



#### FACULTY

- Dr. John Oppliger, Chair
- Ms. Sarah Ball
- Dr. Allison Barry
- Dr. Mike Carper
- Dr. Laura Covert–Miller
- Dr. Derek Crawford
- Dr. Scott Gorman
- Ms. Shelly Grimes
- Dr. Ricky Hardy
- Dr. Rob Hefley
- Dr. Janice Jewett
- Dr. Cole Shewmake

#### ADMINISTRATIVE ASSISTANT

- Susan Downing

#### GRADUATE ASSISTANTS

- Katherine Pinto
- Samantha Way
- Brooke Wells–Lee
- Dreu White

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# Pittsburg State University

## Health, Human Performance, and Recreation

VOLUME 1  
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EDITED BY:  
KAYLAH AILES, TRACE MOSBY,  
TARA LAND, ABBY SCHOECH  
AND LAKIN HARDMAN

## Exercise Science Majors Evaluate Local Firefighters



Students majoring in Exercise Science at PSU are getting real-world experience while at the same time gathering data that could prove valuable to Pittsburg firefighters: they're using high-tech equipment to measure their cardiovascular and pulmonary function during high stress exercise.

### Why?

Dr. Barry tells us: "Because among firefighters, cardiac arrest is one of the top causes of job-related deaths"

From February to April, our students had hands-on learning experiences as they tested multiple firefighters on the equipment housed right here in the Student Recreation Center on campus. They gained knowledge of how to use the equipment, gather data, and understand the results thereby putting their knowledge from the classroom to a real-world use.

More on this story on pages 4-5.

## Chair's Message

### Dr. John Oppliger

Welcome to the spring edition of the HHPR Newsletter! School will be out soon and both students and faculty are ready! The break will be short for many as the department offers several classes during the intersession and many in June and July. For those readers living far away, this has been a fairly mild winter and pleasant spring, except for the recent heavy rains.

This issue of the newsletter is large and we tried to include as many photos of interest as possible. The front page of the newsletter features an ongoing study in our Applied Physiology Lab being led by Dr. Allison Barry to investigate cardiovascular and pulmonary function of firefighters during high stress exercise. This newsletter also describes additional studies.

The 4<sup>th</sup> Annual Dance Showcase was held in the Linda and Lee Scott Performance Hall of the Bicknell Family Center for the Arts. The showcase was well attended and enjoyable to watch. The Bicknell Center is the perfect venue. If you have not had a chance to visit this facility – you need to do so. Check it out at: <http://www.bicknellcenter.com/>. Speaking of dance, this newsletter has several dance related stories and photos. The growing popularity of dance makes our Minor and Certificate in Dance a valuable option for PSU students. Dr. Janice Jewett directs the program and has done a wonderful job.

Students and faculty attended the Kansas Recreation and Park Association (KRPA) Convention in Hutchinson. Additional conferences were the Society of Health and Physical Educators (SHAPE) in Tampa, Florida, the Mid-West Therapeutic Recreation Symposium in Kansas City, and the American College of Sports Medicine in June. We always have a healthy number of HHPR folks at these functions and it is great to see so many people in Gorilla wear – Pitt State really gets attention!

The Alumni Spotlight shines brightly on Dr. Tiffany Dirks. We have kept in touch with her over the years and have always been proud of her accomplishments.

We like to point out that the best thing about a department newsletter is to share with readers the accomplishments of students. Our students have received numerous awards, completed certification/licensing exams, and been admitted to professional schools. They make us all look great!

February was scholarship selection month and we want to extend a very special thank you to the scholarship families. Their generosity has helped so many students stay in college and finish their degrees. The number of scholarships has risen from three, just a few years ago, to as many as twelve on certain years! In these economically challenging times, this is amazing!

Finally, always remember we welcome visits from our alumni family. We would appreciate hearing from alums and with their permission, be able to include them in some manner in future issues of this newsletter.





