



WSKW TODAY

— WESTERN SOCIETY FOR KINESIOLOGY AND WELLNESS —

DECEMBER 2010

2010 CONFERENCE RECAP

Mentoring and Networking Opportunities Highlight the 55th Annual Conference

This past October over a hundred members, including faculty, graduate and undergraduate students attended the 55th annual Western Society for Kinesiology and Wellness (WSKW) Conference in Reno, NV. Attendees participated in multiple panel discussions on a variety of topics including: coaching education, online teaching in kinesiology, obesity in America, and triathlon innovations and technology. In addition, a diverse series of professional presentations were given by members on health, teaching methods, leadership, and motivation techniques to enhance your workout.

Highlights from the 55th annual conference included a keynote presentation by Werner Hoeger, professor emeritus of the Department of Kinesiology at Boise State University. Dr. Hoeger shared a story about how his refusal to take no for an answer lead him to become the most widely read fitness and wellness author in the United States. During the E.C. Davis Lecture, Dr. Walt Hamerslough, professor emeritus at La Sierra University, challenged the audience to consider whether sport is a moral activity.

As a vital component of the conference and in continuing a strong tradition of student involvement, students from Washington State University, Eastern Washington, Eastern Oregon, and Utah Valley University participated in the

“We had two sessions this year instead of one, which allowed the students to showcase their work to a greater audience.” - Matt Silvers

Peavy Student Papers. Named after WSKW member Bob Peavy, the Peavy Papers provide a forum for students to submit and present original research on a variety of topics related to Kinesiology and Wellness. WSKW member and co-coordinator of the Peavy Papers, Matt Silvers commented on the success of the Peavy Papers, “This year was another marked success with more students from additional universities attending and participating in the sessions. We had two sessions this year instead of one, which allowed the students to showcase their work to a greater audience. We introduced a writing excellence award and were excited to bestow that honor on three young student professionals. Looking ahead, next year we're predicting much larger attendance and participation in all aspects of the Peavy Papers.”

The 2010 recipient the Dr. G. A. “Art” Broten Young Scholars Program Award was Dr. Derek Marks (Saint Mary's College). He presented his paper titled: *The Effects of Wearing Compression Socks During Submaximal Exercise at Altitude* during Thursday's opening session. The Young Scholar's Program provides the opportunity for young professionals in physical education and related fields to present professional papers focusing specifically on issues that confront the profession.



MESSAGE FROM THE PRESIDENT BRIAN SATHER

Greetings-

One of the important characteristics that we all like about WSKW is the personal and close nature of the conferences. We should parlay this sentiment into better cooperative and collaborative efforts that extend beyond the conference. Examples include projects, papers, advocacy, inter-institution projects, peer review, and even presentations. By collaboration, I am referring to in-depth project participation by two or more members, using appropriate collaborative tools and communication channels. These efforts should not just occur in last-minute preparation for the conference, but as an ongoing effort that is anchored by our annual meetings. We certainly do have good examples of collaboration in our organization, but what I am calling for is a better and more sustained effort with occasional intense focus during what has historically been down time in organization activity.

Based on my experience in the kinesiology profession and with several professional organizations, I have been less than impressed with the quality of collaborative efforts. I believe WSKW has great potential in this regard, due to our compact and cohesive nature that already exists within the conferences themselves. What needs improvement is a consistent effort to sustain collaborative projects throughout the year.

-Happy Holidays!

Brian Sather, WSKW President

2011 Conference Information

56th Annual Conference of the Western Society for Kinesiology and Wellness
October 12 -14, Harrah's Reno - Nevada



CONTACT INFORMATION

President—
Brian Sather, Ph.D.
Eastern Oregon University
Associate Professor
Physical Activity and Health
bsather@eou.edu
541-962-3501

Past President—
Rob Thomas, Ph.D.
La Sierra University (CA)
Department Chair
Health and Exercise Science
rthomas@lasierra.edu
951-785-2082

President Elect -
Pete Van Mullem, Ph.D.
St. Cloud State University (MN)
Assistant Professor, Sport Management
pwvanmullem@stcloudstate.edu
320-308-3150
2011 WSKW Conference Coordinator

Executive Director—
John Osterllo, Ph.D.
Cal-State East Bay (CA)
Emeritus Faculty
Kinesiology and Physical Education
john.ostarello@csueastbay.edu
510-885-3061

Treasurer—
Jason Slack, Ph.D.
Utah Valley University
Department Chair
Exercise Science/Outdoor Recreation
jason.slack@UVU.edu/ 801-863-7488
Membership/Conference Registration

Western Society Review—
Kathy Inoyue, Ph.D.
Cal-State East Bay (CA)
Associate Professor, Kinesiology
cathy.inoyue@csueastbay.edu
510-885-3048
Editor, WSKW Review

Peavy Papers Coordinator—
Matt Silvers, Ph.D.
Whitworth University (WA)
Assistant Professor, Health Sciences
msilvers@whitworth.edu
509-777-3476
Student Paper Submissions

Young Scholar Co-Coordinators—
Craig Johnson, Ph.D.
Saint Mary's College (CA)
cjohnson@stmary-ca.edu/925-631-4968
Heather Van Mullem, Ph.D.
Lewis-Clark State College (ID)
hivanmullem@lsc.edu/ 208-792-2781