Spotlight on AE, AT & ES Majors

Congratulations to …

Joey Brenner (ES), Zach Chenoweth (ES) and Katarina Medici (ES) were named to the 2013 Rocky Mountain Athletic Conference Cross Country All-Academic Honor Roll, announced December 18th by the league office. To qualify for the RMAC All-Academic team, student-athletes must have a GPA of 3.30 or better, be a starter or reserve in their sport, and have completed two consecutive semesters at their institution.

Broderick Sargent (ES) and Jamal Campbell (ES) were named to the 2013 All-National Football Foundation-Colorado Chapter football team on December 20th.

Cade Kloster (ES) came off the bench to net 16 points, Alex Herrera (ES) recorded 13 points, and Lucas Archuleta (ES) chipped in 11 points as the Fort Lewis College men's basketball team scored the fifth most points in school history December 21st at Western State, posting a 120-78 win over the Mountaineers. Alex Herrera (ES) was named student-athlete of the week on January 6th. He was also named the Rocky Mountain Athletic Conference men's basketball Defensive Player of the Week on January 13th. This is Herrera's fourth RMAC Defensive Player of the Week award this season (Jan. 6, Dec. 16 & Nov. 11). He leads the league in blocked shots per game (4.4), rebounds per game (9.2), field goal percentage (61.5), and is third in scoring with 19.5 points per game.

Sofia Gomez Villafane (ES) placed 2nd and Brittany Clawson (ES) placed 6th in the women's Division One Cyclocross National Championship on January 11th.

Erika Richards (ES) and Mary Brinton (ES) were named to the 2013-14 Rocky Mountain Athletic Conference Women's Basketball All-Academic Team Honor Roll on January 14. Mary also recorded a career high six blocks Friday, January 17, to lead the Fort Lewis College women's basketball team to a 79-61 home win over Regis University.
Summer Class offerings for AE, AT, & ES students:

If you would like to graduate earlier, or need to pick up a summer class, below are a few of the classes Fort Lewis College is offering during summer 2014. For specific dates, times, and locations, please see WebOpus.

AE 321: Lead Rock Climbing
AE 325: Mountaineering
AE 395: Adv Ed Teaching Assistantship
AE 480: Adventure Ed Internship
Bio 233: Human Anatomy
Bio 234: Human Physiology
Chem 150: Fund of Chem I Atoms/Molecules
ES 150: Sociology of Sport
ES 242: Testing and Statistics
ES 335: Kinesiology & Biomechanics
PE 1315: Stretching for Flexibility
PE 1380: Fitness - Weight Training
PE 1555: Golf - Beginning
PE 1580: Self Defense
Special Announcements

Yoga class can be relaxing. These students let it go to their heads!

IMPORTANT DATES:

January 28th @ 4pm: Deadline to add classes.
January 28th: Deadline for dropping classes without getting a recorded grade.
January 28th: Deadline for applications for April 2014 graduation.
March 19th: Exercise Science Advising Day
March 24th—28th: Spring Break
April 22nd: Exercise Science Social
May 3rd: Graduation

Accepting Nominations…..
for Most Promising Newcomer to Exercise Science Award. The nominee must be a freshman, sophomore, transfer student, or student who has recently changed his/her major to Exercise Science (ES), Adventure Education (EA) or Athletic Training (AT). Registrar’s office must have student declared as ES, AT or AE major. Please come by the Exercise Science offices and nominate someone! Nominations are accepted from students and faculty. Nominations will be accepted until March 21, 2014.

Accepting Nominations…..
for the Mega-Myocardium (Big Heart) Award. This award is given every year to the most helpful faculty or staff in the Exercise Science Department (including Adventure Education, Athletic Training and Exercise Science). Please come by the Exercise Science office (144 Whalen Gym), complete a nomination form, and drop it in the nomination box. Nominations are made by students and will be accepted until March 21, 2014.
Scholarship Applications currently being accepted:

The Exercise Science Department is currently accepting applications for the Dr. Joanne Soignier Sport Administration Scholarship for the 2014-2015 academic year.

Qualifications include:

Declared in Registrar’s Office as Exercise Science—Sport Administration option Major.*
Been accepted into the FLC Sport Administration Program
Cumulative GPA or 2.5 or higher*
Completion of 30+ hours of course work*

*an un-official transcript must be attached to your application as supporting documentation

The Exercise Science Department is currently accepting applications for the Joan Sanders Memorial Scholarship for the 2014-2015 academic year.

Qualifications include:

Classified as junior or above.*
Cumulative GPA or 3.0 or higher*

Declared in Registrar’s office as Adventure Education, Athletic Training, or Exercise Science Major
Demonstrated Leadership & participation in Exercise Science related activities (especially Intramural sports)

*an unofficial transcript must be attached to your application as supporting documentation

The Exercise Science Department is currently accepting applications for the Exercise Science Departmental Scholarship for the 2014-2015 academic year.

Qualifications include:

Must be a declared in Registrar’s office as Exercise Science major in Exercise Physiology, Exercise Specialist, K-12 Teaching, Sport Administration or an Athletic Training major.

Minimum GPA of 2.8*
Minimum of 25 credit hours completed (earned)

*an unofficial transcript must be attached to your application as supporting documentation

PLEASE PICK UP APPLICATIONS FOR THESE SCHOLARSHIPS IN THE EXERCISE SCIENCE DEPARTMENT, 144 GYM

Please see application forms for list of documents required with application. Deadline is February 28, 2014.
Faculty & School news

Professor Jim Cross did research in sport over the Christmas break by attending the Rose Bowl game in Pasadena, California. His dedication knows no bounds.

Tim Thomas attended a Mountain Weather Meteorology training sponsored by the American Avalanche Institute in December. This was part of a FLC Foundations Grant Tim had applied for, that was also supported by the Adventure Education Program. It should help in increasing the level of education of both our faculty, and hence our AE students, in the vagaries of the environment in which we do much of our classroom work - the San Juan Mountains.

Volunteers Requested!

In April 2014 we will be holding our 2nd Annual Exercise Science 10K Scholarship Run. If you would like to volunteer to man an aid station, assist at the check-in table, or any number of volunteer positions, please contact Dr. Emily Houghton, ehoughton@fortlewis.edu
Alumni Updates

Randee O'Brien (ES'13) says, "My first semester of PT school was really challenging. I really like my classmates, professors & classes. I have quite a bit of extended family in Missoula as well, but so far am not too fond of living there. I miss Durango!" She is attending University of Montana-Missoula.

James Wait (ES'06) finished his Masters in Sport Psychology from Capella University on Dec 13, 2013. He is working as a substitute teacher in Denver Public Schools while he applies for jobs that utilize his master’s degree.

Kate Elliott (ES'08) recently started a new position as the Recreation Director in Lindsborg, Kansas. She is really excited to be this new role. “Many thanks to the ES faculty!”

Max Fuenzalida went to Tanzania on a two week vacation in January 2013. He climbed to the top of Mount Kilimanjaro (19,341 feet, 5,885 meters) and then did a safari of the Serengeti. He sent us a picture of the entrance to Mt. Kilimanjaro.