Welcome back Kim Feiler!

Kim Feiler is an alum of La Sierra, busy mom, grad student and the newest faculty member of Health & Exercise Science. Kim is currently working on her doctorate while transitioning back to the classroom beginning this fall term. She is married to Joey Feiler and has a daughter, Savanah. Kim’s mom is Heather Miller from the School of Business.

Kim is doing her graduate work at in Health Sciences at Texas Women’s University. The focus of her work is health locus of control and physical activity of working adults. She says she has enjoyed her graduate school experience as she has been able to take classes with students from a variety of backgrounds: physician assistants, radiologists, nutritionists, and health educators.

Her favorite class to teach is Movement in Cultural Perspective, but she also instructs students in Methods of Fitness Instruction, Swimming, Lifeguarding and Water Safety Instructor courses. One day, she would like to design and teach a possible elective class on the history of health and fitness. At some point, she would also like to teach classes on advocacy, data collection and analysis, workplace health, evaluation, and strategies in health education delivery and work in LaSU administration.

Kim and Joey both teach in the gymnastics program which has been a staple in the community for many years and was started by retired coach, Dr. Roger McFarland.
Dr. Kim Knowlton, Dr. Rob Thomas, Dr. Bill Andress and Kim Feiler attended this year’s conference with 8 Health & Exercise Science students.

Student Presenters
Ryan Moore, Jena Arnott, Shawna Roderick, Kayla Harry, Makayla Christopher, Amelia Dombrowski, and Rebecca Sanchez

Road trip to Reno
Each year, the department rent vans and faculty drive students to Reno on a trip that is long in distance and full of fellowship. There are several stops along the way to rest and refresh.
WSKW 2018 La Sierra Presentations

Anthropometric and kinematic parameters during running among young adults
*Amber Perez & Teresa Coronado*

Using the ecological model to address physical inactivity in older adults
*Kimberly Feiler*

Undergraduate sleep quality analysis
*Makayla Christopher*

A general look into stress cardiomyopathy
*Amelia Dombrowski*

Nonmedical use of ADHD stimulants in college students
*Jena Arnot, Rebecca Sanchez & Dr. William Andress*

Physical activity and situational stress in collegiate students
*Kayla Harry, Ryan Moore & Antonious Awad*

The relationship between physical activity, nutritional intake and dietary choices with an analysis of motivation
*Shawna Roderick & Hannah Yaghoubian*

Brain breaks go to college
*Kimberly Feiler*
Dr. Bill Andress returns to campus after a fall sabbatical. Dr. Andress is working on a book about Hulda Crooks, a.k.a. Grandma Whitney. He was very much missed and we are happy that he will be back in our midst with his wonderful sense of humor and providing students with solid classroom instruction. Welcome back Bill!

Dr. Rob Thomas is on sabbatical for winter quarter working on his book on the history of Adventist physical education. We will miss his invaluable guidance, presence, influence and humor. Have a wonderful sabbatical Rob!