitation, and sport sciences journals. Congratulations to Dr. Nasypany on his promotion!

Dr. Alan Nasypany, Athletic Training Director

University of Idaho
Department of Movement Sciences
<http://www.uidaho.edu/ed/movementsciences>
movementsciences@uidaho.edu
208-885-7921



Doctoral Student Spotlight

MEGAN NELSON Megan Nelson is in her third year of the doctoral program in MVSC. She is studying Exercise Physiology under her mentor Dr. Chantal Vella. Megan attained her B.S. Degree in Molecular Genetics and Genomics from Michigan State University and M.S. Degree in Exercise Science from Northern Michigan University. Before moving to Idaho, Megan worked as a



Visiting Assistant Professor at Adams State University in Colorado, where she taught a variety of courses in Exercise Science. At the University of Idaho, Megan is involved with teaching labs and lecture courses as a TA, research in the Exercise Physiology Laboratory, and was recently elected as the **National Student Representative for the American College of Sports Medicine Northwest Region**. She just completed her first research study where she investigated the effects of different alternative work stations for increasing energy expenditure while performing sedentary work.

This year, Megan was selected as the recipient of the **UI Outstanding Graduate Student Teaching Award** after being nominated by MVSC faculty. She also

won a travel award to attend the 2017 ACSM Northwest Regional Meeting in Bend, OR where she presented a project titled “Comparison of Self-Reported Physical Activity with Objectively Measured Physical Activity in Undergraduate Students”. Her presentation at the conference was awarded as an **Outstanding Doctoral Oral Presentation**. Megan also just recently received her Certified Exercise Physiologist credential from ACSM. Outside of being a doctoral student, Megan enjoys traveling, rock climbing, spending time with her husband and two dogs, as well as racing in triathlons. In June, she raced her first half-ironman distance triathlon in Coeur D’Alene. When Megan completes her PhD, she ultimately aspires to work as a university professor where she can continue to work with



students, conduct research, and have the opportunity to analyze large data sets.



Megan Nelson, Doctoral Student;
Emphasis in Exercise Science—Exercise Physiology



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208-885-7921

Movement Sciences Staff Spotlight

KAITLYN WAGNER Kaitlyn Wagner joined the Department of Movement Sciences in November 2017. Kaitlyn is an administrative assistant for the department and works with the Athletic Training Program and Physical Activity Instruction Program, along with overall department matters. She

earned her B.S. in Exercise Science and Biology at Pacific University, Oregon, as well as a M.S. in Kinesiology at Boise State University. Kaitlyn is extremely excited to be part of the Vandal family, and wants to help make Movement Sciences the best program it can be. Her hobbies include hiking with her dogs, volleyball, everything Disney, and crafting. You can find her on a trail, at the dog park, or out shopping after work and on weekends. *Welcome Kaitlyn!*



Kaitlyn Wagner, MVSC Administrative Assistant



NICOLE CAMPBELL Nicole Campbell is a career advisor specializing in serving the Department of Movement Sciences, along with several other UI student populations. She has been with UI Career Services for the past 4 years, and in that time has guided thousands of students and alumni in deciding on a major, exploring career paths, finding jobs and internships, improving resumes and cover letters, applying to graduate school, and practicing interview skills. Each week, she holds appointment hours both in the Education Building and in her central office in the Idaho Commons. She gives presentations



frequently to classes across campus to help students practice career development skills and teaches a 1-credit class on career exploration. Nicole holds a B.A. from UC Berkeley and a certification as a Global Career Development Facilitator (GCDF).

In her free time, Nicole enjoys backpacking, learning languages, and playing string instruments.

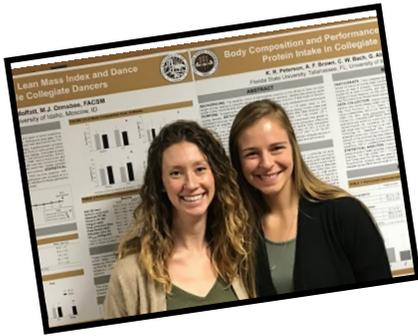
University of Idaho
Career Services

Nicole Campbell, Career Advisor—Career Services and Movement Sciences



University of Idaho
Department of Movement Sciences
<http://www.uidaho.edu/ed/movementsciences>
movementsciences@uidaho.edu
208-885-7921

Master's Student Spotlight



Katelyn Peterson Katelyn is M.S. Movement and Leisure Sciences student in MVSC, and she attended the American College of Sports Medicine Annual Meeting in 2017 where she presented her work on body composition and performance capabilities in collegiate female dancers. Katelyn completed her B.S. Exercise Science and Health undergraduate in 2016 after 4 years as a student-athlete in volleyball and track and field. She is now wrapping up her M.S. thesis data collection in the Human Performance Lab examining UI student-athlete energy availability, body composition, stress, and overall health. She successfully recruited over 100 student athletes and is excited to share her results at her thesis defense during the spring 2018 semester. In addition, Katelyn will be a MVSC Teaching Assistant in the spring 2018 semester assisting with Motor Behavior and Research Design and Analysis courses. She has aspirations to continue with schooling by working on a Ph.D. degree in Exercise Science.

Katelyn Peterson, M.S. Movement and Leisure Sciences

MVSC—Giving!

Opportunities

As a department, MVSC aspires to cultivate healthy and physically active lifestyles to sustain the well-being of individuals and communities in Idaho and beyond. We do this through innovative research, transformative learning and beneficial engagement. Your giving makes a difference for MVSC students.

Contribute to one of the following MVSC Funds—Thank you!

1. HPERD Excellence Fund (Department)
2. Physical Education Excellence Fund
3. Recreation Excellence Fund
4. Exercise Science Excellence Fund
5. Dance Excellence Fund
6. Athletic Training Excellence Fund
7. Movement Sciences Scholarships
8. Nicaragua Partnership Fund

University of Idaho

College of Education, Health and Human Sciences

Opportunities

Online: <http://www.uidaho.edu/giving/make-a-gift>

By Mail: University of Idaho Foundation, Inc. 875 Perimeter Dr. MS 3143, Moscow ID 83844-3143

Questions: Philip W. Scruggs, MVSC Chair, pwscruggs@uidaho.edu
208-885-2192

Undergraduate Student Spotlight

LAUREN SMITH Dance & Exercise Science Major Lauren Smith received a 2017 *Outstanding Senior Award & the Larry Craig ASUI Leadership Endowment* prior to graduating in spring 2017!

Lauren's dance faculty nominated her for these awards noting that they could think of no one more deserving to receive these high scholastic honors. Not only does Lauren deeply care about her own success in the arts, but she understands the transformative power and serves as an advocate for dance in her community. She brightens up any room with her ability to support a positive and creative environment that encourages others to work towards their full potential. Lauren plans to use the financial awards to further her career in dance performance. She



took the initiative to apply to perform at the *SoloDuo* Festival in New York City and was selected amongst a large pool of applicants by White Wave Dance Company. She plans to perform her solo "Stronger Shines the Light Inside," choreographed by faculty Belle Baggs, at the festival, June 24th & 25th. MVSC faculty are so proud of her success as a student and look forward to watching her continue to

reach towards her irrefutable potential beyond the University.



Lauren Smith, BS Dance and BS Exercise Science and Health, Spring 2017

MADELINE ROPPE And KELLY DOPKE Madeline is an Exercise Science and Health (College of Education, Health and Human Sciences) major, while Kelly is a Medical Sciences (College of Science) major. Kelly is working on becoming a physician, and Madeline is planning to be a physical therapist. Both Madeline and Kelly were *Awards for Excellence* winners for their outstanding academic achievements. Fifty students across the university were awarded *Awards for Excellence* for outstanding



academic achievement. Each of the 50 students from across the university that were named winners were asked to select a faculty or staff member who has been inspirational during their college career to share in the honor. Kelly Dopke selected Dr. Grindley as her Inspirational Mentor. Madeline selected her inspirational mentor as Katie Doman from Financial Aid Services. The awardees and their mentors were honored at an Excellence Banquet held on December 8th.

