



## Faculty

- Dr. Cole Shewmake, Chair
- Dr. Natalie Bird
- Dr. David Boffey
- Dr. Mike Carper
- Dr. Laura Covert–Miller
- Dr. Scott Gorman
- Dr. Shelby Hutchens
- Dr. Janice Jewett
- Dr. John Oppliger
- Dr. Tristan Ragland
- Elizabeth Smith
- Dr. Julia Spresser

## Administrative Assistant

- Susan Downing

## Graduate Assistants

- Zoey Harvey
- Kamryn O'Dell
- Belle Peters
- Jaykob Welcher

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# Pittsburg State University

## Health, Human Performance, and Recreation

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Made By:  
Lissette Allen,  
Addison Marshall, &  
Delanie Moske

## CONNECTION—The Power of Dance



"This year's theme is *Connected Through Dance*. Through our classes and choreography, we explored how dance is used as a tool for connection. We dance together and connect to our fellow dancers, and we perform and connect with the audience. We connected with the local dance community this year by

working with guest choreographers. Many students choreograph their own solos, where they get to connect with themselves and tell their own stories on stage." - Elizabeth Smith (pictured left center)



## DANCE SYMPOSIUM 2025



## *Chair's Message*

Welcome to the Spring 2025 edition of the Health, Human Performance, and Recreation newsletter!

As always, the HHPR Department has been active! As you will see, students in our department have been active in our local schools and community organizations gaining hands-on experiences working with individuals from various populations, as well as attending professional conferences. We've also had several students from Exercise Science, Recreation, and Dance involved in research projects, continuing the "Learn By Doing" charge of the university. We

are very proud of our students for the recognition they receive through awards and honors they are given!

The alumni spotlight highlights Coach Amanda Davied, the Head Coach for Gorilla Women's Basketball, who completed their most successful season in PSU history! Dr. Laura Miller received recognition from Special Olympics Kansas, Dr. Natalie Bird received two awards from the Sport and Recreation Law Association, and Dr. Tristan Ragland was awarded an Infrastructure Grant through PSU to expand equipment and research abilities in our Applied Physiology and Human Performance laboratories.

As has been the long-standing tradition in HHPR, our department has been very active outside of the Student Recreation Building. Kamryn O'Dell, HHPR Graduate Assistant, concluded a research study with the PSU Softball team for his graduate thesis. Dr. Miller's Program Design and Leadership Class successfully co-organized and co-hosted OK Kids Day, and the Therapeutic Recreation Program completed another TR-Iffic Day of Play. Lastly, we had our largest ever (80+ students) Dance Symposium held at the Bicknell Performing Arts Center.

If you are ever in the area, please stop in and say Hello. Faculty and staff would love to see faces from the past and get an update on your successes!

Thank you,

# ALUMNI SPOTLIGHT

## Amanda Davied

Hello Gorillas!

Greetings from right here on PSU's campus! I didn't make it far from our HHPR Department figuratively speaking, and technically I am still in the original HHPR Department building, THE WEEDE! I'm very proud to be able to say I'm representing our alma mater as the head coach of your women's basketball program.



Taking a second to look back and remember who I'm addressing, we were all so eager to get into that real world and make a difference with our degrees, not knowing the exact distance or missions we will be on, but teaching and sharing our passions with those around us. I am one of the lucky ones that (most days) feel like I am living my dream and have never worked a day in my life. Has it been hard, YES. Has it been worth it, YES!

After graduation in 2003, I obtained my Masters in HHPR while working as the assistant women's basketball coach. Fourteen years of being an assistant, led me to being the head coach. We had went to two Elite 8's while I was under Head Coach Lane Lord, and though I knew I had aspirations to become a head coach, I knew if I left, I would spend my whole life trying to get back here. So, my patience paid off. After covid and 5 years of getting established as head coach, we have won back-to-back MIAA tournament championships in KC, and just wrapped up the most successful season in PSU history, with becoming MIAA Champs, Tournament Champs, and Regional Champs. Ultimately reaching the Final Four. So proud of our team!



