



FALL 2015–SPRING 2016

KINESIOLOGY AND HEALTH NEWSLETTER

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K&H IN THE COMMUNITY: HEALTHY POKES

Healthy Pokes, a program for local children founded by K&H Assistant Professor Karen Gaudreault, continues to receive grant support in recognition of its impact on families in the Laramie and Cheyenne communities. The program promotes healthy lifestyles for participating children aged seven to fourteen who have or are at risk for excess weight or behavioral problems. In Healthy Pokes, children engage in physical activities and learn about nutrition, behavior, and mental health. Major goals include increasing physical activity and decreasing screen time.

Gaudreault started Healthy Pokes in 2014. Because she grew up as an athlete who loved working with children, entering physical education was not a difficult decision; now, as an assistant professor of Physical Education Teacher Education, she uses her knowledge and experience to benefit both children and the P.E. teachers of tomorrow. Healthy Pokes relies heavily on college student involvement: two UW graduate students work as project coordinators, and a swath of student volunteers and interns mentor the children and lead them in activities and lessons.

In addition to the children reporting how much they love the program, their parents' feedback reveals the critical impact of Healthy Pokes. One boy who used to drown his vegetables in ranch dressing stopped using the topping entirely and asked his mother to purchase nutritious snacks he had tried at Healthy Pokes. Many parents describe their entire families starting to make healthier choices because of what their children learn through the program.

The positive impact of Healthy Pokes on Laramie and Cheyenne families continues to be recognized with media coverage and grant support. The Wyoming Department of Health and Cheyenne Regional Medical Center have recently renewed their

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SHINING ALUMNA: MARIA CRESS

Maria Cress, a UW alumna from Sheridan, recently received a prestigious national award for her research.

In 2015, the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) awarded Cress the Beginning Investigator Award. According to the association's website, criteria for the award includes a substantial contribution to the knowledge base for the field of cardiovascular and pulmonary rehabilitation, as well as the ability to present these findings in a professional and skillful manner.

Cress holds a Bachelor of Science in Kinesiology and Health Promotion from the University of Wyoming and a Master of Science in Clinical Exercise Physiology from the University of Wisconsin-La Crosse (UWL). She currently works at UWL as a research and teaching assistant of exercise and sports. Cress has co-authored four journal publications, including a recent article on interval training in the November/December 2015 issue of the American College of Sports Medicine's *Health & Fitness Journal*.



AIESEP CONFERENCE

The K&H Division was honored to host the AIESEP International Conference June 8-11, 2016, which featured 250 presentations. Put on by the International Association for Physical Education in Higher Education, this year's conference theme was **Blazing New Trails: Future Directions for Sport Pedagogy and Physical Activity.**

For more information, visit www.aiesep.org.

K&H IN THE COMMUNITY: HEALTHY POKES Continued from page 1

grant funding, which helps pay for the employed graduate students and the equipment and supplies used at Healthy Pokes. Gaudreault hopes that Iverson Memorial Hospital will continue its financial support, as well. These institutions recognize the wonderful changes Healthy Pokes is making in children's and families' health.

Through the dedication of Gaudreault and other faculty, the time and efforts of caring UW and LCCC students in Laramie and Cheyenne, and the support of generous donors, Healthy Pokes is helping local children and their families live healthier, more balanced lives.

To make a donation to support Healthy Pokes, please contact Karen Gaudreault at klux1@uwyo.edu.



K&H UNDERGRADUATES CAN START RESEARCH EARLY AT UW

Although student research is often associated with graduate studies, numerous undergraduate students in K&H are pursuing in-depth research projects. Hunter Perala, Kelley Fisher, and Sean Feehan are just three of the department's many undergraduate researchers, and their projects reveal their passion for their fields of study and commitment to their studies and careers.

Perala, a Kinesiology and Health Promotion major who is minoring in Nutrition, is “researching peak rotational knee torques in country swing dancing.” Because he plans to become an orthopedic surgeon, this project provides him with “a better understanding of how the knee can be injured.” He has particularly enjoyed working with K&H faculty members to design protocol for study participants. His faculty advisor for this project is Assistant Professor Boyi Dai, and Perala is using the biomechanics research lab.