Kelly Dopke and Madeline Roppe,

B.S. Exercise Science and Health and B.S. Medical Sciences Students

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Undergraduate Student Spotlight

PHYSICAL EDUCATION TEACHER EDUCATION—EXERCISE SCIENCE AND HEALTH STUDENTS

Physical Education Teacher Education students and faculty attended and presented at the Society of Health and Physical Education—Idaho Conference in Lewiston, ID October 6-7, 2017. Nine students and three faculty presented at the conference. Presentation titles and authors were:

SHAPE
Idaho



- *Pain in the Back:* Nicole Weinman, Michael Chen, Dr. Grace Goc Karp.
- *Comprehensive School Physical Activity in Action:* Dr. Grace Goc Karp, Dr. Cate Egan, Dana Hemmingmoore, Chantell Lowe, Michael Chen, Joy Ledford.
- *Vigorous Multicultural Games Extravaganza:* Dana Hemmingmoore, Zach Lichte, Dr. Grace Goc Karp
- *The Keys to Communication: Outdoor Recreational Games for Teamwork and Communication:* Chantell Lowe, Dr. Cate Egan.
- *Yoga: Finding Balance Between School and Exercise:* Kennedy Zarak, Quinn Mitchell, Dr. Elizabeth Escamilla Miller.
- *Higher Education Roundtable:* Drs. Cate Egan, Grace Goc Karp and Elizabeth Escamilla Miller

EXERCISE SCIENCE AND HEALTH INTERNSHIP STUDENTS

In 2017, 45 B.S. Exercise Science and Health students completed their internship experience. Within the B.S. Exercise Science and Health Degree, students have four degree options: 1) Fitness, Health and Human Performance; 2) Pre-Physical Therapy—Allied Health, 3) Pre-Athletic Training, and 4) Physical Education Teacher Education. The internship prepares students for jobs and/or graduate school by having them immersed in a worksite for 360 to 560 hours. Students in ID, WA, CO, MT, & CA completed work within a variety of settings: Strength and Conditioning, Intramurals, Coaching, Fitness, Sports Performance, Cardiac Rehab, Orthopedic & Sports Medicine, Nursing, Physical Therapy, Occupational Therapy, Chiropractic, Health Education, Public Health, and School Physical Education. Well done students for your personal and professional growth. A big thank you to all of our sites and their staff who are an integral aspect of our students' education and professional development.



MVSC students who completed an Exercise Science and Health

Internship in 2017: Emma Balazs, Gabby Leong, Alex Rodriguez, Clinton Carlson, Patience Hamm, Doug Coman, Clara Gomez, Jacklyn Chin, Sarah Graham, Monica Dierken, Austin Rehkow, Michael Ramey, Ryan Gary, Sierra Riley, Kevin Shelton, Erin Miranda, Brittany Pope, Nicholas Tallabas, Nick Becar, Chad Blair, Nicole Costello, Torrin Crawford, Carson Huck, Johnathan Nicolich, Madison Parks, Nanci Paz, Jeffery Hayden Powell, Lynsay Saunders, Johnathan Stoneman, Nicole Weinman, Thomas Windisch, Shane Kuther, Viviana Baeza Nunez, Tristan Clements, Rosemary Coldsnow, Clayton Garcia, Gentry Taylor, Josi Gibbs, Cassandra Milford, Tim Olson, Victoria Papke, Kayla Robnett, Yadira Zuniga, Bradley Njoku, Dana Hemmingmoore, Tayler Feinauer, Michaela Lang, Scott Siebert.

MVSC Vision—

We aspire to cultivate healthy and physically active lifestyles to sustain the well-being of individuals and communities.

MVSC Alumni—Stories

Ginny Robinson, B.S. Dance (2013)

Ginny is currently an MS student in Movement and Leisure Sciences and a MVSC teaching assistant. She is originally from WA, where she spent 4 years doing non-profit movement outreach, youth programming, teaching dance and fitness classes. These many experiences lead her to continue her education in MVSC and healthy active living. Ginny is inspired by people's movement journeys and how these journeys influence overall well-being. Ginny's professional goals include opening a wellness studio that features multiple holistic health opportunities, such as movement classes, nutrition guidance, personal training, massage, and human performance consultations. She has enjoyed researching how to incorporate psychology and mental training into her pedagogy practices, and says "It has been a great practical learning experience collaborating with the UI Dance Program."



Kristal Garland-Smith, B.S. Dance (2015)

Kristal Garland-Smith has been building a career in Boise. Kristal says, "Dance is busy here in Boise!" She is teaching at Elevated Dance Project, Backstage Dance Center, and Boise Dance Alliance. She is working with a team on two competition level pieces, as well as individual solos for adjudication and competition, in addition to teaching classes for recreational dancers in ballet, modern, lyrical, and jazz. "My students and I are rehearsing seven works for various shows and performances with all different ages, in all different genres of dance." She has also been utilizing her Pilates Mat Certification with her students. She teaches a few Pilates classes a week to her students with some modifications for strength and conditioning and an emphasis on safe and healthy dance practices, an interest that was ignited during her time as a UI Dance Student. Kristal continues her training in ballet and contemporary dance as often as she can.

Staci Alden (Stratton), B.S. Exercise Science and Health (2011)



Alumni Staci Alden (Stratton) and her colleague Emily Gavin visited with MVSC to speak to our Introduction to ESH and Internship Preparation classes about personal training and fitness, and opportunities with PRO Sports Club. Staci has worked at PRO Sports Club in Bellevue, Washington since her internship there in 2011 and is currently their Group Fitness Director. Staci works alongside three other UI ESH alumni (left to right Staci Alden 2011, Ben Smith 2006, Hollie Garsion 2012 and Master's 2013, and Janelle Chow 2013). Originally home to the city's NBA team, the Seattle Supersonics in 1973, PRO Sports Club has since grown into one of the premier health clubs in the U.S. It is continually voted the "Eastside's Best Family Health Club." The 272,000 square foot facility offers a range of sports specific courts, state-of-the-art pools and group fitness studios, restaurants and a resort-style spa. At the heart of it all is the incredible and hardworking staff. Professional and positive, each person is dedicated to providing exceptional customer service. Interested in an internship or employment? Contact Emily (egavin@proclub.com).

Britney Hoffer, B.S. Exercise Science and Health (2016)

Britney began her college career with an inkling of what she wanted to do in life, but no idea how to get there. From past experiences, she wanted to be in the healthcare field, but was unsure where she fit into the puzzle. In 2013, she took a leap of faith and went on her first medical mission to Honduras, "it was eye-opening and shocking to say the least. Interestingly, what bothered me most wasn't seeing the third degree burns or the infected diabetic ulcers. What bothered me was the amount of preventable diseases that I saw." She returned to Honduras 2 years later on a medical mission. She did her first practicum while there and worked on parasite prevention. That same summer, she went to Nicaragua with Helen Brown. "Helen's trips to Central America got me interested in Public Health, but it took a lot of soul-searching to realize that I wanted to take it beyond my community." Britney's future career aspirations are to work for an international organization that focuses on implementation and advocacy of various health issues. My goal is to live in a middle-to-low income country working with children and their families on preventative health and to help stop the spread of disease at the source.



