



FALL 2013-SPRING 2014

### KINESIOLOGY AND HEALTH NEWSLETTER

#### CONTENTS

Paul Thomas Retires ..... 1

Giving back  
to Wyoming:  
Vicky Kmetz ..... 2

A Lesson of Balance  
They Won't  
Soon Forget ..... 3

PETESA and PEK:  
The New Student  
Groups on the Block .... 4

Student and  
Faculty Successes ..... 5

Thank you, donors! ..... 7

Donation form ..... 7

K&H Alum:  
Vicky Kmetz ..... 8

Division of Kinesiology  
and Health  
Dept. 3196  
1000 E. University Ave.  
Laramie, WY 82071

(307) 766-5284  
Email: [kinesiology@uwyo.edu](mailto:kinesiology@uwyo.edu)

Find us on LinkedIn!  
Search first name "UW,"  
last name "Kinesiology".

[uwyo.edu/kandh](http://uwyo.edu/kandh)

## *Twenty-three Years of Dedicated Service*

### PAUL THOMAS RETIRES

Paul Thomas, associate dean of health sciences and professor in K&H, retired this past December. During his 23 years at UW, Thomas specialized in cardiovascular and exercise physiology. The Division of Kinesiology and Health recognizes Thomas for his commitment to his students and his research endeavors.

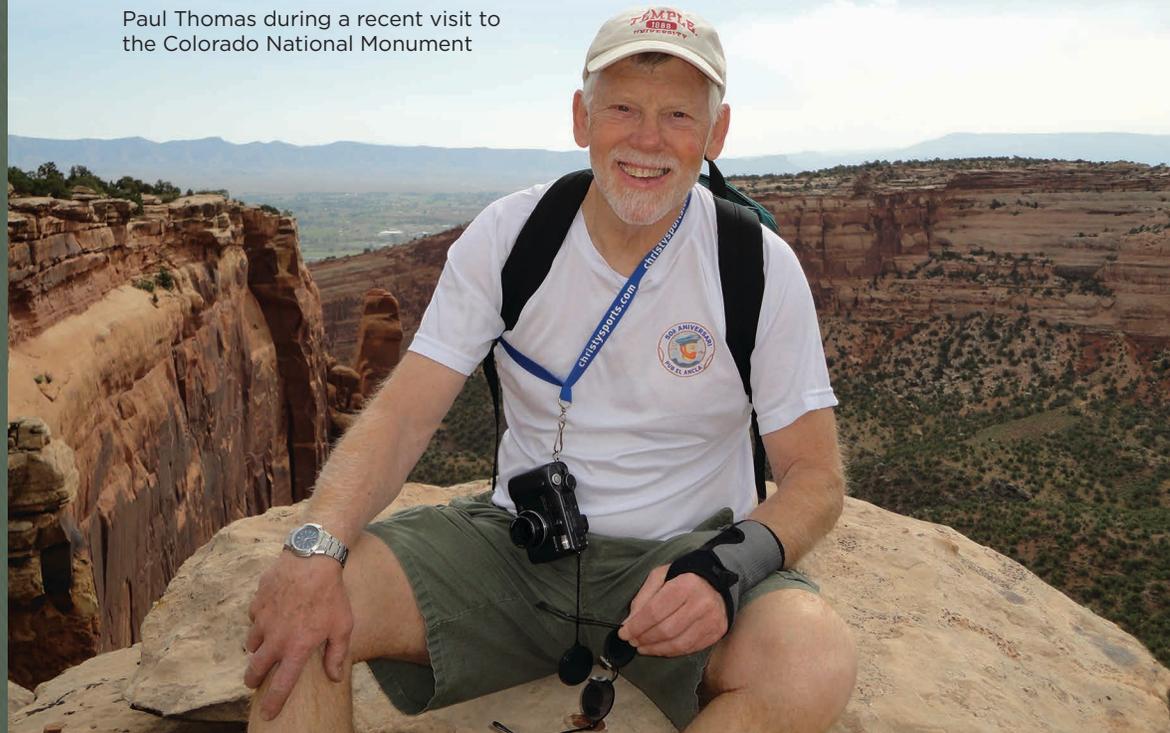
Thomas came to UW in 1989. He began his academic career eager to collaborate with faculty across disciplines on his research concerning cardiovascular health. He has since worked with faculty members from the zoology and physiology, pharmacy, animal science, and molecular biology departments. As an avid outdoor enthusiast, he was drawn to the opportunities Laramie offers for year-round recreation. "I love to camp, hike, canoe, ski, and Laramie is a wonderful place to do this as there are recreational opportunities all year round," he said.

