



NMOTION

Department of Movement Sciences



2015 NEWSLETTER

Dr. John Wiencek—New University Provost

—MVSC Sits Down with Dr. John Wiencek, New University Provost—

Dr. John Wiencek is in his first semester as Provost here at the University of Idaho and he is already enjoying all that Moscow has to offer. Joining us from Virginia Commonwealth University in Richmond, VA; Dr. Wiencek has already found his ideal place to carry out a healthy active lifestyle. An avid runner, Dr. Wiencek enjoys the many paths and trails in the area in the early morning hours before he comes into work. Dr. Wiencek makes a point to run at least one marathon a year in honor of his late mother who passed away the day he completed his first marathon. He also enjoys sailing, camping, and hiking when time allows for it.



As Provost, Dr. Wiencek’s days are filled with meetings and almost constant emails that can take away from the time he would like to spend with his family or running. He makes a point to make it home each night to sit down to dinner with his wife and two sons. Nightly family meals together and encouraging his boys to participate in sports and activities helps him foster a healthy active lifestyle at home. While in the office, he encourages his staff to get tasks done but finds a balance so that they can still be involved with their families and have time to do something healthy and active.



Dr. Wiencek has a focus on finding time to be active because he is battling high cholesterol. After he was diagnosed and placed on a plethora of medications, he made a choice to stop the medications and correct the problem. By changing his diet and engaging in daily activity, he has been able to stay healthy. He is very excited about being in Moscow and serving as Provost. The job and town provide him with a feeling of permanence and comfort, a friendly change from his last few years. The future is bright and full of opportunities for Dr. Wiencek and his family here and he is always training for his next marathon!

Dr. Sharon Stoll—Celebrating 35 years

—35 years of teaching in 100 words - Written by Dr. Sharon Stoll—

I came to Idaho for one year worth of experience and stayed for 35 years. I met my husband, had two beautiful daughters, worked and taught hundreds if not thousands of amazing Idaho students. When I came to Idaho I was told Idaho students may not be as sophisticated as those I was used to, but they make up for it in hard work and determination. The latter still is true. An Idaho student asked me a question that changed my life forever. “Are athletes as morally developed as the normal population?” That question inspired the development of measurement instruments and curriculum, and testing of pedagogies. It impacted programs, and with that the oldest and largest center to study moral reasoning in competitive populations developed. Our database is greater than 90,000, with 15,000 athletes being directly affected by our curriculum. There are over 31 doctoral students who are out changing the world. Retirement? Not likely, I have more to do.



Ryan McGrath: PhD Alumnus Spotlight

—Department of Movement Sciences 2015 PhD Graduate —



The University of Michigan Advanced Rehabilitation Research Training program prepares fellows on methods of community based research applied to rehabilitation. The program will train fellows to advance the rehabilitation field in community living and participation, promoted by embracing community-based research approaches. The training in research methods will focus on diverse community based research approaches designated to capture community living as well as environmental, social, and contextual factors from clinics into community. A core curriculum will complement hands-on experience of conducting a project with a community partner, using community and patient reported outcomes, and will include academic courses, seminars, grant writing experiences, opportunities to spearhead research studies, and workshops to train fellows in different types of research methods. Fellows will acquire knowledge and expertise in community based research, acquire advanced research skills, learn how to link research to policy, and collaborate effectively with community partners to address community living

and participation in people with disabilities.

Fellows are housed in the Department of Physical Medicine and Rehabilitation in the University of Michigan Health System and will complete a rotation in the School of Public Health. Opportunities to complete rotations in other schools are also permitted such as Kinesiology and/or Athletics.

This opportunity allows me to work in a number of research areas. The fellowship is also very unique because of the training, diverse experiences, and resources that are provided. I like the idea of conducting community based research and rotating into different departments at the University of Michigan. It allows me to be closer to home, which is important to me at this time in my life. I appreciate the education, experiences, working relationships, and friendships that will always connect me with the University of Idaho. **I am very thankful for this opportunity and will represent the Department of Movement Sciences with pride.**



Explore—Discover—Engage—Move!