MVSC Alumni—Stories

Katie Adams, B.S. Exercise Science and Health (2016), M.S. Movement and Leisure Science

Katie Adams graduated from the UI with a B.S. in Exercise Science and Health in 2016, and completed her M.S. in Movement and Leisure Sciences with an emphasis in Sport Psychology with Dr. Damon Burton. She moved to Bismarck, ND to go to school for a Doctor of Physical Therapy Degree and is particularly interested in stroke rehabilitation. Katie is interested in conducting research pertaining to psychology in physical rehabilitation. During her free time, some of Katie's favorite activities include kayaking, mountain biking and cross-country skiing with her awesome husband, Orrin.



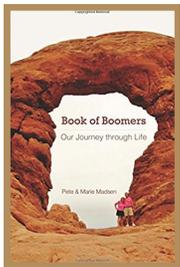
Kelsey Craft, B.S. Exercise Science and Health (2013)

Congratulations and thank you to Kelsey Craft. Kelsey recently completed her Physician Assistant's training, passed the national board exam, and has started her first Physician Assistant's job in Florida. Kelsey graduated with her bachelors in 2013 from the Exercise Science and Health Program and was kind enough to come and talk to our Introduction to Exercise Science and Health class about her experiences and training to be a Physician Assistant.



Pete Madsen, M.S. Physical Education (1983)

Pete and Marie Madsen, alumni of the UI '83 stopped by the Department of Movement Sciences on Friday, September 22nd as they were traveling home from their adventure to Alaska. Pete is a retired physical education teacher and coach from Ohio, where he was instrumental in K-12 2010 Physical Education legislation improving physical education. They have written a book together entitled, "Book of Boomers: Our Journey through Life."



Angie Rios, M.S. Movement and Leisure Sciences (2017)

Angie Rios graduated from UI with an M.S. in Movement and Leisure Sciences with an emphasis in Recreation, Sport, and Tourism Management. Her goal was to find a career in campus recreation because she wants to help college students in the ways her professors and mentors helped her. Soon after graduation, she was offered a position as Coordinator of Recreational Sports and Fitness Programs at the new Student Wellness and Recreation Center at North Idaho College. This position allows Angie to help students find happiness in sports and enjoy a healthy lifestyle. She arrived in Coeur d'Alene to a half-built facility. While the first semester is near its end, Angie and her co-workers have hosted a Student Health and Wellness Fair, several fitness classes, intramural sports seasons, and youth sports clinics. Angie feels blessed to be where she is and would like to thank professors in MVSC.



Eric Gower, B.S. Recreation (2017)

Eric Gower received a B.S. in Recreation at the UI and now he works full-time as an Outreach Assistant with the TRIO INSPIRE program in the College of Education, Health, and Human Sciences. Eric plans, designs, implements, and facilitates comprehensive programming for low-income/first-generation high school students. Some of the programming includes immersive experiences in Portland, Seattle, California, Glacier National Park, Washington DC, New York, Boston, Nashville, and Huntsville. He has run a wide variety of curriculum including core classes (i.e., Math, Science, Literature) and supportive classes (i.e., service learning projects, recreational opportunities, cultural activities) during the summer and throughout the academic year. In addition, he coordinates work-study students, volunteers, and interns. Eric is pursuing a M.S. Movement and Leisure Sciences Degree, and his career goal is to become a TRIO director within 10 years.





Movement Sciences— Research/Creative Works Laboratory Updates!

INTEGRATED SPORTS MEDICINE MOVEMENT ANALYSIS LABORATORY (ISMMAL)



The Biomechanics Laboratory is now named the Integrated Sports Medicine Movement Analysis Laboratory (ISMMAL) and received a \$120,000 equipment upgrade. Updates included a new high-end VICON motion capture system, Humac Norm Isokinetic Dynamometer, AMTI AccuSway Portable



Forceplate, and a 14 channel Delsys Wireless Electromyography. Drs. Jun, Larkins, Baker, Bailey and Seegmiller work with graduate students Youngmin Chen, Songah Chae, Emi Takahashi and Adrian Pettaway, and other MVSC and university faculty conducting biomechanical research focused on human performance and effective rehabilitative and preventive patient care strategies.

HUMAN PERFORMANCE LABORATORY (HPL)

The Human Performance Laboratory (HPL) focuses on the interaction between metabolism, body composition and performance in order to optimize performance through dietary and exercise interventions. The HPL currently has graduate students (Samantha Brooks a Ph.D. student and Katelyn Peterson a M.S. student) working with Dr. Brown. Katelyn is preparing for her thesis defense on relative energy deficiency in UI student-athletes. Undergraduate students work in HPL on a variety of research projects. Current undergraduates include Joelle Stephens (ESH), Ali Lotstien (ESH), Mary Hannon (ESH), Sawyer Smith (Med Sci), Mary Trumble (ESH & Psych), Grant Hill



(ESH), Rob Litz (ESH), and Rachel Davis (ESH). Ali Lotstien was recently awarded an undergraduate research grant to conduct research on changes in cortisol and the relationship between body composition and dietary behavior in a collegiate population. In HPL, a new collaborative research with the UI Dance Program is currently underway to investigate how diet, body composition, and performance change in the collegiate dance population over an academic year.



Movement Sciences— Research/Creative Works Laboratory Updates! (cont.)

PHYSICAL ACTIVITY PEDAGOGY LABORATORY



The Physical Activity Pedagogy Lab has undergone major changes, and is close to being completed with a total new look and with all new equipment. Drs. Cate Egan and Grace Goc Karp are looking forward to engaging undergraduate and graduate students in rich technology-based teaching and learning experiences both inside and outside of the lab. The new lab space is an active workspace featuring stand up desks, stability balls, and stability stools. Also added are technologies such as two large screen wall mounted Smart TVs, Xbox One Kinect, Wii Fit, IHT heart rate monitors, Logitech conferencing technology,

and a pocket projector. The new technology will enhance opportunities for our students to learn how to use the latest technology to assess physical activity and fitness as well as provide opportunities for continued physical activity research and collaboration. Dance and Physical Education students and faculty will be able to edit and analyze video using our new Mac computer system and video editing hardware and software. In addition, students and faculty now have access to technology in the lab, including iPad Mini's, iPods, Swivel Camera System, Fitbits, and a FitStep Pedometer System. Stop by PEB 100 to see the new changes and be active with us!

DANCE STUDIO THEATRE LABORATORY

With the generous support of the Doceo Center, Albertson's Foundation, College of Education, Health, and Human Sciences and DAN student fees, the UI-Dance Program began the first steps in renovating the program's two dance laboratory spaces this past summer. New sound systems were installed in both studios, PEB 110 received a fresh look with new paint, and an upgraded lighting system including LED instruments in the PEB 110 studio theatre. The next renovation stage planned for spring 2018 is an updated theatre seating system in the studio theatre. These upgrades support instruction and learning, faculty and student research, and presentation of important creative activities and concerts. Future dance laboratory enhancement projects include updating flooring with state of the art sprung dance floors and the development of an Injury Prevention Pilates Laboratory to promote



health and safe training. Donations to the *Dance Excellence Fund* can help support these facility renovations as well as scholarships for dance majors.





SELECTED MVSC PUBLICATIONS/ CREATIVE WORKS IN 2017

- Ann Brown, Ph.D.—Exercise Science and Health

Brown AF, Bach CW, Almeida GD, Leonard S, Welsh T, Ormsbee MJ. Body composition and performance capabilities based on protein intake in collegiate dancers: A pilot study. *Journal of Sports Science*. 2017;5:189-197. doi:10.17265/2332-7839/2017.04.001

- Bamboo Chen, Ph.D.—Recreation, Sport and Tourism Management

Chen CC, Huang WJ, Gao J, Petrick JF. Antecedents and consequences of work-related smartphone use on vacation: An exploratory study of Taiwanese tourists. *Journal of Travel Research*. 2017. DOI:10.1177/0047287517714907journals.sagepub.com/home/jtr

- Cate Egan, Ph.D.—Physical Education Teacher Education

Weaver RG, Webster CA, **Egan C**, Campos CMC, Michael RD, Vazou S. Partnerships for active children in elementary schools: Outcomes of a 2-year pilot study to increase physical activity during the school day. *American Journal of Health Promotion*. 2017. Online First Epub. DOI: 10.1177/0890117117707289journals.sagepub.com/home/ahp

- Belle Baggs, M.F.A.—Dance

Baggs, B. Stronger Shines the Light Inside, *Solo/Duo Festival* curated by White Wave Dance C. June 2017, Dixon Theatre, New York City, NY. *adjudicated and selected to perform.