# ALUMNI SPOTLIGHT

## Dr. Tiffany Dirks

Dr. Tiffany (Mossman) Dirks has been working with youth sports training for as long as she can remember. What began as a summer opportunity has turned into her life's passion. She graduated from the HPER Department at Pittsburg State University in the spring of 2003. While an undergrad, Tiffany was involved in a variety of organizations and events, none that impacted her life more than the HPER Club. Through her work as an officer with the club, she developed a passion for working with students in the physical education setting. It was evident to her that she had found a calling for her life.

After graduating from Pittsburg State, Tiffany began work as a Physical Education teacher and Head Varsity coach. She spent several years and countless hours mentoring Jr High and High School athletes, preparing each for competitions – but also focused upon ensuring they would enter the world as strong individuals, capable of achieving their potential in any venture they pursued. Tiffany eventually stepped outside of the physical education classroom to expand her experience into the administrative realm. During this time, she maintained her position as Head Varsity Basketball coach and earned Coach of the Year honors.

She completed her MS in Physical Education from Pittsburg State ('07), followed by a MS in Education Administration and MS in Curriculum Instruction from Emporia State. She was inducted into the Phi Kappa Phi Honor Society for her continued excellence in graduate programs.

After spending more than a decade on the sidelines, Tiffany stepped away from the coaching realm to accept a position at Washburn University teaching in the Kinesiology Department. In doing so, she completed her Education Specialist degree as well as her Doctorate in Education.

As an Assistant Professor, Tiffany oversees the B.Ed. in Physical Education and Coaching Minor. She has presented at several state, regional, and national conferences, focusing her research and publications on improving the practice of teachers and coaches. She serves as the PE Majors Club Faculty Advisor, the University Child Development Board of Directors, on University committees, adapted physical education events – including Special Olympics and Para Olympic events, and local youth sports coach. She has received numerous awards of merit along the way, including the Muriel D. Clarke Student Life Award, an honor given to the faculty member who demonstrates excellence in working with students and reflects the mission of the University. In addition, she has received the Vicki Worrell Service Award Nomination, the Outstanding Faculty Advisor nomination, the Athletic Advisor Award, the Outstanding Alumni nomination, and the Doctoral Graduate Scholarship Honor Award.

Most recently, Tiffany began to serve as the Executive Director for KAHPERD, the Kansas Association for Health, Physical Education, Recreation, and Dance. Serving in this role, Tiffany is at the forefront of Kansas Physical Education and Health, advocating for the needs of teachers and students in Kansas, while working with board committees to provide professional development resources to improve teaching practices. After being an avid KAHPERD member for many years, Tiffany was honored to accept this role in the organization that helped shape and mold her teaching practices.

Tiffany is married to Josh Dirks ('04, '07), a fellow physical educator and coach. They have four children: Ella (13), Belle (9), Beau (7), and Ivy (2), and live in Topeka, Kansas where they spend their spare time cheering for their children in a variety of travel sports or traveling to Disney World.

Tiffany says, “All of the opportunities I have enjoyed trace back to my experience at Pitt State. I am forever grateful to Dr. Opp, Dr. Gorman, Dr. Hefley, Dr. Spresser, Dr. B, Dr. Jewett, and Andrea Simone Call. Without their patience, inspiration and direction, I would not be the teacher I am today. They spent countless hours modeling what a true hero really is. If the saying is true, *the student has become the teacher*, I am honored to stand alongside these amazing examples of excellence. These days I wear the Ichabod logo, but I will forever have the heart of a Gorilla!”



# Exercise Science Majors Evaluate Pittsburg Firefighters



A recent study at the First Responder Health and Safety Laboratory in Saratoga Springs, New York, looked at autopsy reports for firefighters who died in the line of duty and found that the most common diseases were narrowed arteries, or coronary artery disease, and structural abnormalities that included an enlarged heart and increased wall thickness of the heart's primary chamber for pumping.

