SPOTLIGHT ON ES AND AT MAJORS

Carolyn Archer (AT) scored her first goal of the season to lift the 15th ranked Fort Lewis College women's soccer team to a 1-0 win over Adams State University on October 7th in Alamosa.

Malik Badawi (SpAdm) scored his first goal of the season which resulted in the game-winning goal as the Fort Lewis College men's soccer team continued their winning streak to seven games after shutting out Westminster College, 3-0, on October 2nd at Dirks Field.

Yannis Becker (SpAdm) assisted teammate Austin Derksen on the Skyhawks first goal of the game and then netted the game-winning goal to lift the Fort Lewis College men's soccer team to a 2-1 road win at Colorado State University-Pueblo on October 9th.

Tenaus Dunn (ExSp) was one of four Fort Lewis College football student-athletes named to the 2015 Rocky Mountain Athletic Conference All-Academic Team on October 21st.
SPOTLIGHT ON ES & AT MAJORS

**Caitlyn Espinosa** (ExSp) recorded her 24th career win and became the FLC Women’s Soccer all-time leader in shutouts with the 3-0 win over Colorado State University-Pueblo on September 18th. She stopped all 12 shots on goal for her 26th career shutout on October 2nd against Western State Colorado University and was named Rocky Mountain Athletic Conference Goalkeeper of the Week for the second time this season on October 6th.

**Benjamin Hanks** (ExSp) was one of four Fort Lewis College football student-athletes named to the 2015 Rocky Mountain Athletic Conference All-Academic Team on October 21st.

**Andrew Ike** (ExPhys) had a interception and a forced fumble to help the FLC football team defeated New Mexico Highlands University in Las Vegas, N.M., 49-7, in the Cowboys Homecoming game on September 26th.

**Alexander Pekoff** (ExSp) finished 26th in the men’s 2015 MSU Denver Invitational 6K cross country race on October 3rd.

**Alicia Sanchez** (ExPhys) scored a golden goal off of a penalty kick five minutes and 42 seconds into overtime to lift the Fort Lewis College women's soccer team to a 2-1 overtime win over Colorado Mesa University at Dirks Field on September 25th. Alicia was also named the Rocky Mountain Athletic Conference Women’s Soccer Offensive Player of the Week on September 29th. She netted the game-winning goal on October 9th as the lady Skyhawks, ranked No. 15 in the latest NSCAA poll, defeated No. 23 Colorado Mines, 2-1.

**Carly Wilborn** (ExSp) placed 15th in the women’s 2015 MSU Denver Invitational 6K cross country race on October 3rd.
SPOTLIGHT ON ES & AT MAJORS

Congratulations to the following Exercise Science Majors who participated as partners and coaches at a Special Olympics Colorado Durango Volleyball Competition on Sunday, October 18th. Lauryn Andre, Gerald Begay, Dallas Dickerson, Eliyah Lucero, Samaria Mallow, Kelsey Michael, Amanda Owens, Carrie Oyebi, Kyle Yazzie, and Taylor Young participated as partners on three different Special Olympics Teams with 8 Special Olympics athletes. The three teams played a round robin Tournament where we had a tie for 1st place and the other team received red second place ribbons. Intern, Josh Maes, ran the Individual Skills competition and officiated. Also, members of the Women’s Softball team, including ES major, Teheria Telliano, judged lines. Fort Lewis College was well represented by these students who fulfilled practicum hours for their ES 254 class (Adapted Exercise).