Meet Bruce Saxman



My interests and passions truly revolve around outdoor recreation. It's how I connect with people. While I practice most outdoor recreation activities, I am an avid cyclist and backcountry skier, the more remote and adventurous the better. The more uncertain the outcomes the better. I am also very passionate about outdoor education. I enjoy empowering people through adventure activities and helping shape the future of the profession by educating the next generation of outdoor leaders. I grew up near Philadelphia, so I have the unfortunate passion of being a Philadelphia sports fan. Surprisingly to some I am a cat person. I enjoy brewing beer, playing ultimate, and that's about it. I'm pretty boring.

My brief life history is that I was born in Wilmington, DE, lived in rural Pennsylvania until high school when I moved to South Carolina. I attended Clemson University and received a B.S. in Parks, Recreation, and Tourism Management with a minor in Anthropology. From there I attended graduate school at the University of Nebraska-Omaha and received a Master's in Recreation Administration. I attended UNO by an assistantship through the Outdoor Program and to this day it has been one of the best learning experiences I've ever had. I learned both the administrative skills needed to run a program but also the leadership skills necessary to work with peers in a student-led outdoor program. After graduate school I got my first position at the University of Wisconsin-Stout where I oversaw the completion of their new outdoor recreation center, and began the Stout Adventures Program. Four years later I accepted the position of Director of Adventure programs at Green Mountain College and for 10 years ran a highly successful student-led program called GreenMAP (Green Mountain Adventure Program) where we ran over 100 programs a year for the Green Mountain College community. While at Green Mountain I was given the opportunity to start teaching college-level courses which presented the challenge of integrating the outdoor education strategies I had used in the field and implementing them into the classroom. It is a challenge I still embrace today.

Which brings me to the University of Idaho in Moscow, ID... So far I really like it here. I like the position and my colleagues. I enjoy the variety the backgrounds of students and the variety of classes I teach. Moscow is the perfect size town for me. There are days at a time when I don't have to get in my car. Being a mountain biker, Moscow Mountain is an amazing resource. I like the mystery of rural gravel roads that seem to go on forever. I live a healthy active lifestyle by trying to follow two rules: do something outside everyday and play until dark.

Meet Julia Krauser

New Administrative Coordinator

One of my favorite quotes is "Only those who will risk going too far can possibly find out how far one can go." - TS Eliot. This quote has been an inspiration in my life and especially when it comes to how I choose to lead a healthy, active and wonderful life. As a child, my very first job was being my older sister's running partner; which would not have been so challenging if my older sister was not a cross country star. I quickly learned that the only way to succeed in anything is by challenging oneself on a daily basis. Last year I did that by competing in 8 different types of races, including mud runs, color runs, Spartan and warrior races, 5k's, 10k's, relay's, Triathlon's and Iron Man (short course). I enjoy being active and with owning two Siberian Huskies it's not hard to find new adventures on a daily basis.



I am originally from Southern CA where I was raised by my military father and successful business mother. Growing up we had the opportunity and the challenge of moving a lot! Like many kids I had my own challenges to overcome and did so by challenging myself everyday to be better or do more than I did the day before. As an adult I continue to never settle for less than the best and sharing what I can with others. I currently volunteer on a number of community and humanity relief efforts and regional boards. I am also currently pursuing my Architecture and Interior Design degree. This is where my passion for design and creating intersects with the need to help others achieve their goals. As a designer my role is to create place or product that allow others to live, work and play more efficiently.

I enjoy my new position in the department of Movement Sciences, not only does it give me the opportunity to see what is possible if surrounded by others that are willing to challenge themselves on a daily basis, but also to work with others building greater personal and community health.

