



FALL 2011

KINESIOLOGY AND HEALTH NEWSLETTER

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FATHER-SON WITH DEVELOPMENTAL PRESCHOOL MOVEMENT PROGRAM

John Haefner enrolled his son Carter in the K&H Developmental Preschool Movement program when Carter was four years old. Carter, now a fourth-year student at UW, vaguely remembers. He says, “When I was little, my dad would take us into that gym and that building all the time. A lot of my childhood was spent there.”

The Preschool Movement program is the first in a series of practicum experiences for training future PE teachers. Carter’s father, John Haefner, has been involved with supervising the program since its inception 23 years ago. The senior Haefner, Dr. Tami Benham-Deal, Dr. Mark Byra, and then-faculty Dr. Mary Marks initiated the program in 1989.

Now, many years after his first experience in the Preschool Movement program, Carter is on the other side of the equation—he is participating in the lab as one of UW’s physical education teachers-in-training. “It’s interesting to switch roles like that. You forget when you’re a kid how much purpose is put into what teachers do and how they do it, so I think that was the biggest thing for me—just realizing how much time and effort goes into presenting these things. When we’re kids, we just think that they’re fun and that they’re games. Especially with physical education, it’s fun, but you’re learning so much at the same time,” explains the junior Haefner. The cyclical connection between child, young teacher, and veteran mentor is particularly meaningful for the program this year, which may be its last in its current incarnation.

Through the program, commonly referred to as Lab I, Physical Education Teacher Education (PHET) majors are given the opportunity to build their understanding of

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PRESCHOOL MOVEMENT Continued from page 1

the teaching process by working with young children. For the first two months of the fall semester, the PHET majors learn about teaching and assessing children's motor skills. After this introduction, each teacher is assigned to work with one or more four- to six-year-old children. Initially, a teacher will use activities like running, skipping, kicking, and educational gymnastics to assess the developmental levels of the child's locomotion, manipulative (catching, throwing, kicking), stability, and aquatic skills, as well as their fitness levels. Based on this assessment, the pre-service teacher plans lessons to fit the particular youth's development and carries out that plan one-on-one, with partners, and in small groups. At the end of the program, the children's motor skill and fitness levels are re-assessed. The pre-service teachers use this information during an end-of-program conference to inform parents regarding the learning that occurred, and to make recommendations about helping the child stay physically active. Throughout this learning and teaching experience, the student teacher's lessons are video-recorded so they can self-assess their teaching performance. John adds that Lab I completely prepares student teachers to work with kindergarten-aged children.

Both Carter and John note that working with such young children is an incredibly engaging experience. John claims that, "It provides undergraduates with a really good background in teaching and also in understanding young children prior to their student teaching experience, which is really beneficial because when they go out to student teach, they're ready." In terms of his own experience, he also points out how much fun it is to work with young children. He taught an activity or game for many of the program's sessions, and gets a thrill out of their energy. He often taught aquatic activities,

like a tag game called "Mr. Fox." "The kids just love it," he says. Carter concurs, saying, "They're a very fun age group; they're young and innocent and eager to please. It's a very positive environment. I think sometimes when you get to the older age groups, there's a negative association with being active and physical education, but at [the preschool level] it's all about having fun."

This element of excitement and education is important to both Carter and John Haefner. Carter did not originally intend to major in Physical Education teaching, and was initially a Kinesiology and Health Promotion student. However, after becoming involved with the Big Brothers Big Sisters program, he began to reevaluate his priorities: "I realized how important it is to be around the kids and be a positive influence in their lives, and I associate that a lot with teaching physical education because it's a really positive thing for me. Being able to share that was really great."

This year is, in some ways, the end of an era for the program. John, who initially retired last year, returned to the Division this school year to teach in Lab I and several other classes. This spring he will return to retirement and focus more on his construction business. Beginning next year, Haefner and Dr. Benham-Deal will be handing off the program to a new faculty member in the division, Dr. Karen Lux. The staffing shift could potentially result in a programmatic shift as well. John is confident that whatever direction the program goes under Dr. Lux's supervision, it will be successful: "We've just got such a tremendous teaching program here at Wyoming and I'm sure that [no matter what the future of the Preschool Program is], Lab I will continue as part of a sequence of labs that really prepare our students to be excellent physical education teachers."

