

THIS WEEK AT THE CENTER FOR ETHICS*

FRIDAY, APRIL 8, 2011

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CENTER FOR ETHICS*

The Center for ETHICS* at the University of Idaho offers study, intervention, outreach, consultation, and leadership in developing and advancing the theory, knowledge and understanding of character education including moral and ethical reasoning, moral development, ethical leadership, and ethical application. The Director of the Center is Dr. Sharon Kay

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EFFECT OF AN OUTDOOR ADVENTURE PROGRAM ON SELF-ESTEEM OF MALAYSIANS

Mohd Asmadzy Ahmad Basra, University of Malaya, Dr. Stoll University of Idaho, and Dr. Beller Washington State University studied the effects of an outdoor adventure program had on self-esteem for Malaysians.

Outdoor adventure programs significantly affect participants' self-esteem in western cultures, however limited self-esteem research exists with Malaysian cultures. These programs focus on perseverance, teamwork, and self-esteem. While programs and objectives in the United States and Malaysia are similar, how the organizations execute the outdoor programs in Malaysia are different. This is due to Malaysia's unique natural environment, cultural diversity, religions, ethnicities, and way of life.

The purpose of this study was to

examine the effects of an outdoor adventure program (Kalab Rekreasi Sikamat) on self-esteem of Malaysian young adults enrolled in a 5-day outdoor adventure program. Experimental participants were 161 18-21-year-olds; control group participants were 80 young adults who did not attend the program.

The program consisted of a 5-day field trip in Jelebu, Negeri Sembilan, involving backpacking in inclement weather (rain, high temperature, wind), bamboo rafting on the Kenaboi river, backcountry hiking at elevations above 1,000 m, repelling through waterfalls, and overnight survival camping. Experimental and control groups were pretested before the program and after the 5-day adventure using Rosenberg Self-Esteem Scale (SES).

Analysis of variance with repeated

measures was used. The experimental group exhibited a significantly higher self-esteem (pre M=18.67, SD=.40; post M=22.9, SD=.319) compared to the control group (pre M=18.54, SD=.593; post M=18.44, SD=.47) Wilks' lambda $F(1,237)=189.424$, $p=.001$, partial $\eta^2 = .444$. While the Malaysian culture, religions, ethnicities, and way of life are different, these study findings concur with Western Studies.

Basra, M.A.A., Stoll, S.K., & Beller, J. M. (2011, March). Effect of an outdoor adventure program on self esteem of Malaysians. *Research Quarterly in Exercise and Science: March 2011 Supplement*, p. A-23.

SPORT AND SOCIETY BLOG

Tom Grant, Ph. D. Student

Tom and Dr. Stoll continue their conversation concerning current issues in sports and athletics which have moral and ethical implications.

To follow go to the Center for ETHICS* Facebook page or the Blog (click on the icons below)



NORTHWEST STUDENT PROFESSIONAL NETWORK (PUBLICATION OF WORKS, 7TH ED. 2011)

The following Master of Science students presented their work at the 7th annual Northwest Student Professional Network, Washington State University, Pullman, WA.

G. Niculesco: Constraints to participation in collegiate recreational programs.

M. Sasala: Relationships between grade point average, intramural participation and student recreation center use.

N. Schuh: Coaching techniques effects on performance and perception of performance in collegiate women swimmers.

A. Sholes: Analyzing the effect of an education program on residents' perception of a whitewater park.

J. Zaranek: The effects of goal setting on female high school student-athletes.



AMERICAN ALLIANCE OF HEALTH PHYSICAL EDUCATION, RECREATION AND DANCE (AAHPERD) 2011 NATIONAL CONVENTION AND EXPOSITION IN SAN DIEGO, CA.

Effect of an Outdoor Adventure Program on Self-Esteem of Malaysians

Mohd Asmadzy Ahmad Basra, Dr. Stoll, and Dr. Beller

Background/Purpose Outdoor adventure programs significantly affect participants' self-esteem in western cultures, however limited self-esteem research exists with Malaysian cultures. These programs focus on perseverance, teamwork, and self-esteem. While programs and objectives in the United States and Malaysia are similar, how the organizations execute the outdoor programs in Malaysia are different. This is due to Malaysia's unique natural environment, cultural diversity, religions, ethnicities, and way of life. The purpose of this study was to examine the effects of an outdoor adventure program (Kelab Rekreasi Sikamat) on self-esteem of Malaysian young adults enrolled in a 5-day outdoor adventure program.

