



Pittsburg State University

Health, Human Performance, and Recreation

VOLUME 1, ISSUE 3

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- Dr. Dan Ferguson
- Dr. Scott Gorman
- Ms. Shelly Grimes
- Dr. Rob Hefley
- Dr. Janice Jewett
- Dr. Chuck Killingsworth
- Dr. Mike Leiker
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- Mr. Nick Baldetti
- Ms. Nicole Doughty
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- Ms. Lori Murphy
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INSIDE THIS ISSUE:

- Let's Move in Kansas 2
- Friends of the Lab 2
- Susan's Travels 2
- KAHPERD Conv. 3
- State Conference 3
- Aggie Wranglers 3
- HHPR Happenings 4
- Congratulations 4
- Alumni Spotlight 5



May 22, 2011, an EF 5 tornado ripped through our neighboring city of Joplin. After the tragedy, came some relief, when volunteers from all over the country came to help clean up. Among those volunteering, were some of our very own from Pitt State. PSU students and faculty from several departments including, Construction Management and Nursing assisted with many different projects. A number of the 'projects,' of course were from the design team of the ABC hit show, Extreme Makeover Home Edition. Shelly Grimes, faculty member our Health, Hu-



Ty Pennington, Design Director, awaits the arrival of the family to the new home.

man Performance, and Recreation Department, was also one of the volunteers "I was a general volunteer for the extreme team and was fortu-



Paige Hemmis, Designer, works on set.

nate enough to be a part of the revealing of the new homes," Ms. Grimes said. Many volunteers worked around the clock to build seven houses in seven days! This is quite an accomplishment compared to the show's usual workload of just one house in seven days. "What an incredible experience, watching the houses being built," says Grimes, "I finally got to say 'Move that Bus!, in real life! Wow!" The Joplin Episode of Extreme Makeover Home Edition will be aired January 16, 2012. Make sure and watch!



Shelly Grimes kneels by a PSU sign on the set of Extreme Makeover Home Edition.

Lending a Helping Hand

Let's Move in Kansas

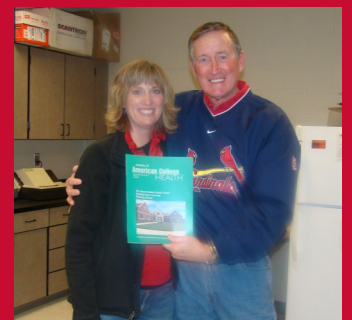
Dr. Rob Hefley and Dr. John Oppliger completed the National Association for Sport and Physical Education (NASPE) Director of Physical Activity (DPA) Certification Program and will represent university/teacher preparation in the Let's Move in Kansas Schools (LMIKS) initiative. This training is to add value to the role of physical education teachers as they are designated to be the experts in the educational settings when it comes to physical activity and health. Directors of Physical Activity are to facilitate implementation of the Comprehensive School Physical Activity Program and be leaders in schools as they provide, train and advocate for quality physical education, staff involvement, physical activity during school, physical activity before and after school, and family and community involvement. Both Dr. Hefley and Dr. Oppliger will provide in-service workshops to schools in the region.



Ms. Grimes (left), Dr. Killingsworth and Dr. Spreser show Halloween spirit.



Eli Mitchell, Nicole Doughty, and Karlie Doughty (center), after the 2011 Homecoming Parade.



Rita Girth, Director, Bryant Student Center, and Dr. Tom Bryant hold the November-December Issue of American College Health Magazine which featured the Bryant Student Center on the cover.

Friends of the Human Performance Lab

Help support the Human Performance lab and become a friend! A donation of \$150 will allow you to come in and do a general fitness evaluation and be listed on a yearly plaque that will be displayed outside the Human Performance Lab. Donations will be used to maintain equipment as well as help with the student worker wages. The fitness evaluation includes blood pressure, body composition, flexibility, muscular strength and endurance, and cardiovascular fitness. In addition to the evaluation, Friends will also be given a workout plan to improve their fitness levels.