"Firefighters face many dangers, but the greatest risk is from underlying cardiovascular disease in combination with the physiological strain that the work places on the firefighter," said study lead author Denise L. Smith, Ph.D., Tisch distinguished professor and director of the laboratory. "Medical screening is necessary to establish that a firefighter is healthy enough to do this strenuous work."

The researchers looked at autopsy records for U.S. male firefighters who died on duty between 1999 and 2014. Of 627 total deaths, 276 resulted from cardiac arrest and 351 from trauma. At the time of death, the firefighters were between 18 and 65 years old.

So, Barry's students prepared a presentation and made their pitch to Pittsburg firefighters in hopes they would agree to volunteer to participate in a cardiopulmonary exercise test. To the students' surprise, 24 agreed. They're using a unique protocol for firefighters Barry developed with a colleague, Nathan Dicks, MS, CSCS, TSAC-F.

"I want to eventually have a career working with people in Occupational Therapy," said Exercise Science major Samantha Kopp, from Carl Junction, Mo., who is part of the project. "I'm getting to practice what I'm going to be doing the rest of my life before I even leave school, which is neat." She was one of five students testing Lt. Justin Ziesenis in the lab.

The first day, Ziesenis dressed in shorts, a t-shirt, and tennis shoes, and the team used a Tanita (a body composition analyzer that records fat percentage and weight and is much more accurate than a bathroom scale), as well as a Dual Energy X-ray Absorptiometer (DEXA), which scans a body like a life-sized copy machine to determine bone mineral density, body fat, and fat-free mass.



They also used a metabolic measurement system — think treadmill on steroids — to assess his cardiovascular and respiratory function during maximal effort exercise.

Using a mask, a computer, and a customized exercise protocol, students were able to determine how Ziesenis utilizes oxygen in the muscles, how he produces and expels CO<sub>2</sub>, and how his cardiorespiratory system functions during maximal exercise, said Mohan Perumal, senior from Overland Park, Kan.

The second day, Ziesenis returned to go through the test again while wearing 60 to 70 pounds of firefighting bunker gear to mimic the physical demands of his job.

Perumal said the research project is valuable to him as he concludes his undergraduate degree and begins a master's program.

"I hope to go on to Physical Therapy school and enter the field of research," he said. "This is a great way to prepare for that."

Joining Perumal and Kopp on the team of student researchers are Evan Hutchison, a junior from Carl Junction, Mo., John Brackett, a senior from Lansing, Kan., Hannah Pintar, a senior from Lenexa, Kan., and Tanim Dillon, a senior from Girard, Kan.

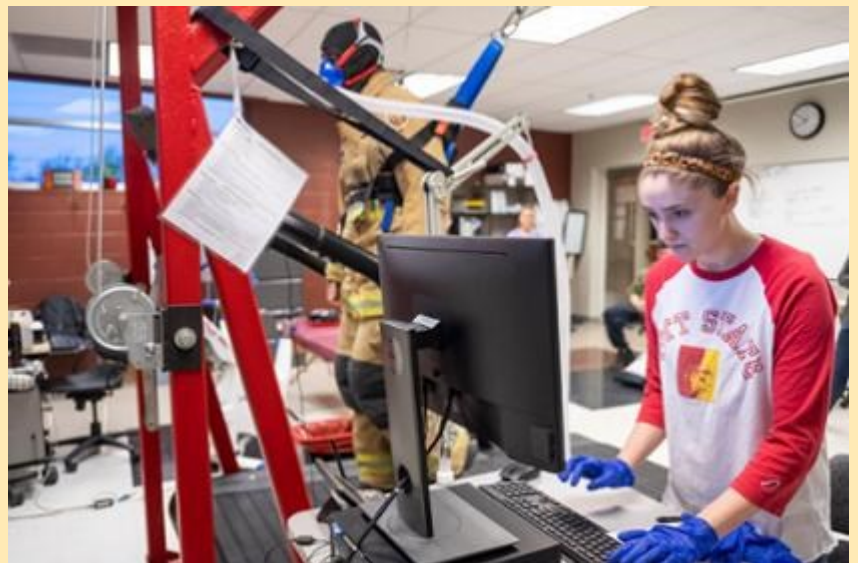
Barry said the study wouldn't be possible without the high-caliber equipment students are able to use in the PSU program. "It's unique to undergraduates from what I've seen at other universities," Barry said. "This is the number one metabolic measurement tool you can buy, and it's rare to see students use this kind of equipment. This gives them valuable experience they can use in the field."

