



SPRING 2017

KINESIOLOGY AND HEALTH NEWSLETTER

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K&H HOSTS INTERNATIONAL AIESEP CONFERENCE

The UW Division of Kinesiology and Health was honored to serve as the 2016 host for the AIESEP International Conference, held June 8–11. AIESEP, the International Association for Physical Education in Higher Education, promotes, supports, and disseminates research in physical education and sport pedagogy, and takes an active role in advocacy and advising institutions, according to the organization's website.

This year's conference theme was "Blazing New Trails: Future Directions for Sport Pedagogy and Physical Activity," and the conference featured 250 distinct presentations. Serving as conference organizers were K&H faculty members Dr. Mark Byra (Chair of the Organizing Committee), Dr. Tristan Wallhead (Chair of the Scientific Committee), Dr. Karen Gaudreault, and Dr. Jayne Jenkins.

Professionals and students in physical education and physical education teacher education visited Laramie from all over Asia, the Middle East, Europe, and South America. They reported coming to the conference to learn from the best research available, network with colleagues, gain inspiration, and catch glimpses of the future of the field.

Conference session topics ranged from the need for replication studies and advocacy for policy advancement to P.E. teachers building a career network, and from other

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Drs. Mark Byra, Tristan Wallhead, and Mary O'Sullivan
enjoy the AIESEP Conference.

K&H HOSTS INTERNATIONAL AIESEP CONFERENCE

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countries' approaches to physical education to the use of online learning aids. Other sessions focused on the use of games, P.E. teachers' perceptions of disability, gender identity, and the use of physical education curriculums in daycares. Conference attendees were also treated to excursions to Vedauwoo and Lake Marie, a vertical dance performance, and opening and closing ceremonies.

At the end of the conference, attendees shared their favorite memories of their experience in Laramie. They appreciated the variety of topics presented by diverse speakers so everyone had the chance to learn something new, the UW campus's beauty, and the efforts of the

twelve K&H student ambassadors and Dr. Byra in making the 2016 AIESEP conference such a success.

Dr. Derek Smith, director of UW's K&H program, wishes to express that "Hosting the 2016 AIESEP International Conference . . . is a tremendous honor and privilege. The selection process is highly competitive, and UW's selection is owed to the internationally renowned Physical Education and Teacher Education researchers . . . This event brings together the preeminent experts in physical education and sport pedagogy, and the honor of hosting this conference highlights the research excellence at UW that is recognized across the world."



Shraddha Naik presents her research poster at the AIESEP Conference.

TWO K&H STUDENTS HONORED WITH NATIONAL AWARD

The American Kinesiology Association (AKA) has given national awards to Victoria (Tori) Shiver and Elizabeth Meyer, who completed their master's and undergraduate degrees, respectively, in May 2016. The AKA awards are granted to kinesiology students who demonstrate academic excellence, "exceptional scholarly

interest in the field," and "leadership and service in the profession," according to the AKA website. Each year, the organization grants awards in four categories: Undergraduate Scholar, Master's Scholar, Doctoral Scholar, and the Graduate Student Writing Award.

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Fridose Khan, co-founder, co-owner,
and head trainer at IX Innovations



K&H ALUMNUS FINDS SUCCESS TRAINING NFL ATHLETES

Fridose Khan of Sheridan knows first-hand that fighting for your dreams is absolutely worth it. By facing challenges in the classroom head-on, Khan gained the knowledge and experience needed to become the co-founder, co-owner, and head trainer at IX Innovations in Houston, where he specializes in training older athletes.

Khan's high school sports injuries dashed his dreams of being an athlete but instilled in him a fascination with kinesiology. He chose to ignore his fear of even entering the program because of difficult classes like biology, and instead poured time and effort into his studies and pursued tutoring. He particularly appreciates the encouragement and guidance of K&H Senior Lecturer Marci Smith. He graduated in 2013 following internships with the UW Athletic Internship Program and EXOS in California, during which he helped train the Argentinian Rugby Team, the U.S. National Soccer Team, and NBA All-Star Derrick Rose.

After graduation while interning at Athletic Gains in Los Angeles, Khan met Abdul Foster, brother of

former Houston Texan and current Miami Dolphin Arian Foster. Khan says the Fosters made him feel like family, and, tired of interning and ready to work, he eagerly joined Abdul in founding IX Innovations in Houston. There, Khan specializes in training older players to extend their careers, focusing on movements directly tied to their sport and corrective exercises for improper technique. He has worked with Arian Foster and former Houston Texans Owen Daniels and Andre Johnson (currently a Tennessee Titan), as well as two UW football players he had helped train previously, quarterback Brett Smith and wide receiver Robert Herron. IX Innovations will soon house an official NFL combine program and release its own app.