# ALUMNI SPOTLIGHT

## Amanda Davied

I know many of you all have had some of the same amazing experiences. Our Pittsburg State degrees have served us well. Our experiences have served us better. Our degrees gave us our tools, but our toughness and grit have helped us shine as Gorillas.

For me, I've remained living in the Pittsburg community and have seen the growth of our HHPR Department, university, and community. If you haven't made it back, it would be well worth your trip. Soooo much has changed. And if you hurry, you will see so many still familiar faces you will still recognize, as some of the great ones are still around, though we have lost a few. I still see Dr. Stobart out on the golf course though!

Tough times don't last, tough people do. Gorillas shine through. All the best my fellow alums! Take care!





# HHPR Happenings



Dr. Laura Covert Miller received recognition from Special Olympics Kansas representing their partnership. Together, Dr. Covert Miller and SOK have collaborated to put on numerous events making a positive impact on communities in the Southeast Kansas area.

Dr. Cole Shewmake is appointed Chair of the HHPR Department after serving as Interim Chair this last academic year!



Dr. Shelby Hutchens and his wife, Rachel, won first place at a fishing tournament at Beaver Lake catching over 17 lbs!



Delanie Moske, student secretary in HHPR, won one gold and five silver awards for her photography at PSU's Crimson Creative Awards.

## Congratulations!

# HHPR Happenings



**Belle Peters**  
**Graduate Assistant**



**Addison Marshall**  
**Student Secretary**

The HHPR Department welcomed two new student employees this semester. Belle Peters, from Lindsborg KS, is serving as a Graduate Assistant in Physical Education. Belle taught Lifetime Fitness Classes and is a pole vaulter and hurdler on the PSU Track Team.

She received her BSED in Physical Education in Fall of 2024.

Addison Marshall is a new student secretary and works in the front office. She is one of the smiling faces that will greet you when you come in! Addison, a Nursing Major from Emporia, KS performed in her first dance show this semester!

***WELCOME TO HHPR LADIES!***

# HHPR Happenings



In January, Elizabeth Smith gave birth to the newest HHPR addition, Sloane Marie.



One of our Student Secretaries, Lissette Allen, competed with the Crimson and Gold Dance Team at UDA Nationals in Orlando, Florida this January. Many of our dance minors competed along with her. Haylee Caskey, Emma Eckstein, Avery Harrison, Kassandra Lewis, Anne Marie Martin, and Mattison Vacca are pictured in the group photo. Elizabeth Smith choreographed their Jazz routine, "Folsom Prison".



# HHPR Happenings

Dr. John Oppliger and Dr. Cole Shewmake attended a conference in Jekyll Island via zoom as inclement snow and ice kept them from attending in person.



Dr. Tristan Ragland & GA, Zoey Harvey, went to a high school nursing career fair and showcased the department's Exercise Science and Recreation programs.



# HHPR Happenings

Frontenac 8<sup>th</sup> grade students toured the Student Rec Center this semester. Our PE, Exercise Science, Therapeutic Rec, and Rec and Sport programs facilitated content-themed activities which outlined the programs the department offers.





# HHPR Happenings



Dr. John Oppliger  
30 years



Dr. Cole Shewmake  
10 years

The HHPR Department would like to recognize this year's Faculty Award recipients for their years of service to Pittsburg State University. CONGRATULATIONS!



Dr. Shelby Hutchens  
Excellence in Teaching Award





# DANCE NEWS



Dance Appreciation students hosted a Dance Day at The Family Resource Center for 30 children ages 3-5. About 20 PSU students played games like "Duck, Duck, Goose" and "Red Light, Green Light." They also danced to songs such as "Shake Your Sillies Out" and "Baby Shark." Storybooks included "Giraffes Can't Dance" and "Mia and the Too Big Tutu." PSU students learned about The Center's operations from Tasha McCoy. This was the second similar event, following a session with 65 kindergarteners at Frontenac Elementary.