Article Pictures (courtesy of Sam Clausen)

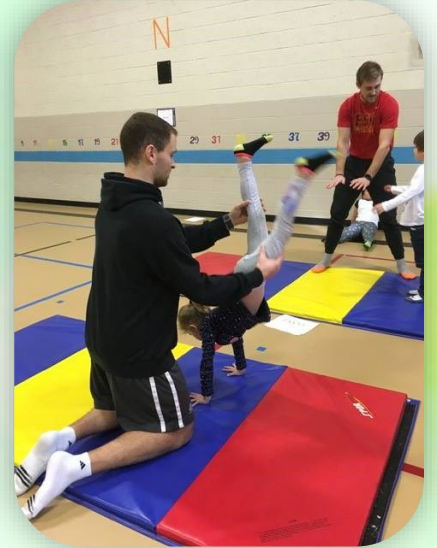
Left: Mohan Perumal uses the DEXA machine while Samantha Kopp observes.

Below: Lily Jeffries uses the Metabolic Measurement Cart

Article is borrowed from Pittsburg State University's College of Education website, posted February 25, 2019.



# Community Fun



Dr. Spresser's Theories III Class visited Meadowlark Elementary School on February 21st to teach students Gymnastics.





# SPRING BREAK

## MEET THE STUDENT SECRETARIES

LAKIN HARDMAN  
- COLORADO -



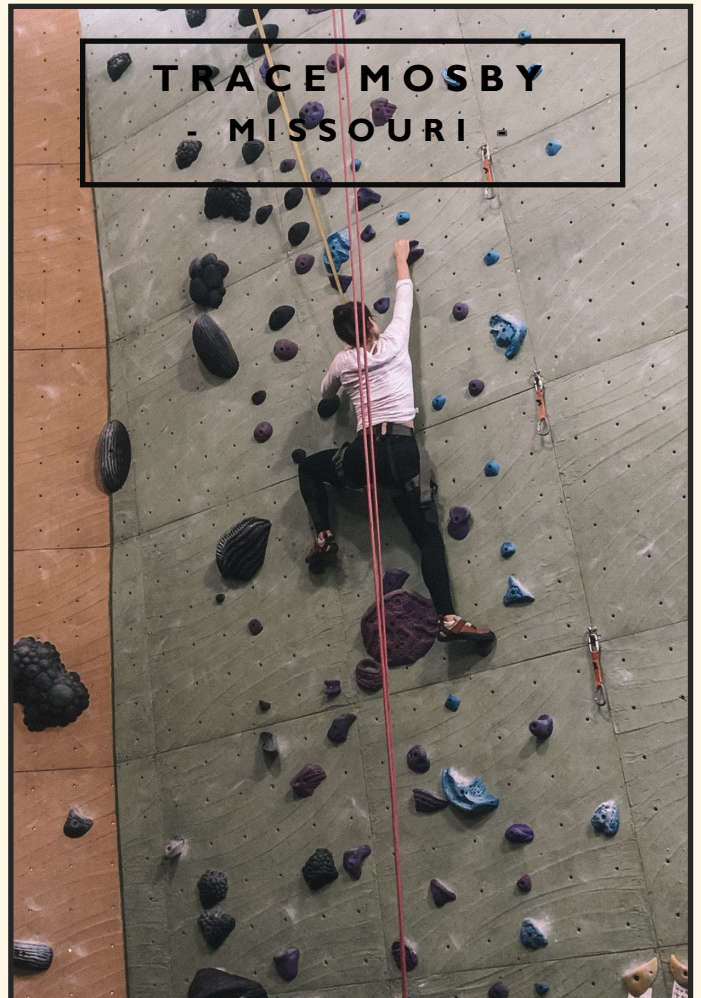
TARA LAND  
- NEW MEXICO -



ABBY SCHOECH  
- FLORIDA -



TRACE MOSBY  
- MISSOURI -





# 4th Annual Dance Showcase

This year's Dance Showcase, held on February 25th, hosted 16 dance groups from the surrounding area. In total there were 42 routines performed!

Thank you for all of the dancers that came out and performed! We look forward to seeing you again next year!





DR. JEWETT'S

**STAR STAR**

DANCE WORKSHOP





# DANCE APPRECIATION CLASSES VISIT PITTSBURG



## AFRICAN DRUMS

### LEARNING THE RHYTHM

Over the course of three separate visits, students in Dr. Jewett's Dance Appreciation classes would learn the African Dance.

They were taught from the best...24 fifth graders. Everyone had a great time banging on drums and dancing freely to the rhythms of deep African music!



## AFRICAN DANCE

Bold movements and louds stomps create the atmosphere of a true African culture!