- Grace Goc Karp, Ph.D.—Physical Education Teacher Education

Goc Karp G, Brown H, Scruggs PW, Berei CP. (2017). Cultivating leadership, pedagogy, programming and marketing for CSPAP and Healthy Active Lifestyles at the University of Idaho. *Journal of Physical Education, Recreation and Dance*. 2017;88(1):29-35.

- Julie Son, Ph.D.—Recreation, Sport, and Tourism Management

Son JS. Marginalization in leisure and health resources in a rural U.S. town: Social justice issues related to age, race, and class. *International Journal of the Sociology of Leisure*. In Press.

- Josh Bailey, Ph.D.—Exercise Science and Health

Bailey J, Mata T, Mercer JA. Is the relationship between strike length, frequency, and velocity influenced by running on a treadmill or overground? *International Journal of Exercise Science*. 2017;10(7):1067-1075.

- Alan Nasypany, Ed.D.—Athletic Training

Hudson R, Baker RT, May J, Reordan D, **Nasypany A**. Novel treatment of lateral ankle sprains using the Mulligan concept: An exploratory case series analysis. *Journal of Manual and Manipulative Therapy*. 2017;25(5):251-259.

- Helen Brown, M.P.H, R.D.—Exercise Science and Health

Brown H. Exploring perceptions of faculty governance from an organizational lens. *Workplace*. 2017;29:3-16.



SELECTED MVSC PUBLICATIONS/ CREATIVE WORKS IN 2017

-Jim May, DAT.—Athletic Training

May JM, Nasypany A, Paolino J, Baker R, Seegmiller J. Patient outcomes utilizing the Mulligan Concept of mobilization with movement to treat intercollegiate patients diagnosed with lateral ankle sprain: An a priori case series. *Journal of Sport Rehabilitation*. 2017;26:486-496.

-Chantal Vella, Ph.D.—Exercise Science and Health

Vella CA, Allison MA, Cushman M, Jenny NS, Miles MP, Larsen B, Lakoski SG, Michos ED, Blaha MJ. Physical activity and adiposity-related inflammation: The MESA. *Medicine and Science in Sports and Exercise*. 2017;49(5):915-921.

-Dave Paul, Ph.D.—Exercise Science and Health

McGrath R, Vella CA, Scruggs PW, Peterson MD, Williams CJ, **Paul DR**. The impact of low accelerometer wear time on the estimates and application of sedentary behavior and physical activity data in adults. *Journal of Physical Activity and Health*. 2017;14(12):919-924.

-Rusty Baker, D.A.T., Ph.D.—Athletic Training

Sanchez BJ, **Baker RT**. Conservative management of possible meniscal derangement using the Mulligan concept: A case report. *Journal of Chiropractic Medicine*. 2017;16:308-315.

-Scott Cheatham, Ph.D.—Athletic Training

Cheatham SW, Baker RT. Differences in pressure pain threshold among men and women after foam rolling. *Journal of Bodywork and Movement Therapies*. 2017;21:978-982.

-Zeigel AK, DAT—Athletic Training

Bonser RJ, Hancock CL, Hansberger BL, Loutsch RA, Stanford EK, **Zeigel AK**, Baker RT, May J, Nasypany A, Cheatham S. Changes in hamstring range of motion after neurodynamic Sciatic Sliders: A critically appraised topic. *Journal of Sport Rehabilitation*. 2017;26:311-315.

-Hyung-Pil Jun, Ph.D.—Athletic Training

Rendos NK, **Jun H.**, Lew Feirman K, Harriell K, Lee SY, Signorile JF. Acute Effects of Whole Body Vibration on Balance in Persons with and without Chronic Ankle Instability. *Research in Sports Medicine*. 2017;25(4):391-407

-Melanie Meenan, M.F.A.—Dance

***Meenan M**. Beneath the Surface, dance performance in *Form and Transform*. 2-5 November 2017. University of Idaho Dance, Hartung Theatre, Moscow Idaho. *Choreographer as author.



University of Idaho
Department of Movement Sciences
<http://www.uidaho.edu/ed/movementsciences>
movementsciences@uidaho.edu
208-885-7921



IDAHO DANCE EDUCATION ORGANIZATION (IDEO) CONFERENCE

The Dance Program proudly hosted the 3rd annual Idaho Dance Education Organization (IDEO) Conference, titled “Embodying Healthy Practices,” held in Moscow on October 27-28. The conference was well attended with over 100 conference registrants, the largest IDEO conference to date. This conference offered professional development opportunities for K-12 and early childhood educators, dance professionals and artists, studio owners, movement researchers, as well as college and high school students. Keynote speaker, Mary Lou Seereiter, presented four sessions throughout the conference with breakout sessions presented by more than twenty other dance educators, artists, scientists, and movement specialists from around the state and Pacific Northwest. UI-Dance Professor Emerita, Diane Walker, was honored with the IDEO Lifetime Achievement Award, the organizations’ most prestigious honor. UI-Dance alumni visited and provided many conference presentations and choreographed work in the closing gala concert, including Lauren Smith, Elizabeth Helwick, Judy Drown, Tara McFarland, Gin Robinson, and Shannon Keightley. Research sessions were also presented by UI-Dance Faculty, Belle Baggs and Melanie Meenan as well as Movement Sciences Faculty, Dr. Ann Brown and Dr. Lindsay Larkins. Meenan (Conference Coordinator) and Baggs (High School Dance Representative) both served as IDEO Board Members this past year. IDEO, the state affiliate of the National Dance Education Organization, an advocate for dance education, aims to further the field of dance through research and the sharing of pedagogical practices while supporting the networking of professionals and students in the State of Idaho. Join IDEO next fall for the 2018 conference in Twin Falls! For more information about IDEO visit the website: <http://idahodeo.org>



DANCERS, DRUMMERS, DREAMERS 26TH YEAR “CONVERSATIONS”

The The UI-Dance Program’s spring production of *Dancers, Drummers, Dreamers* was held March 23-25, 2017. The 26th anniversary concert titled, “Conversations” included choreography by senior students, faculty, alumni, and guest artist, Melanie George. Melanie’s expertise as a jazz dance choreographer and educator widen the palette and visibility of jazz dance that is rooted in historical based inquiry, improvisation, and stylization. During Melanie’s time on campus she worked with eight talented young dancers and set a new work titled, “Walk, Run, Vibe(s).” This piece was set to two songs by The Modern Jazz Quartet (arranged by Dan Bukvich) and featured music student performers. The four performances were a hit with nearly sold out audiences each concert.





DANCE SENIOR SHOWCASE



The UI-Dance Program seniors presented *Emerging: Beyond Motion* showcasing their semester-long research projects on April 29, 2017. This event included presentations of research by Lauren Smith, Lisa Nikssarian, & Elizabeth Helwick through both verbal and movement demonstrations. Topics for this showcase included the performer-audience connection, the role lighting design plays in dance performance, and professional development for aspiring dancers and choreographers.

