

Center for Sport Studies

Summer 2024-Spring 2025
Report

Executive Summary

The Center for Sport Studies was created in 2022 by Drs. Elaine Foster and Caroline Faure. Over the past year, 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:

- Three student research projects underway, one completed
- Six students attended a State Conference
- Four students received Career Path Internships as assistant coaches
- A successful National Girls and Women in Sports Day celebration
- A successful Bengal Triathlon, Duathlon & 5K
- 12 students participated in the management of the Big Sky Conference Men's and Women's Basketball Tournaments in Boise
- 6 students assisted the National Football Foundation's Communication team with the 2025 College Football Hall of Fame Awards Ceremony in Las Vegas by producing media content for nationwide distribution

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

Our Team // Our Dream

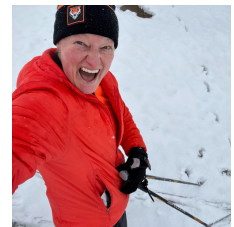


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The Center for Sport Studies was created in 2022 by Drs. Elaine Foster and Caroline Faure to advance knowledge and leadership in physical activity and sport through study, intervention, outreach, and immersion. The Center's objectives are threefold:

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 and 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.

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NATIONAL GIRLS & WOMEN IN SPORTS DAY 2025

2025 marked the 38th anniversary of NGWSD, and the 25th celebration at Idaho State University. The ISU event was celebrated in three parts throughout February. Two students were involved in planning the event; Kinsey Isham a graduate student in athletic administration and Laney Forsmann, an undergrade in sport management. Kinsey and Dr. Foster received a grant for \$4,350 from the College of Education Dean to support this event.

PART 1: TRAILBLAZER AWARD



Sandra Dee Noakes National Girals and Women in Sports Day Trailblazer Award

An ISU icon, Sandra Dee Noakes, passed away at the age of 88. Sandra was the co-founder of ISU's NGWSD anual celebration, was a faculty member in the physical education department, and was the first ISU's first women's basketball head coach.

Each year, the National Girls and Women in Sports Day committee selects a woman who has contributed to the advancement of girls and women in sport. This year Shelby Williams has been selected to be honored as the recipient of the Sandra Dee Noakes Trailblazer Award. ISU has celebrated National Girls and Women in Sports Day for 25 years, and Shelby has been there for every single one! Williams is an ISU alumnae who graduated with a bachelor's degree in elementary education in 2003 and a master's degree in Athletic Administration in 2004 from the College of Education. Shelby has worked for ISU's Campus Recreation for 20 years where she leads our Sport Club and Intramural Sport programs- providing sport and recreation opportunities for all of our ISU students. Thank you Shelby for everything you have done and continue to do to support the advancement of girls and women in recreation and sport.



Shelby Williams, 2025 Trailblazer recipient with Kinsey Isham (left), Karen Applby, Elaine Foster, and Laney Forsmann.

PART 2: PLAY & LEARN

FUN & FIERCE

ISU students, faculty, and staff were invited to participate in four different physical activity events during February. The goal was to offer opportunities to be active, and to inspire continued involvement in sport and fitness. Educational materials and fun trinkets were also provided during the month.

WEDNESDAY FEB 5- FITNESS

TUESDAY FEB 11- POOL YOGA

**WEDNESDAY FEB 19- ROCK CLIMBING
& PICKLEBALL**

WEDNESDAY FEB 26- VOLLEYBALL



Keynote Address

Dr. Heather Van Mullem

Learning from a Lifetime of Leaders

Sport is captivating and can be a powerful teacher. As we celebrate National Girls & Women in Sports Day at Idaho State University, come to this engaging and interactive talk on the power of possibility, the influential role of sport and its undeniable impact on our lives, and lessons learned from female leaders in kinesiology and sport studies that we can all apply in our pursuit to lead lives that make a positive impact on our communities.

Heather Van Mullem is a Professor of Kinesiology in the Physical, Life, Movement and Sport Sciences Division at Lewis-Clark State College in Lewiston, ID. She holds a JD from the University of Idaho, a PhD from the University of Kansas, an MS from Humboldt State University, and a BS from Eastern Washington University. An award-winning teacher, she presents nationally on topics about women in sport and wellness.



BENGAL TRIATHLON DUATHLON & 5K

Dr. Faure continues to organize the Bengal Triathlon. The 2025 event was the 17th Bengal Tri, duathlon, and 5k and was the largest ever with 491 participants! Ally Whitmer, an athletic administration graduate student, helped plan the event and helped direct students in the HPSS 4473 course learn how to plan and organize and lead. 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 graduate of fall 2024, and Dr. Foster completed a study on reporting practices among collegiate cheerleaders. Because cheerleading is not an NCAA sanctioned sport, concussion protocols are lacking. Current and former college cheer athletes completed the survey. Results indicated that athletes who received a concussion did not report because they feared losing playing time, thought they would let their team down, or did not think the concussion was serious enough. The study was presented at the December 2024 HPSS research day.

