



FALL 2010

 KINESIOLOGY  
AND HEALTH  
NEWSLETTER

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## K&H INSTRUCTOR RETIRES AFTER DEVOTING NEARLY FOUR DECADES

The retirement of instructor John Haefner last spring ends a long career, but it does not end Haefner's considerable legacy. After 39 years teaching physical education at UW, Haefner's impact continues as his former colleagues, and his students, share his lessons with their own students.

"He is happy, helpful and he cares deeply about his students," said alumna Lyndie Lux Larson, who teaches physical education in Gillette. "I am very grateful I had the opportunity to learn from him."

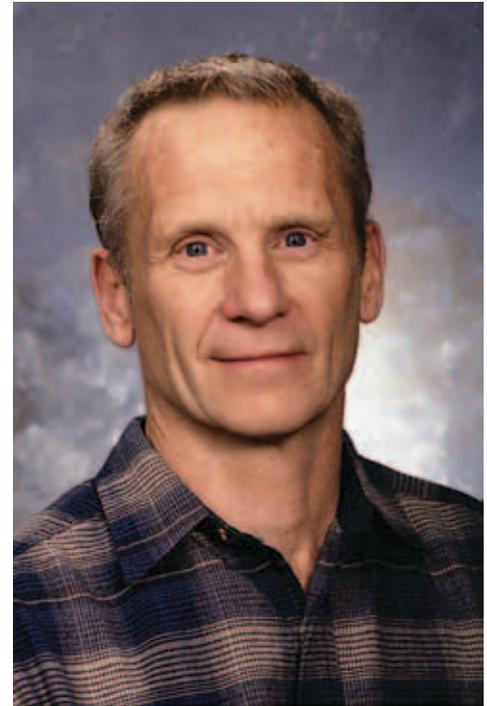
"I have watched him time and time again give selflessly to ensure that students receive the best education we can provide," said Associate Professor Tami Benham-Deal. "I have been fortunate to co-teach with John for the past 21 years and he has made me a better, more caring teacher. It didn't take long after meeting John to realize that he is the epitome of a 'professional.' Helping to prepare future teachers is not simply a job for him. It is a passion and a profession."

From details about developmentally appropriate activities, to skills in teaching gymnastics, swimming and dance, no single person could take his place, she said.

"I could go to John's office any time and he would be there for me, even if I just wanted to talk and catch up," said Physical and Health Education Teacher (PHET) major Charli Youngberg.

Haefner said he will miss interacting with students. "I like the way they think and act," he said. Haefner said he worked to create a laid-back, safe environment for students that allowed him to learn from them, even as he taught them.

In addition, Haefner has fond memories from his early years at UW working with such outstanding faculty as Ruth Campbell and Louise Thouin. Across his career at UW, he experienced an evolution in his teaching responsibilities, moving from



## HAEFNER RETIREMENT Continued from page 1

teaching primarily activity classes to teaching theory courses and supervising PHET pre-service teachers.

Haefner hopes that he has influenced the PHET majors in positive ways—particularly in that they understand the importance of rhythm, dance, gymnastics, and swimming in youngsters' lives.

Haefner received his B.S. and M.S. degrees at the University of Iowa and taught physical education in Seattle for a period in between degrees. He began teaching at UW in 1971.

## K&H PROGRAM RE-ACCREDITED

The Physical Education Teacher Education program at the university met all program standards established by its accrediting body earlier this year. The National Council for Accreditation of Teacher Education (NCATE) announced the program met the requirements of the National Association for Sport and Physical Education (NASPE). The next review will be in 2016.

Kinesiology and Health Division faculty, students and parents gathered in April to congratulate division majors on their achievements over the preceding academic year. Pictured (left to right) are Nicole Strom, Assistant Professor Matt Bundle, Cassie Garcia, Division Director Mark Byra, Anna Hirnyck, and Associate Lecturer Gary Werhonic. Fourteen scholarship recipients and five outstanding seniors were honored and more than 30 students were recognized for contributions to the division.