Along with other faculty members and a team of graduate students, Thomas' research looked at the earliest effects of heart attack on the ensuing molecular pathway changes regionally within the heart. His lab observed the heart effects of exercise on mice. As part of the project, Thomas trained graduate students to work ethically and responsibly with animal subjects.

During his time at the university, Thomas has been the recipient of several research grants, including a National Institutes of Health (NIH) study entitled *Alterations in Cardiac Adaptive Response to Ischemia/Reperfusion with Aging*. Thomas notes that the opportunity to collaborate on this research has been one of greatest joys of his career. "Collaboration with different faculty members at the university has definitely

Continued on page 3

Paul Thomas during a recent visit to the Colorado National Monument



# GIVING BACK TO WYOMING: VICKY KMETZ

Graduates of K&H programs go on to serve the state of Wyoming in a variety of ways, whether it's in the field of medicine, public health, or education. The diversity of accomplishments among our alumni is one of our strengths. This year, the division honors alumna Vicky Kmetz for her contributions as a teacher, coach, and mentor in the state of Wyoming. Kmetz grew up in Cheyenne and received both undergraduate and graduate degrees from UW. During her professional career, she led teams to state championships and encouraged first-time players onto the field as elementary school students. She has been a mentor to young teachers and worked to provide new opportunities for professional development to K&H students.

Above all, Kmetz recognizes the importance of providing mentorship to aspiring teachers and coaches. After finishing her master's degree at UW in 1991, Kmetz went on to teach and coach high school students in Cheyenne, an experience, she says, in which mentorship played an important role. In Cheyenne, Kmetz took on a slew of coaching responsibilities that included soccer, volleyball, and swimming. "I was thrown into coaching sports I didn't have much knowledge of, but you read up on it and you suck the knowledge out of the other people you know, they mentor you," she said.

Kmetz believes that mentorship provides young teachers with positive role models and encouragement, and that these relationships also give young teachers the opportunity to share their ideas and goals. These relationships were invaluable to her own career as both student and teacher. "It starts with the teachers that you've had all along the way, and then, for me, the professors I had at UW, and even people who aren't teachers that don't get noticed as much. I've had a lot of help along the way."

Now Kmetz is committed to providing mentorship and learning opportunities for students. After five years in Cheyenne, she returned to Laramie where she mentored aspiring teachers and coaches and worked with younger athletes as a tennis, volleyball, and basketball coach through the University Lab School. Last year, with the support of her husband, Mike, she organized the Vicky L. Kmetz Endowed Scholarship for K&H students. The scholarship is awarded annually for students pursuing an internship in health, fitness, and wellness.

For both Vicky and Mike, giving back takes high precedence in their lives and careers. "We always try to be givers," she explained. "To me that can mean a variety of things. You don't have to have money to give. If you give of your time or give of your energy, that's what we feel is important. To me there have been so many people that have given to me along the way that I want to be the same way."

The idea for the scholarship occurred to Kmetz while working out with K&H students in her husband's CrossFit 7220 program. "The students came in and they had so much energy and so many ideas," Kmetz recalled. "It got us thinking, these guys should have a scholarship they can use as a way to gain knowledge and experience. It's so helpful for them to learn from other people, and they have so much to give because they're just starting their careers."

This year, the scholarship allowed two K&H students to pursue internships at CrossFit 7220, with another three students planning internships there next year. For Kmetz the opportunity to give has been its own reward. "I get to watch them teach and learn and grow," she said. "They come in with their ideas, it's just fun to be in that mentorship position where you can see them changing."

