TRANSITIONS

In 1989, after completing his doctoral work at the University of Pittsburgh in Physical Education Teacher Education, Dr. Mark Byra came to UW to take a faculty position in the Division of Kinesiology and Health. Originally from British Columbia, Canada, Dr. Byra found Laramie and the UW community to be the perfect home for his family, professional life, and love of the outdoors. In 2000, Byra was named director of the division, a position he's held for the past thirteen years.

This fall, Dr. Byra will hand administrative duties over to the division's new director, Dr. Derek Smith. Dr. Byra will continue on as a faculty member in the division.

Over the course of his career at UW, Dr. Byra has been instrumental in the development of the programming offered by the division. Drawing on his own experience as a junior high physical education teacher and his academic expertise, Dr. Byra helped shape the Physical Education Teacher Education Program at UW.

“In ’89, I was brought in with several other new faculty members to revamp the teaching program and that is something faculty really look forward to,” he explained. “We were able to create what we thought was a really effective physical education teacher education program. Within the first three years, it changed from a very theoretical, sit-down-in-class type program to one that combines theory with practice. Students learn about teaching in the classroom, apply it in the gymnasium setting, and then really apply it out with the kids.”

In 2000, Dr. Byra moved into the director position. In the past decade, he’s overseen changes including the renovation of Corbett to include additional lab space and the development of an off-campus graduate curriculum. He credits his colleagues with his success. The greatest joy of working in the position, said Byra, has been the opportunity to support an outstanding faculty.

“Probably the greatest accomplishment of any administrator is if you’ve been able to keep the faculty moving forward, collaborating, and meeting our goals for the unit,” he said. “Also seeing faculty research outcomes, particularly in the last decade, really explode in terms of publications and large grants and so forth. The thing that I see as most significant is really just watching faculty grow.”

While he has enjoyed his time as director, the transition to a faculty position will be a welcome change, and an opportunity to return to projects and duties of a full time professor.
After graduating from UW with undergraduate and graduate degrees, Beth Young spent the first five years of her career working for Albany County Public Health. Now, Young is heading up a federally-awarded, statewide project to improve quality and access to health care in Wyoming.

The project was awarded to the Wyoming Institute of Population Health, a division of Cheyenne Regional Medical Center, and is funded by a CMS Health Care Innovation Award. This award provides the institute with $14 million over three years. As project director, Young is spearheading programs to support the project’s three-part aim: better health, better care, at lower cost.

The project focuses on transforming health care throughout Wyoming and aims to reduce emergency room visits across the state. The award partners fourteen Wyoming hospitals, the University of Wyoming, and other health care agencies to implement and develop the five unique aspects of the program: Virtual Pharmacist, Patient-Centered Medical Homes, Medication Donation Program, Wyoming Rural Care Transition Program, and Telehealth/Physician Desktop Solutions. Each aspect was developed to address the needs of a state where patients and medical resources are often isolated from one another. By building what Young terms “medical neighborhoods” across the state, patients can get the support they need conveniently. “Through building these medical neighborhoods, patients are being provided with what they need preventatively before it becomes an emergency issue,” Young explained.

Patient-Centered Medical Homes (PCMH) is a program to help primary care offices serve as the center of a patient’s medical neighborhood. The program helps primary care offices improve efficiency and emphasizes the importance of individual care plans for patients. “This way, we connect all of the services people might need through the primary care physician,” Young said. “It’s a wellness approach. The idea is to keep people out of the emergency department.”

Through the Wyoming Rural Care Transition Program, eligible patients admitted to the hospital are provided a nurse to aid in-care transition. The program has 24 nurses placed across the state to help patients by acting in a true nurse-coach role such as answering questions, going over medications, and providing follow-up visits after the patient leaves the hospital.

Virtual Pharmacist allows patients to connect with pharmacists in two Wyoming counties to ask for medication therapy management. The Virtual Pharmacist program aims to give patients easy access to information to avoid medication errors.

Continued on page 3
“I’ve always enjoyed all three facets of being a faculty member: I love teaching, I really enjoy doing research and writing, and I also enjoy administration. But now, moving back to a faculty position and focusing on research and teaching is going to allow me to get back to some things that I left on hold, to some degree, and allow me to accomplish some of those things,” he said.

The development and growth of the division will continue under current faculty member, Dr. Derek Smith. Dr. Smith is optimistic about the division’s past and future. “I’m looking forward to the opportunity to capitalize upon the really strong foundation that we have, and to continue to expand and explore new directions,” he said.

This strong foundation, explained Dr. Smith, includes a diverse cohort of faculty members and growing connections between the division, the community, and the state.

“The future is bright for K&H,” he said. “There’s a growing community connection to clinical health practitioners as well as community organizations. Our pedagogy department continues to build and maintain really strong connections with school districts throughout the state.”