## M.S. DEGREE GRADS

Six students graduated with their M.S. Degree in Kinesiology and Health in 2009 and 2010

**Armstrong, Ashley** (Plan B Paper, 5/10)

Chair/Advisor: Tena Hoyle, Member: Mark Byra

**Bischoff, Steven** (Thesis, 8/10)

Chair/Advisor: Derek Smith, Member: Mark Byra

**Evenson, Bobbie** (Plan B Paper, 5/10)

Chair/Advisor: Tami Benham Deal, Member: Jayne Jenkins

**Anderson, Brett** (Thesis, 5/09)

Chair/Advisor: Derek Smith, Member: Mark Byra

**Hennings, John** (Thesis, 5/09)

Chair/Advisor: Tristan Wallhead, Member: Mark Byra

**Vertz, Cole** (Plan B Paper, 5/09)

Chair/Advisor: Mark Byra, Member: Derek Smith

## NATIONAL AWARD FOR GRADUATE

Recent Kinesiology and Health Promotion graduate Graden Trumble was chosen as an American Kinesiology Association (AKA) National Scholar for 2010. The award honors students, nominated by faculty, for demonstrating leadership and achievement in the field.

*Continued on page 3*



## TRUMBLE AWARD Continued from page 2

AKA president Gilmour Reeve said Trumble was chosen because of his vision for integrating kinesiology with medicine and for his interest in promoting physical activity to prevent chronic disease.

Trumble is a Green River native. He said he is spending the year volunteering in clinical settings to prepare for medical school. “My time at the University of Wyoming instilled in me an awareness of the relationship between good health and happiness,” he said. He hopes to make a difference in the lives of his patients.

Trumble said he feels he has a firm foundation after graduating with a Kinesiology and Health degree. “This program is founded on a great faculty of teachers who share a common objective of promoting kinesiology and health through a variety of opportunities including instruction, research, and service,” he said.

“The faculty creates opportunities for the students to evaluate the health problems arising in our society and critically think through ways to apply their knowledge to improve upon these problems,” he said.

Trumble’s advice to students in the division is that they take advantage of the broad range of activities and topics offered by the division, including trying something new.



## RESEARCH MILESTONE

Associate professor Jayne Jenkins has recently become a research fellow of the nation’s largest organization supporting professionals working to promote physical education and achieving healthy lifestyles.

The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) includes 5,500 researchers among its members. Jenkins joins a group of 375 fellows. According to the organization, fellowship status is bestowed to members based on the strength of their scholarship.

“Research Consortium Fellows demonstrate an ongoing commitment to research and a high level of achievement in their field,” said Research Consortium President Gilmour Reeve.

The mission of the Research Consortium is to promote quality research across disciplines.

Jenkins’ research and teaching focuses on physical education curriculum and instruction.



## ALUM OF THE YEAR AWARD

The Alum of the Year is awarded annually to one of the Kinesiology and Health’s graduates for making a significant contribution in a related field—health, athletic training, kinesiology, or physical/health education. The following are the recipients of the K&H Alum of the Year award for the past five years.

Year	Award Recipient	Graduated
2005	Dr. Donna Marburger	B.S., School of Physical and Health Education, 1954
2006	Ms. Patricia Moore	M.S., School of Physical and Health Education, 1991
2007	Dr. David Martin	Ph.D., School of Physical and Health Education and Department of Zoology and Physiology, 1994
2008	John Bragg, MD	M.S., School of Physical and Health Education, 1993
2009	Mr. Bill Lyons	B.S., School of Physical and Health Education, 1973
2010	Dr. Bryan McCullick	M.S., Division of Kinesiology and Health, 1995

## ALUMNI REPORT

Several Division graduates participated in the University of North Dakota School of Medicine and Health Sciences 2009 Physical Therapy white-coat ceremony, signifying the entrance into professional clinical practice. Pictured are 2008 Kinesiology and Health graduates John Kindle (center) of Riverton, Maria Long (right) of Torrington and Lacey Groninger (left) of Douglas, ND. Also in attendance was the President of the University of North Dakota, Dr. Robert Kelley who was the Dean of the College of Health Sciences at UW while John and Maria were students in Laramie. Following clinical rotations in Idaho, Washington, and Wyoming, both John and Maria are back in Grand Forks, ND for one more year of classes.