AMERICAN COLLEGE DANCE ASSOCIATION CONFERENCE

UI-Dance faculty took eleven students to the Northwest American College Dance Association in Eugene, OR March 28–April 1, 2017. Faculty Belle Baggs and Melanie Meenan taught classes and contributed to research panels geared towards the collegiate dancer. Belle Baggs also featured her choreography, “Stronger Shines the Light Inside” highlighting senior dance major, Lauren Smith. The piece was adjudicated by a panel of professionals in the field of dance. Senior Lisa Nikssarian was also selected to represent her work.



RESIDENCY WITH GUEST LECTURER—*Mary Lou Seereiter*

University students from a variety of disciplines participated in workshops with movement research specialist, Mary Lou Seereiter (Lorane, OR). Her a unique background in embodied anatomy, development movement patterns, dance therapy, and dance education, provided educational opportunities for more than 100 UI students over 3 days. Over 50 Applied Anatomy (PEP 300) students from a variety of disciplines attended a lecture-lab based session, “The Flow of Gravity Through Feet, Leg, Pelvis, and Spine.” Psychology and dance students participated in a 3-hour Authentic Movement workshop, a form of therapy that brings awareness to inner feelings and outer projections often placed on others through a movement improvisation process. Elementary Education Majors participated in a Creative Dance workshop while Dance students had additional opportunities to take improvisation and modern dance technique master classes that integrated ideas of developmental movement and Bartenieff Fundamentals with their practice. Seereiter’s residency, made possible by the Dance Program, offered a stimulating lead up to her keynote presentations for the IDEO Conference.



MVSC Mission—

We improve movement, health, and well-being through innovative research, transformative learning and beneficial engagement.



Fall Faculty Concert and Master Class: “Form and Transform”

The UI-Dance Program’s Fall Main Stage Concert “Form & Transform” received exceptional feedback and recognition for creativity. The Argonaut described the concert as “a thought-provoking and powerful experience that proves you don’t have to leave Moscow to find top-notch artistry.” Works were featured by faculty choreographers, Belle Baggs and Melanie Meenan, as well as guest artists Vincas Greene (Spokane, WA) and Faith Morrison (Portland, OR). Green and Morrison each set work on dance major/minor students during intensive residencies, which also included the presentation of lecture

-demonstrations and instruction of master classes for all students. Residencies were supported in part by an ASUI Fine Arts Fee grant. The four-day concert event included a free master class and audition hosted by the program for prospective students and community members, an alumni/parent/donor reception with student performers, and a Q&A following the Sunday matinee. A full review of the concert is available here: <https://www.uiargonaut.com/2017/11/04/a-thought-provoking-performance-ui-dance-programs-fall-concert-tells-stories-through-movement/>.



UI-Dance and The Lionel Hampton Jazz Festival 2017

The UI-Dance Program was proud to support the 50th anniversary of the 2017 Lionel Hampton Jazz Festival. Jazz Fest shared the dance residency fee for guest artist, Melanie George from Washington D. C. George’s “Jazz Is . . . Dance Project” enriched the workshops with historical dance references plus her unique choreography for Uldaho dance majors and minors. The Uldaho Jazz Fest may be the only university jazz festival offering a full dance workshop schedule. The broad spectrum of dance workshops, designed to reach the musicians attending Jazz Fest, introduced them to dance in an enjoyable and non-threatening way and informed them through dance movement about the music they play. The workshops were attended by high school dancers/musicians, UI dance majors and minors, students from other university dance classes, and community members. In addition, a faculty member from the LCSC Education and Kinesiology Program brought students to workshops. The Gritman Wellness Center offered classes in order to involve more community members in social dance activities. The Jazz Fest Office reported that the total number of student performers for 2017 was 4,200 with 132 schools participating.

2018 Spring Dance Events—Performances

DANCE PROGRAM AUDITION AND MASTER CLASS



The UI-Dance Program will hold its program entry audition for prospective students on Friday, February 9, 2018. Prospective students interested in becoming a dance major beginning in the fall of 2018 should apply to attend and inquire about available scholarships. See our website for more information about how to apply or email dance@uidaho.edu.

DANCE ACTIVITY CLASSES AND DANCE MINOR

Dance activity classes are open to all University students. Check out the program's wide array of dance style offerings in spring 2018, under DAN 105 and DAN 116. In addition to the unique B.S. in Dance curriculum, the UI-Dance Program also offers a 24 credit Dance Minor. If you are interested in becoming a minor or want to learn more about it, contact the program: dance@uidaho.edu

JAZZ FESTIVAL DANCE WORKSHOPS

The University of Idaho Lionel Hampton Jazz Festival will once again include free dance workshops open to all on February 23-24, 2018. Former faculty Diana Walker and Greg Halloran initiated Jazz Fest Dance Workshops in 2004, and the workshops continue today to expand students' understanding of dance and music through a variety of "hands-and-feet-on" sessions. The broad spectrum of dance workshops introduces Jazz Fest musicians and attendees to dance in an enjoyable and non-threatening way and informs them through dance movement about the music they play. The workshops are attended by high school students attending Jazz Fest, UI dance majors and minors, students from other university dance classes, regional elementary schools, and community members. Join the fun in a variety of classes open to all ages and levels led by guest artists, faculty and specialty dance instructors including: Swing, Hip Hop, Musical Theatre, Rhythm Tap, and more. Check out the website for more information: <http://www.uidaho.edu/class/jazzfest>.



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2018 Spring Dance Events—Performances (Cont.)

DANCERS DRUMMERS DREAMERS

Save the date for the always inventive, unique, and spirited production of “DancersDrummersDreamers” produced in collaboration with the Lionel Hampton School of Music, scheduled for March 22-24, 2018 at the Hartung Theatre. All current students can audition to dance in this performance on Monday, January 15th at 7pm in PEB 110.



PILATES CERTIFICATION PROGRAM

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SEPTEMBER 13, 2017 & APRIL 17-20, 2018
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The Department of Movement Sciences is currently hosting the BASI Pilates® Mat Teacher Training program, a training offered biannually at the University of Idaho. The course will wrap up this spring with the final three course modules instructed by a guest BASI faculty member, followed by practical examinations in practice and teaching. In addition to coordinating the certification course offerings at UI, faculty member and Pilates specialist Melanie Meenan offers practicum and internship opportunities to supplement and support trainees learning experiences. Contact Meenan at mmeenan@uidaho.edu for more information on future offerings.

CELEBRATE BLACK HISTORY MONTH WITH CLEO PARKER ROBINSON DANCE ENSEMBLE



Check out a performance by Cleo Parker Robinson Dance Ensemble performance co-presented by Festival Dance and WSU Performing Arts: Sat, Feb 10; 7:30pm; Jones Theatre (WSU). Tickets are \$22 for Adults, \$18 for students, \$16 for youth under 16. Tickets are available through the Beasley Ticket office, ticketswest.com, and the Festival Dance office. A lecture-demonstration and master class with UI students will be offered; schedule TBA. Email dance@uidaho.edu for more information.

For a complete listing of all spring 2018 Dance Program Events visit:
<http://www.uidaho.edu/-/media/UIDaho-Responsive/Files/coe/MVSC/Academics/Dance/DanceCalendar.ashx>



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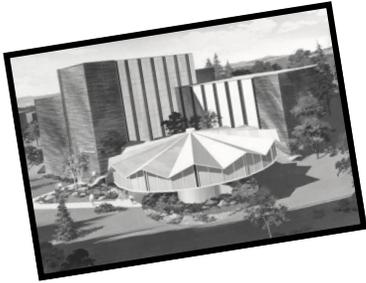


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MVSC—New Curriculum and Names!

College Education, Health and Human Sciences



The College of Education was established in 1920 and was renamed the College of Education, Health and Human Sciences in fall 2017. The name change offers a significant opportunity to capture the diversity of teaching, scholarship and outreach taking place in the college, within the departments of Movement Sciences, Leadership and Counseling, and Curriculum and Instruction.