Dr. Smith received his Ph.D. from the University of Colorado in 2003 and came to UW soon after. His work in exercise physiology focuses on health interventions for obesity, cardiovascular diseases, and type 2 diabetes. At UW, he runs a research lab with about five graduate students each year and teaches courses in the division. As director, Dr. Smith looks forward to supporting new and growing interests among K&H faculty.

“I’m very excited about the new additions to the faculty that we’ve had over the last three to four years in the areas of food, health and social justice, experts in youth and pediatrics and physical activity. For the first time in the last eleven years that I’ve been here, we have a full contingent of faculty and that’s very exciting to have. We have lots of courses being offered and see the growth of the research side of things with faculty venturing into new areas,” he said.

The Division of Kinesiology and Health extends a heartfelt thanks to Dr. Byra for his dedication and leadership, and welcomes Dr. Derek Smith as the division’s new director.

RURAL HEALTH CARE TRANSFORMATION IN WYOMING

The Medication Donation Program collects sealed, in-date medications from patients or sites that no longer need the medication and has thus far been a huge success. “We ended up with 5,000 pounds of medications last month,” Young said. “The program both provides medication to those who otherwise wouldn’t be able to afford it, and keeps these medications out of the landfill.”

Telehealth/Physician Desktop Solution offers a way for patients to stay connected to health care professionals without leaving home. A number of services, including video conferencing and consultations with physicians, specialists, and pharmacists are now available through the program. Physicians have access to technological support through the program. Camera installation, training, and troubleshooting services are available for participating offices. In addition to the installation of a core infrastructure, 500 webcams will be deployed throughout Wyoming to link health care services.

By developing these programs, Young and the Institute are “transforming the way health care is provided across Wyoming.” The project, now eight months in, has already shown signs of success. Young understands, however, that this is only the beginning of the reform. “It’s one step in a marathon,” she said. “But we’re figuring out how we can be preventative, rather than reactive.” More information can be found at www.cheyenneregional.org/population-health.
A MISS AMERICA PAGEANT JOURNEY

Kinesiology and Health Promotion student, Lexie Madden (‘13), took national stage this January in the Miss America Pageant. Lexie showcased her talents as a pianist and her passion for promoting health and fitness in this year’s competition. This “Wyoming girl at heart” made her home state proud and was named third runner-up in the pageant.

“It was a whirlwind experience,” Lexie said. After being crowned Miss Wyoming in June 2012, she traveled to the national competition in Las Vegas from January 2–12, 2013. The ten-day competition was filled with excitement, stress, new friends, and little sleep. “I learned so much about interviewing and people skills,” said Lexie, reflecting on her experience. “Building relationships with the other women was incredible. I was glad that everyone was so sweet and down to earth.”

Lexie, originally from Torrington, Wyoming, is currently a senior majoring in Kinesiology and Health Promotion (K&HP). When developing her platform for the competition, she drew on her passion and education, choosing “Forever Fit,” a cause promoting the importance of physical activity for youth. As a student, Lexie recognizes the growing public health concerns surrounding obesity. “We’ve seen children as young as four diagnosed with diabetes, we’ve seen increased hypertension and cancer and so many preventable diseases,” she said. “I thought, ‘What can I do in my state?’”

Her personal experience as an athlete inspired the answer. “I’ve always had a passion for physical activity,” she said. “I started playing sports when I was in second grade and I think I learned so many great lessons by being a part of a team. You learn about perseverance, determination, setting goals, and teamwork. I think that those are life lessons that I can apply to the rest of my life.”

Her perseverance and determination will continue to take Miss Wyoming far. In the next year, Lexie will travel to New York for Miss America Homecoming, she’ll judge a pageant in Houston, and will host the World Champion Auctioneering Competition in Alabama. Meanwhile, she’s busy finishing up her final semester at UW and applying to occupational therapy programs for next fall.

Congratulations, Lexie!
THE OLYMPIC TRAINING CENTER:
ONE STUDENT’S INTERNSHIP EXPERIENCE

Last fall, K&H alumna, Caroline Wells (‘12), participated in the prestigious intern program at the Olympic Training Center in Colorado Springs, Colorado. Reflecting on her experience, Caroline said, “I don’t think words can really describe it. I know that sounds cliché, but all around, it was by far the best experience I’ve ever had.”

Caroline was one of 30 interns accepted into the program this past fall. Her assignment was with the High Performance Team in USA Swimming. From September to December, she worked with the team on a variety of tasks, from developing a coach’s report following the 2012 London Olympics, to participating in video analysis and discussion with coaches and athletes.