## K&H GRADS BRING THEIR SKILLS BACK TO LARAMIE

Jalyn (Reiss) Anderson, UW '06 and Tennille Reyher, UW '04, did not know each other when they were both undergraduates in Kinesiology and Health, but they have gotten to know each other well now.

Anderson and Reyher each have a doctorate in physical therapy, Reyher from Creighton University, Anderson from University of Colorado, and they work together every day at Iverson Memorial Hospital in Laramie. In fact, Reyher served as Anderson's clinical instructor when Anderson was still a doctoral student.

Anderson is from Gillette and Reyher from southeastern Colorado. Both enjoyed Laramie during college and were eager to return.

"I like the lifestyle here and the patient population," said Reyher, who worked in Chicago for a year before moving back to Wyoming two years ago.

Anderson has a word of advice for undergraduates in physical therapy, and their advisors. She said to do the opposite of what she did, take science courses like organic chemistry early on and take classes like anatomy, which are more applicable to physical therapy curriculum, later.

Faculty of Kinesiology of Health are proud to see their graduates bringing their skills and abilities to serve not just the state of Wyoming, but also the Laramie community.



# BIGGEST LOSER RESEARCH GENERATES BIG INTEREST

New faculty member, assistant professor Tucker Readdy, was initially surprised by the overwhelming response he got when he solicited volunteer participants for his dissertation research. Some local television and radio stations near Oregon State University helped him get the word out, and he found himself turning more than 100 people away.

According to Readdy, his research interests tend toward the more photogenic aspects of exercise and sport science. He is fascinated by the “neck up” aspects of sports: sports psychology, identity and power dynamics. Part of Readdy’s interest in studying the Biggest Loser television show was the following it had amassed in several years on the air.

“They were all fans of the show,” he said. “It was my job to tease out some of the theoretical aspects of their viewing experience.”

Readdy learned that watching the show is likely to inspire people who are already physically active. People who are inactive, however, are not likely to change their behavior due to watching the show, he said. Yet, they do show a change in attitude; inactive viewers reported feeling that changing their habits was a possibility in the future, whereas they did not feel that was the case before watching.

Readdy’s research also detected that viewers were only minimally aware of gender dynamics in the show’s structure. The first four seasons of the show, which rewards the contestant who loses the most weight, were won by men. During that time, producers changed the criteria for success from pounds lost, to percentage of body weight, potentially leveling the field for women; ultimately the fifth and sixth seasons were then won by women. Viewers were aware this change may have been made for fairness, while it may also reflect knowledge on the part of producers that women make up a substantial percentage of viewers.

Tucker said some avenues for continued research include studying Biggest Loser-style competitions within a workplace. For the moment, he’s glad to be done with his research, which required him to watch the entire season four times!

“You see enough of it and you want to be done with it,” he said. Readdy is currently working on publishing his research, the title of which is “The Biggest Loser: Surveillance and Medicine, Self-Concept and Gender on the Scale.”



## THANK YOU TO OUR DONORS

The Division of Kinesiology and Health would like to thank the following donors for their contributions. Donations have been used to support academic scholarships for undergraduates, student travel to professional conferences and the purchase of equipment for teaching undergraduate and graduate courses.