Global Health Literary & Community Development In Nicaragua



For two weeks this summer University of Idaho students joined Movement Science faculty, Helen Brown and Curriculum and Instruction faculty, Janine Darragh exploring western and traditional health, education and community development projects in a rural indigenous

communities in Nicaragua and in the nation's capital, Managua. The four week health course prior to the trip, as well as the trip, focused on global health, nutrition and sustainable community development. The educational focus of the trip had an emphasis on teaching English as a New Language. The trip was not limited to health and education students.

Each day was full of new adventures, learning and opportunities to form relationships with the welcoming Nicaraguan hosts. In the rural indigenous village of Las Salinas, health oriented students worked alongside dedicated medical staff of poorly resourced health posts. We also attended workshops and demonstrations from a range of people actively preserving indigenous culture: traditional healers, midwives, medicinal healers, community leaders, school leaders and community development experts. Education students observed and taught English to students of all ages and adult learners. We formed relationships with our



Nicaraguan hosts through sports and shared time with families as we helped construct pig pens, gardens, held classes in cooking, arts and crafts, sewing, etc. The trip also included time to recreate on the Nicaraguan west coast. Students enjoyed surfing and horseback riding, cooking classes, swimming and relaxing at the beautiful Equilibrio- Yoga and Art Retreat Center.

After leaving Las Salinas, we traveled to Granada for a stopover at the oldest colonial city in Central America to see the sites and spend time with Soccer Without Borders, an organization dedicated to youth empowerment through soccer (<http://www.soccerwithoutborders.org/>). Students joined in on soccer practice and health and social development educational sessions.

We concluded our trip with CEPAD (Council of Protestant Churches on Nicaragua) an organization with over 40 years of experience helping build healthier and sustainable communities. CEPAD offers students an important view into the history and culture of Nicaragua and effective and sustainable community

“I definitely broadened my cultural horizons and learned a lot about the county and culture and I realized how much I still have to learn about the world.”

development strategies. We visited larger medical clinics for a wider view of global health and we spent time with a CEPAD community. We visited a community of weavers working and living far up in the mountains in a terrain so steep and rocky, we had to walk the last ½ mile to their small village of 36 families. We stayed at CEPANA, the sustainable agriculture demonstration farm and learned from their sustainable food and forest production that has led to reestablishment of the howler monkey. The experiences in health and education, the hospitality of our

Nicaraguan friends and the newly gained insight into another culture has had a profound impact on students. Through Facebook and other social media, students remain in contact with our Nicaraguan friends. Kodie Talley from the 2014 trip continues to impact the life of one little girl with a congenital disability. Through Kodie’s fund raising efforts, this little girl has received the medical care she needs and most recently, Kodie raised sufficient matching funds to build a house for Genesis and her family.



Consider joining us for the 2016 trip! Please contact Helen Brown at helenb@uidaho.edu.

You can also help scholarship a

student or contribute to important health and education projects by donating to *The Nicaragua Project* fund. Please contact Marta McClintock at martam@uidaho.edu or 208.885.7476 to make a much appreciated tax deductible contribution.



“This trip was truly life changing and inspiring in so many ways.”



Explore—Discover—Engage—Move!

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Congratulations!



Congratulations to our students from PEP/REC 424 – Inclusive Physical Education and Recreation, who volunteered and teamed up with our local Special Olympic chapter, the **Moscow Rebel Tigers**, on September 19th for the Northern Fall games in Lewiston, Idaho. The sport was Bocce Ball, and the Rebel Tigers came away with 2nd and 3rd place honors with the support of their unified teammates **Angie Rios**, **Jorge Vega**, and **Eddie De La Rosa**. The success of the Fall games could not be done without the volunteer commitment and dedication of our physical education and recreation majors, who not only teamed up with the athletes to compete, but also were in charge of score keeping, officiating, and field set up. A special thanks to MVSC doctoral candidate, Elisa Drake, for coaching the Rebel Tigers to another successful outing!