Susan Goes to London

Our HHPR Administrative Assistant, Susan Downing, was able to trade in her phone for a chance to see phone booths in London. Ms. Downing accompanied her husband, Ron, on a 12-day trip during the World Skills Competition. Mr. Downing has spent the last two years preparing a young man from California to compete in the Automot-

ive portion of the competition. Ms. Downing was able to break away from the competition to enjoy a few sites such as Big Ben, St. Paul's Cathedral, and Harrod's Department Store, but she especially enjoyed getting her picture taken on Downing Street and Abbey Road. She anxiously returned to her department and found an office full of balloons!!!



Susan Downing poses for a picture in front of a telephone booth in London, England.

KAHPERD Convention: Two-Time Winners

The KAHPERD Convention Student Major Participation Award was won again by the fine members of the Gorilla HHPR Club. Led by the dynamic duo of Advisor Extrraordinare Ms. Shelly Grimes and Club President Nicole Doughty, a plethora

of members swung their way to Hays for the 2011 KAHPERD Convention. This is the second consecutive year that PSU has earned this prestigious award and major league congratulations go out to all HHPR majors who attended. Undergraduate majors Ginny Jones (Recreation)

and Aaron Ketcher (Human Performance) received their KAHPERD/PSU Major of the Year (MOY) Awards at the Recognition Awards banquet. Faculty members made a number of exciting presentations including:

Knots- Knots & Even More Knots (Shelly Grimes, Matt Ayers & Dr. Gorman), Zumba Add-Ons! (Dr. Spresser & Dr. Jewett), Fly Fishing Basics (Dr. Gorman), and YABADA-BADOO Adventure Activities (Matt Ayers & Dr. Gorman)

President Scott Presents and Students Excel at ACSM Conference

In late October, 13 PSU Exercise Science Students participated in the Central States Chapter of the American College of Sports Medicine Annual Conference in Overland Park. On the opening day, Dr. Leiker, Rita Girth (Director of Bryant Student Health Center), Bryce Winklepleck (Assistant Director of Fitness and Wellness), and President Steve Scott, presented on the new PSU initiative "Exercise is Medicine on Campus: The Pitt State Project". The presentation sparked interest and discussion on how well three departments can work that well together and get the support of the administration. Later that evening the PSU recognition continued with the annual quiz bowl.

Three Exercise Science students, Emily Ballock, Corey Barone, and Eli Mitchell competed against other schools in the chapter, including University of Missouri, Southeast Missouri State, Central Missouri, and Rockhurst, among others. The students were down the first half, before storming back to take the title. In doing so, Emily, Corey and Eli will represent the Chapter at the National Conference in San Francisco in June. As a reward the chapter will give each student \$500 to help with the expenses of travel and hotel. Eli Mitchell says, "It is a great honor to be able to represent, not only Pittsburg State, but the Central States



Eli Mitchell (left), Emily Ballock, and Corey Barone took first place in the quiz bowl competition.

Chapter at the National Conference." Also, a special Thank You to President Scott. Attendees were impressed that a University President would take time out of his busy schedule to attend and present at an out-of-town conference.

PSU Hosts Aggie Wranglers

The Aggie Wranglers, a student dance group from Texas A & M presented two Country Western Dance workshops at the PSU Student Recreation Center. Six members of the Aggie Wranglers presented several different choreographed routines, which incorporated the polka, two-step and jitterbug (or western swing). The dance combinations included tosses, flips, and other complicated aerial moves that were well received by the

160 workshop participants in attendance. After presenting, the Aggie Wranglers spent an hour and a half teaching moves to the participants at two different workshops. These moves included creative titles such as "Seal the Deal", which is an ending move to the Texas Two-step that incorporates spins and a dip into a dramatic finish. The Aggie Wranglers was formed as a student group in 1984 and has since become one of the most recognized

student organizations on the Texas A&M campus. The students maintain an extensive exhibition and workshop schedule across Texas, the U.S. and even internationally. The Aggie Wranglers teach approximately 3,000 students, faculty, staff, and community members to polka, two-step, waltz, and jitterbug each year. The Department of HHPR was recently notified that they are the recipient of a grant, which will enable the department and the

PSU Dance Club to host additional Aggie Wrangler workshops during the 2011/2012 academic school year. The HHPR Department will be able to offer college credit to individuals interested in attending. These events will be open to the community and all physical education teachers are invited to attend – for credit and/or just the dance experience. Dates will be announced in the Fall semester.