Thanks to donors who have contributed between July 1, 2008 and the present:

Mrs. Mary Lou Bishop  
Mr. and Mrs. Peter M. Buonomo  
Dr. and Mrs. Mark T. Byra  
Mr. Cody M. Hansen  
Mr. and Mrs. Daniel M. Quinn  
Dr. Donna R. Marburger

Dr. and Mrs. Bryan A. McCullick  
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Mr. and Mrs. John W. Walker

# K&H ACCOMPLISHMENTS 2009-2010

## FACULTY

- ▶ Published 28 research papers in scholarly sources.
- ▶ Presented 27 papers at conferences.
- ▶ Received \$333,500 in external funding and \$22,500 from university sources.
- ▶ **Dr. Tristan Wallhead** was tenured and promoted to Associate Professor in April 2010.
- ▶ **Dr. Paul Thomas** joined the **editorial board** of the new *International Journal of Physiology, Pathophysiology, and Pharmacology*.
- ▶ **Dr. Qin Zhu** joined a **consulting team** for High Performance Coaching for USA Badminton.
- ▶ **Dr. Tami Benham Deal** was appointed to a three-year-term on the **advisory board** of the *Health Literacy in the 21st Century—Setting and Education Agenda*, a committee within the National Education Association Health Information Network.
- ▶ **Instructor Marci Smith** and **Dr. Derek Smith** were recognized by the **UW Cap and Gown Chapter of Mortar Board** for Fall 2009 for inspiring students and contributing to their success.
- ▶ **Dr. Mark Byra** was the 2009 recipient of the Wyoming Association for Health, Physical Education, Recreation, and Dance (WAHPERD) **Pax Ricketts Award**, the highest honor bestowed by WAHPERD.

## RECOGNITION FOR STUDENT ACHIEVEMENT IN 2009-2010

- ▶ The **Outstanding Seniors** were **Graden Trumble**, Kinesiology and Health Promotion Program, **Cammie Brost** and **Marissa Martin**, Kinesiology and Health Promotion-Athletic Training Program, and **Marian Reed** and **Ross Anderson**, Physical Education Teacher Education Program.
- ▶ A total of 14 students from Kinesiology and Health received **Academic Scholarships** for 2010-2011.
- ▶ **Cassie Garcia** and **Caleb Moore** were chosen to present at this year's **University of Wyoming Discovery Day** events.
- ▶ **Frank Arce** and **Lee Toldson** were the recipients of the 2009 Wyoming Association for Health, Physical

Education, Recreation, and Dance (WAHPERD) **Student of the Year Award**.

- ▶ **Anne Moore** received the American Association for Health, Physical Education, Recreation, and Dance Award for national Major of the Year (2010).
- ▶ **Kevin Brown** received a **College of Health Sciences Student Grant-in-Aid Award** for his proposed Master's thesis project entitled "Effects of Exercise Training on Cardiac Malonyl-CoA Enzyme Activity in Response to Exhaustive Exercise-induced Ischemia."
- ▶ **Ed Waggy**, graduate student in Kinesiology and Health, was selected by the Faculty Graduate Council as one of the **John P. Ellbogen Outstanding Graduate Teaching Awardees**. He also received first place in the College of Health Sciences Grand Rounds research day for his poster, "Effects of Endurance Training on AMP-activated Protein Kinase (AMPK) Activity in the Heart."
- ▶ Other Grand Rounds poster presenters were graduate students **Beth Sanchez**, "Command and Practice Styles of Teaching: An Analysis of Student Attitudes and Actions;" **Megan Sexton**, "Total Energy Intake is Decreased by an Internet-Delivered Physical Activity Behavior Change Program;" **Shawn Rockety**, "Establishing a Step per Day to Cardiometabolic Disease Risk Factor Dose-Response." **Rockety and Sexton** also received funding to make their **presentations** at the American College of Sports Medicine meetings in Baltimore in June 2010.
- ▶ Undergraduate student research awards were made to **Kelsie Inchauspe** and **Tyler Renner** through a joint Kinesiology and Health-INBRE grant and to **Allison Tieszen** and **Tyler Gifford**, Kinesiology and Health Promotion majors, through **National Science Foundation EPSCoR** undergraduate fellowships.
- ▶ **Admission to Physical Therapy** programs: Kari Budd, Leslie Fischer, Ashlee Lansang, Lyle McKissick, Krystal Palczewski, David (Clay) Pokallus, Laura Regan, Brady Stokes, Allison Tieszen, Paul Tippetts, and Amanda Wilkison.
- ▶ **Admission to Occupational Therapy** programs: Ali Coy, Lauren Harris, Melissa Lewis, and Alyssa Lopez.
- ▶ **Admission to Graduate Schools**: Derrick McMahan and Jared Curry (master's program in Physical Education Teacher Education, University of Wyoming).

