

# THIS WEEK AT THE CENTER FOR ETHICS\*

FRIDAY, JANUARY 28, 2011

[www.sportethics.us](http://www.sportethics.us)

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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## HONORS FOR WORK IN SERVICE LEARNING

Susan Steele, Doctoral student and Volunteer Coordinator at West Park Elementary School.



West Park was recognized with Honorable Mention on November 10, 2010 at the Brightest Star Awards Ceremony in Boise, Idaho. Governor, C.L. "Butch" Otter and First Lady, Laurie Otter recognized Idaho's unsung heroes who work tirelessly as volunteers to improve the quality of

life for Idaho and its citizens. There were 103 nominees honored during this year's event and awards were presented in six categories. West Park Elementary was recognized in the category of School Volunteer of the Year. West Park Elementary was nominated for this award by Adrian Wurr, Assistant Director for Service-Learning & Internships at the University of Idaho. He has been impressed with West Park Elementary staff for their dedication to service learning and volunteerism. This past Wednesday, she and a team from West Park traveled to Culesac to accept the award at the "Capital for a Day" program.

Over the years, West Park has welcomed literally hundreds of U of I students and instructors from the University of Idaho Core Discovery program, the Service Learning/Career Center and ASUI Volunteer Center, JAMM, FCS, and Athletics, and others as well as community members, into

the school to become part of the West Park Family. These volunteers have helped in every aspect of the school: Reading Buddies and Recess Buddies programs, breakfast or lunch assistance, math assistance, working with special needs students, Chess Club, K+ program and Enrichment, to name a few. Their time and talents have been generously shared and greatly appreciated on countless occasions and special events. West Park Elementary was also recognized as a Brightest Star School by the Governor in 2008.

**Great job to Susan and all the volunteers, teachers, and administrators who continue to lead the way in service learning both within state of Idaho and Nation wide.**

## WOMEN COACHING WOMEN

Heather Van Mullem, Ph.D. (Lewis-Clark State College) and Sharon Stoll Ph.D. (University of Idaho) receive praise for their work in women's coaching, specifically women coaching women. They will be cited in Daryl Siedentop's Ph.D. latest edition of his "Introduction to Physical Education, Fitness, and Sport" text.

Dr. Siedentop states "I've tried over the years to maintain a solid argument about girls/women participation and coaching but this edition will be considerably stronger in that regard

thanks to your article on Women Coaching Women - A Model for Sports (wo)manship? What struck me immediately was the very clear distinction between why more women are not coaching and the more important issue of making it clear why women should be coaching girls/women."

Dr. Van Mullem and Dr. Stoll will continue their work in illuminating the importance of women coaching women.

## RESPONSIBLE CONDUCT OF RESEARCH

Wednesday, February 2, at 11:30 in the Albertson building, Sharon Stoll Ph.D. will provide an overview to the best practices, regulations, and ethical considerations regarding Responsible Conduct of Research. The course (INTR 410/510), is appropriate for all who are, or will, participate in research activities. The course has been certified by UI for meeting both NIH and NSF RCR training requirements. Dr. Stoll's topic will be "Ethical Decision Making."

## 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)



## 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  $F(1,237) = 189.424, p = .001, \text{partial } \eta^2 = .444$ .

**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  $\hat{\alpha} = -0.929$ ) was a stronger predictor of running time than stride frequency ( $\hat{\alpha} = -0.650$ ). 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.

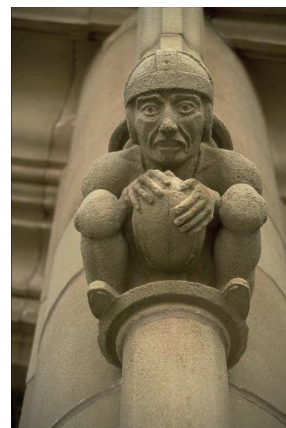
Of the approximately 3,000 research abstracts that are submitted less than 5% of submitted abstracts are selected for oral presentation.

[AAHPERD](#)

## SPEAKING ENGAGEMENTS

Dr. Stoll was invited to speak at the Institute on College Student Values at Florida State University, Tallahassee, Florida. The conference will be held from February 3-5, 2011. (<http://studentvalues.fsu.edu/>)

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



## CONTINUING PROJECTS

### LITTLE EAGLE & TEAM WORKS TEAMWORKS- 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.



### Providing Character & Ethics Education to Student Athletes

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.



## 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.

On the Web at  
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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.