Doctoral Education in Athletic Training Summit

The Athletic Training program held the first-ever Doctoral Education in Athletic Training Summit on the UI Moscow campus this August. The purpose of the Doctoral Summit was to engage in scholarly conversations with leaders of the Athletic Training profession and obtain a better understanding of where the doctoral degree fits within the profession. While the doctor of philosophy (PhD) and doctor of education (EdD) programs have existed as options for professionals for some time, advanced practice doctoral education specific to athletic training began at the University of Idaho in 2010 with the first DAT.



The University of Idaho Athletic Training program faculty felt it was time to engage members of other institutions who have started or hope to start offering a DAT program. Representatives from the University of Idaho, AT Still University, Rocky Mountain University and Indiana State University presented their own philosophies on doctoral education and sparked interesting collegial debate. Topics throughout the 2 day summit included improving athletic training clinical practice, clinical research, education and leadership. In addition, various leaders from the National Athletic Training Association were in attendance to



present committee updates and future directions for the profession. At the conclusion of the summit, attendees came to a better understanding of the DAT and the philosophies surrounding each doctoral program, creating an inter-university understanding. A continued communication between doctoral education programs and governing bodies is essential to the progress of the profession. Each doctoral program's goal is different, but a common consensus arose stating the desire to progress athletic training as a profession by creating great educators, leaders and clinicians.

National Athletic Trainers' Association (NATA) President Scott



Explore—Discover—Engage—Move!

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University of Idaho Dance

Baggs New York Performance

&

Creative Scholarship



Dance faculty, Belle Baggs, was selected as one of ten up and coming choreographers from across the U.S. to participate in Doug Varone's DEVICES dance intensive. This notable program took place at Purchase College in upstate New York on May 25th-30th, and provided Belle the opportunity to study closely with Doug on the craft of dance composition. Her work *Settle/Unsettle* premiered at the esteemed 92nd Street Y- Harkness Center for Dance in NYC in the *Chin Project*, Aug 7-9. UI dancers were invited to perform in the project including: Christine Atwood (Senior, UI Dance Major), Alexandra Sipe (Senior, UI English Major, Dance Minor) and Ben Devaud (UI-Alumni, Biology Major, Dance Minor). This invaluable experience pushed young dancers to perform at a professional level and gave them the opportunity to perform at a respected location, and connect with artists from across the U.S.

Idaho Dance Education Organization

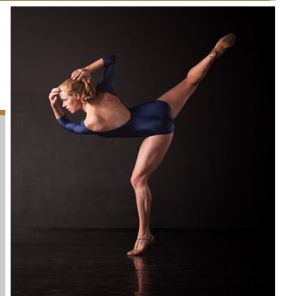
The UI-Dance Program is excited to be a part of the newly created Idaho Dance Education Organization (IDEO), a state affiliate of the National Dance Education Organization. IDEO's primary goal is to strengthen the state voice and vision for dance. Faculty Belle Baggs will serve on the board as the high school representative and looks forward to strengthening communication and disseminating information amongst the teaching arts workforce in the state. Faculty Baggs and Melanie Meenan attended and presented at the inaugural conference in Pocatello, ID on September 26th. The UI Dance Program looks forward to supporting this organization's mission and advocating for dance education and dance research throughout the state of Idaho.



Meet Anna Keller

UI-Dance Program and Festival Dance

The UI-Dance Program and Festival Dance welcome new ballet faculty Anna Keller. Anna grew up in Missoula, MT training and performing with Garden City Ballet. She then spent a semester at Texas Christian University before transferring to the University of Wyoming where she earned her Bachelor's of Fine Arts in Dance. It was here that she was given the opportunity to perform "Of a Mind" choreographed by Marsha Knight at the National College Dance Festival held at the Kennedy Center in Washington DC. Anna moved to New York City to audition, take classes and work. She received her MFA from the University of Arizona in Dance with an emphasis in performance, choreography and dance history. While at the UA she had the chance to be assistant choreographer for OKLAHOMA! under the direction of Danny Gurwin. She enjoys teaching ballet, musical theatre, jazz, modern and lecturing on dance. Her passion for dance is ignited within the details, etiquette, beauty, creativity and history of the art form. Anna hopes to explore new avenues for dance this year and is thrilled to be a part of the University of Idaho.