# Dance Symposium Pictures



Photographed by Dawson Roth



# Dance Symposium Pictures



Photographed by Rocky Restivo & Gamma Epsilon Tau



# Dance Symposium Pictures



Photographed by Dawson Roth and Julia Spreser



# Dance Symposium Research Presentations



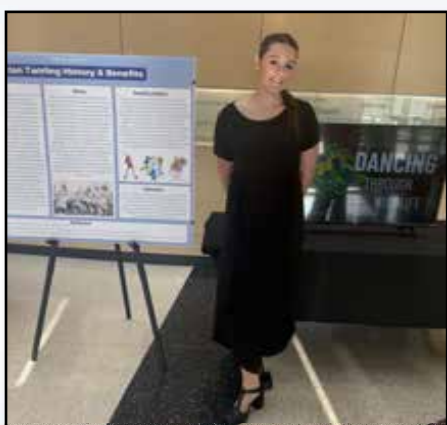
Kaytie Frisch



Stirling Luckey



Clarissa Worley



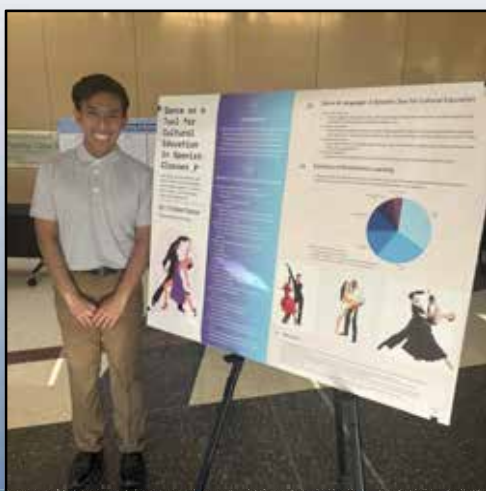
Jordan Haworth



Haylee Caskey



Makenzie Coomes



Cristian Paxtor



Sophia Zacharias



Emma Eckstein

\*Not pictured Rocky Restivo & Mia Garrett

# Physical Education News



“The Motor Learning and Development class went on a visit to the Family Resource Center. They observed fundamental locomotor and manipulative skills of toddler and preschool age children.”

- Dr. Cole Shewmake

Jacob Anderson is practicing encircling thumbs in Dr. Julia Spresser’s First Aid and CPR Class.





# Physical Education News



Students in Dr. Spresser's Adaptive PE Class hear from Southeast Kansas Special Olympics Director, Olivia Ryan. Ms. Ryan discussed the Unified Physical Education Program with the future teachers!



# Physical Education News



Theories III students in Dr. Julia Spresser's class taught an aerobics routine to one another. The day was filled with plenty of fun!





# Exercise Science News

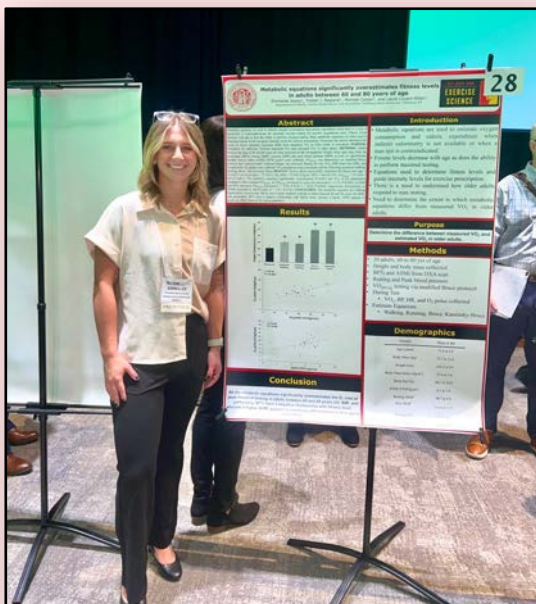


“Letting students lead in the classroom is a hallmark of our program. Here, graduate student, Kamryn O’Dell, takes students through resistance training and Maddi Lapointe guides students through change of direction fundamentals and tests.” Dr. David Boffey





# Exercise Science News



At Central States ACSM Convention this semester, undergraduate Emmalee Jessip presented data from our recent study with the older adult populations.



The Exercise Science Department is pleased to announce the acquisition of an InBody 970 BIA device (pictured right) to measure body composition for our Exercise Science students and research participants!