“I also had the opportunity to travel to meets and assist the High Performance staff in filming, both above water and below water, the National Junior Team and National Team athletes,” said Caroline. “I traveled to the Minneapolis Grand Prix in Minnesota and Short Course Nationals in Austin. I was so lucky to be able to participate in other unique events, such as the Olympic Assembly, Golden Goggles, Wrestling World Trials, and other sporting events.”

The experience exposed Caroline to a range of roles and new skills, but most importantly, it allowed her meet new people and build relationships with USA Swimming and Olympic Committee staff members, as well as her fellow interns.

“Everyone comes from such different backgrounds,” said Caroline. “Learning about their passion for sports and excellence is inspiring.”

Fresh out of her undergraduate program, the experience of working a full time schedule was new to Caroline. “You really have to organize your time if you want to fit in a workout, a social life, as well as other things like grad school or job applications,” she said. But the challenge was worthwhile, and one she felt prepared for after her career as a student athlete at UW. Caroline also credits her faculty mentors at UW for her success during the internship:

“The professors in the Division of Kinesiology and Health encouraged open communication and were always around to help,” she said. “I think this atmosphere carried over into my internship so that I was never afraid to ask questions or communicate with my supervisors and the other staff members. I also have to be thankful for the excellent education and intellectual background that I gained from UW. I cannot have asked for better professors. They have been incredibly supportive and encouraging, and these are the reasons why I have been so successful in my pursuits this past year.”

Wells with horses at the Modern Pentathlon Nationals
STUDENT AND FACULTY SUCCESSES—SPRING 2013

STUDENT SUCCESSES

RESEARCH PRESENTATIONS

Nine graduate and seven undergraduate students presented one or more research studies at the College of Health Sciences Grand Rounds Research Day and/or national level conferences in 2013.

AWARDS

Michael Donohue, undergraduate student in the Kinesiology and Health Promotion (K&HP) major, was awarded a 2013 Wyoming INBRE Research Fellowship for his project titled, “The relationships between squatting mechanics and jump landing mechanics.” His research advisor is Dr. Boyi Dai.

Sushma Alphonsa, Tyler Rasmussen, Erika Heinbaugh, Stephanie Kirby, and Becky Moyne received $750 travel grants from the College of Health Sciences to present research at various conferences in 2013.

Michael Donohue, Erika Heinbaugh, and Colter Wichern received $1,000 College of Health Sciences Grant-in-Aid awards to support their research projects in academic year 2013–2014.

Allie Parrott and Dillon Broussard received the 2013 Outstanding PHET (Physical Education Teacher Education) Senior Award.

Maria Cress and Michael Donohue received the 2013 Outstanding K&HP Senior Award.

STATE AND NATIONAL HONORS

Ramiro Candelaria was recognized as the 2012 Wyoming Association for Health, Physical Education, Recreation, and Dance (WAHPERD) Student of the Year.

Michael Donohue received one of the American Kinesiology Association’s (AKA) 2013 Scholar Awards for undergraduate students in kinesiology programs. The American Kinesiology Association honors a select number of undergraduate students whose academic and leadership records are distinctive.

Rachel Ryan was the recipient of the 2013 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) Student of the Year Award. She was honored at the annual national AAHPERD convention in Charlotte, North Carolina.

Kelly Simonton and Rachel Ryan (PHET) were selected to represent Wyoming at the 2013 National Student Leadership Conference, which was held in conjunction with the annual national AAHPERD convention. The conference was held in Charlotte, North Carolina, in April.

TEACHING POSITIONS

Ramiro Candelaria, undergraduate student in the Physical Education Teacher Education major (B.S., 2013), has accepted a teaching position in physical education in Rock Springs, Wyoming. He will be teaching at Rock Springs Junior High School beginning August 2013.

Taylor Kelting, undergraduate alumna in the Physical Education Teacher Education major (B.S., 2012) and K&H graduate student (M.S., 2013), has accepted a teaching position in physical education in Rock Springs, Wyoming. He will be teaching at Rock Springs Senior High School beginning August 2013.

Allie Parrott, undergraduate student in the Physical Education Teacher Education major (B.S., 2013), has accepted a teaching position in physical education in Rock Springs, Wyoming. She will be teaching at Rock Springs Middle School beginning August 2013.

Stephanie Kirby, undergraduate alumna in the Physical Education Teacher Education major (B.S., 2012) and K&H graduate student (M.S., 2013) has accepted a position as activities specialist in Western Oregon University in Monmouth, Oregon.

SCHOLARSHIP RECIPIENTS

Nora Bohne and Austin Roberts each received the division’s Floyd J. & Marjorie Wilhelm Hart Memorial Scholarship.

Travis Werner received the John Corbett Scholarship for Physical Education Teacher Education (PHET) students.

