

Center for Sport Studies

Spring 2022- Spring 2024
Report

Executive Summary

The Center for Sport Studies was created in 2022 by Drs. Elaine Foster and Caroline Faure. While the Center is in the early stages of operation, we already see its value. Over the past two years, Center staff have provided multiple experiences for students and facilitated sport-related community events. The high-tech classroom where the Center is housed has improved instructional opportunities for HPSS students, particularly those majoring in Sport Management, Outdoor Education, and Physical Education.

Milestones included:

- Four student research projects underway
- Eleven students attended a State Conference
- Four students received Career Path Internships as assistant coaches
- Marketing materials and podcasts produced in the high-tech classroom
- Two successful National Girls and Women in Sports Day celebrations
- Two successful Bengal Triathlon events
- PE day with 200 first-grade students from a local elementary school
- Over 30 students volunteered at Big Sky Basketball Tournaments, Wildcat Invitational Wheelchair Basketball Tournament, and the National Football Foundation Awards

This report provides additional information about these milestones, highlights faculty and student achievements, and details goals for the Center.

Our Team // Our Dream



Dr. Caroline "Smitty" Faure, EdD; ATC
Professor & Chair | Department of Human
Performance and Sport Studies

Dr. Elaine Foster, PhD
Assistant Professor | Department of Human
Performance and Sport Studies



The Center for Sport Studies was created in 2022 by Drs. Elaine Foster and Caroline Faure to advance knowledge and leadership in physical activity and sport through study, intervention, outreach, and immersion. The Center's objectives are threefold:

1. It provides students with a high-tech classroom to support sport marketing and management efforts as well as research tied to classroom instruction. Furthermore, it allows students to fully immerse themselves in scholarly and creative activities related to sport (including desktop publishing, graphic design, video production, web design, facility design, and research).
2. It promotes and produces practical sport and event leadership opportunities for students that complement the academic curriculum and overall educational experience. Such activities also assist us in our goal to promote physical well-being in our communities.
3. It serves as a place for students and faculty to disseminate projects and research and to help connect us with physical activity and sport professionals (current and future).

Financial support for the Center was obtained through a College of Education Dean's grant (\$158,000). The funding was used to:

1. Create a high-tech classroom/computer lab that is used for various HPSS courses, research meetings, conferences, etc. The addition of this lab has enhanced our ability to prepare students for industry demands in desktop publishing and graphic design (Adobe Creative Cloud) and also enables us to teach students to use 3-D architectural design software (SketchUp) for sport facility design projects. The room includes 10 desktop computers (Apple + PC) loaded with specialty software including Adobe Creative Cloud and SketchUp, podcast equipment, 10 iPads, 3 laptops, and an array of photo and video equipment.

Acquire event management equipment and supplies including a Bengal blow-up head, portable sound system, signage and fencing, and course marking supplies.

Contents

Executive Summary	<u>1</u>
Mission and Vision	<u>2</u>
Events	<u>4</u>
Student Projects	<u>7</u>
Student Experiences	<u>9</u>
Noteworthy Achievements	<u>13</u>
Future Plans	<u>14</u>

NATIONAL GIRLS & WOMEN IN SPORTS DAY



2023 ISU EVENT

2023 marked the 36th anniversary of NGWSD, and the 23rd celebration at Idaho State University. The ISU event was celebrated at an ISU women's basketball game on January 29. Nancy Jones, an ISU alumna who played for the ISU women's basketball team and serves as the Principal of Twin Falls High School, received the Trailblazer Award during halftime. Game attendees received t-shirts, pom-poms, and stickers.



2023 FILER, IDAHO EVENT


Kristan Young, a student in the Master of Athletic Administration program and athletic director for Filer High School, worked with Dr. Foster to take NGWSD to her Athletic District. Girls' basketball teams from her district gathered the night before the district tournament in the spirit of True Competition to mingle with one another and learn from elite athletes. All teams received the same warm-up shirt that they wore to the tournament, signifying their support for all girls to play, even if they are competing against one another.

2024 ISU EVENT

The 2024 NGWSD event was held February at the ISU women's basketball game. Kaitlyn Rizo, a senior sport management student, worked with Dr. Foster to coordinate the event. Game attendees received t-shirts, pom-poms, and stickers. A first for this event was to have selected kids walk out with the starters for the ISU team. The Trailblazer Award was given at halftime in honor of Faye, Nadia, and Ruth Yost, sisters who played sports in a day when women were unwelcome. The event ended with an autograph signing for participants and ISU women's athletes.



