Exciting Changes to Our Hyslop Home

Hyslop Sports Arena is the home of the Department of Physical Education, Exercise Science & Wellness.

During the last several years there have been some exciting changes in Hyslop Sports Center (HSC) that we would like to share with you, including:

- Biomechanics lab: We are in the process of developing a biomechanics lab in HSC 171. So far, we have a force platform and plan, over the next three years, to install a biomechanics motion analysis system.
- Exercise physiology lab: We have been able to purchase new equipment for our physiology lab, including a new metabolic cart and a vibration platform.
- Physical Education Teacher Education (PETE) Lab. Our new PETE hire, Dr. Rhoades, has transformed HSC 303 into a PETE lab.
- Computer lab/classroom: HSC 303 has been transformed into a classroom with podium and computers.
- Conference Room: HSC 321 has been transformed into a comfortable conference room/library which is used for faculty meetings as well as thesis presentations.
- Air Conditioners: Whereas at one time there were only air conditioners in some offices and some classrooms, we now have air conditioning in all faculty offices and classrooms except those without window access.
- Classroom and office furniture: During the past two years we have acquired more comfortable classroom and office furniture. All of our classrooms are now equipped with a podium and projection system.
- Display areas: We have made better use of our display cases and boards to display program information as well as faculty productivity in research and scholarly activity.
- Main Office: The main office is now located in HSC 101 and includes and advising office and advisor for undergraduate students.
- PXW faculty offices: Faculty offices are now all located on the north side of the building, making it much easier for students to access faculty.

The Gift of Education

Jill (Keena) and Steve Cholewa have given an extraordinary gift, but want to help you do something extraordinary also. They created an endowment for the Department of Physical Education, Exercise Science and Wellness (PXW) for student scholarships, and will match additional endowed gifts made by other donors, up to $250,000.

The match will be dollar to dollar, for any gifts given to the Jill and Steve Cholewa Physical Education Endowment. Currently, PXW offers two scholarships totaling $3,000: the Julia Keegan Scholarship and the Len and Ceil Marti Scholarship. More than 130 eligible undergraduate and graduate majors compete for these awards each year.

“We have had such an incredible life, “ said Jill, a 1977 graduate with a bachelor’s degree in physical education. “We wanted to help students who are struggling. We want to be examples to them of what their lives can be like, and we want to help encourage them in their studies and future goals,” said Jill.

Jill means what she says. Last year she met with students in the department, and she wanted to know about their lives: what they were learning, what sports they were playing, when games or meets were coming up, what they wanted to do after graduation, and what research they were doing. She and the students exchanged emails, and phone numbers. She asked if she could text them during the year. She wants to be a cheerleader for them and a mentor.

Please drop by if you are on campus. We would love to see you and to show you our equipment and facility upgrades.
Dr. Dennis Caine, interim dean and professor of the Department of Physical Education, Exercise Science and Wellness, recently published a co-edited volume titled "Epidemiology of Injury in Olympic Sports" in the International Olympic Committee (IOC) series, Encyclopedia of Sports Medicine. He is currently working on another co-edited volume for the IOC titled "Gymnastics Handbook". This volume is due to be published summer of 2013.

Caine was appointed to the position of professor and chair in the Department of Physical Education, Exercise Science, and Wellness at the UND in August 2007. For the coming year, he is the interim Dean for the College of Education and Human Development while the college searches for a new Dean. Dan Rice, who served as Dean for 12 years is on sabbatical leave this Fall Semester and then will be returning to regular faculty Spring Semester. Dr. Sandra Short is interim Chair of the PXW Department while Dennis is in the Dean’s office.

Caine earned bachelor’s degrees in education and physical education and a certificate of education from the University of British Columbia. He earned his master’s in education and a certificate of education from the University of Manitoba, followed by a master’s in education from the University of British Colombia.

His doctoral work at the University of Oregon focused on physical activity as it relates to human growth and aging as well as epidemiology of injury in children’s and youth sports.

Prior to coming to UND Caine was a professor in the Department of Physical Education, Health and Recreation at Western Washington University (WWU) in Bellingham, Wash. (1992-2007). In addition to teaching classes in exercise science and physical education teacher education at WWU, he served terms as undergraduate and then graduate coordinator.