University of Idaho
College of Education, Health and Human Sciences

Recreation, Sport and Tourism Management

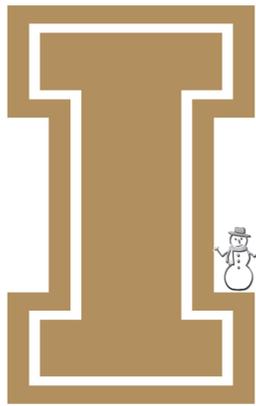
The B.S. in Recreation degree name was changed to Recreation, Sport, and Tourism Management, effective with the 2017-18 UI General Catalog. The degree name change to Recreation, Sport and Tourism Management better reflects the content that is currently covered across the curriculum. It is also expected that the name change will help prospective students identify a degree that will suit their abilities, interests, and goals, and also help them recognize connections between the degree and career opportunities in recreation, sport and tourism. The name change will also help current students market the knowledge, training and skills they have attained with the degree to potential employers.

Athletic Leadership Certificate

The purpose of the Athletic Leadership Certificate is to utilize a collaborative, holistic, and cognitive approach to serve as a bridge between the development of the athletic, academic, and psycho-social realms of participation. We envision capturing and augmenting the athletic experience so it may be contextualized and consumed within a leadership focused academic framework and highlight the academic merit of an athletic experience. A secondary objective of this certificate is to enhance the sport culture through the holistic development of the individuals who make up the community. The Athletic Leadership Certificate is a great way for athletes, defined broadly, to put what they know how to do on the court, field, and/or arena into the classroom setting and receive a more focused education. Students will receive the certificate by completing a specific set of courses. Students who are freshman will only have to take three extra credits throughout their tenure at this university to complete the certificate if they enroll in designated MVSC ISEM classes and CLASS courses. The certificate is on the University of Idaho certificate list and students are presently enrolling. If you envision yourself in any leadership role within the broad athletic arena, this certificate is for you. Contact Dr. Stoll at [sstoll@uidaho.edu](mailto:ssstoll@uidaho.edu) or movementsscience@uidaho.edu for more information.

MVSC Vision—

We aspire to cultivate healthy and physically active lifestyles to sustain the well-being of individuals and communities.



University of Idaho— Renames Bike Path

Kristin Armstrong Paradise Path Bikeway

KRISTIN ARMSTRONG On September 9, 2017 the 3km Paradise Path stretch that winds through the University of Idaho Campus was renamed the Kristin Armstrong Paradise Path Bikeway. Kristin, a graduate of the University of Idaho in 1995 with a degree in Exercise Science in the Department of Movement Sciences, is a three time Olympic Gold medalist in cycling. Kristin’s visit to Moscow consisted of a special presentation to Movement Sciences students where she shared not only aspects about her multiple Olympic experiences but her life experiences that are the foundation to her successes as an Olympian, professional, mom, wife, alum and member of the Idaho and world communities. She also shared with MVSC students positive aspects of her university



experience and how her collegiate work prepared her academically and socially for her life experiences after graduation. Kristin is married to Joe Savola and they have a 7 year-old son, Lucas. Today, she is highly engaged in sharing her story, working with U.S. Olympic Cycling and with motherhood. Congratulations to Kristin and her family!

MVSC 2017 Scholarship Awards and Recipients

In 2017 the Department of Movement Sciences awarded **\$111,126** dollars to MVSC students. Scholarship recipients were included 54 undergraduate and 6 graduate students.

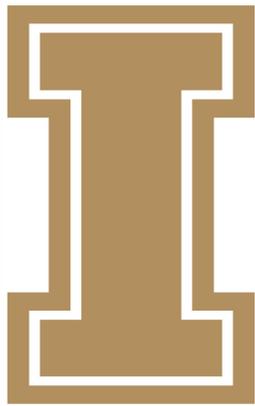
MVSC undergraduate awardees were: Brock Browning, Christina Carlson, Hailey Gilbreath, Cole Hitesman, Angela Nutter, Reece Alford, Zachary Bafus, Kendall Baker, Sarah Chmelik, Aleksandra Day, Taylor Eddleston, Griselda Garcia, Tyler Ochoa, Allysen Olsen, Rebecca Pearce, Darinkka Rojas, Whitney Sumner, Lucas Thomas, Taylor Truesdell, Saban Ursua, Melissa Beals, Makenna Behrens, Isabella Birnie, Gavin Gunner, Shaleyna Higgins, Nicole Hindberg, Erin Langley, Esther Raynard, Malia Remillard, Jacob Russell, Abigail Shepard, Zarren Stoddard, Kate Wilhite, Carley Youmans, Victoria Zenner, Matea Berria, Danielle Capelli, Emily Chatburn, Tristan Clements, Rosemary Coldsnow, Kathryn Glaeser, Dana Hemmingmoore, Jeneba Hoene, Chantell Lowe, Kodie McQuay, Kassandra Milford, Stephanie Moore, Allysen Olsen, Sarah Page, Kayla Robnett, Madeleine Roppe, Sheyenne Shamburg, Lianne Tompkins, Brianna Wilfert

MVSC graduate recipients were: Lucas Bianco, Joy Ledford, Marcis Fennell, Megan Nelson, Vanessa Lara-Diaz, Erika Woodworth.

On behalf of all MVSC faculty, staff and students we thank all of our scholarship donors and donor families. **THANK YOU!**

MVSC Mission—

We improve movement, health, and well-being through innovative research, transformative learning and beneficial engagement.



Safe Routes to School (SRTS) Safe Routes to Food (SRTF)

SRTS Grows with SRTF Safe Routes to School (SRTS) Moscow works with partners to improve conditions, expand knowledge and change behavior patterns and policy enabling more students to enjoy active travel to school (ATS). Research shows that when conditions are safe, when transportation is accessible and affordable, and when infrastructure is connected to local destinations, people are more likely to choose ATS. This past summer, Moscow SRTS, in partnership with the Moscow School District (MSD), launched Safe Routes to Food (SRTF). The SRTF program helped students and families safely reach the Summer Lunch Feeding Program for a nutritious free meal and critical bike and walking safety education. The SRTS Coordinator, Erin Bacon, worked closely with the MSD Food Service Director, Mimi Pengilly, and was assisted by MVSC practicum student, Mason Molyneaux.

SRTF programs across the nation foster safe ATS access to healthy food and support SRTS's commitment to equity. Moscow SRTS assessed safety conditions of the Lena Elementary School summer lunch program meal site and enhanced safety by assessing and proposing traffic calming and cross walk safety features.

SRTS developed active travel lessons held on six Mondays throughout the summer. Over 100 children of all ages participated in the weekly lessons. Activities included bike helmet use and fitting education, bike riding skills practice, and basic bike repair skills. The favorite lesson was a bike obstacle course designed for students of all ages and abilities. An "Active Travel Bingo" game was developed to encourage students to walk and bike throughout the community. One parent offered, *"The Bingo Sheet was one of our favorite summer activities as a family. It got us out and riding our bikes or walking to most of our favorite summer places."*



SRTS concluded the summer session with lessons focused on the benefits of living an active lifestyle and preparing kids to go back to school with the skills and knowledge to walk and bike in the upcoming school year. Not only did we assist students and families to safely reach the lunch site and received needed safety education, we also promoted healthy active lifestyles as a fun and enjoyable norm. The Meal Program Director, Mimi Pengilly shared her enthusiasm about the summer SRTF program,

"The partnerships that we have with groups like SRTS make our summer lunch program extraordinary. Parents and students are excited to have opportunities for fun activities. Summer is a more relaxed time when lessons in applicable "life skills" may be adopted and become a good habit. Erin, you were great at engaging parents and kids alike. The activities were simple and enjoyable. I appreciate all that you did to make this partnership work!"