Giselle Dias de Oliveira received the Vernon Gale Scholarship for K&H graduate students.

Jessica Johnson, Carissa Lane, Todd Mirich, and Kelsey Schiller all received K&H Foundation Scholarships.

Kristin Glisicinski, Brittney Good, Rachael Knox, and Tanner Spade all received a Paul Stock Foundation Scholarship.

Victoria Shiver received the Emily J. Smith Memorial Scholarship.

Angela Chambers, Adam Cordell, and Marc Miller all received the Marburger-Thouin-Campbell Scholarship for PHET students.

Rachel Ryan received the Pax Ricketts Memorial Scholarship for PHET students.

Michael Donohue and Jay Raffensperger received the Gordon S. and Charlott Myers Health Sciences Scholarship.

Joel Fundaun and Christa Munari received the Vicky L. Kmetz Scholarship.

GRADUATE SCHOOL ADMISSIONS

Joe Raabe, sport psychology doctoral program at the University of Tennessee in Knoxville, Tennessee. Joe also received a Chancellor’s Assistantship from the UT’s College of Education, Health, and Human Sciences. Considered to be one of the most prestigious graduate student awards on campus, it provides an additional $10,000 per year.

Whitney Balzan, physical therapy program at Colorado University in Aurora, Colorado.

Alan Hill, master’s program in athletic training at Texas Tech University in Lubbock, Texas.

Caroline Wells, master of business administration program at Ithaca College in Ithaca, New York.

Tyler Rasmussen, master’s program in Kinesiology and Health at the University of Wyoming.

Zac Fisher, master’s program in Kinesiology and Health at the University of Wyoming.

Katie Donahue, physical therapy at the University of Utah in Salt Lake City, Utah.
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 January 2013 and May 2013.

Dr. and Mrs. Mark T. Byra
Mrs. Beverly D. Junginger
Mike and Vicky Kmetz
Dr. Donna R. Marburger
T. Dwane Moore and Patricia A. Moore
Mr. and Mrs. Daniel M. Quinn

SPECIAL RECOGNITION

Congratulations to Alexis (Lexie) Madden, Miss Wyoming 2012.
On January 12, 2013, Miss Madden competed in the Miss America Pageant.

SUCCESSES Continued from page 6

Chris Haskell, dentistry at the University of Nebraska in Lincoln, Nebraska.

Kyla Radakovich, physical therapy program at the College of Mount St. Joseph in Cincinnati, Ohio.

Laura Quist, physical therapy program at Regis University in Denver, Colorado.

Tyler Moats, occupational therapy program at Eastern Washington University in Cheney, Washington.

David Woodard, medical program at the University of South Dakota in Vermillion, South Dakota.

Anna Smith, occupational therapy program at the University of South Dakota in Vermillion, South Dakota.

Joe Greger, physical therapy program at the University of Mary in Bismarck, North Dakota.

Kiersten Steinkraus, physical therapy program at Regis University in Denver, Colorado.

Alicea Steir, occupational therapy program at the University of North Dakota at Casper College in Casper, Wyoming.

Jodi Purdy, physical therapy program at Clarke University in Dubuque, Iowa.

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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.
SUCCESSES  Continued from page 7

Pageant and was crowned third runner-up. Her promotion point during her oral presentation was titled “The Role of Physical Activity with Youth.” Lexie is a senior in the Kinesiology and Health Promotion program. Lexie spoke at the College of Health Science’s May 2013 graduation ceremony.

STAFF AWARDS

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 31 research papers in refereed journals, edited books, and meeting proceedings.

Presented 37 research papers at international and national conferences.

Received more than $1,000,000 in grant funding secured from external sources.

AWARDS

Dr. Tami Benham Deal was the 2013 recipient of the College of Health Sciences Outstanding Career Achievement Award. This award is given to recognize outstanding career achievement and/or years of service in the College of Health Sciences.

Dr. Mark Byra was inducted into the Wyoming Association for Health, Physical Education, Recreation, and Dance (WAHPERD) Hall of Fame in February of 2013. He was inducted for the significant contributions made to the State Association over the past 24 years. Dr. Byra joins three other faculty members from the Division of Kinesiology and Health who have been inducted into the WAHPERD Hall of Fame (Dr. Jayne Jenkins, 2011; Dr. Ward Gates, 2010; and Dr. Donna Marburger, 2010).

Dr. Christine Porter was the 2013 recipient of the College of Health Sciences Young Investigator Award. This award is given to reward excellence in research and scholarship in the College of Health Sciences.

Dr. Tristan Wallhead was selected as a 2013 Research Consortium Fellow. The American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) bestow the status of Research Fellow upon those who have made a significant contribution in research in the areas of concern of the Alliance.