Prior to his work at WWU, he spent six years in physical education teacher education and eight years as a physical education teacher, including two years with the Canadian Department of National Defense Overseas.

Student learns the technique of boxing, one of the classes the program offers.

As many of you will remember, PXW offers the M.Sc. in Exercise Science and Wellness, B.Sc. in Physical Education, Exercise Science and Wellness. Students in the undergraduate program may select one of the following options for study:

Option A: Physical Education Teacher Education
Option B: Related areas
Option C: Exercise Science and Wellness Applications
Option D: Allied Health

Allied Health
This past year, we developed a fourth option “Allied Health” to accommodate the growing number of allied health students such as pre-med, pre-physical therapy, pre-occupational therapy, pre-orthopaedic, pre-physical therapist, or other approved pre-allied health programs. Students who are choosing PXW as a home for their undergraduate degree. This option is not a new idea and is now a common practice in Kinesiology programs across the country where the numbers of allied health students is rapidly growing.

Public Health
Also this past year, our Stage II proposal for a B.Sc. in Public Health Education was approved by the N.D. State Board of Higher Education. We plan to implement this new program during Fall Semester, 2013. Employment of health educators is expected to grow by 18% during 2008-2018, which is much faster than the average for all occupations. Growth will result from the rising cost of health care and the increased recognition of the need for qualified health professionals. The graduates from this program will become the professionals who design, conduct, and evaluate activities that help improve conditions in which people can be healthy. Specifically, they will have roles in assessing the needs of a population and their social and environmental contexts, planning programs to educate the population about health topic, implement the program, and evaluating their success.

In addition to expanding the university’s offering of undergraduate studies in public health, by developing a major in Public Health Education, three of the core classes for this major - Introduction to Public Health, Epidemiology in Public Health, and Global Health – will be offered as Essential Studies courses and available to all UND students. In 2003, the Institute of Medicine of the National Academies recommended that “all undergraduates should have access to education in public health.”

Graduate Program - Jim Whitehead
The Kinesiology Master of Science program continues to thrive. Over the past few semesters we have averaged around 30 students—most of whom graduate in about two years. Interest in the program remains strong, and it is anticipated that at least fifteen new students will be joining us this Fall—including our first ever student from Ghana—which means that every continent has been represented in our program in recent years!

I am also pleased to report that our academic rigor continues to be well reflected in terms of research presentations at national and international scientific conferences, and in many cases publication of studies in peer reviewed academic journals. This continuing record is a credit to students and program faculty alike, and it bodes well for the future for all of us.

In future newsletters we hope to feature news of our graduates. Thus, all of you who completed our program are very much encouraged to send details of your lives and careers since you completed your degrees here. Let’s start that process by mentioning two recent graduates—Stephanie Meyer and Moriah Opp.

Stephanie, after graduating in 2007 first worked at the UND Student Wellness Center leading Fitness and Wellness programs before moving to the YMCA of Cass and Clay Counties to work with Health and Wellness Director. Moriah, also worked at the UND Wellness Center while finishing her thesis. She then recently worked at Altru Health System as a Medical Fitness Associate and Telemonitor Tech on the cardiac floor.

However, their paths have now converged in one sense as both have recently been appointed as coordinators of the new joint UND/NDSU Masters in Public Health (MPH) degree program—Stef at NDSU, and Moriah at UND. Their roles will mainly involve working with interested and incoming students, coordinating faculty courses and competencies, and working closely between UND and NDSU to achieve CEPH accreditation. Both will also be working with local and national community connections for securing student practicum sites and student placement, and both will be engaged in public health research as the topic areas apply. Thus, the success of Stef and Moriah is not just a credit to these two individuals, but also to all students that indicated this volleyball class was one of the most enjoyable classes that they have taken, and students indicate that they have learned critical skills. The benefits of this collaborative effort between Teacher Education and the BIP were also indicated by the students in the Teacher Education program, who felt that this collaboration was a key part of their training in sport education.

PETE Graduate Program
Over the course of the past two years, the PXW department has been working to develop a comprehensive graduate education program for physical education teachers and coaches. This ground breaking program has been designed in close collaboration with Grand Forks area schools and coaches. This program will provide hands-on training that will assist graduates of our program in their daily teaching and coaching duties while working collaboratively in small groups. This exciting addition to our Physical Education Teacher Education program is expected to be up and running by fall semester, 2013. If you are a practicing physical education or coach at the high school or college level, and are looking to expand your knowledge within the field, please inquire about this program by contacting Dr. Jesse Rhoades at 701-777-3113.