Imagery and Motivation

Laura Magallon, a Sport Management, Dr. Foster, and Dr. Karen Appleby completed a study on imagery and motivation to continue physical activity. People attending an ISU rock climbing event completed a brief survey about their experience and their motivation to rock climb. Then, they were taken through an imagery session by a Sport Psychologist, Dr. Appleby followed by another survey about motivation. The participants then climbed for around 30 minutes. Finally, they completed another survey assessing their experience and motivation to continue climbing. More data will be gathered during the 2025 SHAPE Idaho conference due to the few participants completing the study.



Access to Physical Activity for Students with Disabilities

Tansless Kirkham, a student in secondary education with a Physical Education endorsement and Dr. Foster began work to analyze and understand the accessibility to physical activity for students with physical disabilities on ISU's campus. The team completed interviews with those who oversee physical activity, sport, and outdoor opportunities for students during the spring semester. During the summer and fall, the team plans to interview disability services and students with physical disabilities.

Applying Sports Coaching Standards in Family-Centered Early Intervention

Ashley Ben-Jacob, a PhD student in Rehabilitation Sciences, is working with Dr. Foster and Dr. Blasier (a professor in Communication Sciences and Disorders) to create curriculum to better prepare early intervention workers in coaching facilities of children who are deaf or hard of hearing. Ashley completed an independent study with Dr. Foster to understand curriculum from the sports coaching and physical education worlds and apply it to early intervention training. Ashley presented on the topic at the 2025 Early Hearing Detection & Intervention Conference in Pittsburgh, PA, and at the ISU Research Symposium both in March.



Coaching in Rural Idaho

Benjamin Scott, a graduate of the Sport & Exercise Science program, and current student in the Master's of Public Health, is building a unique approach to elevate coaching for track and field in rural Idaho. The primary focus of this project is to provide quality education to coaches in rural high schools. The 10 week curriculum educates coaches on the fundamentals of exercise science and human performance. Coaches are provided with high quality, academic material to read, followed by consultation with a member of the educational team once a week. Ben is working with Dr. Foster to craft the curriculum and develop the pedagogical approaches.

Through his business, SwiftFeet Running, LLC, Ben piloted his idea with a small school, Rockland High School in Rockland, ID during the spring 2024 season. A private organization paid a stipend to support his work. The coaches and athletes Ben worked with at Rockland saw tremendous growth over the season.



This spring, Ben expanded to another local, rural high school, Marsh Valley. The Center provided a CPI position for a current Sport & Exercise Science student, Seth Babbel, to help Ben at Marsh Valley.

This work aligns directly with the goals of the Center for Sport Studies. Ben is working closely with Dr. Foster to expand this opportunity to other rural schools throughout Idaho. They are currently seeking grant funding to make this possible. The potential for more HPSS students to be involved is promising.



Benjamin Scott presenting.

2024 SHAPE IDAHO CONFERENCE

Dr. Elaine Foster has received another dean's grant from the College of Education to support student attendance to the 2024 Society of Health and Physical Educators (SHAPE) Idaho conference. The 2024 conference was held in Meridian, Idaho on August 1-2. Six students attended the event. Dr. Foster presented on Resilience focused curriculum in physical education and Benjamin Scott, along with Dr. Foster, presented on enjoyment of physical activity. Dr. Faure recieved the College Educator of the year award at the event. Students gained unique professional development and networking. The 2025 event will be held at Idaho State University in August.



Dr. Foster accepts the award for Dr. Faure, who could not attend.



Our crew after enjoying some social time at Top Golf!

Coaching Internships

A high need for coaches, especially assistant coaches, exists in Southeast Idaho. One way to fill this gap and provide quality coaches is to place HPSS students in coaching roles. The Career Path Internship program at ISU has made this a reality. “The CPI Program is a paid internship program that allows students to gain hands-on, real-world experience in their chosen course of study or an internship that aligns with the student’s career goals” (<https://www.isu.edu/career/cpi-program/>). As long as funding is still available, we will place students in these positions, benefiting their growth and those they serve.

Students Hired as Assistant Coaches and Supported through a CPI

Year	Student	Role	Location
2022-2023	Alice Madson, Sport Management	Assistant Swim Coach	Pocatello, ID
2022-2023	Chandler Collins, Secondary Education, Physical Education	Assistant Wrestling Coach	Kimberly High School, Kimberly, ID
2023	Sabrina Northrup, Sport Management	Assistant Track & Field Coach	Centrury High School, Pocatello, ID
2023 & 2024	Benjamin Park, Secondary Education, Physical Education	Assistant Volleyball Coach	Firth High School, Firth, ID
2024-2025	Laney Forsmann, Sport Management	Assistant Basketball and Track & Field Coach	Highland High School, Pocatello, ID
2024	Seth Babel, Sport & Exercise Science	Track & Field Consultant	Marsh Valley High School, Arimo, ID
2025	Pierce Bradshaw, Secondary Education, Physical Education	Assistant Football Coach	Nampa Christian Schools, Nampa, ID