K&H STAFF NEWS

The last six months have brought a lot of change and achievements among the staff in our Division. We welcomed Shaunna Baysinger as a senior office assistant in March 2011. However, when our senior office associate position was vacated in September, Shaunna was then promoted to that position. Shaunna earned a B.S. in Kinesiology and Health Promotion-Athletic Training in 2006 and is now enrolled part time in the University of Wyoming's Executive Masters of Business Administration program. Having fond memories of the K&H staff and faculty from her undergraduate experience, Shaunna feels it is a joy to "pay it forward" and offer her experiences and personal attributes to such a wonderful group of UW employees and students. Her duties relate to the financial operations of the Division, such as balancing accounts, analyzing reports, and completing financial forms. She also manages purchasing, ranging from paper clips to research equipment, a small joy she refers to as "retail therapy." Shaunna's dedication and commitment to quality was recognized with the UW Staff Senate's Outstanding Employee award of the 4th Quarter in 2010. When she is not working or studying, Shaunna enjoys snowmobiling, jet-skiing, camping, 4-wheeling, biking, and hiking with her husband, Chad.

Jennifer Martin, the Division's office associate for academics, has helped advise undergraduate and graduate students in both the PHET and K&HP degree programs since July 2006. As our department registrar, Jennifer handles all things academic, such as coordinating class schedules and course enrollment, managing registration, and assisting students with degree and coursework requirements. Her constant support for our students and their success has been recognized with the College of Health Science's "Outstanding Staff Award" in 2011 and the UW Mortar Board's "Tip of the Cap Award" in both 2010 and 2011. Her commitment to and concern for each student's individual success is unwavering. In addition to all of these job-related successes, she also graduated with a B.A. in Communication in May 2011. Having accomplished this, Jennifer has enjoyed spending more time with family and friends, reading a good book or two, and traveling around Wyoming.

Alison Shaver is the newest addition to our office staff. Joining the Division in November 2011 as our senior office assistant, Alison previously worked for UW's Wyoming Cooperative Fish & Wildlife Research Unit. As faculty and staff support, Alison helps with coursework preparation, website and newsletter development, and



Photo by Derek Smith

Shaunna Baysinger, Alison Shaver, and Jennifer Martin

serves as the main contact for general departmental information. In addition to her job duties at UW, Alison also works part-time for Lebeda Financial Strategies, LLC. As an alumna of the University of Wyoming, graduating in 2009 with a B.A. in History, Alison remains active in the UW community and is excited to be a part of the academic atmosphere in Kinesiology & Health. Outside of work, she enjoys doing anything outdoors, traveling, watching college football and spending time with her husband, friends, and family.

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 April 2011 and October 2011:

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Giving Back to Wyoming

SPINE AND INJURY CLINIC OF LARAMIE

Various models of spines and joints are strategically placed around David ('05) and Dylan ('02) Milam's offices and exam rooms at the Spine and Injury Clinic of Laramie. The brothers, both University of Wyoming Kinesiology and Health graduates, keep these models on hand to meet one of their primary professional objectives: patient education. Instead of simply naming an incomprehensible medical condition, the Milams want to be able to show their patients what *exactly* is going on with their bodies. For this reason, they also have a database of hundreds of handouts to send home with patients after providing hands-on demonstrations of helpful stretches and exercises. Everyone leaves the office with something to work on.

The brothers were raised in Laramie and both graduated from UW's K&H program. Each then attended Western States Chiropractic College in Portland, Oregon. They both note that their undergraduate degrees prepared them as well or better than their peers for the doctorate degree—they even tested out of several requirements. Remembering his time in Corbett, David recalls the close relationships he was able to have with professors, given UW's relatively small size. Dylan felt able to enjoy his classwork, since he was able to study a subject that he was passionate about. Since their time on the university campus, they've excelled in their field—both are Certified Strength and Conditioning Specialists through the National Strength and Conditioning Association and are board certified chiropractic sports physicians with the American Chiropractic Board of Sports Physicians. To obtain this certification, the doctors had to do extra training in prevention, diagnosis and treatment of sports injuries, as well as in physiology, nutrition, orthopedics, and clinical biomechanics. This all adds up to over 300 postgraduate hours, over 100 hours of on-field experience, both written and practical exams, and at least one published paper in a clinical journal. They are the first (and so far the only!) holders of this certification in Wyoming.