Basic Instructional Program - Kasey Young
The Basic Instructional Program (BIP) offers a variety of beginning, intermediate and advanced courses in combative sports, aquatics, fitness, strength training, individual sports and team sports. The BIP hires instructors from UND’s division I coaches, graduate students, and students from the local community to provide the student body with a wide range of courses from quality instructors each year.

Historically the BIP has offered the traditional “mainstream” activities including swimming, tennis, volleyball, badminton, basketball and fitness walking. However, over the last three years, the PXW department has seen changes so that the PXW department hired a Basic Instruction Program (BIP) Coordinator, Kasey Young, to oversee and grow the program.

Overall enrollment in the BIP has increased from 3,200 credits annually over to 3,800 credits annually reflecting a 19% increase in enrollment during the past three years. Additionally, the BIP enrolled over 10% of the student body in both the fall 2011 and
Jill, a Hillboro, N.D., native, put her own hardworking North Dakota spirit to the test as owner and operator of a lumber business in Madera, Calif., with her husband, Steve, for 22 years. She added 30 years of coaching to her résumé. She is also a Master Gardener, Rotarian and a member of the State Center Community College Foundation Board in Madera, Calif., where she and Steve have lived for 28 years.

Jill, who lettered on the UND women’s volleyball team in 1975 and 1976, understands how hard it is to go to school, work, and participate in sports. Her motivation is to spread her passion for giving and inspire others to do the same. But she stresses that giving back isn’t limited to financial gifts.

“We hope the people who receive our scholarships will in turn assist others in whatever manner they are able, whether through tutoring and mentoring, community service or even helping to fund additional scholarships,” she said. “There’s so much more you have to give — encouragement or even a smile.”

“There is nothing more satisfying than helping others celebrate their dreams and realize their potential,” she said. “Making a difference in someone’s life is priceless.”

The BIP has added 32 new beginning level courses to the program in the last three years bringing the overall class offerings to 65 different courses each year. Beginning scuba diving, hap ki do and escrima have become popular courses in the program while the ballroom dance, pilates and yoga have remained very popular with students with additional sections being offered each semester.

Adding to the excitement of increased enrollments, the BIP has diversified and streamlined the classes offered to include outdoor pursuits and gymnastics as well as new courses in the familiar areas of aquatics, racquet sports, team sports and individual sports.

We are delighted to introduce you to three of our new faculty members:

**Josh Guggenheimer:** We hired Josh in August 2009. He received his B.S in Exercise Science (2004), M.S. in Physical Education (2006), and Ph.D. in Education (2010) from the University of Idaho. Josh will be entering his fourth year as an Assistant Professor in the PXW department. Josh has been recognized by the University at the UND Founders Day Faculty Awards.

**Tanis Hastmann:** Tanis is our most recent hire and will take a leadership role in our new public health programs. Tanis received her B.S. in Exercise Science from the University of Nebraska at Omaha in 2006, her M.P.H. from Kansas State University in 2008, and her Ph.D. in Public Health Nutrition and Physical Activity from Kansas State University in 2011. She joined UND in August 2012 as an Assistant Professor in the PXW department and will be coordinating the new public health education major and teaching general education classes in public health. Prior to joining UND, Tanis worked as an Assistant Professor in the School of Health Sciences at Oakland University from 2011-2012, and as a research associate at Kansas State University, funded by the United Methodist Health Ministry Fund and the USDA. Her research projects are focused on understanding the media, environmental, behavioral, and psychosocial influences on physical activity, sedentary behavior, and healthful eating in children. She uses that information to develop and evaluate community based interventions to impact parents and children to prevent obesity. On a personal note, Tanis is originally from Winnipeg, Manitoba and is excited to live closer to her family. Away from work, Tanis enjoys golfing and curling, and is looking forward to exploring the great state of North Dakota.

