



Research UpDAtE

College of Education and Human Services

Utah State University

OFFICE OF RESEARCH SERVICES OCTOBER 2004



Dear Colleagues and Friends of the CEHS,

During 2004-05, while I am serving as Interim Dean, Dr. James Shaver will provide our college with research support in the Office of Research Services (EDUC 453). As many of you know, Jim is an Emeritus Professor of Secondary Education. His career in the CEHS spanned three decades, as he served as Associate Dean for Research for 27 years. He was then appointed Utah State's Dean of the School of Graduate Studies, where he served with distinction for six years. His own scholarship was recognized in 1993, when he was the recipient of Utah State's D. Wynne Thorne Research Award. Jim's legendary skills as a grant proposal reviewer and as a mentor of young scholars are important assets to our college. During this interim year, Jim will mentor new faculty in the preparation of new faculty grant proposals; coordinate the review and ranking of new faculty grant and CURI proposals and congressional earmark requests; coordinate the responsibilities of the CEHS Research Council; coordinate the masters and doctoral proposal review process; review proposals for external funding on request; and supervise the development and dissemination of the annual research productivity reports from the Office of Research Services. Welcome back, Jim, and thank you for your assistance!

Carol Strong
Interim Dean, CEHS



This issue of **Research UpDate** features the *Department of Health, Physical Education and Recreation (HPER)*, which offers a wide range of high quality, accredited professional and activity courses leading to several options for students. The department offers a Bachelor of Science in three majors: Health Education, Physical Education, and Parks and Recreation. Along with teaching options in Physical Education and Health Education, HPER offers a large number of lifetime skill development classes, open to all majors, in physical education, adventure recreation, and dance.

The HPER department is fully accredited by The National Certification for Accreditation of Teacher Education (NCATE) and The National Recreation and Parks Association (NPRA).

HPER has three specialty laboratories—a wellness laboratory open to campus involvement, a biomechanics lab, and a pedagogy lab—all dedicated to student learning and research.

A Church-Based Needs Assessment of Women's Health Concerns



Dr. Julie Gast is interested in the health issues of women which are constantly changing and have been traditionally ignored in the research literature.

Research is needed to find productive ways to target women, who, for a variety of reasons, may not use traditional health care resources to receive health education. One way to succeed in reaching a target population with health promotion interventions has been through church-

based programs. Traditionally, churches have been very efficacious in providing health education to African Americans. However, few, if any, church based health programs have specifically targeted women, even though their health needs and beliefs may (continued on back)

New Department Head in HPER

Craig Kelsey is the new Head of the Department of Health, Physical Education and Recreation coming to us from the University of New Mexico in Albuquerque. His name may seem familiar to Aggies—he was a faculty member here at USU from 1978 to 1989 before his fifteen years at UNM. While at the University of New Mexico he served as a Department Head, Associate Dean of the College of Education, as a division director, and as the Executive Director of UNM's five branch campuses.

His research interests are in school and campus planning with specific attention to the area of community-school planning integration. He is the author of 12 textbooks, each dealing with different elements of the planning process such as master plans, feasibility studies, environmental assessments, economic impacts, and (continued on back)

(Dr. Kelsey, from front) citizen involvement. He is currently working with Cache County, Coachella Valley, CA, Santa Fe Public Schools, NM, and a host of sites in Utah.

In the Santa Fe Public School District, Dr. Kelsey is evaluating school campus facilities—looking at how current and recommended new facilities can more effectively be integrated into the curriculums. Dr. Kelsey created a campus planning model that makes use of national and state facilities space standards and professional and discipline-specific academic expectations. Using these guidelines helps create the best learning environments for students and the best teaching environments for the professional educator. On site evaluations, school and community focus groups and interviews with key school personnel complement resource assessment and analysis of academic standards.

(Church-based, from front) be different from those of men. Women's church groups are an excellent way to reach and assess the health concerns of women who are diverse in terms of socioeconomic status, education levels, employment status, and race/ethnicity. Because it is important in program planning to involve the target population directly in the needs assessment process, Dr. Gast conducted a health needs assessment with women recruited through local Cache Valley churches of various denominations.

Four focus groups were held with each group consisting of a single church denomination. The final sample consisted of 38 women from four separate church denominations. All focus group interviews were taped and transcribed and a content analysis of the data was performed.

Some health concerns appeared to be universal across denominations (stress, depression, need for social support) while other issues seemed more specific to women of certain denominations. Interestingly, issues of local culture and health also varied by focus group (e.g., implications of living in a predominantly LDS community). The lack of health services specifically for Hispanic members of the community was also cited as a concern. Women from some denominations had very little interest in church-based health education, citing educational levels as very high in the congregation. The LDS focus group members had a high interest in church based health education or health promotion efforts. For all groups, there was a lack of awareness concerning what health education resources and services were available for community members, supporting the hypothesis that local churches would be an excellent source for providing health education.

Dr. Gast is currently writing a CURI proposal with Dr.

Dr. Phillip Waite Promotes Health of Institutionalized, Rural Senior Adults via Mentoring Reminiscence

At any given time, approximately 5% of the nation's older adults are institutionalized in nursing homes or extended care facilities. Being admitted to an extended care facility usually means leaving behind many aspects of one's previous life as a healthy, independent adult. At the same time, college students tend to have very busy schedules and live some distance away from their older relatives. Relationships between college students and their aging relatives are often conducted from a distance via cards, letters, email, and occasional telephone calls. Because of such limited social interaction between college students and their aging relatives, the benefits of inter-generational relationships are lost for both groups.



Dr. Phillip Waite's current research focuses on determining the effectiveness of mentoring reminiscence, as implemented by USU undergraduate students, with the predominantly rural senior adult residents living in the Sunshine Terrace in Logan, Utah.

Reminiscence therapy is a reflective, narrative process that encourages senior adults to mentally access and tell their personal stories. During reminiscence sessions, senior adults are encouraged to reconnect with and tell those stories which have given or will give their lives meaning, value, and a sense of completeness. Mentoring reminiscence is a special kind of reminiscence therapy that places an isolated senior adult in the role of a mentor or sage to a younger person on a one-on-one basis. This form of reminiscence therapy has already been demonstrated to improve the mental and physical health of institutionalized and community-dwelling senior adults living in urban settings.

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