Fisher is majoring in Kinesiology and Health Promotion and minoring in Human Nutrition, and she plans to work as a physical therapist and equine rehabilitation therapist. She is working with several graduate students on their research projects, one of which involves investigating if intense training affects Nordic skiers' “nasal micro-biomes and contributes to increased risk of upper respiratory tract infections.” She is conducting this research under the guidance of Assistant Professor Emily Guseman and is using

the pediatric physical activity research lab. Fisher says she has learned a lot through observing how much preparation graduate students must do before even starting their research projects, and knows the experience will help her as she prepares for her own graduate studies.

Feehan is another Kinesiology and Health Promotion major who also plans to become a physical therapist. His research seeks to answer two questions: first, if “experience performing a motion is necessary to correctly identify” that motion or if “visual information is sufficient,” and second, if “the inversion of a motion makes it more difficult to correctly identify that motion.” He is conducting his research in the perceptual-motor behavior lab by showing participants videos of UW vertical dancers, and his faculty advisors are K&H's Associate Professor Arthur Zhu and the Theatre and Dance Department's Associate Professor Margaret Wilson. Feehan values this experience seeing “how evidence-based information is obtained” since insurance providers require physical therapists to use “evidence-based treatments.”

These three individuals are among the many K&H students diving into research while still pursuing their undergraduate studies. Their research projects are giving them valuable practice for their future graduate programs and preparing them for the workforce with direct relevance to their future careers.



K&H GRADUATES USING PHET DEGREES TO HELP PROTECT THE NATION

Numerous students and graduates of the K&H Physical Education Teacher Education (PHET) programs are finding ample use for their degrees in their military service. Jeffrey Wilson, Derrick McMahan, Riley Emter, and Joshua Nutter are among the many of the many servicemen and women making K&H proud.

Wilson is a current PHET undergraduate student and a sergeant in the Army National Guard. He has served in Iraq and will soon be stationed at Ft. Bliss, Texas. He reports using what he has learned in his classes “to help other soldiers develop and maintain a healthy lifestyle,” and as a team leader, he uses his understanding of fitness to help the soldiers he serves with have the best chance of returning home to their families safely.

McMahan earned his undergraduate PHET degree in 2010 and his M.S. in Kinesiology in 2012, and he serves as a Marine Corps officer. Currently a tank platoon commander stationed in Twentynine Palms, California, he says he applies what he learned from K&H to “almost every aspect of my line of work.” He is responsible for training soldiers in a variety of skills, including gunnery, live fire, and field training, and uses the methods he learned in his studies to develop and execute training plans. As a mentor himself, McMahan expresses particular appreciation to K&H faculty for their support and encouragement.

Emter is an Army captain and commander of a mechanized infantry company who earned his undergraduate PHET degree in 2009. He is currently deployed in Kuwait and has been awarded the Bronze Star Medal, Army Commendation Medal, Army Achievement Medal, and Combat Action Badge. He applies what he learned about teaching children physical fitness to training young soldiers how to be effective leaders, as well as teaching them “lifelong fitness,” recovery from injuries, and an important lesson he himself learned from K&H: To “treat every event as a learning opportunity.”

Nutter serves as a first lieutenant in the Army, earned his undergraduate PHET degree in 2012, and is currently stationed at Hunter Army Airfield in Georgia. He compares his duties training soldiers to working as a P.E. teacher, highlighting the importance of making sure his soldiers truly understand what they are being taught, viewing their success as his responsibility, and the joy he experiences at “seeing people progress.”

These four men, and the other K&H students and graduates who wear a uniform, demonstrate that there are a wide variety of ways to help people with a degree from K&H. In their case, they use their education to help the soldiers around them and the entire country they all serve to protect.



2015-2016 STUDENT AND FACULTY SUCCESSES

FACULTY SUCCESSES

Journal article publications	38
Research presentations	34
Grants received	13

PROMOTIONS

Christine Porter: Associate Professor

Tucker Readdy: Associate Professor

Alyssa Wechsler: Associate Research Scientist

AWARDS

Tristan Wallhead received the 2015 Honor Award from the Wyoming Association for Health, Physical Education, Recreation, and Dance and was selected as Chair of Scientific Committee for the 2016 AIESEP International Conference.

Jayne Jenkins received the College of Health Sciences Meritorious Service Award.