BENGAL TRIATHLON



Dr. Faure continues to organize the Bengal Triathlon. The 2024 event was the 16th Bengal Tri and was the largest so far with 422 participants! Students in the HPSS 4473 course learn how to plan and organize the event, and lead a group of younger students during the race to direct traffic and participants. Hundreds of HPSS students have helped with this event, gaining valuable skills and understanding the value of community-based sporting events.

<https://www.isu.edu/bengaltriathlon/>

Student Research Projects

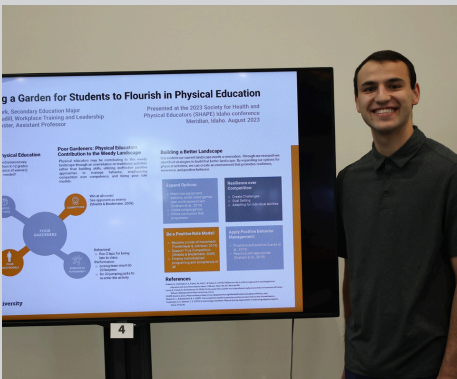
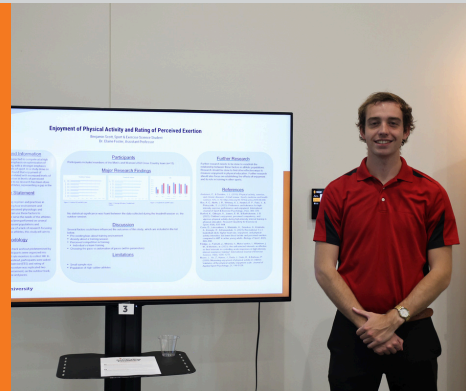


Concussion Reporting Among Collegiate Cheerleaders

Kali Williams, a Sport Management senior, and Dr. Foster are diving into the reporting practices among collegiate cheerleaders. Because Cheerleading is not an NCAA sanctioned sport, concussion protocols are lacking. They will gather survey data in fall 2024 with current and former cheerleaders..

Enjoyment of Physical Activity & Rating of Perceived Exertion in Different Environments

Benjamin Scott, a Sport & Exercise Science senior, and Dr. Foster completed a study on enjoyment and exertion among distance runners who ran outside on a track and inside on a treadmill. The research was presented at the College of Education Celebrating Excellence event, and will be presented at the 2024 SHAPE Idaho conference.



Resilience Over Competition in Physical Education

Dr. Foster and Benjamin Park, a junior studying Secondary Education with Physical Education endorsement, submitted an article to the Journal of Physical Education, Recreation, & Dance on teaching resilience in physical education.

SOCIAL JUSTICE IN SPORT PODCASTS



Students in the HPSS 4493 Issues in Sport class created five minute podcasts on social justice in sport using the equipment in the Center's computer lab. Topics included: Mental Health, Disability, Racism, Equility for LGBTQ+I Individauls, and Women's Equality in Sport. We hope to share such podcasts in the future.



2022 & 2023 SHAPE IDAHO CONFERENCE

Dr. Elaine Foster has received a dean's grant from the College of Education to support attendance to the 2022 and 2023 Society of Health and Physical Educators (SHAPE) Idaho conference. The 2022 conference was held in Missoula, Montana on August 2-3. Six students and two faculty members attended. Dr. Foster presented on aesthetic experiences in physical education. Dr. Foster received the SHAPE Idaho Distinguished Service award at the event. The 2023 conference was held in Meridian, Idaho on August 3-4. Four students and four faculty attended the conference. Dr. Foster and two students, Ben Park and MaKayla Caudill, presented on building better PE programs; Dr. Foster and Dr. Appleby presented on career development for future PE professionals; and Tayler Elizondo, another HPSS faculty member, also presented at the conference. Students gained unique professional development and networking. Dr. Foster will take another group to the 2024 conference in August.





Wheelchair Basketball Tournament

As part of the spring 2023 HPSS 4494 Adapted Physical Activity course, students encounter many situations where individuals with disabilities participate in sport, physical activity, and recreation. One opportunity included volunteering for the Wildcat Invitational Wheelchair Basketball Tournament in Ogden, Utah. Nine students from the course served as referees, score keepers, and overall *helpers* for this two day event. Travel and accomodations were supported by a Dean's grant submitted by Dr. Foster. One student commented: "I loved this experience. It really opened my eyes to the athletic ability of those who on the outside might not look athletic. It filled me with a drive to be more inclusive in the future when I get to teach. I have also seriously been considering the possibility of adding an adaptive sports league wherever I end up teaching."