The Pittsburg High School girls' Soccer Team invited Dr. David Boffey for strength and conditioning consultation this season.

# Exercise Science News



GA, Kamryn O'Dell, setting the standard with a 147 lb grip.

**CHALLENGERS WELCOME!**

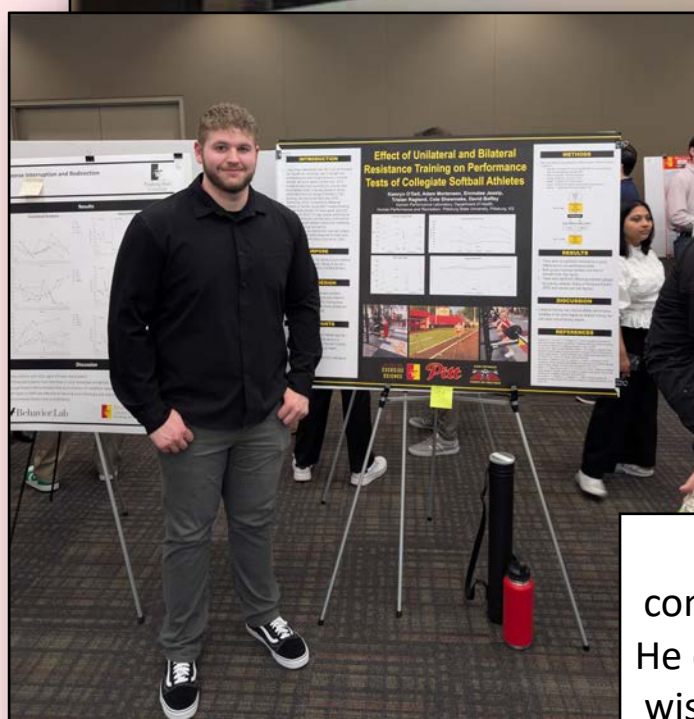


The HHPR Department was happy to receive an Infrastructure Grant from the Department of Research and Advancement, spearheaded by Dr. Tristan Ragland, with co-authors Dr. David Boffey, and Dr. Cole Shewmake. The grant afforded the Exercise Science Program and the HHPR Department new exercise and research equipment, such as a long-term cold storage freezer, microplate reader, leg press/hack squat, and various biochemical analysis equipment. The new additions will enhance the Applied Physiology and Human Performance labs' teaching and research capabilities. We are excited for the possibilities this new equipment holds for our program and students!





# Exercise Science News



Congratulations to Kamryn O'Dell for completing the Defense of his Master's Thesis! He did a great job on the softball study, and we wish him the best as he continues his career in the fitness industry. Kamryn also presented his research at the Pitt State Research Colloquium.



# RECREATION NEWS



Dr. Natalie Bird won two awards, the Lori K. Miller Young Professional Award and the Journal of Legal Aspects of Sport Best Award!

The Lori K. Miller Young Professional Award is awarded to a SRLA member that has demonstrated excellence in research, teaching and service devoted to Sport and Recreation Law.

The Journal of Legal Aspects of Sport Best Award is awarded to author(s) that published in the previous year's editions of the journal. All articles are reviewed, and one is chosen as the best. Essentially, it is recognized as the best research of the year.

**Congratulations Dr. Bird!**



# RECREATION NEWS



"We are working with the YMCA in Administration in Rec Class to help students develop a strategic plan. We had town hall meetings with members to gather information to help us create a survey and goals for improvement."