# IN MEMORY: BRETT IVAN ANDERSON

JULY 19, 1985–DECEMBER 19, 2009

Kinesiology and Health alumnus Brett Anderson died unexpectedly after suffering complications following surgery. As a master's student at UW from 2007 to 2009, Brett successfully completed his M.S. degree in addition to serving other students as a dedicated graduate athletic trainer and as a dedicated teacher.

Brett was a talented athletic trainer who was passionate about helping his athletes achieve peak performance and avoid injury. Brett's thesis research is being considered for publication in the *Journal of Strength and Conditioning Research*. Brett enjoyed all sports; however, soccer was his passion. He played soccer from kindergarten through college.

"Brett was an outstanding student with a gift for writing and communicating his ideas, however, the greatest loss is the exceptional compassion, friendship, loyalty, and kindness that Brett embodied and touched his family and friends with," said associate professor Derek Smith, his thesis advisor.

Anderson was born July 19, 1985 in Des Moines, Iowa, to Roger Anderson and Catherine "Cathy" Meyer. He was a 2003 graduate of Winterset High School. In 2007 he earned his BA in Athletic Training from Central College in Pella, IA. Following his studies at UW, he worked as an Assistant Athletic Trainer for Track and Field at Wichita State University. He enjoyed reading, drawing, and playing the guitar. Brett was caring and energetic and valued his relationships with his family and friends. He also loved dogs—his and any others.



## *An Irish Blessing*

*May the road rise to meet you  
May the wind be ever at your back  
May the sun shine warm upon your face  
May the rains fall soft upon your fields  
And when you reach the end of your days  
May God hold you in the palm of His hand.*

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## DONATING TO KINESIOLOGY & HEALTH

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**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

*Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, veteran status, sexual orientation, or political belief.*

## NEW FACULTY

“My husband and I got to know Wyoming’s landscape during our bike ride from Jackson to Steamboat several years ago. We never dreamed that we’d be fortunate enough to live here. It won’t all be vacation, however. As the only public health faculty here, I sometimes joke that I’m the “health” in Kinesiology & Health. A majority of our students aim to enter clinical and classroom professions. Through my teaching and advising, I hope to help them find their roles within a community health systems. I look forward to collaborating with other faculty to guide their paths to success. I plan to continue my research on childhood obesity and hunger prevention, particularly through sustainable, equitable and democratic community food systems. Public health issues, such as environmental health, are also pressing in Wyoming, and I aim to ensure my research serves the goals of this state.”

You can read more about Porter and her research interests at [www.uwyo.edu/cmporter](http://www.uwyo.edu/cmporter).



Christine Porter joined the Division of Kinesiology and Health in August 2010 as assistant professor after completing her PhD at Cornell University.

“I’ve found a home in the Division of Kinesiology and Health, and I’m looking forward to the many responsibilities, opportunities, and adventures that will come my way. I arrived at UW after spending six years at Oregon State University, where I earned my Ph.D. in Sport and Exercise Psychology. My area of specialization is in the socio-cultural dynamics of sport and exercise. In addition to my time in the classroom, I’ll be working with the “Endeavor for Optimal Wellness and Performance” effort, which integrates research, education, and consulting. I plan to explore phenomenological interpretations of people’s experiences in sport and exercise, with special attention to how differences in individual and social power, privilege, and oppression contribute to the creation of these interpretations. Outside of these efforts, I currently provide consulting services to a few of our Cowboys and Cowgirls teams and will continue to expand these efforts in the coming years. During my free time, I enjoy running, playing golf, and listening to music.”



Tucker Readdy joined the Division of Kinesiology and Health in August 2010 as assistant professor after receiving his PhD from Oregon State University.