ACSM-NW KNOWLEDGE BOWL CHAMPIONS



Since the start of the Spring Semester, nine students volunteered to participate in the Student Knowledge Bowl at the American College of Sports Medicine-Northwest (ACSM-NW) Regional Conference. The Student Knowledge Bowl is a "Jeopardy Style" competition that quizzes students on a variety of topics in Exercise Science. The students representing the University of Idaho Department of Movement Sciences, met regularly on their own time and once per week as a group to prepare for the competition. Faculty from Department of Movement Sciences volunteered their time by coming to weekly bowl practices to help foster student preparation. The ACSM-NW conference

was held in Bend, OR. This cutting-edge regional conference included exhibits, oral presentations, keynote speakers, poster presentations and the Student Knowledge Bowl. The nine students from the University of Idaho were broken into three teams of three students and competed against a total of 29 teams from the northwest region. After a very spirited competition, a team from the **University of Idaho won the ACSM-NW Student Knowledge Bowl** for the second consecutive year (MacKenzie Schneider [center], Devin Drummer [left], Bradley Kruger [right]) and traveled to San Diego, CA to compete in the Student Knowledge Bowl at the ACSM Annual Meeting. It is a great tribute to the students at the University of Idaho that all three teams that competed in the Student Knowledge Bowl were at the top or near the top of the scoreboard deep in the ACSM-NW bowl competition. The MVSC Department is proud of the accomplishments of these students, and the student-body they represent.

Nhan Ho: Master Class

UI-Dance students had the opportunity to work intensely with guest artist, Nhan Ho, during a week long residency of master classes and rehearsals in October. His work *Shifting Residue* was created with 10 dance majors and minors and will be featured in the fall main stage concert, Nov 5-8th. In addition to teaching Modern courses, he taught a Contemporary Hip

Hop class for all UI students and provided a lecture-demonstration focused on working as a professional performer and choreographer in the dance field.

Suzanne Haag: Master Class

All students registered for a DAN course recently had the opportunity to take a master class from Eugene Ballet Company (EBC) dancer Suzanne Haag. This opportunity was made possible through the work of Festival Dance & Performing Arts with EBC's performance of *Sleeping Beauty* featured in the organization's annual Great Performance Series. Other featured upcoming performances sponsored by Festival Dance include *Flamenco Vivo* on November 12th and *Joy to the World* on December 5th.



University of Idaho
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Congratulations to our 2015 Scholarship Winners!



Elisa Drake
Brittany Hoffer
Robinetta Hudson
Bethany Hansberger
Chandler Sharp
Brianna Wilfert
Robert Bonser
Kalyn Hasenoehrl
Joshua Lavigne
Andrea Lyons

Vanessa Martinez
Katrina Taylor
Kathryn Dodds
Jessica Brown
Devin Drummer
Lauren Smith
Kendal Crickmore
Mykaela Robinson
Viviana Nunez
Nathan Cook

Madeleine Roppe
Robert Brown
Kaitlyn Rhea
Robert Brown
Melissa Damele
Elizabeth Helwick

Interested in Donating to one of our Scholarship Funds or Gift Funds?