Kmetz with the 2014-2015 CrossFit Interns, (l to r) Dan Garcia, Vicky Kmetz, Kristen Lessard, Brett Smith



## PAUL THOMAS RETIRES Continued from page 1

provided me with some of my best memories,” he said. And the feeling is mutual. Mark Stayton, chairman of the Department of Molecular Biology commented on his experience working with Thomas:

“It’s a real pleasure to thank Paul Thomas for the years that he has spent educating me about heart disease. Since about 2005, I’ve had a wonderful research collaboration with him. In fact, Paul is a great heart surgeon having carried out open-heart surgery on thousands of mice. As he’s always said, ‘I hope God isn’t a mouse!’ Fortunately for us, his work is directly applicable to the study and treatment of heart disease in humans. Although I’m very sorry to see him retire, he has promised to continue working with us in the lab,” Stayton said.

Along with his distinguished research career, teaching has been equally important to Thomas throughout his UW career. He’s taught undergraduate courses including the Physiology of Exercise and Biological Factors in Exercise Performance and leads a lab of

graduate students. Thomas takes pride in his students’ successes. “That, to me, is the great accomplishment, when you have your students go on and make a name for themselves,” he said.

Though he is officially retiring, Thomas plans to keep working on his research and assisting other faculty members at UW. He plans to complete in-progress manuscripts and lend his expertise to new faculty. Part of what he’ll miss, he notes, is the diversity of the K&H faculty.

“We cover a wide spectrum in terms of ‘health.’ I appreciate the fact that different faculty members in widely different areas can respect another faculty member’s interests and academic bent.”

Retirement won’t be all work, however. Thomas also plans to travel, visit with family, and returning for a time to his home in Wales, where he and his wife will relax by the Irish Sea. We wish him the best for his retirement, and thank Paul Thomas for his contributions as a teacher, researcher, and mentor.

## A LESSON OF BALANCE THEY WON’T SOON FORGET

The Division of Kinesiology and Health was pleased to welcome 12 new graduate students this fall. The students had the opportunity to meet their cohort and K&H faculty and staff during a day-long orientation this August. The event, organized by Karen Gaudreault and Derek Smith, included sessions to inform students about what to expect during their graduate experience, from advice on teaching undergraduate courses to an overview of specific degree requirements. After hearing from faculty and staff presenters, the group of new students was invited to discuss K&H’s mission to promote an environment of excellence and achievement in kinesiology and health, with emphasis on the unique physical activity and health needs of Wyoming residents through teaching, scholarship, research, creative activity, outreach, and university and professional service. In addition to faculty and staff, second year graduate students were on-hand throughout the day to answer questions and meet new students. The day of welcome ended with a barbecue hosted by Smith.

Fall 2013 group of K&H graduate assistants completing a teamwork exercise.



# PETESA AND PEK: THE NEW STUDENT GROUPS ON THE BLOCK

Our students' commitment to their respective fields of study goes beyond the classroom; it's evident when looking at the growing list of student-organized groups and clubs within the Division of Kinesiology and Health. Recently, two new organizations, PETESA (Physical Education Teacher Education Student Association) and PEK (Phi Epsilon Kappa) were added to the list.

PETESA is committed to the promotion and enhancement of knowledge pertaining to Physical Education, Health Education, Recreation, and Dance. Last November, group members attended the annual Wyoming Alliance for Health, Physical Education, Recreation, and Dance convention in Douglas, Wyoming. At the conference, PETESA members participated in a 5K, networked with other PETE professionals from around the state, and presented physical education tools and strategies to other conference attendees.

PETESA was instrumental in initiating a new program called "Healthy Pokes." Healthy Pokes is an interdisciplinary approach to enhancing the health and wellness of elementary aged children in Laramie. By partnering with faculty and students in the Division of Family and Consumer Sciences, Healthy Pokes will provide activities and lessons in physical activity, nutrition, and emotion management. This year, PETESA members are directing the program for the

first time. The "Healthy Pokes" program is one way PETESA members are fulfilling the primary goal of their organization: "to increase involvement in services that promote physically educated and active people within our community and throughout Wyoming."