**Jesse Rhoades:** We hired Jesse in the summer of 2010 to teach in the Physical Education Teacher Education (PETE) program. Jesse began his studies in physical education at Indiana State University where he earned his Bachelor’s of Science in Physical Education in 2002. After receiving his bachelor’s degree, Jesse was licensed to teach physical education in the states of Indiana and Illinois. He taught middle school physical education for two years in a small suburb of south Chicago. In 2004 Jesse entered graduate school and received his master’s degree in Biomechanics from Indiana State University in 2006. Finally, he studied Pedagogical Kinesiology at the University of Illinois, where he received his Ph.D. in 2010. This fall Jesse will be entering his third year as an assistant professor in PETE. Currently, he teaches secondary methods and curricular design. Additionally, he is the area coordinator for PETE in the PXW department. His research interests encompass the applications of complexity theory to the physical education learning environments, and the emergence of knowledge within student social groups within physical education. He is married to Rebecca Rhoades; together they have two children, Samuel and Jacob.
**REMEMBERING A TRUE CHAMPION**

Pat Warcup, beloved professor, coach and friend, passed away on March 27, 2009. Pat is credited with starting the University of North Dakota (UND) women’s athletic program.

Pat was born May 8, 1931, in Grand Forks, N.D., where she grew up, she graduated from Central High School in 1950. Pat enrolled at UND in 1950 but interrupted her undergraduate education in 1954 to enlist in the U.S. Air Force. While in the Air Force, she pursued her interest in competitive sports, playing on the Francis E. Warren Air Force Base women’s basketball team and later playing for and coaching the Eglin Air Force Base women’s softball team. In 1956 she applied for Operation Bootstrap and was granted leave to complete her Bachelor of Science in Education degree at UND. Upon completion of her enlistment, she returned to UND to complete her Master of Science degree in 1958. She taught physical education and coached girl’s sports at La Puente (Calif.) High School from 1958 to 1960.

Between 1960 and 1964 she served as chair of Women’s Physical Education at Western Montana College of Education. In 1964, Pat was appointed the first women’s athletic coach at Sacramento (Calif.) State College, where she also served as women’s athletic director.

In 1965 UND hired Pat back home, appointing her Women’s Physical Education Director. During the first year of her tenure, she and her colleagues started the women’s athletic program at UND. Pat was the first women’s basketball coach (1965-70) and the first softball coach (1966-70). Between 1965 and 1970, the Women’s Physical Education Division raised the number of women’s competitive sports to 10 and along with area colleges formed the MinnKota Conference. This governing body stood until it was absorbed by various men’s conferences.

In 1970, Pat took a year’s leave of absence from UND to attend Indiana University where she completed all but her dissertation for a doctorate in physical education. Upon returning to UND, she served two years as Women’s Athletic Director and then shifted her focus to teaching her academic specialties of sports biomechanics and motor learning. In 1977, women athletes sought her help in petitioning the return of softball to the roster of women’s sports at UND. She coached the softball team from 1977 to 1982.

In 1992 Pat was inducted into UND’s Athletic Hall of Fame and she retired that same year. In retirement, she divided her time between Quartzsite, Ariz., and her home at Island Lake, Minn., pursuing her hobbies of searching for interesting rocks to cut and polish, silversmithing and genealogy.

Colleagues have begun an effort to endow a scholarship in Pat’s name. The Pat Warcup Scholarship Endowment, to assure her legacy lives on in the students she loved so much. Of the $22,000 necessary, so far $17,000 have been raised. Will you help us by contributing to the endowment?

Allocations from this endowment will fund one or more annual scholarships within the Department of Physical Education, Exercise Science and Wellness. Scholarships will be awarded to undergraduate or graduate students exemplifying Pat’s commitment to women’s physical education.

To make a gift, please contact Jenica Pierce at 701-777-0844 or email jena.pierce@UND.edu or visit spirit.UND.edu and mention the Pat Warcup Scholarship Endowment.

**STUDENTS AND OLYMPIANS**

Monique and Jocelyne Lamoureux (identical sisters) have become familiar faces to many people in the Hyslop Sports Center and across campus.

Silver medal Olympians in 2010, they both started the Masters in Science program in Business Administration in 2013. They are co-teaching the graduate Sport Psychology course under the advisement of Dr. Sandra Short, given Short’s shift to Interim Chair for this academic year.

