



College News Update



College of Education, Health and Human Development
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May 2013

EDUCATION PROFESSOR PASSES AWAY IN NEPAL



Betsy in traditional dress in Nepal village

It is with great sadness that we announce that Betsy Palmer, an associate professor of education at Montana State University, passed away on May 20, 2013, as a result of injuries sustained in a landslide while traveling in Nepal.

Palmer was in Nepal leading a group of 16 students on a course offered through the University Honors Program at MSU. None of the students were injured in the landslide. Palmer and the students were on an extended trek to a remote village in the Arun River Valley in the Himalayas as part of “Great Expeditions,” a University Honors Program course. All students have since returned safely.

“Betsy was a strong, spirited, amazing woman filled with graciousness and kindness for every person she met. She was a gifted and award-winning teacher, researcher, and scholar because she cared deeply about her students and was passionate about finding ways to promote their success and well-being throughout their college experiences,” said friend and colleague, Jayne Downey, department head for education.

Palmer, who taught statistics and research methods courses, came to the university in 2001. Through MSU’s adult and higher education program, she also taught courses that focused on college student research and theory, student services, and college curriculum and teaching. Her research focused on college students and the institutional practices that foster improved outcomes for students.

She leaves behind many friends and family, including her husband, John, and five-year-old twins. We will miss you, Betsy.

Excerpts from MSU News Service

EDUCATION SYMPOSIUM SHOWCASES STUDENT RESEARCH

The Department of Education held the second annual Education Symposium at the SUB on April 25. Approximately 30 students from all three graduate programs—curriculum and instruction, educational leadership, and adult and higher education—shared their research from the past year. Assistant Teaching Professor Ian Godwin had his students select a topic of interest to them in EDDL 505, “History and Philosophy of Higher Education in America,” do research on the topic, and create a display poster for the symposium.

“It was great to see the students in my class be able to share the new knowledge they gained of their topics of interest with others,” said Godwin. “I think the enthusiasm they had for their topics and the time and effort they put into their posters were apparent to all who stopped in and chatted with them.”

Barbara do Amaral and Nicole Berg display posters



SPOTLIGHT ON RESEARCH

HIGH FLYING RESEARCH



As ski season wound down this spring at Bridger Bowl, John Seifert, associate professor of health and human performance, and exercise science student Arielle Richard were still on the slopes conducting research on freestyle skiers. As a McNair Scholar and a freestyle skier since age 15, Richard wanted to research something she was passionate about, so she decided to investigate the acceleration and spin rates of freestylers doing 360 degree jumps at Bridger's terrain park. Richard mounted a shadowbox accelerometer on jumpers' skis that measured the spin rate, height of the jump, velocity, and even heart rates on intermediate, advanced jumpers, and professional jumpers.

"I wanted to investigate and get this information out to coaches and athletes," said Richard, a junior from Great Falls, Mont. "I wanted to share the importance of all factors involved in jumps and tricks."

Participating in the study were intermediate jumper Corey Seeman and John Spriggs, a competitive and nationally known professional freestyle skier, both from Vail, Colo., and friends of Richard's.

Spriggs, an X-games athlete and big mountain skier, has been competing and filming with companies like Teton Gravity Research.

"Both Spriggs and Seemann are talented athletes, who were very excited to help out with and participate in this research," said Richard.

Richard will present her research, "The Kinematics of FreeStyle Skiing," next spring at the American College of Sports Medicine Northwest conference.

RESEARCH ON 4 HEALTH PROGRAM PRESENTED

At a spring HHD research seminar, Project Director Carrie Benke and HHD Professor and Extension Family and Human Development Specialist Sandy Bailey, presented their findings on the grant funded 4-Health project. The presentation titled, "Research and Evaluation Results from A Parent-centered Childhood Obesity Prevention Program," was funded by the USDA and focused on healthy living education for rural parents with children ages eight to twelve. The goals of the program

were to develop an effective parent centered obesity prevention education program; implement the program over a ten month period; and evaluate the outcomes. The 4-Health educational program that was developed focused on parenting and family communication, positive body image, physical activity, and food and nutrition behaviors in rural Montana families. In addition to the hands-on teaching program, control group materials were also created, which consisted of mailed packets of information on the same topics. The project was pilot tested in 2010 at six sites, and data were collected and evaluated, so that slight modifications could be made. The project was then implemented statewide in 2011 with 21 sites participating. Some findings from the project included an increase in physical activity in both groups, with more improvement in the experimental group; a decrease in meals eaten away from home with the experimental group; and more fruit consumed by both groups, with greater levels in the experimental group.

Other MSU faculty and staff involved in the project were Lynn Paul, HHD professor and food and nutrition specialist; Galen Eldridge, 4-Health research associate; Wes Lynch, professor of psychology; and Jill Martz, interim director of MSU Extension.

Even though the project is coming to a close, Benke will be training county agents around the state to teach the program in 2013-2014.