Currently known as CHESNut (Community Health, Exercise Science, and Nutrition Student Association), this 24-member organization recently received their official charter from PEK, a professional fraternity for adults pursuing careers in health, physical education, recreation, and other related fields. CHESNut was formed with the hope of developing a greater sense of community among K&H undergraduate students, graduate students, and faculty members. The group promotes student research, charitable purposes, community service, and leadership development.

The group is off to a productive start. In November, they organized the First Annual Kinesiology and Health MOVEMBER Moustache contest and fundraiser in support of the men's health research foundation. As part of their commitment to community service, CHESNut members volunteered at a local soup kitchen and plan to participate in the Adopt-a-Highway program.

We look forward to watching these organizations develop and grow, and thank them for their contributions to the K&H community!



Left: K&H PEK members attend an initiation, May 2014; Right: 2013-2014 PETESA members

## Fall 2013–Spring 2014

# STUDENT AND FACULTY SUCCESSES

## STUDENT SUCCESSES

### RESEARCH PRESENTATIONS

---

Four graduate students and one undergraduate student presented one or more research studies at the College of Health Sciences Grand Rounds Research Day and/or national level conferences in the 2013–2014 academic year.

### AWARDS

---

**Lucas Carr** received a \$750 EPSCoR Fellowship and a \$650 College of Health Sciences Undergraduate Student Research Award to conduct and present research in 2014.

**Samantha Ellis** received a \$750 EPSCoR Fellowship and a \$750 College of Health Sciences Undergraduate Student Research Award to conduct and present research in 2014.

**Katie Cawthorn, Matt Peterson, Harry Fisher,** and **Mitchell Stephenson** received College of Health Sciences Grant-in-Aid awards totaling \$3,300 to support their research projects in the 2014–2015 academic year.

**Angela Chambers, Todd Mirich, Christa Munari, Katie Overton, Austin Roberts,** and **Kelly Simonton** were selected as the Division of Kinesiology and Health's 2013–2014 representatives for the College of Health Sciences ASPIRE program, which seeks to develop academic and professional leadership opportunities for students in the college.

**Victoria Shiver** received the 2014 Outstanding Physical Education Teacher Education Senior Award.

**Todd Mirich** and **Lucas Carr** received the 2014 Outstanding Kinesiology & Health Promotion Senior Award.

### STATE AND NATIONAL HONORS

---

**Angela Chambers** and **Marc Miller** were recognized as the 2013 Wyoming Association for Health, Physical Education, Recreation, and Dance (WAHPERD) Students of the Year.

**Kelly Simonton** was the recipient of the 2013 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) Student of the Year Award. He was honored at the national AAHPERD convention in St. Louis, Missouri.

**Chris Kinder**, Physical and Health Education (PHET), was selected to represent Wyoming at the 2014 National Student Leadership Conference, which was held in conjunction with the national AAHPERD convention. The conference was held in St. Louis, Missouri, in April.

### K-12 TEACHING POSITIONS

---

**Ryan Lay**, undergraduate student in the Physical Education Teacher Education major, has accepted a teaching position in physical education in Farson, Wyoming. He will be teaching at the Farson K–12 School beginning August 2014.

**Thomas Muhlbach**, undergraduate student in the Physical Education Teacher Education major (B.S., 2013), has accepted a teaching position in physical education in Cheyenne, Wyoming. He will be teaching at Cheyenne Central High School beginning August 2014.

**Eric Urlacher**, undergraduate student in the Physical Education Teacher Education major, has accepted a teaching position in physical education in Rock Springs, Wyoming. He will be teaching at the Rock Springs Elementary Schools beginning August 2014.

**Logan Wright**, undergraduate student in the Physical Education Teacher Education major (B.S., 2012), has accepted a teaching position in physical education in Rock River, Wyoming. He will be teaching at the Rock River K–12 School beginning August 2014.