You can donate online at <https://www.sites.uidaho.edu/giving/givingform.aspx>
Or

Contact Jill Garnett, Development Coordinator (208) 885-8846, jlgarnett@uidaho.edu

The Department of Movement Sciences faculty, Helen Brown and Grace Goc Karp, were awarded a \$60,000 grant from the Idaho Department of Transportation to continue the Moscow Safe Routes to School (SRTS) program. The Safe Routes to School program has been a part of the Moscow community since 2007. The Federal program was originally designed to assist with the constructions and maintenance of sidewalks and other trails and to encourage K-8 grade students to walk and cycle to their schools. The Moscow SRTS project will continue encouraging, educating and evaluating walking and biking in Moscow and will expand SRTS to other rural Idaho communities by partnering with the University of Idaho TRIO program. SRTS with work with TRIO students to integrate use of technology to assess, evaluate and promote active travel in their rural communities. For more information please contact Helen Brown at helenb@uidaho.edu.

WALK with the **WORLD**
INTERNATIONAL WALK TO SCHOOL DAY
Wednesday, October 7th
Students of all ages are encouraged to walk or bike to school.

University of Idaho
Movement Sciences



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Explore—Discover—Engage—Move!

Upcoming Events and Opportunities

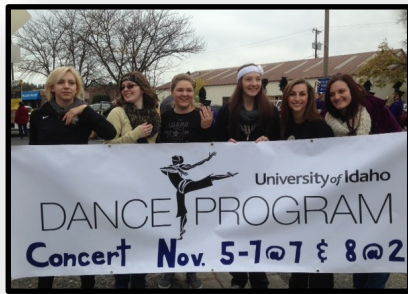
UI-Dance

Faculty Concert

The UI-Dance Program presents, *Rising Momentum*, a faculty choreographed concert including work by Belle Baggs, Melanie Meenan, Anna Keller, Rachel Winchester and guest artist Nhan Ho (San Jose, CA). The concert runs Nov 5-7 at 7:30pm nightly at the Hartung Theatre and Nov 8 at 2:00pm with a Q & A to follow.

Tickets are \$10 (\$8 for UI-students) and can be purchased online through the UI-Ticket Office, at the office in the Kibbie Dome, or at the door. Come early to guarantee your seat. Don't miss

creativity in motion and a concert that promises to be innovative and dynamic. A "Q & A" session with the choreographers and dancers will follow the Sunday matinee.



Fall Master Class

Perspective students are invited to participate in a Master Class held by UI-Faculty on Sat, November 7th 12:00-2:00pm in the Physical Education Building (PEB), Studio 110. For more information contact dance@uidaho.edu

Flamenco Vivo

Hosted by Festival Dance (FD): Friday November 13 at 7:30 pm, WSU Jones Theater.

Dancers Drummers Dreamers

Choreographers Meeting: Monday December 7th at 7 :00 pm, UI PEB 110.

Joy to the World

FD produced concert Saturday December 5th at 7:30 pm, UI Admin Auditorium

Dance off Hand

Thursday December 10th at 7:30 pm, UI PEB110

Dance Composition II Final Showcase

Friday December 11th at 5:00 pm, UI PEB 110

Dancers Drummers Dreamers (DDD)

Choreographers' Audition: Thursday January 14th at 7pm, UI PEB 110

DDD

Dancers Auditions: Monday January 18th at 6:00 pm,
UI PEB 110

Designer Meetings: Monday January 25th at 7:00 pm,
UI PEB 110

Scholarship Audition (Current Majors)

Friday February 12 at 3:30 pm, UI PEB 110

UI-Recreation

REC 487 students, in cooperation with the Recreation Student Organization and in partnership with the City of Moscow Parks and Recreation shall coordinate and run the Ice Fishing Derby in February on Spring Valley Reservoir. The course also coordinates the annual Recreation Program Awards and Scholarship Banquet.



UI-Athletic Training

Athletic Training Clinic Now Open

Fall 2015 Operating Hours

Monday

9:00 am—4:00 pm

Tuesday

9:00 am—12:30 pm

2:30 pm—5:00 pm

Wednesday

9:00 am—12:30 pm

Thursday

9:00 am—12:30 pm

3:30 pm—5:00 pm

Friday

9:00 am—5:00 pm



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2015

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