Boyi Dai received the College of Health Sciences New Investigator Award.

Mark Byra received the College of Health Sciences Outstanding Career Achievement Award.

STUDENT SUCCESSES

SCHOLARSHIPS

Floyd J. & Marjorie Wilhelm Hart Memorial Scholarship: Kolton Rap and Adam Berry

John Corbett Scholarship: Russell Whitaker and Austin Hastings

Margie & Lyman McDonald Kinesiology and Health Graduate Award: Kyle Bochanski

David Pudas Memorial Scholarship: Ryan Kobielus

Vernon K. Gale Memorial Award: Scarlett Barnes

Ward Family Scholarship: Joesie Bowdish, Samantha Brant, Daniel Davis, and Kendra Morrison

Paul Stock Foundation Scholarship: Poli'ala Warwick, Marten Baur, Sydney Gruntmeir, and Ragen Wilson

Emily J. Smith Memorial Scholarship: Taylor Wells and Jordan Hardsocg

Marburger-Campbell-Thouin Physical Education Scholarship: Dana Bjorhus, Kahler Dawson, Drew Choal, and Martin Vasquez

Pax Ricketts Memorial Scholarship: Theresa Allgaier

Gordon S. & Charlott Meyers Health Sciences Scholarships: Mychael Wiles and Shaochen Huang

Vicky L. Kmetz Scholarship: Jo'Lee Springman and Madison Watson

Ed Waggy Memorial Scholarship: Scarlett Barnes

AWARDS

American Kinesiology Association Master's Scholar Award: Victoria Shiver

American Kinesiology Association Undergraduate Scholar Award: Elizabeth Meyer

Society of Health and Physical Educations Major of the Year Award: Theresa Allgaier

Wyoming Association for Health, Physical Education, Recreation, and Dance Outstanding Student Award: Michelle Clark

RESEARCH GRANTS-IN-AID (COLLEGE OF HEALTH SCIENCES)

Cassie Ayres, "Examining parental-child dyads to assess physical activity modeling and environmental factors that influence preschoolers' physical activity" (\$855)

Taylor Hinshaw, "The effect of mid-flight trunk motion on landing mechanics" (\$1,000)

Kyle Bochanski, "The effect of competitive Nordic skiing on athlete nasal microbiome, C-reactive protein, secretory IgA, and heart rate variability" (\$1,000 + \$500 RMACSM)

STUDENT AND FACULTY SUCCESSES Continued from page 5

TRAVEL AWARDS (COLLEGE OF HEALTH SCIENCES)

Shaochen Huang, “Combined visual-kinesthetic training alleviated visual dominance effect in visual learning of bimanual coordination” (\$750)

Thomas Hart, “Effects of pattern running vs. reactive initiation on badminton on-court agility” (\$750)

RESEARCH PRESENTATIONS

Rocky Mountain American College of Sports Medicine Conference: Cassie Ayres, “Sleep quality, physical activity, and metabolic health: An assessment of obese adolescents”

Rocky Mountain Biomechanics Conference: Taylour Hinshaw, “External loading effect on force and power production during push-up” and Hunter Perala, “The effect of footwear on rotational torques in country swing dance”

UW K&H Competitive Student Research

Presentations: Hunter Perala, second place for spoken presentation (\$200), Yvonne Sciascia, third place for spoken presentation (\$150), Shaochen Huang, first place for poster presentation (\$150), and Taylour Hinshaw, third place for poster presentation (\$50)

RESEARCH FELLOWSHIPS (UW EPSCOR)

Sean Feehan (\$800, Spring 2016)

Elizabeth Meyer (\$800, Spring 2016)

Tyler Trumble (\$800, Spring 2016)

UW DIVISION OF KINESIOLOGY AND HEALTH RECOGNITIONS

Outstanding Senior Award–Kinesiology and Health Promotion: Elizabeth Meyer, Peter Wilcox, and Katherine Wilkins

Outstanding Senior Award–Physical Education Teacher Education: Kyle Sullivan

Representatives for the College of Health Sciences

ASPIRE Program: Michelle Clark, Daniel Davis, Sydney Gruntmeir, Elizabeth Meyer, and Rachel Wood