“The students are in for a real treat to have instructors who know about sport psychology, believe in it, and have the performance record to show how powerful it can be.”

Both Jocelyne and Monique play ice hockey at UND and for Team USA. The next Olympics will be in February, 2014 in Sochi, Russia.

**RETIRESSES**

Ron Brinkert joined the faculty in January 1994. He served as department chair from January 1996 to August 2006. Prior to his arrival at UND, Ron taught at the Royal Melbourne Institute of Technology in Australia. A native of Iowa, Ron earned the B.A. and M.A. degrees from University of Northern Iowa (1966, 1970) and the Ph.D. from University of Oregon (1975) in Exercise Physiology.

Ron’s coaching career began in Iowa and continued at Oregon and Melbourne, Australia, where he served as Australian National Track and Field Coach during 1984-1994. As a professor, Ron co-authored two books and published over 25 journal articles. He served as thesis committee chairperson for 25 MS (Kinesiology) degree students and served as thesis committee person for 47 others. In 2002, Ron was a recipient of theUND Award for Outstanding Graduate Teaching. Following his retirement, Ron and his wife Sharon moved to O’Fallon, Mo., to be closer to family.

The longest tenured member of the UND coaching/teaching staff, Rob Stiles completed his 40th year at UND in May 2010, and his 23rd year as head coach of the men’s golf program. Rob completed the B.A. (1969) and M.S. (1971) at UND. He coached the UND wrestling team from 1970-71 through 1984-85, after which he moved to the men’s golf program and remained as head coach through 2008. Rob brought his wrestling program into the top 10 Division II program, tutoring 15 All-Americans. In the golf program, he secured four consecutive North Central Conference championships during 1996-1999. He also placed several players on the ALL-NCC teams. In 1997 Rob was named District 5 National Golf Coach of the Year. During his many years as a coach at UND, Rob also maintained a full-time tenured assistant professor in PXW. Rob and his wife, Marlene, currently live in Grand Forks near their daughters and their families.

Dee (Dietta) Watson earned a B.A. in physical education from University of Northern Iowa (1965). She spent three years teaching junior and senior high school girls’ physical education and elementary physical education in Storm Lake, Iowa, before pursuing the M.A. (1970) in physical education and recreation from Adams State College in Alamosa. From 1970 to 1973, Dee taught and coached basketball, track and field and was the cheerleader advisor at Moorhead State University in Moorhead, Minnesota. Dee recruited her in 1974 to coach women’s basketball (1974-1979) and field hockey (1974-1976). Dee conducted workshops on campus and all around the state for CPR/First Aid and for teachers in Bowman, Bismarck, Minot, Devils Lake and Grand Forks. During retirement, Dee is spending winters in Arizona and summers here in Grand Forks and Island Lake, nearby Minnesota.
Chair’s Corner

Greetings from Physical Education, Exercise Science and Wellness (PXW)! This letter is the first of what we hope will be an annual newsletter from the department. While PXW continues its tradition of excellence embodied in its staff, faculty, students, and alumni, there are always exciting developments to report.

At the end of Spring Semester, 2010 three highly esteemed and long-time PXW faculty retired: Ron Brinkert, Dee Watson, and Rob Stiles. Amazingly, these three individuals combined gave more than 100 years of dedicated service to the university.

PXW is fortunate to have three new faculty members: Dr. Josh Guggenheimer in 2009 (exercise physiology), Dr. Jesse Rhoades (physical education teacher education) in 2010, and Dr. Tanis Hastmann (public health) in 2012.

Last year, our proposal for a Bachelor of Science program in Public Health Education was approved by the State Board of Higher Education. We plan to begin our new program Fall Semester, 2013.

One last bit of great news: Jill (Keena) and Steve Cholewa recently donated $250,000 in matching dollars to be used for student scholarships in PXW. Over the next three years, we hope to raise the matching funds. Can you imagine - a half-million dollar endowment will provide more than $20,000/year in scholarship support for our students! I hope that you can make a contribution when the UND Foundation calls, or whenever you are in a position to give back, so we can move forward in our pursuit of this amazing goal.

We enjoy hearing from you and, better yet, seeing you. So give us a call, drop us an e-mail, write a letter, or pay a visit. We want to stay in better touch with all of you!

Best wishes,

Sandra

Sandra Short
Interim Chair