Khan recalls opening IX Innovations as the moment when he could say, "It's my show, finally!" To current K&H students looking for the same success in their careers, Khan suggests they "get their hands in" with internships and real experience, focus on application over straight A's, foster relationships, and visualize the future they want. As he tells it, Khan's story is one of "*making your dream happen.*"

NOMINATION & SOLICITATION MATERIALS: DK&H ALUM OF THE YEAR

It is now time to submit nominations for the 2017 DKH Alum of the Year. Please consider nominating a deserving recipient for this award. Below you will find the award criteria and the nomination form. Thank you for taking the time to give recognition to an inspiring individual.

Your recommendation must support at least one of the following criteria:

- ▶ **Professional Attainment & Achievement:** Candidates have attained prominence in his/her field or profession. His/her work has a demonstrated impact
- ▶ **Engagement & Support of DKH:** Candidates have demonstrated excellent service to DKH in areas such as: student recruitment, financial support, volunteer support of DKH programs, providing internships or mentoring or job placement.
- ▶ **Community Service:** Candidates have made significant contributions to the community (local, state, national, or international levels), greatly impacted the community through his/her actions, or is involved in a variety of service initiatives.
- ▶ **Limiting Criteria:** The recipient must have graduated DKH for a minimum of 10 years and is not currently affiliated with UW (e.g., Board of Trustees, employee, UW Foundation).

Please submit a completed nomination form and letter of support by mail, fax, or email to:

Division of Kinesiology and Health Outstanding Alumni Selection Committee
Dept. 3196, 1000 E. University Avenue
Laramie, WY 82071
Fax: (307) 766-4098
Email: asicehof@uwyo.edu

NOMINATION FORM DKH ALUMNI OF THE YEAR

Name of nominee _____

Current address _____

Phone # _____ E-mail _____

UW graduation year _____ Degree attained _____

Nominated by _____

Address _____

Phone # _____ E-mail _____

Please submit enough information so the committee can make an informed decision. In your letter of support address at least one of the criteria: Professional Achievement & Attainment, Engagement & Support of DKH, Community Service. Provide biographical information about the nominee. Additional letters of support (maximum 3) as well as a nominee resume are welcome and encouraged.



Dr. Boyi Dai presents at Journal Club.

JOURNAL CLUB GIVES STUDENTS THE OPPORTUNITY TO SHARE RESEARCH

For kinesiology student and faculty researchers, a weekly Journal Club provides the opportunity to share ideas, methods, and results, collaborate across disciplines, practice presenting research, and gain feedback to improve their work. The club is led by Associate Professor Dr. Qin “Arthur” Zhu and Assistant Professor Dr. Boyi Dai.

Each week, around a dozen undergraduate and graduate students gather with a handful of faculty members in the Corbett Building’s Biomechanics Lab. Their individual reasons for attendance reflect the wide variety of benefits Journal Club offers. Shaochen Huang, who just earned his M.S. in kinesiology and health and is currently a Ph.D. student in biomedical science, attends to present his new research topic. Many students participate in Journal Club to learn about research being conducted outside of their own areas of expertise, a sentiment that M.S. students Tom Hart and Mac Keener and undergraduate Danny Davis all expressed. While Meghan Critchley is currently an M.S. student in kinesiology and health, her

undergraduate experience is in dance, and she attends Journal Club for the “opportunity to see how more research can be applied” to the dance field.

And freshman kinesiology major Carlee Martin became interested in Journal Club because she herself participated in one of the studies being discussed there this semester, “Assessing Strength and Balance Performance and Bilateral Asymmetries Following a Major Knee Injury in Athletes,” one of Dr. Dai’s projects.

Other research topics being discussed at Journal Club this semester include “Visual Discrimination of Dance Movements Performed on the Ground and in the Air” (Margaret Wilson, Dr. Zhu, and Sean Feehan), “Research Review on Concussion Screening Tools” (Shaochen Huang), and “Landing Mechanics during Controlled Screening Tasks and Game Situations” (Bradley Beardt).

Due to Journal Club’s popularity and success, the Division of Kinesiology and Health will also offer a Graduate Research Seminar beginning in Spring 2017.



