Exercise Science Newsletter

SPOTLIGHT ON ES, AT, AE MAJORS

Alex Herrera (Exercise Specialist) was named the United States Basketball Writers Association Division II Men's Basketball Player of the Week on January 28, 2015, two days after sweeping the Rocky Mountain Athletic Conference Men's Basketball Offensive and Defensive Player of the Week awards. This is the first year the USBWA is recognizing Division II players of the week.

Herrera has been a seven time RMAC Player of the Week honoree this season. In 19 games this season, he is averaging 23.8 points per game, 10.7 rebounds per game, and has totaled 70 blocked shots, 11 steals, 30 assists and is shooting 56.9 percent from the floor. He leads NCAA Division II in blocked shots per game (3.68), free throw attempts (239), free throws made (163) and total blocks.

Kate Bayes (Sport Administration) scored a career high 25 points February 6, 2015 to lead the Fort Lewis College women's basketball team to a 70-55 win at Western New Mexico University. With the win and season sweep over the Mustangs, the Skyhawks improve to 11-8 overall and 8-7 in the Rocky Mountain Athletic Conference.

Mary Brinton’s (AT) layup 48 seconds into the Fort Lewis College women's basketball game at New Mexico Highlands University on February 7, 2015 gave the Skyhawks a 2-0 lead they would not lose. Thirty-nine minutes later the Skyhawks would post a 70-52 win over the Cowgirls.

Dallas Dickerson (Exercise Specialist) came off the bench to score a career high 13 points at home against Colorado State University-Pueblo on February 13, 2015 to lead the Fort Lewis College women's basketball team offensively. The Skyhawks suffered a 67-60 loss to the ThunderWolves.

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ES SCHOLARSHIPS

The Exercise Science Department is offering a limited number of scholarships to qualified students for the 2015-16 academic year. Please see individual application forms to see if you qualify for a particular scholarship. Applications are available on the Exercise Science website. We are now taking applications for the following scholarships:

- Exercise Science Departmental Scholarships
- Joanne Soignier Sport Administration Scholarship
- Joan Sanders Memorial Scholarship

Please submit application form and attached documentation by February 27, 2015 to the ES Administrative Assistant in 140 Whalen Gymnasium. Names of recipients will be announced in April 2015.

Application forms are also available in the Exercise Science office, Whalen Gym room 144.

FEBRUARY IS AMERICAN HEART MONTH

This American Heart Month, the Centers for Disease Control and Prevention (CDC) and Million Hearts®—a national effort to prevent 1 million heart attacks and strokes in the United States by 2017—are encouraging Americans to know their blood pressure, and if it's high, to make control their goal.

Uncontrolled high blood pressure [469 KB] is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.
INTERESTED IN BECOMING AN AFAA CERTIFIED PERSONAL TRAINER?! 

Gain some valuable experience, education, and an accredited personal training certification! Rec. Services is hosting an AFAA Personal Training Certification on April 10th, 11th and 12th in the Student Life Center. The cost for the exam is normally $499. But if you come see Aaron King in the Student Life Center, office #146, anyone affiliated with the college and signed up with Aaron prior to registration can receive 25% off. Which comes to about $325 instead of $499. AFAA Certification exam is a 3-day workshop that includes a written and practical exam, and if successful will result in a 2-year certification.

AFAA Exam curriculum components will include:

- Anatomy and Kinesiology
- Fitness Assessment Testing Procedures
- Nutrition Fundamentals & Weight Management
- Special Populations & Medical Considerations
- Exercise & Wellness Programming

Rec. Services will be offering a workshop registration scholarship to the most qualifying student! The scholarship recipient will need to be willing to work as a Personal Trainer at the Student Life Center. Special consideration will be given to students that have 1-2 years left at Fort Lewis College and can demonstrate an adequate knowledge base. The Student Life Center currently pays personal trainers $8/hr for Weight Room Orientations, and $12 per Individual Training Session.

In order to apply for the registration scholarship, please submit a one-page essay that highlights your current GPA, relevant experiences, your knowledge base, two academic references, and how your employment will benefit the SLC. The deadline for scholarship applications is February 27th 2015 at 5:00 pm. All application materials should be emailed to Aaron King at apking@fortlewis.edu or dropped off to him in person.

For more information contact Aaron King, apking@fortlewis.edu/970.778.1976
FORT LEWIS COLLEGE
EXERCISE SCIENCE
SOCIAL!

Friday, April 24th
12:30 pm - 1:30 pm
Skyhawk 140

Refreshments will be prepared by the ES 353: Sport Nutrition class! We will also be announcing:
- Scholarship recipients for the 2015-16 academic year
- Most Promising Newcomer award recipient
- Mega-Myocardium (for most helpful faculty/staff) award recipient

Athletic Training, Adventure Education and Exercise Science
Students, Faculty and Staff are invited to attend!
Missy Erickson (Exercise Specialist, 2012) powered her way to a bronze medal on the final day of the 2014-2015 UCI Track World Cup in Cali, Colombia on January 17, 2015.

After finishing fourth in her first round heat, Erickson made up for it with a win in the repechage round. She continued to dominate with a win in round two before heading to the 1-6 final where she finished third.

It was the third bronze medal for Team USA Cycling after American athletes also won bronzes in the women’s team pursuit and men’s keirin on Saturday.

Abel Velasquez (Exercise Specialist, 2014) has been hired as the Fitness Program Specialist for the Shining Mountain Diabetes Program with the Southern Ute Indian Tribe. He is also a fitness trainer at Sun Ute Community Center in Ignacio, CO.

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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