Noteworthy Achievements

Dr. Foster:

- gave 5 presentations at local, state, and international conferences; her presentation at the International Conference on Sport & Society was a featured workshop;
- utilized 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. The team traveled to Oregon and gathered data at two different universities;
- co-authored a book chapter titled *Lifestyle Interventions and Cardiovascular Outcomes* published in K. C. Maki & D. P. Wilson (Eds.). Cardiovascular outcomes research: A clinician's guide to cardiovascular epidemiology and clinical outcomes trials. Springer Publication;
- compiled an Open Educational Resource (OER) for her Foundations of Kinesiology course after being awarded a grant by ISU to do so;
- served as a manuscript reviewer for the Western Society of Kinesiology and Wellness journal;
- served as a reviewer for a book chapter titled *Revolutionizing PE: Harnessing the power of Artificial Intelligence in Vietnamese Universities*;
- was a guest on *The Coaches' Dilemma: What Will You Do to Win* podcast where she spoke about her research on aesthetic sport experiences.
- completed her second term as a senator for the College of Education for the ISU faculty senate.

Dr. Faure:

- Was recognized on August 1, 2024 with the Collegiate Educator Award from SHAPE Idaho;
- Completed a Sabbatical in the Fall of 2024 and completed the following:
- Met with Idaho High School Activities Association leaders to address their unique needs related to concussion management and to ensure consistent care is provided statewide; created educational materials for distribution through IHSAA.
- Presented the Idaho High School Activities Association with summary report from a recently published study that details how Idaho's high schools have complied with the tenets of Idaho's concussion law (Idaho Stat. §§ 33-1625; 2012) over the past ten years.
- Worked with St. Luke's Medical Center to produce a new concussion education video and certification program for all Idaho high schools. The video will be electronically distributed by the Idaho High School Activities Association to all Idaho secondary schools. Every coach in the state who works with secondary school athletes will be required to view the video and complete the subsequent (new) certification course via pre- and post-tests.
- Authored educational resources on concussion for statewide distribution through the Idaho High School Activities Association

Noteworthy Achievements

- Authored additional (separate) educational resources for patient distribution through the Portneuf Medical Center Concussion Clinic and other Portneuf Medical Center clinics (family medicine, emergency department, urgent care facilities, pediatricians, WorkMed).
- Conducted on-site visits to two separate concussion clinics (Idaho, Utah) and virtually toured two others (Ohio, Pennsylvania). Due to administrative changes at the hospital, Portneuf Medical Center has put the construction of a brick-and-mortar concussion clinic on hold, however interest remains strong, and we feel like we have conceptualized a good blueprint for a facility should plans resume.
- Coordinated and/or participated in multiple meetings with medical leaders from St. Luke's Medical Center (Boise) and Portneuf Medical Center (Pocatello) to spearhead efforts to create an "Idaho Concussion Consortium" to better streamline care for youth sport athletes and to ensure that care is consistent statewide.
- Attended the Ironman International Sports Medicine Symposium in Kailua-Kona, HI.
- Worked as a medical volunteer at the 2024 Ironman World Championships (triathlon) in Kailua-Kona, HI. Also served on the Operations Team (Kōkoa Crew) as an Athlete Handler for a physically-challenged (PC) athlete (Robert Costa) participating in the race.
- Developed research protocol, collected data and began the writing process for two studies that explore the attitudes and experiences Athena and Clydesdale athletes in the sport of triathlon:
- Faure, C. E., Appleby, K. M., & Larish, J. (2024 – in progress). A Examination of the Motivational Factors that Influenced Athena and Clydesdale Participation in the Sport of Triathlon. Data collection and analysis completed; Manuscript in preparation.
- With a B. Ray, completed and submitted one manuscript for peer-review and successfully submitted that same study for presentation at an international conference on education ("Rural State Perspectives: How K-12 Teachers Adapted to Emergency Online Teaching and What They Learned.")
- Completed a 10-hour course in Adobe Lightroom, a 12-hour course in Adobe In-Design, and a 15-hour course in Adobe Illustrator* (Creative Live). Currently enrolled in a 10-hour course, Advanced Editing Techniques In Adobe Premiere Pro.
- Completed the 7-Year Academic Program Review (APR-7) Self-Study for the Master of Arts in Athletic Administration Program (with H. Gauthier).
- Supervised experiential learning opportunity for 4 undergraduate and 2 graduate students in Las Vegas, NV at College Football Hall of Fame Awards Ceremony. Students were responsible for creating video/graphic content and managing social media for the event.
- Substantial completion of "The Pickleball Project"(\$160K grant awarded in 2023): construction of new tennis/pickleball courts outside Reed Gym + renovation of the HPSS/Recreation Center spinning room ("ROAR Cycle").



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.

Graduate Assistant for the Center

Seek funding for graduate assistant to support the work of the center.