COLLEGE FOOTBALL AWARD CEREMONY

2022 AND 2023

In 2022 and 2023, HPSS students assisted with the college football award ceremony hosted by the National Football Foundation in Las Vegas. Dr. Faure organized this amazing experience. The College of Education wrote about this experience in the 2023- 2024 magazine.



NETWORKING ON THE NATIONAL LEVEL

STUDENTS TRAVEL TO LAS VEGAS TO ASSIST WITH THE 2022 NATIONAL FOOTBALL FOUNDATION COLLEGE FOOTBALL AWARDS



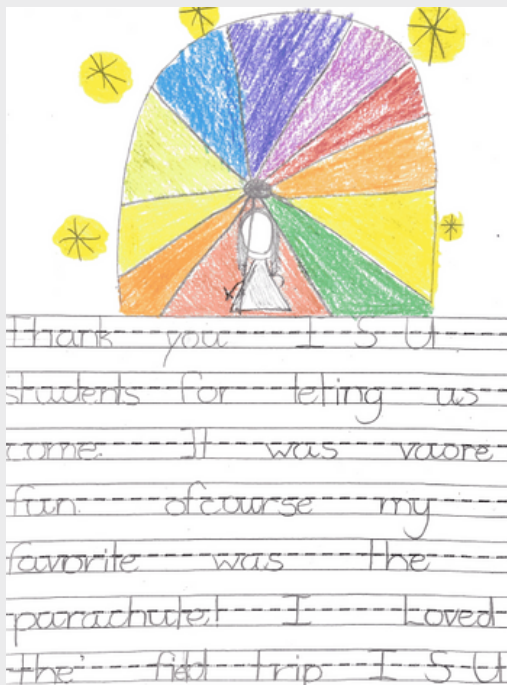


FIRST GRADE PE DAY

Students from the Pocatello Indian Hills elementary school visited ISU for physical education time! In the Spring of 2023, they were instructed by students in Secondary Methods of Teaching PE course, and in the fall of 2023, by students in the Elementary Methods of Teaching PE course. Activities included scooters, four square, Yoga, tossing games, and the parachute (a favorite for many of the kids).



Children in the Pocatello/Chubbuck school district only receive physical education with a certified PE teacher once every other week. This experience is meant to highlight the joy of movement and inspire the children to learn new activities and games that are vital for their development, while helping future students gain experience in teaching and recognize the need for quality physical education..



Noteworthy Achievements

Dr. Foster:

- was recognized on April 9, 2024 with an Outstanding Faculty Service Award from Idaho State University;
- was recognized on April 19, 2024 with the Faculty Excellence Award from the College of Education at Idaho State University;
- was recognized on August 3, 2022 with the Distinguished Service Award from SHAPE Idaho;
- facilitated professional development credit for teachers who attended the 2023 SHAPE Idaho Conference through the ISU Albion Center;
- gave 12 presentations at local, state, and international conferences;
- received a \$4,000 internal grant with HPSS colleague Dr. Ali Mondt, to research the influence of fitness related social media on women's motivation to be physically active.

Dr. Faure:

- earned a sabbatical for the fall 2024 semester;
- provided a 10-year update on Idaho Youth Sports Concussion law and concussion education in Idaho;
- created three professional development courses for teacher through the ISU Albion center- *Care and Prevention of Athletic Injuries*, *Legal Issues in Sport Administration*, and *Recognizing and Managing Sport Related Concussions*;
- was a guest on the College of Education Inspiring Educators Podcast where she discussed her professional journey.



Future Plans

The possibilities for the Center for Sport Studies are numerous! Over the next year, we will pursue projects highlighted below, in addition to continuing to facilitate events, research projects, student internships, and materials/podcasts through the high tech computer lab.



Coaching Workshops

Provide high quality training for local coaches to improve sport experiences for children in Southeast Idaho.

Staff and Student Training

Seek opportunities for training in programs to produce high quality materials such as podcasts, marketing materials, and informational documents.

Center for Sport Studies Website

Create a website that can be utilized by students and professionals to disseminate high quality information.