We look forward to additional SRTF programming in the future and sharing our program success nationwide. For more information, see the SRTS website at <https://sr2smoscow.com/>

MVSC Vision—

We aspire to cultivate healthy and physically active lifestyles to sustain the well-being of individuals and communities.



Study Abroad in Nicaragua—Global Health, Literacy and Community Development

For two weeks this summer, 10-12 University of Idaho students will walk to a cacophony of tropical song birds, make their way through a day of memorable activities assisting Nicaraguan medical professionals, teaching English lessons in indigenous schools, learning from traditional healers, sharing lunch with local community members, and catching piglets for the women's pig project. After the day's work is done, the students will enjoy some down time in a hammock, a pick-up game of soccer or a swim in the ocean, followed by dinner and a nightly group discussion and reflection.



The focus of the Global Health, Literacy and Community Development study abroad course is active learning with a global experience. Students will spend the first week with the organization, CEPAD (<https://www.cepadnica.org/>) learning and observing effective community development strategies, meeting rural farming families and gaining insights into the history and culture of Nicaragua. On the Pacific side of the country,



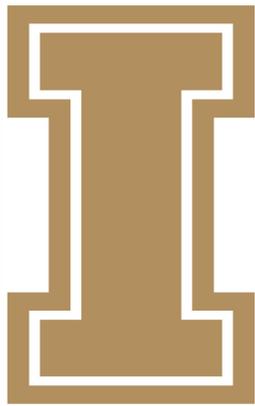
students will experience daily life in an indigenous community, and join the efforts of Fundacion Aprender (<http://www.aprendernicaragua.com/>) to improve community health, education and well-being. Each year faculty and students raise funds for and/or contribute medical supplies, education resources, sporting equipment, technology and other needed resources. One remarkable student raised sufficient funding to construct a home for a disabled child and her family.

The 2018 study abroad trip to Nicaragua will mark the 5th trip led by Helen Brown, Clinical Associate Professor, Movement Sciences. Helen partnered with Janine Darragh, Assistant Professor, Curriculum and Instruction, expanding the trip to include education students studying English as a New Language. Helen shares that opening the trip to education students has multiple benefits as students learn from one another, compare the interconnections between health and education and gain new insights into approaches and thinking of disciplines other than their own.

Both Brown and Darragh will return to Nicaragua to engage in research, outreach and service with Nicaraguan partner organizations. To support student scholarships and in-country development projects, Brown and Darragh created a special fund; The Nicaragua Partnership. To learn more about the trip and to donate to the Nicaragua Partnership, please see the trip website helenbsite.wordpress.com and click on the "Support a Student" tab for step by step donation instructions. If you would like more information please contact Helen Brown at helenb@uidaho.edu.

A MVSC Student's Experience, **Eli Campbell**—"My first introduction to public health in Central America came from a trip to Nicaragua in 2015. When I signed up for the trip I didn't realize the effect it would have on my view of the world. I didn't realize the extent of the poverty or the lack of medical supplies these people were living with. I underestimated the power of compassion and I overestimated the magnitude of my daily "problems" back home. In September 2017, I was able to travel back to Central America, this time I was in Guatemala. I volunteered with a company called Vivid Roots, who funds clean water projects in schools. We traveled to the rural community of San Jacinto where we replaced holding tanks, plumbing, handwashing stations, windows, fans, and made other improvements on two schools. The whole town helped with the work and during breaks I would play soccer with the kids in the streets. It was truly one of the most memorable times of my life. I plan to continue to work with public health organizations in Central America and help these beautiful people attain access to the most basic human needs."





MVSC Department Faculty— Adventures in Retirement and In Memoriam

the St. Joe National Forest provides a direct interface with nature which many people dream about. The backyard pond provides easy access to swimming and fishing, the trail system is complete with a navigation course and accesses hiking and hunting in the National Forest. Most impressively, a fold-up exterior bed allows Mike to sleep outside 300 days a year. Since purchasing the property in 2001 he has added on to the existing cabin and garage, doing all of his own carpentry.



Walking the Walk Or as Retired Professor Mike Kinziger would say, Paddling the Canoe. If you make the 26 mile drive out to the flanks of Mica Mountain you will see that former Recreation Professor Mike Kinziger has been doing anything but relaxing since his 2009 retirement. His property, adjacent to



In addition to creating the perfect homestead Mike continues to be involved in the Recreation field through writing and presentations. He recently was the keynote speaker at the Association of Aquatics Professionals Conference and Exposition where he shared the lessons learned from his 37 year teaching career. He also presented two sessions based his first book *King Frog* which offers the reader 100 group games and instruction on delivering them effectively.



Mike recently completed his second book, *Alone in a Canoe* detailing five solo canoe journeys through the Canadian wilderness. During the five trips he paddled 856 miles over 110 days, with the longest trip being 275 miles in 35 days. Through Mike’s writing the reader is instantly transported to the solace and rigors of wilderness travel. The smell of fresh fish cooked over a fire, struggle of endless upwind paddles, the pain of double portages, and the tranquility of a peaceful sleep under the stars inspire the reader to quit their job, load up the car and head north. In addition to the trials of wilderness travel, Mike shares hard earned lessons and information on route planning, food, and equipment selection for long distance wilderness travel. Most importantly, Mike provides us inspiration and incentive for adventure and a life well lived.

Honoring Professor Emeritus Dwaine Marten Dwaine (Marty) Marten, Ph.D., 83, beloved husband, father, grandfather and great-grandfather, passed peacefully on March 26, 2017, with his family at his side. While at the University of Idaho, Dwaine served as a professor and coordinator of Health & Safety. He was active in regional and national associations, presenting many of his research papers. He is a past president of the Idaho Association of Health, Physical & Recreation Association and past president of the NW Health & Safety Association. Dwaine’s burial was at the Moscow Cemetery.



Dr. Burton shared the following about Marty, “Dwaine had coffee in three different groups of folks across campus, and he always seemed to know everything that was happening on campus and in Moscow and know it before anyone else. If I didn’t understand the politics in the Department or across campus, a quick chat with Dwaine usually cleared up most of my questions, and he was always right. Always. Dwaine was gracious enough to allow me to stay in his home for 6 months. His caring and thoughtful discussions helped me through a difficult time. He came across as a gruff uncaring person, but he was actually one of the most generous, caring and supportive people I’ve ever met. He was a ‘prophet’ as well. I have some very fond memories of fishing for kokanee at Dorshak. Never went home without getting our limit of 25 each per day. Dwaine found the fish and I cleaned them. I agree with what Dr. Stoll has said—he was a quality human being and will be missed.”

Congratulations

Movement Sciences Graduates—2017!