HPR Happenings

- **Sunni Stipp**, (Sp 2010, Recreation), is the Director of Wellness Services for Pina-monti Physical Therapy, Pittsburg.
- **Amanda Bastion**, (Sp. 2007, Recreation), is the Wellness Specialist for Via Christi Hospital.
- **Dr. Scott Gorman** attended KAHPERD council meeting in Wichita, December 3rd.
- **Dr. Janice Jewett's** Dance Appreciation classes performed at the Pittsburg City Christmas Parade, November 28th.
- **Dance Club** performed during halftime at the PSU vs. Northwestern game Novem-ber 30th.

Let us know what you are doing!

Congratulations! To Students Gaining Professional Certifications

- ◆ **Ginny Jones**, Personal Trainer: American College of Sports Medicine (ACSM)
- ◆ **Lexie Raitinger**, Personal Trainer: American Council on Exercise (ACE)
- ◆ **Jason Davis and Rachel Oswald**, Certified Therapeutic Recreation Specialist (CTRS): National Council for Therapeutic Recreation Certification (NCTRC)
- ◆ **Greg Cryns, Caitlin Demarest, Brett Greenwood and Beverly Ruedy**, Certified Strength and Conditioning Specialist (CSCS): National Strength and Condi-tioning Association (NSCA).





Health, Human Performance & Recreation (101 Student Recreation Center)

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Visit Us on the Web!

www.pittstate.edu/department/health

Academics

Undergraduate

- **Physical Education**
 - Emphases
 - Coaching**
 - Strength and Conditioning**
 - Group Fitness, Dance & Rhythms**
- **Recreation**
 - Emphases
 - Recreation Administration**
 - Therapeutic Recreation**
 - Community, Corporate & Hospital Wellness**

- **Exercise Science**

Graduate

- **Master of Science in Health, Human Performance and Recreation**
 - Emphases:
 - Human Performance and Wellness**
 - Sport and Leisure Service Management**

HPR Alumni Spotlight



Jana Horchem at the Grad Banquet.

Jana Horchem (M.S. Summer 09) is currently teaching at Colorado's Finest Alternative High School where she started working in August of 2010. She has had the opportunity to teach a variety of 6-

week sport classes, fitness classes, health classes including First Aid and CPR (in which all students must be certified to graduate).

Most recently she teamed up with an elementary school in the district to provide a Big Brother Big Sister Program where high school students have the opportunity to help teach and mentor elementary students in the physical edu-

cation setting.

"I love teaching these students and working with such a great staff. The best thing about Colorado's Finest is the flexibility to teach a variety of classes which allow students an opportunity to find ways they will enjoy being healthy and physically active in the future".

There has been a growing interest in the fitness classes and a strong turnout for the district's first 5k this fall. Jana wants to continue growing the program and creating more meaningful opportunities for students.

Most recently, she teamed up with SOS Outreach, a nonprofit organization that provides programs to build character and self-esteem in youth through outdoor activities.

Twenty four students will have the opportunity to participate in SnowCore, an exposure program that provides underserved youth a trip to snowboard at Vail in January.

Participants receive lift tickets, profes-

sional ski school instruction, rental equipment, a \$15 lunch voucher and ski clothes for \$25 apiece. Work was done to get as many students sponsored as possible so they would not have to worry about paying for activities outside of school.

"Going to school at Pittsburg State helped prepare me for this job in many ways. My professors taught me the importance of collaboration. They encouraged me to attend conventions at the state, district and national levels. I cannot thank them enough for getting me involved in various conventions. It is a great way to get new ideas and keep educators from becoming stagnant in the classroom. Any school can teach the curriculum, but the professors at Pitt State took the time to create the meaningful relationships that you need to reach students. I feel that I can better reach my students by following their example".

A special THANKS to those who gifted the

HHPR Endowment in 2011

Dr. Mary Coplen

Ron & Susan Downing

Dr. Scott and Beth Gorman

Dr. Rob Hefley

Dr. Michael Leiker

Ms. Deborah Newkirk

Dr. John and Kathy Oppliger

Mr. Matthew Osterthun

Dr. Guy and Pamela Owings

Mrs. Marian Simpson

Mr. Gary Thompson

Mrs. Madelyn Troutman

Mr. Clayton Young