Carrie Benke, Lynn Paul, Wes Lynch, Galen Eldridge, and Sandy Bailey

SPOTLIGHT ON STUDENTS

EDUCATION STUDENT WINS AREA SCHOLARSHIP

Elementary education major, Taylor Nelson from Roberts, Mont., was honored at the April lunch meeting of the Big Sky Unit of the Montana Retired Educators Association. Taylor is this year's recipient of the association's annual scholarship. Also attending the lunch with Nelson were education professor, Joyce Herbeck; SMEA president, Erin Gammon; EHHD scholarship coordinator, Deb Redburn, and MSU president, Waded Cruzado. President Cruzado was also the guest speaker at the lunch and spoke on the importance of land grant institutions and the commitment of MSU to access and excellence in teaching, research and service "every day."



Retired educators Rita Fox (L) and Patsy Olmstead (R) with Taylor Nelson (center)

HHP STUDENTS ATTEND ANNUAL CONFERENCE AND CONDUCT TOURS OF LABS

Twenty-five undergraduate and four graduate students from the health and human development Exercise Science Club attended the annual American College of Sports Medicine Northwest conference this spring in Salem, Ore. Participants attended two days of presentations and participated in poster sessions. Continuing MSU's winning tradition, Alaska native Lisa Walen, a first year graduate student, won Best Masters Poster Presentation for her research on "Influence of wearing a belt-supported armored vest on the energetics of over ground locomotion." Working with Dan Heil, professor of health and human performance, Walen tested subjects as they hiked under different conditions using a hip belt manufactured by Mystery Ranch of Bozeman, Mont. Walen said the padded hip belt could have possible uses by the military.

Club president, Cody Goetsch, a senior from Erie, Colo., said the group raised money for lodging and travel to attend the conference by organizing a 5 K race.

Heil was recognized at the conference for his three-year term as president of ACSM Northwest, and received the ACSM Northwest Chapter Service Award for his contributions to the chapter's development over the past three years.

Faculty and graduate students in the Exercise and Nutrition Science program provided tours of the Movement Science Lab and the Nutrition Lab for students from Bozeman High School's biomedical class. Exercise physiology and nutrition graduate students, Karen Brown, Kendra MaGahan, and Laura Horrigan, demonstrated the nutrition lab's Bod Pod in Herrick Hall and also showed students how to run a VO₂ max test on the treadmill. VO₂—the maximum amount of oxygen delivered through a body while exercising—indicates cardio fitness and tells a researcher what kind of fuel the body is burning (fat or carbs) while running.

"The higher the VO₂ max, the more fit a person is," said Brown, a Kansas native.

In the movement science lab in the basement of Romney Gym, grad students Erica Rauk and Noel Williams conducted a maximal cycling test. The test allowed the students to gain an understanding of energy expenditure and how this expenditure changes throughout an exercise test.

All graduate students are working with Associate Professor John Seifert and Professor Mary Miles.



The 7th annual Local Food Fair and Symposium was held in April in the SUB Ballroom, with a number of local vendors on hand to showcase Montana made products. Vendors included WayFare, a Bozeman-based company that makes a dairy-free frozen oat-based product that tastes like ice cream, and from Power, Mont., Prairie Heritage Farms which sells grain CSAs of wheat, barley and legumes.

The event also included a panel discussion on the Food Safety Modernization Act, a movie on local food systems, and food demonstrations by HHD graduate students Marcy Gaston and Mica Jenkins.

The annual event is sponsored by University Food Service, the Montana Made Program, Towne's Harvest Garden, MSU Friends of Local Foods, AERO, Foodscape Montana, and the Sustainable Food and Bioenergy Systems program at MSU.



ANNUAL LOCAL FOOD FAIR A TASTY EVENT



SFBS grad student Mica Jenkins prepares smoothies at food fair.

CHRISTOPHER TO DIRECT INITIATIVE



John Christopher, professor of counseling in HHD, has been asked to direct the humanities core of the Mind & Life Institute's new Human Flourishing initiative. Christopher said the program will be developing a pedagogy and curriculum for teaching and promoting ethical flourishing. It will address the whole

person, beginning with preschool and extending through higher education and into business ethics.

Started in the mid-1980s, the Mind & Life Institute is collaboration between the Dalai Lama and the late MIT cognitive scientist Francisco Varela and "promotes the building of scientific understanding of the mind to reduce suffering and promote well-being."

"I'm quite excited about this project and hope others in the college can become involved as well," said Christopher.

TECH ED STUDENTS' PLACE AT NATIONAL CONFERENCE

Students from the Technology Education Club at MSU competed this spring in Columbus, Ohio, at the annual Technology and Engineering Education Collegiate Association (TEECA) conference. Fifteen universities attended including large universities such as University of California, Brigham Young University, and Indiana State University. In the robotics competition, MSU placed third, and in problem solving, MSU placed second. Margaret Forslund, a sophomore from Portland, Ore., said in the robotics competition, the challenge was to dispose a bomb in under three minutes using a robot with a camera from a different room.

Attending from Montana State were Forslund; Ben Butts, a sophomore from Kalispell, Mont.; Jen Marshall, a freshman from Dover, Del.; and Kent Liston, junior from Great Falls, Mont.