### SCHOLARSHIP RECIPIENTS

---

**Kylie Graney** and **Emily Radich** each received the division's Floyd J. & Marjorie Wilhelm Hart Memorial Scholarship.

**Kelsey Morrow** received the John Corbett Scholarship for PHET students.

Continued on page 6

## STUDENT AND FACULTY SUCCESSES Continued from page 5

**Matt Peterson** received the Vernon Gale Scholarship for K&H graduate students.

**Brandon Galovich** and **Joesie Bowdish** both received K&H Foundation Scholarships.

**Hunter Perala** and **Heather Reiner** both received a Paul Stock Foundation Scholarship.

**Christa Munari** received the Emily J. Smith Memorial Scholarship.

**Brandon Forister** and **Joshua Gregory** both received the Marburger-Thouin-Campbell Scholarship for PHET students.

**Kelly Simonton** received the Pax Ricketts Memorial Scholarship for PHET students.

**Jeff Wordeman**, **Matt Peterson**, and **Eric Jacobs** received the Gordon S. and Charlott Myers Health Sciences Scholarship.

**Daniel Garcia**, **Kristen Lessard**, and **Brett Smith** received the Vicky L. Kmetz Scholarship.

**Christa Munari** received the Ward Family Scholarship in Health Sciences.

### GRADUATE SCHOOL ADMISSIONS

---

**Lucas Carr**, physical therapy program at University of Southern California, Los Angeles, California.

**Angela Chambers**, master's program in Physical Education Teacher Education at Louisiana State University, Baton Rouge, Louisiana.

**Cheston Feaster**, physical therapy program at Pacific University, Forest Grove, Oregon.

**Joel Fundaun**, physical therapy program at Regis University, Denver, Colorado.

**Kristen Glisczynski**, physical therapy program at Pacific University, Forest Grove, Oregon.

**Brittney Good**, master's program in the Psychological Aspects of Sport at the University of Utah, Salt Lake City, Utah.

**Erika Heinbaugh**, physical therapy program at Northern Arizona University, Flagstaff, Arizona.

**Ashley Hickox**, physical therapy program at University of North Dakota, Grand Forks, North Dakota.

**Morgan Johnson**, medical program at University of Wyoming's WWAMI Medical Education program.

**Rachael Knox**, occupational therapy program at Creighton University, Omaha, Nebraska.

**Brandon Richardson**, master's program in Kinesiology & Health at the University of Wyoming.

**Victoria Shiver**, master's program in Physical Education Teacher Education at the University of Wyoming.

**Kelly Simonton**, master's program in Physical Education Teacher Education at Louisiana State University, Baton Rouge, Louisiana.

**Tanner Spade**, physical therapy program at Pacific University, Forest Grove, Oregon.

**Colter Wichern**, medical program at the Oregon Health & Science University's School of Medicine program.

**Kaleb Zier**, physical therapy program at University of Jamestown, Fargo, North Dakota.

### SPECIAL RECOGNITION

---

Congratulations to K&H Master of Science student, **Becky Moynes**, on competing in the 2014 World Barefoot Water-skiing Championships in Mulwala, Australia. Moynes placed 4th overall in the world, competing in all three events, slalom, tricks, and jump. Moynes is now preparing to defend her title at the 2014 Canadian National Barefoot Water-ski Championships that will take place August 8–10 in Napanee, Ontario.

**Jennifer Martin** was once again honored with a "Tip of the Cap" award from the UW Cap and Gown Chapter of Mortar Board. The award honors those staff members who offer "exceptional contributions to the University of Wyoming and inspiration of students."

### FACULTY SUCCESSES

Published **25 research papers** in refereed journals, edited books, and meeting proceedings.

Continued on page 7

## SUCSESSES Continued from page 6

Presented **21 research papers** at international and national conferences.

Received more than **\$2,000,000** in grant funding secured from external sources.

## AWARDS

**Dr. Christine Porter's** research organization, Food Dignity ([www.fooddignity.org](http://www.fooddignity.org)) was the 2014 recipient of the Community-Campus Partnerships for Health (CCPH) Annual Award. The CCPH states that the award "recognizes exemplary partnerships between communities and academic institutions that are striving to achieve the systems and policy changes needed to overcome the root causes of health, social, environmental, and economic inequalities."