Method Experimental participants were 161, 18-21 year olds; control group participants were 80 young adults who did not attend the program. The program consisted of a five-day field trip in Jelebu, Negeri Sembilan, involving backpacking in inclement weather (rain, high temperature, wind), bamboo rafting on the Kenaboi river, backcountry hiking at elevations above 1,000 meters, repelling through waterfalls, and overnight survival camping. Experimental and control groups were pre-tested before the program began and post-tested after the 5-day adventure using the Rosenberg Self-Esteem Scale (SES).

Analysis/Results ANOVA with repeated measures was used. The experimental group exhibited a significantly higher self esteem (pre $M = 18.67$ $sd = .40$; post $M = 22.90$ $sd = .319$) compared to the control group (pre $M = 18.54$ $sd = .593$; post $M = 18.44$ $sd = .470$) Wilk's Lambda $F(1,237) = 189.424$, $p = .001$, partial $\eta^2 = .444$.

Conclusions While the Malaysian culture, religions, ethnicities, and way of life are different, these study findings concur with Western studies.

Running Gait Stabilization in Children Ages 5 to 12

Emily Cox of Washington State University and student of Dr. Beller

Background/Purpose Relationships in leg length, stride length and cadence have been investigated in children walking; limited research exists examining these characteristics and when they stabilize in children with normal running gaits. This study's purpose was to describe relationships between these variables in elementary school children running 400 meters.

Method Participants were 314 students in two elementary schools (K-6) who ran 400 m at a self-selected speed wearing pedometers.

Analysis/Results Leg length did not correlate strongly with stride length ($r^2 = 0.09$) or stride frequency ($r^2 = 0.08$). Stride length had a small negative association with stride frequency ($r^2 = 0.09$), but accounted for 54% of the variance in course time ($r = -0.737$). Stride frequency was less related to time ($r^2 = 0.14$). Regression predicted the dependent variable, course time, with the independent variables, stride length and stride frequency, which accounted for 93% of the variance in running time (adjusted $R^2 = 0.927$, $p = .001$). Stride length (standardized $\hat{\beta} = -0.929$) was a stronger predictor of running time than stride frequency ($\hat{\beta} = -0.650$). Stride length correlated strongly with running speed ($r^2 = 0.76$, $p < 0.001$), which increased ($0.2 \text{ m} \cdot \text{sec}^{-1} \text{ yr}^{-1}$) between the ages of 4 and 6 years, and more slowly ($< 0.1 \text{ m} \cdot \text{sec}^{-1} \text{ yr}^{-1}$) from 7 to 12 years.

Conclusions Results suggest that running gait appears to stabilize by age 7. Participants increased speed by 25% between the ages of 5 and 12 years. It appears that more than a third of the expected change in running speed occurs before the onset of puberty.

Can Sportsmanship and Ethics Be Taught?

Dr. Stoll and Dr. Beller

The purpose of this session is to offer tips, strategies, and techniques to effectively teach sportsmanship and ethics to coaches and athletes. We will discuss 30 years of data collection and instruction in teaching ethics and sportsmanship on 90,000 college and high school athletes and coaches as well as review online and in person curriculum, pedagogy, and assessment to positively affect sportsmanship and ethical development for high school and college coaches and athletes.

Sport Leadership: Developing a Successful Philosophy

Dr. Van Mullem and Dr. Stoll

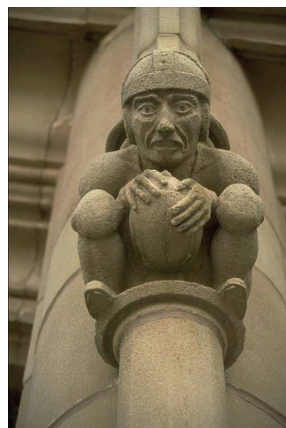
Achievement in sport is often identified or linked to a successful leader. The leader possesses certain clearly identifiable traits and when challenged to make a difficult decision, the leader relies on a well-developed leadership philosophy. This hands-on interactive session will guide participants through the process of developing their own leadership philosophy based on the principles presented in a proven online program.

AAHPERD

The Coaching Alliance Programs of the National Association of Physical Education and Sport. Individuals can receive coaching credit through the Coaching Alliance. NASPE, whose mission is to enhance knowledge, improve professional practice and increase support for high-quality physical education, sport, and physical activity programs is the largest association of the American Alliance.

Of the approximately 3,000 research abstracts that are submitted less than 5% of submitted abstracts are selected for oral presentation.

[AAHPERD](#)



SPEAKING ENGAGEMENTS, REVIEWS, & UPCOMING PAPERS

Dr. Stoll, Alumni Award Speaker, The University of the Ozarks, April 15 - 16, 2011.

Dr. Stoll and Dr. Barnes will present at NASSM on the topic of Moral Education in the Sport Management on June, 4, 2011.