Doctor of Athletic Training

Erica Albertin
Evelyn Benitez-Lopez
Joshua Cramer
Emily Dietz
Mary McDonagh
Jessica Nash
Britni Racus
Kevin Schroeder
Eric Stanford
Dawn Andrews
Kari Odland
Alli Zeigel
Robert Cox
Heather Cramer
Karla Judge
Jessica Keller
Braden Lawson
Rodrigo Martinez
Rebecca McClinton
Richard Patterson Jr
Miguel Quintero
Caitlin Rutherford
Diane Stankevitz
Maisie Walters
Joshua Williamson
Alexander Zettlemoyer

M.S. Athletic Training

Megan Cox
Rollin Dexter
Nathan Ervin
Kassandra Johnson
Treytan Loftis
Megan Mulready
Ashley Reeves

M.Ed. Physical Education

Joy Ledford

M.S. Movement & Leisure Sciences

Ricky Casner
Katie Eisele
Joseph Martin
Colton Olson
Jakub Pijor
Roxanne Ruck
Brett Ballard
Elizabeth Larson
Brock Morris
Angelica Rios
Rachel Schiell
Matthew Townsend
Katherine Adams
Nicole Ballesterro
Mindy Quesnell

B.S. Dance

Elizabeth Helwick
Lauren Smith

B. S. Ed Physical Education

Dana Hemmingmoore
Tayler Feinauer
Michaela Lang
Scott Siebert

B. S. Exercise Science & Health

Viviana Baeza Nunez
Tristan Clements
Rosemary Coldsnow
Torrin Crawford
Clayton Garcia
Josi Gibbs
Shane Kuther
Kassandra Milford
Timothy Olson
Victoria Papke
Kayla Robnett
Alexander Rodriguez
Jonathan Stoneman
Gentry Taylor
Yadira Zuniga
Emma Balazs
Clinton Carlson
Jacklyn Chin
Douglas Coman
Monica Dierken
Ryan Gary
Clara Gomez
Sarah Graham
Shelbie Hackett
Patience Hamm
David Lee
Gabriela Leong
Ian Middleton
Madison Moore
Tisa Olson
Brittany Pope
Michael Ramey
Austin Rehkow
Sierra Riley
Kevin Shelton
Lauren Smith
Zoe Strauss
Nicholas Tallabas
Nickolas Becar
Chad Blair
Nicola Costello
John Nicolich
Madison Parks
Nanci Paz

Jeffrey Powell
Lynsay Saunders
Nicole Weinman

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

Erin Miranda
Dorothy Morris
Allison Worley

B.S. Recreation

Isaiah Bradford
Kenneth Harper
Eric Stefanichik
Grant Curtis
Eric Gower
Genna Lovell
Allison O'Bryan
James Poirier
Kaitlyn Rhea
Amy Kaucic
Bredesin Kretz
Mckenzie Moore
Max Walton

*May your lives be blessed
with exploration,
discovery, engagement,
and movement!*



University of Idaho
College of Education, Health and Human Sciences



MVSC EXTRA!

Employment/Graduate School Highlights of 2017—

- Travis Cogswell: B.S. Exercise Science and Health '17, Univ. Northern Colorado M.S. Sports Admin.
- Kathleen "Kate" Connor: B.S. Exercise Science and Health '17, Central Washington Univ. M.S. Human Physiology
- Theresa "TJ" Beezley: M.S. Movement Leisure Sciences '12, Duke Univ., Outdoor Adventures Coordinator
- Scott Siebert: B.S. Ed. Physical Education '17; Garwood Elementary Physical Education Teacher, Lakeland, ID.
- Michaela (Lawler) Lang: B.S. Ed. Physical Education '17; U.S. Army Training and Univ. Idaho M.E.D. Physical Education.

Awards—

- Michaela (Lawler) Lang: B.S. Ed Physical Education '17, Major of the Year Award from the Society of Health and Physical Education, Boston 2017.
- Megan Nelson: MVSC Ph.D. Student—Exercise Science, UI Outstanding Graduate Student Teaching Award 2017; Outstanding Doctoral Student Presentation NW ACSM 2017.
- Lauren Smith: B.S. Dance and Exercise Science, and Health '17, UI Outstanding Senior Award and the Larry Craig ASUI Leadership Endowment 2017.
- Ali Lotstein and Liz Short: Exercise Science and Health students, UI Undergraduate Research Awards working with Drs. Ann Brown and Josh Bailey in Spring '18
- Michaela Johnson and Amelia Gomez: Exercise Science and Health students, Scholarships to attend the 2017 Collaborating for Health Conference by the Idaho Division of Public Health.

Up Coming MVSC Events—

- MVSC Scholarship Applications, Due January 23, 2017; <http://www.uidaho.edu/ed/mvsc>
- Teaching Assistantship Applications, Due February 1, 2018; <http://www.uidaho.edu/ed/mvsc/funding>
- Jazz Festival Dance Classes, February 23-25, 2017; <http://www.uidaho.edu/class/jazzfest>
- UI-Dance Program Current Student Scholarship Audition, February 2, 2018
- UI-Dance Program Entry/Scholarship Audition (New Student), February 9, 2018
- Polar Walk SR2S, February 7, 2018, Moscow School District
- Dancers, Drummers, Dreamers, Inventive, unique and spirited production; March 22-24, 2018
- Senior Dance Showcase, April 2018 at 2:00pm, UI Physical Education Building 110
- Fill the Racks SR2S, May 2, 2018, Moscow School District
- SR2S Kid's Safety Fair, June 2018, Moscow School District



MVSC Births in 2017—

-Taryn Baker, Born August 29, 2017 to the parents of Jayme and Rusty Baker (Athletic Training Faculty); Stature 48.9 cm, 3090g. Taryn joins JD and Jace on the Baker Team!



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MVSC EXTRA-EXTRA!

New Graduate/Teaching Assistants Fall 2017—

- Trevor Pumnea: PhD Student-Health Active Lifestyles; From-Idaho; Dr. Julie Son, Mentor
- Allie Dluzniewski: PhD Student-Exercise Science; From-Florida; Dr. Damon Burton, Mentor
- Matthew Smitley: DAT Athletic Training; From-Orosi, CA; Dr. Jim May, Mentor
- Ashley Reeves: DAT Athletic Training; From-Oregon; Dr. Rusty Baker, Mentor
- Virginia Robinson: MS Movement and Leisure Sciences; From-Washington; Ms. Belle Baggs, Mentor
- Chad Sherwood: MS Movement and Leisure Sciences; From-Oregon; Dr. Sharon Stoll, Mentor
- Youngmin Chun: PhD Student-Exercise Science, From-South Korea; Dr. Hyung-Pil Jun, Mentor

State Professional Associations—



-MVSC Recreation, Sport and Tourism Management Program will be hosting the Idaho Recreation and Parks Association 2018 Annual Conference in Moscow, ID on April 9–12 at the University Inn. A “call for presenters” is out and more information can be found at: <http://www.irpa-idaho.org/index.php>

National Professional Associations—

-Dr. Chantal Vella, Ph.D.: Associate Professor in Exercise Science and Health is serving as President of the American College of Sports Medicine Northwest Chapter that includes over 450 academics, students and professionals from Idaho, Montana, Washington and Oregon.



MVSC—Giving! Opportunities

University of Idaho
College of Education, Health and Human Sciences

As a department, MVSC aspires to cultivate healthy and physically active lifestyles to sustain the well-being of individuals and communities in Idaho and beyond. We do this through innovative research, transformative learning and beneficial engagement. Your giving makes a difference for MVSC students.

Contribute to one of the following MVSC Funds—Thank you!

1. HPERD Excellence Fund (MVSC Department)
2. Physical Education Excellence Fund
3. Recreation Excellence Fund
4. Exercise Science Excellence Fund
5. Dance Excellence Fund
6. Athletic Training Excellence Fund
7. Movement Sciences Scholarships
8. Nicaragua Partnership Fund

Movement Sciences Newsletter

Editorial Committee:

Aubrey Shaw (doctoral student), Melanie Meenan (Dance Faculty),
Helen Brown and Emma Grindley (Exercise Science/Health Faculty),
Bamboo Chen (Recreation Faculty), Philip Scruggs (Chair)

A Special Thanks to Shelly Scruggs and Kaitlyn Wagner for your editorial assistance with the Movement Sciences Newsletter.

Opportunities

Online: <http://www.uidaho.edu/giving/make-a-gift>

By Mail: University of Idaho Foundation, Inc. 875 Perimeter Dr. MS 3143, Moscow ID 83844-3143

Questions: Philip W. Scruggs, MVSC Chair, pwscruggs@uidaho.edu
208-885-2192