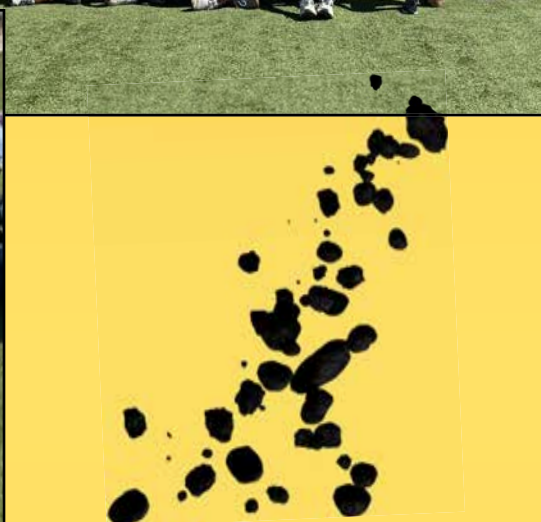
Dr. Natalie Bird







# RECREATION NEWS



Students in the Program Design and Leadership Class held their first program lab at Frontenac Elementary School with sixth graders. The theme was Space which included a space obstacle course, planets vs asteroids game, and creating your own planet. Everyone had a great time! **Great work students!**

# RECREATION NEWS



Dr. Shelby Hutchens' Professional Development Class had guest speaker, Pete Heim, via Zoom. Pete is the University of Arkansas' Associate Athletic Director of Ticket Operations and Sales. Originally from New York, Pete has worked in powerhouse athletic departments including Duke, Alabama, Houston, and now Arkansas. He discussed his career path and the day-to-day of ticket operations in Intercollegiate Athletics. **Thank you Pete Heim!**



PSU Alumni, Winnie Tyobee, received the Recreational Therapist of the Year Award at Well-Path Solutions in Bakersfield, CA. This award is across the entire company, including the United States and Canada!

***Congratulations to Winnie!***



# RECREATION NEWS

## **Recycle Rumble:**

PSU students taught students at George Nettles Elementary School about recycling through different stations such as plastic water bottles for bowling, recycling relay, and paper trash toss.





# RECREATION NEWS



Students in Program Design and Leadership Class put on a program at with Pittsburg Community Middle School 8th graders specializing in teamwork and communication. These skills were focused on through activity stations such as human knot, break the glass, charades, Simon says, and tug of war.



# RECREATION NEWS



The Program Design and Leadership Class' Sports-themed lab was presented to students at Lakeside Elementary. The class lead them through a variety of stations including cone relays, knockout, and a balance relay. The students had a blast!



# RECREATION NEWS



The Program Design and Leadership Class hosted a Rodeo-themed program for students at George Nettles. Activities consisted of lasso a cone, noodle horse relays, jailbreak tag, and drawing. Students had a great time while learning leadership skills!







# RECREATION NEWS



Students in the Program and Design Class' last lab, led an Around the World Program with Frontenac 3rd graders. Participants played games from Spain, Japan, and Australia, completed a craft for Italy, and made maracas to represent Mexico. The students did a great job all semester leading their programs and working with local schools! - Dr. Laura Miller



# RECREATION NEWS



Students in the Trends and Issues in Therapeutic Recreation implemented evidence-based practices with students in Pittsburg High School's Low Incidence classroom. Interventions included painting, drawing, dancing, and planting flowers!





# RECREATION NEWS



Dr. Laura Miller, Graduate Assistant, Zoey Harvey, and several recreation majors attended the Midwest TR Symposium. Dr. Miller and Zoey presented on TR interventions with pre-schoolers diagnosed with Autism Spectrum Disorder.



# RECREATION NEWS



PSU & TR alumni, Madie Steed and Libby Rohr, were guest speakers for two therapeutic recreation classes this semester. They shared their experiences as recreation therapists with the classes!

**#OAGAAG**





# RECREATION NEWS



Students in Dr. Covert Miller's Intro to Therapeutic Recreation Class implemented interventions with consumers of local day service programs. The students did activities for eight weeks. Activities included shuffleboard, noodle foosball, mini games, basketball, and volleyball. Everyone had a great time!



# Rumble in the Jungle



HHPR faculty and students showcased the department's different majors, student organizations, and activities at Rumble in the Jungle. The department welcomed many students and parents!





# KRPA Convention



**Parks and Recreation**



The KRPA Convention held in Manhattan earlier this year had people from the department on their schedule! Dr. Laura Miller, Dr. Janice Jewett, and GA, Zoey Harvey, had presentations in their areas of expertise. Many of our students were able to attend the convention and learn about this organization!