CONTINUING PROJECTS

LITTLE EAGLE & TEAM WORKS TEAMWORKSA- CADEMY.ORG

The story of "Little Eagle" a curriculum for grades 3-5 has been adopted for use by Hope International in five eastern states. The story was written by Zoe Higheagle Strong, a member of the Nez Perce, and adapted to a



character education curriculum by Dr. Stoll and doctoral student Susan Steele.

Continuing collaboration with WWC, the Center for ETHICS, and Zoe Strong of TeamWorks on an elementary afterschool curriculum for TeamWorks, a Native American education program supported by Mac Strong, formerly of the Seattle Seahawks.



WWC is a nonprofit organization dedicated to character education in competitive populations and athletic programs from grade school to college and into the professional ranks. The Center for ETHICS* has a continuing relationship with WWC in helping them with assessment and curriculum development.

Report sent to Georgia Military College.



DOCTORAL CANDIDATES & STUDENTS

Heather Ridnour

Ph.D. Candidate
Honor cultures in athletics

She is seeking to improve the performance and output of athletes by creating a culture of honor within athletic communities.

Clinton Culp

Major USMC (Ret)

Working with the US Marine Corps assisting in developing pedagogy and curriculum for character development and ethics. Continuing research in implicit and explicit associations of sportsmanship and unsportsmanship like concepts.

Susan Steele

Elementary School Volunteer Coordinator

Servant Learning and Leadership with University of Idaho Athletics. Continuing research on service learning and its effect on the leadership identity and character development of college students.

Tom Grant

Journalist

Working with developing a curriculum and pedagogical method for increasing moral development within the sports journalist community.

Seth Haselhuhn

Coach

He hopes to establish a curriculum using a theoretical framework, that will develop, based on a specific set of values to guide interscholastic coaching education. He is a Fundamental Pedagogic Approach (FPA). The aim is to narrow the gap between the current fragmented knowledge of coaching and coaching education that has been built by the positivist paradigm.

Cynthia Williams

Assistant to the Associate Dean of the University College at Washington State University

She is interested in the social construct of athletic identity and how it influences the academic engagement of freshman student-athletes. Her dissertation will examine the impact of an academic success course on athletic identity, acquiring college-level skills, formation of education value, and persistence for freshman student-athletes.

REFERENCES

- Culp, C. (2011). *A conflict of values*. Paper presented at Aspects of Leadership Symposium, Quantico, VA.
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- Stoll, S. K. & Beller, J. M. (2011). Can Sportsmanship and ethics be taught? Presentation for NASPE/Sport and Coaching, American Alliance of Health, Physical Education, Recreation, and Dance Convention, San Diego, CA. March 30.
- Stoll, S. K. (2011). Presider. Research consortium. Sociocultural Issues in Sport. American Alliance of Health, Physical Education, Recreation, and Dance Convention, San Diego, CA. March 31.
- Stoll, S. K. & VanMullem, P. (2011). Sport Leadership: Developing a successful philosophy. NASPE/ Sport Management. American Alliance of Health, Physical Education, Recreation, and Dance Convention, San Diego, CA. March 30.
- Stoll, S. K. (2011). All-Academy Symposium: Not that there's anything wrong with that: Dealing with Differences. NASPE. American Alliance of Health, Physical Education, Recreation, and Dance Convention, San Diego, CA. March 31.
- Basra, M. A. A., Stoll, S.K. & Beller, J. M. (2011). Effect of an outdoor adventure program on self-esteem of Malaysians. Research Consortium, free communication presentation. American Alliance of Health, Physical Education, Recreation, and Dance Convention, San Diego, CA. March 30.

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**CHARACTER IS THE LIFE OF
RIGHT CONDUCT ~ ARISTOTLE**

WHAT IS THE CENTER FOR ETHICS* ETHICAL THEORY AND HONOR IN COMPETITION AND SPORT

Mission:

Believing and teaching the tradition of competitive integrity to inspire leaders of character.

Center Goal:

To return the classical concepts of justice, integrity, and responsibility in competition through education, research, and applied ethical, intervention programs.

Center Objectives:

- Model ethical conduct.
- Conduct global research about competitive ethics, moral reasoning and character development.
- Develop and provide teaching methodologies and curriculum supporting the practical application of moral reasoning in competitive communities.
- Sponsor conferences whereby participants will utilize practical application of moral reasoning to confront problematic ethical reasoning and action.

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- Provide professional training programs to help decision makers navigate current ethical issues or trends.
- Nurture a commitment to ethics, moral reasoning, and character development within competitive communities.
- Serve academic, professional, and public agencies in developing competitive moral excellence.