Dylan and David, like many Wyoming kids, initially wanted to leave the state, but after several years in Portland, felt the pull to return as adults. After working for two years at a practice in Portland, Dylan decided to move back to the area to start his own business,

and David joined him the same day he was licensed. They hadn't always planned to work together, but circumstances allowed for it, and now they say that it's been an awesome business decision—they treat patients similarly, but are able to bounce things off each other, both clinically and for business.

It took eight months to set up the business and remodel their building until it matched their specifications, but Dylan said, "We had more time than money," and having had done so much research on how to set up a practice, he had a very clear idea of how exactly he wanted it set up. The Milams' father was a contractor, so they had the skills to do the physical remodel themselves. When deciding where to put the practice, Laramie seemed like a natural choice for their practice since they already had connections here and would be able to be a part of the university environment. David said, "The college is everything here. It brings in fresh faces, diversity..." They said it has been "100% gratifying" to return home in a new role: no longer students, but contributors to and educators of the community. David even taught a semester course for kinesiology at the university and teaches anatomy at LCCC.

The brothers both state that choosing to work in Wyoming has greatly influenced their careers. Dylan says that Wyoming is a good state for healthcare, because it is rural enough to have good insurance policies where residents have a wide range of access and choices in the type and providers of their healthcare. David adds that a small community has allowed him to have good personal relationships with other doctors, like those at Gem City Bone and Joint, and the benefit of strong professional relationships. He also points out that it has given him the opportunity to work with a wide range of cases, since he doesn't have the pressure to specialize as he would in a more urban area.

For this reason, the clinic sees everything from office workers to construction workers to bull riders and ranchers. They also do a great deal of sports injury work, and are the official partners of the UW athletics training room when an athlete needs the extra care—they typically see a couple of these students every day. Dylan pointed out that sports injury and medicine is such an

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SPINE AND INJURY CLINIC OF LARAMIE Continued from page 4

engaging field because that's where a lot of research is done; professional sports pay big money to research new techniques and therapies that can immediately trickle down to the average patient. And, though working in a relatively small community, the brothers have still had the opportunity to work with exciting national and international events, like the Dew Action Sports Tour, which will take them to Las Vegas in October.

The clinic is involved not only with UW athletics, but they also volunteer their time and sponsorship with community activities like runs, rodeos, and the Laramie Mountain Bike Series. In the mountain biking races, David unfortunately had a run-in with Kinesiology and Health's Dr. Christine Porter. Porter says, "The list of injured once included me, after going over my handlebars in a too-fast descent. While the shoulder impact made my left arm useless for managing the handlebars, I finished the race (to be honest, because I didn't know how else to get back) and went straight to David. After running my arm through some paces,

he reassured me that I hadn't done irreparable damage and that, though it would hurt, it should heal itself if I iced it and did the exercises he showed me...I'm still grateful and, thanks to his advice, my shoulder is almost back to normal." So, participating in events like these give the Milams the opportunity to pursue their goal of patient education, even outside the clinic. In addition to these activities, Dylan also writes a health column for the Laramie Boomerang and Wyoming Lifestyle magazine, and he has been an expert witness in legal trials for local attorneys. David, in addition to his teaching work, is a member of the City of Laramie's Board of Health, the Wyoming Governor's Council on Physical Fitness and Sports, and serves as the state director for the National Strength and Conditioning Association. The doctors believe that involvement in community life and events such as these is extremely important—it helps them make connections, introduces them to new patients, and gives them the opportunity to give back to the place where they were raised.

Dave and Dylan Milam at their Clinic



K&H SUCCESSES, SUMMER–FALL 2011

FACULTY SUCCESSES

HONORS AND AWARDS

Dr. Jayne Jenkins was inducted into the Hall of Fame of the Wyoming Alliance for Health, Physical Education, Recreation, and Dance (WAHPERD) in November, 2011.

PUBLISHED AND IN-PRESS ARTICLES

Kinesiology & Health faculty published 4 manuscripts in 2011 and currently have 8 articles and 2 book chapters in press, including:

Cluph, D., **Lux, K.**, & Scott, V. (in press). Investigating PETE majors' perceptions of Lesson Study as a capstone experience in physical education. *The Physical Educator*.

Jones, E., & **Lux, K.** (in press). Considerations for pursuing a doctoral degree in PETE, *Strategies*.