Drs. Dylan and David Milam, co-owners of Spine and Injury Clinic of Laramie

TWO K&H ALUMNI OPEN LOCAL CLINIC, EARN AWARD

K&H alumni and brothers Drs. David and Dylan Milam run the Spine and Injury Clinic of Laramie, which won the Laramie Chamber Business Alliance Small Business of the Year Award in 2015. Both men earned their bachelor of science in kinesiology degrees at UW, then proceeded to earn doctor of chiropractic degrees in Portland and post-doctorate sports diplomate certificates from the American Chiropractic Board of Sports.

Dylan became interested in anatomy and physiology in college, and, as both brothers played a variety of high school sports, David was intrigued by how cutting-edge physical medicine in high level sports “transfers down to everyday patient athletes.” He enjoys making a real connection with patients and helping them realize that even small lifestyle changes can have a huge impact, and Dylan finds it particularly rewarding to help people by educating them about themselves, especially how to prevent problems.

The Spine and Injury Clinic of Laramie is “multi-disciplinary,” combining “chiropractic, physical therapy, and massage therapy in one environment,” according to Dylan. Notably, both of the clinic’s physical therapists are also UW K&H grads. The brothers view their Small Business of the Year Award as a “compliment to [their] entire staff,” and it is likely that the award also has to do with the brothers’ heavy community involvement. They recently built a new clinic on the eastern side of Laramie on Grand Avenue, which offers more room for physical therapy, as well as a connected fitness and performance center.

The two Milam brothers express appreciation for UW’s K&H department, recounting how well it prepared them for their advanced education. They continue to support the department through offering experience opportunities to students, over twenty of whom have completed internships at the clinic. Their community involvement, recognized success, and commitment to patient care make the K&H department proud.

K&H STUDENTS HONORED WITH NATIONAL AWARD Continued from page 2

Tori is one of a mere twenty-eight kinesiology master's program students in the nation to be recognized with this 2016 award, for which she was nominated by Assistant Professor Karen Gaudreault. Tori has conducted research through the Healthy Pokes program, which led to a published journal article, and she is currently pursuing a doctorate of human performance at the University of Alabama. She became interested in the field through high school sports and helping to teach afterschool activities, and she ultimately plans to become a professor so she can teach and continue researching.

Elizabeth is one of only thirty-four kinesiology students to be honored with this year's undergraduate award, for which she was nominated by Assistant Professor Boyi Dai. She has worked on biomechanics research into ACL injury prevention techniques for the past two years. As she plans to become a physical therapist, this fall she will begin her doctorate of physical therapy at Marquette University in Wisconsin. Her passion for the field stems from high school sports and an interest in health care.

Both students look back fondly at their time in UW's K&H program, particularly the opportunities to attend



Tori Shiver and Elizabeth Meyer, winners of American Kinesiology Association's National Awards

kinesiology conferences. They appreciate the honor of this award, expressing that the recognition is an encouragement to continue in the field and to keep building relationships with faculty members, stating that students truly rely on faculty mentorship.

N16KS

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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 GRADUATE FINDS SUCCESS: SHAWN ROCKEY

Shawn Rockey is using his K&H degrees to improve the health of local citizens as a physician assistant at Urgent Care of Laramie. Rockey earned his bachelor of science in kinesiology and health promotion and master of science in kinesiology and health degrees from the University of Wyoming in 2009 and 2012 before earning an additional Master of Clinical Health Services (MCHS) degree from the University of Washington in 2015. His love for Wyoming drew him back to the state to launch his career.



Shawn Rockey

but to help people improve their health in a broader variety of situations; he pursued his MCHS to this end.

Urgent Care of Laramie hired Rockey as a physician assistant in September 2015, where he puts his two kinesiology degrees to frequent use. Beyond rehabilitation, Rockey gives patients preventative advice and anticipatory guidance, and he answers their questions on weight loss and staying active. He finds it incredibly rewarding to solve various problems and help people find answers to their health questions.

Rockey became interested in kinesiology because of his passion for health and fitness, and initially considered working with elite athletes. As he spent time with now-K&H director Dr. Derek Smith, however, Rockey realized that he had a strong interest in working in medicine, prompting him to pursue graduate studies in kinesiology. As he continued his schooling, Rockey discovered how much he enjoys being challenged to solve problems, and saw that he did not want to be limited only to sports medicine,

Rockey encourages current K&H students to “explore your options” by taking a variety of labs and classes with different professors, and to purposefully go “out of your comfort zone,” explaining that this will help them discover exactly what they want to do every day for the rest of their lives. By following Rockey’s example, no matter what career they end up putting their K&H education to use in, they can find fulfillment in their work and contribute to improving the health of the people in their communities.