**Find us on LinkedIn!**  
**Search first name "UW,"**  
**last name "Kinesiology".**

# THANK YOU, DONORS!

The Division of Kinesiology & Health would like to thank the following donors for their contributions. Due primarily to their support, the division has been able to offer academic scholarships for undergraduate and graduate students, fund student travel to professional conferences for educational development and presentation of research, as well as purchase necessary equipment for integral undergraduate and graduate courses. If you are interested in contributing to the enhancement of students' learning in the Division of Kinesiology & Health, please refer to the donation information within this newsletter.

Thanks to our donors who have contributed between May 2013 and May 2014.

Mrs. Mary Lou Bishop  
Dr. and Mrs. Lyman R. Brothers, III  
Dr. and Mrs. Mark T. Byra  
Mrs. Cornelia P. Dereemer  
Ms. Karen S. Fisher  
Mr. and Mrs. Tanislado Garcia  
Mrs. Beverly D. Junginger  
Dr. Donna R. Marburger  
Dr. and Mrs. Bryan A. McCullick  
Dr. Lyman L. McDonald and Mrs. Margie R. Hunt McDonald  
Mr. and Mrs. Matthew C. Moellering  
T. Dwane Moore and Patricia A. Moore  
Mr. and Mrs. Daniel M. Quinn  
Mr. Michael J. Ramirez and Ms. Rebecca Mueller  
Ms. Jeneane Schlotthauer  
Mr. and Mrs. John W. Walker

N15KH

## DONATING TO KINESIOLOGY & HEALTH

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Preferred email address \_\_\_\_\_

**Please accept my/our gift to the Division of Kinesiology & Health fund in the amount of:**

\$50     \$100     \$200     \$500     \$1,000     Other \$ \_\_\_\_\_

**I/we would like to make my/our gift in the form of:**

**Online:** Make a payment using our secure server: [www.uwyo.edu/giveonline](http://www.uwyo.edu/giveonline)

**Phone:** Please call the UW Foundation during normal business hours: (307) 766-6300 or (888) 831-7795

**Mail:** Return this card with your donation in an envelope to the address below. Please make check payable to the University of Wyoming Foundation

Yes, please send me information about planned giving (wills, trusts, etc.)

Yes, UW is named in my will.

Yes, my company matches my gifts. I have included a form from my company.

Your gift is tax deductible as provided by law.

Please mail form to: University of Wyoming Foundation, 1200 East University Avenue, Laramie, WY 82070

*The University is committed to equal opportunity for all persons in all facets of the University's operations. All qualified applicants for employment and educational programs, benefits, and services will be considered without regard to race, color, religion, sex, national origin, disability or protected veteran status or any other characteristic protected by law and University policy.*



## K&H ALUM: VICKY KMETZ

The Division of Kinesiology and Health was pleased to name Vicky Kmetz the 2013 Alum of the Year. Kmetz's commitment to sport, education, and community continues to inspire young athletes and aspiring teachers. Kmetz received her undergraduate and graduate degrees at UW. As a graduate student, her research focused on exercise adherence in grades K–12. After completing her M.S. in 1991, Kmetz went on to teach high school physical education in Cheyenne, where she worked as a teacher and coach. In the school, Kmetz learned through experience and from those around her. "Mentorship," she notes, "is crucial for young teachers". After five years in Cheyenne, she returned to UW to work in the University Lab School and shared her own experiences as a mentor to young teachers and coaches. She worked in the lab school for twenty years. In 2012, in an effort to encourage new internships and mentorships for kinesiology and health students, Kmetz and her husband Mike organized the Vicky L. Kmetz Endowed Scholarship. The scholarship is awarded annually to K&H students who are completing an internship in health, fitness, and wellness. The Division of K&H is grateful for her contribution and continued support. Congratulations, Vicky!



(l to r) Donna Marburger, Vicky Kmetz,  
Jayne Jenkins, Mark Byra