Li, K.K., Concepcion, R.Y., Lee, H., Cardinal, B.J., Ebbeck, V., Woelk, E., & **Readdy, R.T.** (in press). An examination of gender differences in relation to the eating habits and nutrition intakes of university students. *Journal of Nutrition Education and Behavior*.

Lux, K.M., & McCullick, B.A. (in press). How one exceptional teacher navigated her working environment as the teacher of a marginal subject. *Journal of Teaching in Physical Education*.

Ma, H., Wang, J., **Thomas, D.P.**, Leng, L., Wang, W., Merk, M., Zierow, S., Bernhagen, J., Ren, J., Bucala, R., & Li, J. (in press). Role for an age-dependent HIF-1 α defect in impaired MIF-AMPK activation and ischemic recovery in the senescent heart. *Circulation*.

McCullick, B., **Lux, K.**, Belcher, D., & Davies, N. (in press). A portrait of the PETE major re-touched for the early 21st century. *Physical Education and Sport Pedagogy*.

Porter, C.M., & Pelletier, D.L. (in press). Finding common ground: Perspectives on community-based childhood obesity prevention. *Health Promotion Practice*.

Readdy, T., & Ebbeck, V. (in press). Weighing in on NBC's The Biggest Loser: Governmentality and self-concept on the scale. *Research Quarterly for Exercise and Sport*.

McCullick, B.A., & **Lux, K.** (in press). Physical education. In A. Lee & T.G. Gilmour (Eds.), *Introduction to physical education, exercise science, and recreation*. Beijing: Higher Education Press.

Wallhead, T.L. (in press). Explaining the attraction: Understanding the motivational responses of students to Sport Education. In P. Hastie (Ed.), *Sport education: International perspectives*. NY: Routledge.

Jenkins, J.M. & Alderman, B.L. (2011). Influence of sport education on group cohesion in university physical education. *Journal of Teaching in Physical Education*, 30, 214-230.

Garn, A., Cothran, D.J., & **Jenkins, J.M.** (2011). A qualitative analysis of individual interest in middle school physical education: Perspectives of early-adolescents. *Physical Education and Sport Pedagogy*, 16, 223-236.

Jenkins, J.M., & **Haefner, J.A.** (2011). Task progression in early field teaching experiences. *Journal of Physical Education, Recreation, and Dance*, 82(10), 45-48.

Readdy, R.T., Watkins, P.L., & Cardinal, B.J. (2011). Muscle dysmorphia, gender role stress, and sociocultural influences: An exploratory study. *Research Quarterly for Exercise and Sport*, 82, 300-319.

Smith, D.T., Rockey, S.S., & Dorozynski, C.M. (2011). The other side of the equation: Increasing physical activity does not impact sitting time. *2nd International Conference Proceedings on Ambulatory Monitoring of Physical Activity and Movement*, 2, P2-56.

RESEARCH GRANTS

Smith, D.T. [PI] (9/11-12/11). *Clinically-compatible technology for behavior change and chronic disease prevention*. Wyoming SBIR/STTR Initiative (WSSI) Phase 0 (funded \$5,000)

NATIONAL AND INTERNATIONAL PRESENTATIONS

Herrera, H., & **Porter, C.M.** (2011, November). *You work for us: Complexities of community leadership in community-based public health*. Roundtable at the American Public Health Association Annual Meeting, Washington, D.C.

Porter, C.M., Herrera, H., & Sequeira, E.J. (2011, November). *Community food system organizing for obesity and hunger prevention in the US*. Oral paper at the American Public Health Association Annual Meeting, Washington, D.C.

Porter, C.M. (2011, November). *Don't walk this talk: Public health discourse that disempowers*. Poster at the American Public Health Association Annual Meeting, Washington, D.C.

Porter, C.M. & McCrackin, P. (2011, November). *Practice and potential of catalyzed minigrants for democratic community health*. Poster at the American Public Health Association Annual Meeting, Washington, D.C.

Porter, C.M., Herrera, H., Woodsum G., Sutter, V., Marshall, D., & Sequeira, E.J. (2011, November) *Tapping the Roots: Radically Democratic Organizing for Food Dignity*. Networking session at Community Food Security Coalition Annual Meeting, Oakland, CA.