# OK Kids Day



Outdoor Kansas Kids Day was hosted by Dr. Laura Miller's Program Design and Leadership Class along with Pittsburg Parks and Recreation. Students collaborated with PPRD to create activities, secure donations, and lead the event. Activities included kids games, archery, arts and crafts, and canoeing!



# TR-Iffic Day of Play

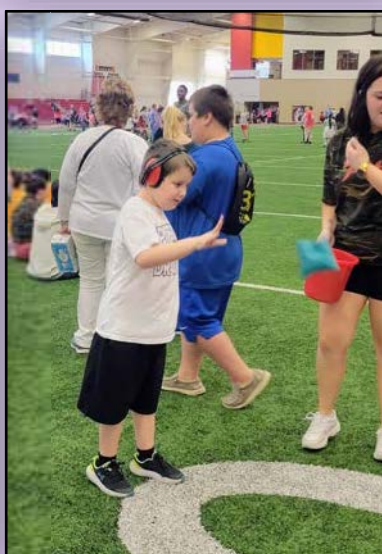


**3-2-1 Blast Off TR-Iffic Day** was held at the Plaster Center. Five hundred people attended the event, 300 of which were participants. GA, Zoey Harvey, along with therapeutic recreation students, planned the event. **TR-iffic Day** is an event designed for persons with disabilities of all ages. It was an **out-of-this-world day!**





# TR-Iffic Day of Play





# Dr. Gorman's Camping & Outdoor Education Class



Students in Camping & Outdoor Education Class study & take field trips to practice the adventure education skills learned in Orienteering, outdoor living, & setting up a campsite at Roaring River State Park in Cassville MO.









# HHPR Student Employees



## HHPR APPRECIATES OUR STUDENT EMPLOYEES!

The HHPR Department office student workers are:  
Addison Marshall, Delanie Moske, & Lissette Allen.

Students listed below are employed as Aerobic Instructors, Dance Assistants, Ability Lab Assistants, & Human Performance/Clinical Lab Assistants.

*Lissette Allen*

*Natalie Bailey*

*Kaci Beacham*

*Kelsey Bruening*

*Gracie Bott*

*Kaitlyn Draper*

*Emma Eckstein*

*Keara Emery*

*Maddy Graff*

*Kinleigh Hall*

*Kyra Heald*

*Tess Hudgens*

*Maddy Hughes*

*Kyla Hummel*

*Emmalee Jessip*

*Kaeli Lynnes*

*Addison Marshall*

*Lexi McGowen*

*Loryn Moser*

*Delanie Moske*

*Sophia Vogliardo*

# HHPR Majors of the Year!



**Loryn Moser**

Therapeutic Recreation



**Alisha Mulvaney**

Hospitality Management



**Marcellus Reed**

Recreation & Sport  
Management



# HHPR Majors of the Year!



**Abby Lasiter**

Exercise Science  
(Clinical)



**Sierra Wright**

Exercise Science  
(Human Performance)



