Alex Herrera (ES) needed 32 points entering the basketball game on Feb. 22 to reach the 1,000th point mark, and he eclipsed it by one, scoring 33 points against the Rangers for 1,001 career points. Herrera was named FLC Student-Athlete of the Week on February 24, 2014. He scored 22 points on March 1st as the Skyhawks defeated Colorado Mesa University, 84-80, in the final regular season game and the FLC Student-Athlete of the Week again on March 03, 2014.

Ally Kvidera (ES) scored six goals in the season opening game to lead the FLC women’s lacrosse team to a 14-7 win at Colorado Mesa University on Feb. 22, 2014 from Walker Field in Grand Junction. Ally was named the inaugural Rocky Mountain Athletic Conference Women's Lacrosse Offensive Player of the Week on Feb. 27.

Erika Richards (ES) scored a career high 37 points on March 1st to lead the Fort Lewis College women’s basketball team to an upset win at Whalen Gymnasium over Colorado Mesa University. As of Feb. 28, Erika was ranked in several categories in the Skyhawks career record books, including scoring (8th, 1,187 points), free throws (9th, 239), 3-point field goals (8th, 132), and made field goals (10th, 408). She was named FLC Student-Athlete of the Week and Rocky Mountain Athletic Conference Offensive Player of the Week on March 03, 2014.
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](#).

**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

**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 31, 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 31, 2014.**
Announcements: Volunteer Opportunity

JOIN US AND SERVE AS A COACH AT A FUN-FILLED SUMMER DAY CAMP FOR CHAMPIONS AGES 6 AND UP WITH COGNITIVE, INTELLECTUAL, OR PHYSICAL DISABILITIES. A COACH SERVES AS A 1-ON-1 BUDDY TO A CHAMP WITH SPECIAL NEEDS AS YOU PLAY GAMES TOGETHER, LAUGH TOGETHER, SING TOGETHER, DANCE TOGETHER, AND HAVE A BLAST AT CAMP!

**WHEN**

**June 15 - 20**

MANDATORY TRAINING: June 15 (4-8p)
Camp begins Monday, June 16!

**WHERE**

The River Church
800 Plymouth Dr., Durango, CO 81301

**COST**

$35 + (if 18 or older) $20 background check fee

**REGISTER**

To register visit championsspecialministries.org
...or scan the QR code above to find out more
“Coaches/Volunteers must be at least 15 years of age”

QUESTIONS? Email info@championsspecialministries.org or Call 913.638.6823
or Call Joy Larson 970.749.4336 championsspecialministries.org / Overland Park, KS
Announcements

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.
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.
Dr. Carrie Meyer and Dr. Emily Houghton presented at the Diversity in Intercollegiate Athletics Summit in the Rockies in Fort Collins on March 6. The topic was Diversity in an undergraduate athletic training program: A case study.

Alumni Updates

Morgan Sheridan (ES’10) has been in graduate school at Life University in Marietta GA since 2011. She is on her way to her Doctor of Chiropractic degree. She is also working on a diploma in Pediatric Chiropractic and certification in Animal Chiropractic.

Kristin Wimp (ES’99) is currently in Chiropractic School at Southern California University of Health Sciences to combine ATC with DC and continue working with the Olympics.

Tucker Eichhorn (AT’11) is currently an Assistant Athletic Trainer at West Texas A&M University. He works with the football team in the fall and the baseball team in the spring. He also teaches an intro to athletic training class and two separate clinical classes. He has been a full time staff member at Texas A&M since Aug 2013. He received a masters in sports management in May of 2013.

Jedediah E. Blanton (Sport Admin’07) is an Assistant Professor of Sport Psychology at Minnesota State University, Mankato. He started here in August 2013. He finished his Ph.D. in August 2013 from Michigan State University in Kinesiology with an emphasis in PsychoSocial Aspects of Sport and Physical Activity & completed a Master’s in Kinesiology with an emphasis in Sport Psychology from Georgia Southern University in May 2009. He is engaged to be married in June 2014 to Anna Kirk. They met at Michigan State University where she was also working toward her Ph.D. She is now an entomologist (bugs!) and a Postdoctoral Research Associate at the University of Minnesota, Twin Cities.

David Lynch (AE’13) is currently working as a Field Instructor for Expedition Therapy Associates in St. George, Utah. He joined the company in October 2013. (http://expeditiontherapy.com)

Ron Ruybal (AT’93) is Events Coordinator for Big Brothers Big Sisters of Northern New Mexico in Santa Fe, New Mexico.

Eva Duce (K-12’10) has a sister who is competing in the 2014 Paralympics in Sochi, Russia. Heidi Jo Duce is a snowboarder on the US Alpine Paralympic team. She is ranked in the top 3 in the country in the sport of adaptive snowboarding.

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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