A special thank you to ES alum, Oscar Cosio, for bringing his 5th grade Physical Education classes from Ignacio Elementary to a Play Day on Thursday, October 15th, on the softball fields. The 55 students participated in stations taught by ES 255 (Teaching Competencies) students Gerald Begay, Quentin Benally, John Gurule, Samaria Mallow, Jeff Schiefelbein, David Sweet, and Kyle Yazzie. It was a great experience for all!
Registration and Advising

Registration for spring and summer classes begins on Monday, October 26th. If you have not seen your advisor yet, make an appointment now. Beginning this semester the new “advisor” for Exercise Science and Athletic Training students is:

Name: **Nathan Petesch**
Title: Academic Success Coach
Office: Whalen Gymnasium, RM 143
Phone: 970-247-6326
Email: NJPETESCH@FORTLEWIS.EDU

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**Fort Lewis College – Spring and Summer 2016 Registration Schedule**

At Fort Lewis College, you register for courses via WebOPUS on your assigned days. Your registration dates are based on your number of Previously Earned Credits. ‘Previously Earned Credits’ do NOT include your in-progress credits (your current registration) and do NOT include TRS (Basic Skills) courses. Verify your number of Previously Earned Credits on WebOPUS (see below). Once you are eligible to register per the schedule below, you may register then or at any time thereafter (until registration closes), but not before. Spring and Summer 2016 registration via WebOPUS closes on the 8th day of classes of the Spring semester, Friday, January 15, 2016. Refer to the Academic Calendar and the Academic Policies & Procedures sections in the 2015-2016 Catalog of Courses for additional registration information.

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**Registration Schedule & Protocol for Continuing Students**

In order to participate in the early registration period, you must be registered in Fall 2015 Semester courses. Register for Spring and Summer Semesters 2016 via WebOPUS by Friday, January 15, 2016.

<table>
<thead>
<tr>
<th>Previously Earned Credits (see definition and instructions below)</th>
<th>First Day/Date You Are Eligible to Register via WebOPUS (register online this day or anytime thereafter through the close of registration of the chosen term)</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 or more earned credits</td>
<td>Monday, October 26, 2015</td>
</tr>
<tr>
<td>60 or more earned credits</td>
<td>Thursday, October 29, 2015</td>
</tr>
<tr>
<td>30 or more earned credits</td>
<td>Monday, November 2, 2015</td>
</tr>
<tr>
<td>0 or more earned credits (most 1st time Freshmen)</td>
<td>Wednesday, November 4, 2015</td>
</tr>
<tr>
<td><strong>Open Registration</strong> (includes Admitted Students Who Have Been Advised)</td>
<td>Monday, November 23, 2015 until the close of registration (via WebOPUS, January 15, 2016; paper adds, January 26, 2016)</td>
</tr>
</tbody>
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October 2015
October is ...

**National Breast Cancer Awareness Month**

According to the Mayo Clinic, Breast health begins with breast awareness, or a sense of what's normal for your breasts. To promote breast health, consider doing regular breast self-exams. With practice, you'll discover how your breasts vary in sensitivity and texture at different times during your menstrual cycle.

Women should also see their gynecologist annually.

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**National Physical Therapy Month**

National Physical Therapy Month (NPTM) is hosted by the American Physical Therapy Association (APTA) each October to recognize how physical therapists and physical therapist assistants help transform society by restoring and improving motion in people's lives. This October, the focus is on healthy aging and the many ways that physical therapists, as movement experts, can help individuals overcome pain, gain and maintain movement, and preserve their independence. If you have ever had a significant injury, you may realize how important Physical Therapists are to regaining mobility.
Department News

Adventure Education was first offered as a major in 2007 and has been a popular major ever since. They have had up to 115 students, 5 full time faculty and staff, and 4 adjunct (part-time) faculty. Housed in their own building, Adventure Education has matured and graduated from the umbrella of Exercise Science. **Adventure Education is now its own department.** Congratulations to Adventure Education Department Director Dr. Bob Stremba and his faculty and staff.

“Cross & Peel”

Jim Cross, FLC Exercise Science faculty member, and John Peel, Durango Herald sports writer, are now doing a Sports Talk Radio show on KDUR (91.9FM & 93.9FM) Friday mornings from 9:00-9:30 am. Listen in!

The Exercise Science Newsletter is a monthly publication for the students, faculty and alumni of the Fort Lewis College Exercise Science Department. Send news about AE, AT & ES majors, alumni updates or special announcements to:

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