**Reggie King**

Physical Education

# Graduate Student Awards



Teaching  
**Belle Peters**



Research  
**Adam Mortensen**



Professional Service  
**Jaykob Welcher**



# Graduate Student Awards



Scholarship  
**McKenna Robinson**



Teaching  
**Zoey Harvey**



## *Scholarship*

**Cortlan Auston**  
**Tanner Mans**  
**Kamryn O'Dell**  
**Josie Salzman**



***Congratulations!***



# Scholarship Recipients

## **Dr. Evelyn Triplett Scholarship Fund**

Bella Fugate Bevillacq, Exercise Science

## **Helen Messenger Scholarship Fund**

Maddy Hughes, PE

## **HHPR Scholarship**

Austin Parrish, Exercise Science

## **Karl B. Larson & Rowena Sohosky Larson Scholarship**

Kinleigh Hall, RSSHM/TR

## **Matthew Nutter Memorial Scholarship**

Kaeli Lynnes, RSSHM/TR

## **Nadine E. Sheffield Scholarship**

Amy Adamson, Exercise Science

## **Shelly Grimes Fitness Scholarship**

Sarah Opheim, PE

## **Wanda O. Weickert & Carol A. Cichowski Endowed Scholarship**

Kyra Heald, Exercise Science

Breanne Peters, RSSHM

Kelsey Bruening, Exercise Science

Austin Sinn, Exercise Science

Janel Meyer, Exercise Science

Andie Hafner, RSSHM

## **O'Neill Legacy Scholarship**

Weston Shafer, PE

## **COE**

Kaydence Orlick, RSSHM



# Congratulations to our Graduates!

## *Exercise Science*

Taylor Brown  
Natalie Goebel  
Monte Gutierrez  
Aidan Koenig  
Trevin Lohse  
Alaniss Marin  
Kylee Perry  
Cody Powell  
Amaya Snyder  
Josi Solano  
Clay Sutterby  
Seth Tinsley  
Blakelee Winn  
Brett Wiemers



## *Physical Education*

Jacob Delatorre  
Elanor Hendrickson  
Ethan Howard  
Madison Keating  
Lane McNeley  
Jonrey Pino  
Konner Swenson

## *Recreation*

Joey Addicott  
Noah Ashmore  
Haidyn Berry  
Malik Berry  
Makai Blades  
Laney Coons  
Shawn Golden  
Brevon Lee  
Kain Leisure  
Jamiya Morgan  
Loryn Moser  
Alisha Mulvaney  
Seeley Murphy  
Marcellus Reed  
Erica Schamel  
Jace Stewart  
Natalie Talent  
Riley Teutsch  
Ori Trimble  
Siby Yao  
Benjamin Yarnall  
Sophia Vogliardo

# Congratulations to our Graduates!

## *Graduates*

Mason Bass  
Kyle Goldman  
Zoey Harvey  
Rodney Koenig  
Jenifer Little  
Tanner Mans  
Adam Mortensen  
Kamryn O'Dell  
McKenna Robinson  
Josephine Salzman  
Jack Stalcup  
Christopher Weikal



## *Dance Certificate*

Jacob Beck  
Kassandra Burns  
Mia Garrett  
Jordan Paris Haworth  
Kassandra Lewis  
Stirling Luckey  
Jamiya A. Morgan  
Cristian Paxtor  
Makayla Pilcher

## *Hospitality Management*

Anna Perez

## *Coaching Certificate*

Jacob Beck



## **A Special THANKS to our Donors!**

**Andrew & Shanna Albright**

**Backroad Brew**

**Dr. David & Elizabeth Boffey**

**Missy Clark**

**Dr. Mary Coplen**

**Ron & Susan Downing**

**Stephen Foster**

**Dr. Scott & Beth Gorman**

**Michelle Grimes**

**Richard & Stephanie Grinage**

**Lisa Gunya**

**Dr. Robert Hefley**

**Carmen Jarrell**

**Medina's Mexican Restaurant**

**Frank & Judy Meister**

**Dr. John & Kathy Oppliger**

**Pamela & Guy Owings**

**Dr. Cole & Jennifer Shewmake**

**Marian Simpson**

**Michael & Jo Slaughter**

**Gary Thompson**



# Summer Online Classes

**Scientific Foundations of Coaching**  
**Elementary School Physical Education & Health**  
**Practicum in Health Human Performance**  
**Health Movement/Physical Activity K-6 Workshop**  
**Kinesiology**  
**Adapted Physical Education**  
**Physiology of Exercise**  
**Professional Development in RSSHM**  
**Promote Community & Worksite Wellness**  
**Professional Conference**  
**Internship**  
**Asmt Motor Dysfunctin Spcl Pop**  
**Methods/Matls Tchg Adapted PE**  
**Practicum in Adapted Phys Ed**  
**Scientific Principles/Strength & Conditioning**  
**Foundations of Human Performance & Wellness**  
**Foundations of Recreation & Leisure**  
**Finance & Marketing Sport & Leisure Service**  
**Sport/Leisure Facility Development & Operations**  
**Seminar: Trends & Issues**  
**Biomechanics**  
**Advanced Exercise Physiology**  
**Social Psych of Sport & Recreation**  
**Research & Thesis**  
**Methods of Research**