JOB AND INTERNSHIP ACCEPTANCES

Kyle Sullivan, physical education at Pinedale Elementary School

Candace Garner, dietetics internship at Montana State University

GRADUATE SCHOOL ADMISSIONS

Luke Eddington: chiropractic, University of Western States

Jacob Bratton: DPT, Idaho State University

Sharron Davis: DPT, University of Colorado Anschutz Medical Campus

Brandon Forister: DPT, University of North Dakota, Grand Forks

Caitlin Marcus: DPT, University of Colorado Anschutz Medical Campus

Elizabeth Meyer: DPT, Marquette University

James Ottman: DPT, Eastern Washington University

Katie Overton: DPT, George Fox University

Austin Roberts: DPT, Washington University (St. Louis)

Yvonne Sciascia: DPT, Columbia University

Katherine Wilkins: DPT, University of Montana

Brandon Galovich: dental school, Creighton University

Peter Wilcox: DO/MD Rocky Vista College of Osteopathic Medicine; WWAMI

Theresa Allgaier: MS in Kinesiology & Health, University of Wyoming

Maddy Byra: MS in Clinical Exercise Physiology, University of Wisconsin–LaCrosse

Lacey Gaechter: Doctor of Public Health, Johns Hopkins Bloomberg School of Public Health (Learner Fellow within the Center for a Livable Future)

Victoria Shiver: University of Alabama, Ph.D. program in Physical Education Teacher Education

GAINING EXPERIENCE AND MAKING FRIENDS WITH OLDER ADULTS

Seven K&H students are gaining real world experience and using their knowledge to benefit the Laramie community at the Epson Center for Seniors.

The Epson Center provides low-cost physical activity programs for 1,100 older adults each year. Seniors can take yoga and swimming classes, use exercise equipment, and go hiking and snowshoeing together, among many other activities. In summer 2015, two K&H interns at the center started a thrice-weekly class teaching seniors balance and strength exercises to prevent falls. Epson Center receptionist Bonnie Henderson says that this class is “one of [the center’s] most popular events” with an average of thirteen participants per session.

K&H students also plan a variety of physical activities for seniors and provide instruction in exercise equipment use. Of the seven students who have volunteered there, four have earned internship credit and the center has hired two of them.

These students gain valuable experience for their future careers and get to serve the Laramie community.



Henderson reports that “many friendships are being made between the young folks and older folks. The personal training being offered by the K&H students is an amazing encouragement for patrons, both physically and emotionally.”

N16KS

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

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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

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, Marian H. Rochelle Gateway Center, 222 South 22nd Street, Laramie, WY 82070

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K&H'S NEWEST ASSET: EVAN JOHNSON

Evan Johnson, K&H's new Assistant Professor of Exercise Physiology, brings a foundation of research experience to the department, a commitment to fostering active learning to the classroom, and a mission to unite diverse fields of study to the university.

Johnson recently received a research grant from Danone, one of the world's largest producers of bottled water and a company he has conducted research with for five years, producing ten journal publications in the process. Johnson's research focus explores the links between individuals' water consumption and their overall risk for disease, especially those related to the metabolic syndrome.

With twenty-eight journal publications to his name, Johnson describes seeing his findings in print, where others can put them to use, as "incredibly rewarding" because all the research planning, approvals, data collection, and data analysis add up to "an hour of work . . . if not more" behind each sentence. In his future time at UW, Johnson aspires to also use his research on hydration and heat acclimation to assist Wyoming athletes in becoming better equipped



to perform when they travel to significantly warmer climates for regional conferences.

In the classroom, Johnson uses his projects to expose students to research processes because, he explains, "The skills you get from working on a research study are not only applicable to research," but can help students succeed in their future studies and careers. He aims to build an "active learning experience" by asking students hard questions; he prompts them to use "breadcrumbs" he has left through previous lessons so students can arrive at the answers themselves.

Johnson expresses deep appreciation to his colleagues in K&H and to UW for their support of new faculty, especially through assigning a manageable teaching load that still allows for adequate research time. Johnson plans to pursue collaboration with other departments, particularly ones that don't seem like obvious choices, to get a better picture of "the university as a whole."

K&H, its students, and UW can all look forward to Johnson's ample research experience, commitment to cultivating active learning, and collaborative approach for many years to come.