Lux, K. (2011, October). *The marginalization of physical education and its effect on physical education teachers*. Invited oral presentation at the International Forum of Scientific Research Method of Kinesiology, Beijing Sport University, Beijing, China.

Lux, K. (2011, October). *Careers and professional opportunities in physical education*. Invited oral presentation at the New Tiyu Science and Physical Education International Forum, Suzhou, China.

Benham-Deal, T. (2011, October). *Common core standards—Implications and applications for health and physical education in the new decade*. Oral paper presented at the American School Health Association Conference, Louisville, KY.

Readdy, T. & **Wallhead, T.** (2011, September). *Applying the coach-athlete relationship model: College football coaches' interpretation and utilization of a self-determination theory workshop*. Oral paper presented at the 26th Annual Conference of the Association of Applied Sport Psychology, Honolulu, HI.

STUDENT SUCCESSES

Megan Patterson and **Chris Wagner** were named the 2011 Majors of the Year at the Wyoming Alliance for Health, Physical Education, Recreation, and Dance (WAHPERD) conference held in November, 2011.

Sarah Basse, **Josiah Black**, **Sarah Majdic**, and **Todd Mirich**, were selected as the Division of Kinesiology and Health's representatives for the College of Health Sciences' ASPIRE program, which seeks to develop academic and professional leadership opportunities for students in the college.

2011 K&H ALUM OF THE YEAR: DR. GARY POTEET

The Alum of the Year is an annual award recognizing a graduate of the Division of Kinesiology and Health for making a significant contribution in health, athletic training, kinesiology, physical education, or health education.

Dr. Gary Poteet ('87) received the 2011 Alum of the Year. Dr. Poteet graduated from the University of Wyoming with a B.S. degree in Exercise and Sport Sciences from the School of Physical and Health Education in 1987. He worked as a fitness consultant and then as an exercise physiologist at Rockwell International in Boulder, Colorado for two years before enrolling in graduate school at Central Missouri State University in Warrensburg. Before completing his M.S. degree in Exercise Science in 1992, Gary served as a lecturer at the university. In 1993, Gary was accepted to the College of Optometry, University of Missouri St. Louis, and served as a research assistant in an animal research lab during his first year and a teaching assistant during his next two years. While earning his Doctorate in Optometry, he also completed educational training to serve as a certified eye bank technician at the Missouri Lions Eye Tissue Bank in St. Louis.



Since 1996, Dr. Poteet has been an optometrist at Snowy Range Vision Center in Laramie. Over the past 15 years Dr. Poteet has been involved with various organizations including Rocky Mountain Lions Eye Tissue Bank, Wyoming Optometric Association, and with many other state, national, and international optometric organizations. He was also named a Fellow of the American Academy of Optometry. An active researcher and presenter in the field of contact lenses, Dr. Poteet also currently serves as the Allied Health Professional Staff-Optometrist at Ivinson Memorial Hospital. The Division of Kinesiology and Health is honored to have a graduate of Dr. Poteet's caliber. Congratulations, Dr. Poteet!

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INTRODUCING NEW FACULTY: DR. KAREN LUX



I am excited at the opportunity to join such an accomplished faculty in the field of Kinesiology. My area of specialization is Physical Education Teacher Education (PHET) and I feel grateful to be a part of one of the most respected PHET teams in both national and international circles.

After six years teaching elementary physical education in North Carolina, I was frustrated with the lack of respect given to our subject in American public schools. As a result, I feel very passionate about elevating the status of PE in schools and helping physical educators deal with the social and political factors in their working environment that significantly impact how they experience their lives as teachers.

My research interest is in the marginalization of PE as a subject in schools and how this affects PE teachers and their work lives. This line of inquiry began while earning my Ph.D. from the University of Georgia and continued over the last two years at Southern Illinois University Edwardsville. I have been able to publish some of this research in the *Journal of Teaching in Physical Education*, *Physical Education and Sport Pedagogy*, and *Journal of Physical Education*,

Recreation, and Dance. I plan to further this line in order to better understand how to prepare pre-service physical education teachers to combat the social and political forces within their working environment that can constrain their success and limit job satisfaction.

My fiancé and I are looking forward to our upcoming wedding in June 2012. We both enjoy outdoor sports and like to spend our free time running, camping, hiking, rock climbing, and playing with our Labrador, Haley.