Spotlight on AE, AT & ES Majors

Congratulations!

Mary Brinton (AT) was named the Rocky Mountain Athletic Conference Defensive Player of the Week on Jan. 20, 2014. She was also named FLC Student-Athlete of the Week on February 03, 2014. She led all scorers February 1st, to help the Fort Lewis College women’s basketball team to a 64-52 win over Adams State University at Whalen Gymnasium.

Gus Allen (ES-Phys) was the Student Life Center Employee of the Month-Climbing Wall for Jan 2014.

Nicholas Daily (ES-Exer Spec.) was the Student Life Center Employee of the Month-Weight Room for Jan 2014.

Alex Herrera (ES-Exer Spec) was named the Rocky Mountain Athletic Conference men's basketball Defensive Player of the Week for the fifth time this season on February 10th. He also garnered the award on Jan. 13, Jan. 6, Dec. 16 and Nov. 11. Herrera was also named FLC Student-Athlete of the Week on January 21, 2014.

Cade Kloster (ES-Sport Admin) was named student-athlete of the week on February 10th. In 20 basketball games this season, he is averaging 7.2 points per game and is shooting 46.4 percent from the floor.

Ally Kvidera (ES-Exer Spec.) was named to the women's lacrosse Preseason All-RMAC team. This is the first year the RMAC has sponsored women's lacrosse.

Erika Richards (ES-Phys) joined the 1,000th point club in January 2014. She became 13th Skyhawk Women’s Basketball player to score at least 1,000 points. She is also ranked in several categories in the Skyhawk's career record books, including scoring (8th, 1,159 points), free throws (9th, 233), 3-point field goals (8th, 130), and made field goals (10th, 398). Erika was named FLC Student-Athlete of the Week on February 17, 2014.
Announcements

10K @ THREE SPRINGS FOR BOOKS & THINGS

All proceeds benefit the Fort Lewis College Department of Exercise Science Scholarship Fund

All abilities welcome

10 a.m., April 6, 2014
125 Mercado St., Three Springs
Durango, Colorado

For additional information and registration: www.fortlewis.edu/ES10k

Follow us on Facebook: www.facebook.com/10katThreeSprings

Sponsored by
Announcements

Summer Class offerings for AE, AT, & ES students:

If you would like to graduate earlier or need to pick up a summer class, listed below are just 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
COMP 125: The Art of Rhetoric
COMP 126: The Craft of Research
COMP 150: Rhetoric and Research
COMP 250: Academic Inquiry and Writing
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
Announcements

Exercise Science Advising Day

Exercise Science Advising Day is March 19, 2014. Please schedule an appointment with your advisor for this day. Exercise Science advisors will have appointments times available throughout the day. Advisors ask that you please have an academic plan in mind before you attend your appointment. Tools for academic planning can be found on the Registrar’s Web site or the Exercise Science Current Student Advising web page.

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.
FLC Scholarship Applications for Exercise Science, Athletic Training, and Adventure Education students currently being accepted:

The Exercise Science Department is currently accepting applications for the Dr. Jo-anne 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)

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.
National Scholarships available to Students in Physical Fitness/Sports

**American Alliance for Health, Physical Education, Recreation and Dance Barbara A. Cooley Scholarship Masters Level**

Posted: 21 Jan 2014 11:18 AM PST

This award is a $1,000 scholarship, which recipients may spend in any manner they desire.

The scholarship recipient will be recognized at the annual Awards Luncheon at the AAHPERD convention. She or he will also receive a one-year complimentary student membership in AAHPERD.

Application materials must be received by November 15. The recipient will be notified in December by the chairperson of the Scholarship Committee.

**Eligibility**

The award is open to a master's level student who is currently enrolled in a health education program at an accredited college/university in the United States or a U.S. territory. To be eligible, the applicant must have a minimum current overall grade point average of 3.0 on a 4.0 scale. Prior AAHPERD scholarship recipients are not eligible.

**Application Procedures**

The completed application form must be received by November 15 of each year.

All application materials must be submitted simultaneously in a single envelope. The application and accompanying documents must be typed, single-spaced, in a 12-point font.

All applications must be accompanied by the following:

- A current curriculum vitae. Use the following categories, presenting the material in reverse chronological order where applicable.
  - Personal information
  - Current program and institution
  - Degrees earned, names of institutions, and years of graduation
  - Employment experience and dates of employment
  - Professional presentations: title, date, and location of presentations
  - Professional publications
  - Professional memberships
  - Awards
  - Professional committee involvement
  - Voluntary community service activities
  - Any other extra-curricular or professional activities

An official transcript from the institution granting the most recent degree and any coursework that fulfills requirements for the current degree program.

A narrative three-part statement that includes your philosophy of health education, your professional goals, and your assessment of current and future issues in health education. The maximum length for this narrative is three double-spaced pages. Include sub-titles for each of the three areas (Philosophy, Professional Goals, Issues).

Three letters of recommendation from professional individuals in the academic major, which address academic status, leadership potential, and career commitment. Two of the letters must be from the applicant’s advisor and a major professor.
Announcements

National Scholarships available to Students in Physical Fitness/Sports

**Bill Kane Undergraduate Scholarship**
Posted: 21 Jan 2014 11:26 AM PST

This award is a $1,000 scholarship awarded annually to an undergraduate health education major at an accredited college/university in the United States or a U.S. territory. Application materials must be received by November 15. The recipient will be notified in December.

Eligibility:
The award is open to any student officially recognized as an undergraduate health education major at an accredited college/university in the United States or a U.S. territory. To be eligible, the applicant must be currently enrolled full-time at a college or university for both the fall and spring semesters of the academic year during which the student is applying. The student must have sophomore, junior, or senior status at the time of application. Applicants must have a minimum, current overall grade point average of 3.25 on a 4.0 scale at the AAHPERD application deadline, which is November 15. Prior AAHPERD undergraduate award recipients may not apply.

Application Procedures
The completed application form must be received by November 15 of each year. All application materials must be submitted simultaneously. Incomplete submissions will not be reviewed. Application must include the student’s essay that addresses what the student hopes to accomplish as a health educator in training and in the future. The essay should include the attributes and aspirations brought to the field of health education. This essay must be typed, double-spaced, and approximately 400–450 words in length.

**Ruth Abernathy Presidential Scholarship**
Posted: 21 Jan 2014 11:09 AM PST

Since 1995, the American Alliance for Health, Physical Education, Recreation and Dance has awarded scholarships to outstanding undergraduate and graduate student members. The Ruth Abernathy Presidential Scholarship, developed by the past presidents of AAHPERD to honor deserving students, is awarded to three undergraduate students and two graduate students in January of each year. All scholarships are presented at the AAHPERD National Convention & Exposition held in the spring.

Undergraduate awards are $1,250 each and graduate awards are $1,750 each. Recipients also receive a complimentary three-year AAHPERD membership. Applications will be accepted electronically or by mail until October 15. Questions should be directed to Patti Hartle at phartle@aahperd.org.
Volunteers Requested!

On April 06, 2014 we will be holding our 2nd Annual Exercise Science 10K @ Three Springs for Books & Things. All proceeds benefit the FLC Exercise Science Scholarship Fund. 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, 970-247-7481 or ehoughton@fortlewis.edu

Alumni Updates

Please send us your news. We like to know where you are and what they are currently doing. Even a trip to Africa can make our newsletter (see January’s Newsletter.)

I would like to update our Exercise Science “Hall of Fame” so please send us your business cards.

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:

Carla Weston, Editor
Fort Lewis College Exercise Science Department
cjweston@fortlewis.edu
1000 Rim Drive, Durango CO 81301