# Community Appreciation

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Dr. Jewett's Dance Appreciation classes were recognized for their involvement with Meadowlark Elementary School students this semester. Our students shared their new dance moves with the elementary students as well as learning a few things themselves. Classes are taught by Dr. Janice Jewett and Grad Assistant, Brooke Wells-Lee.



# Thank You!



# Special Olympics Award

## 2018 Organization of the Year Winners

We would like to congratulate each of the following organizations for being named Organization of the Year winners for their regions. We are so thankful to these groups for the support they show SOKS throughout the year.

Metro Region - **Heartland Winter Games GMT**

Southeast Region - **PSU Health, Human Performance and Recreation Department**

North Central Region - **Sigma Tau Gamma Fraternity (K State chapter)**

South Central Region - **DeVore and Sons**

West Region - **Hays Medical**

**Thank you again for your support!**

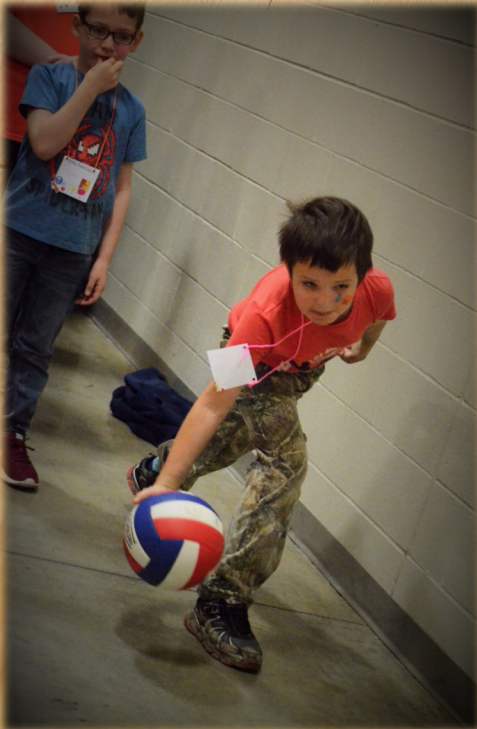
Source:  
Special Olympics Publications



Dr. Covert-Miller and Ms. Ball received the Organization of the Year award from Special Olympics, Kansas.



# TR-iffic Day of Play



On March 29th, HHPR Therapeutic Recreation students hosted a TR-iffic Day of Play in the SRC. This event is similar to the TR-iffic Field Day hosted in the fall. There were about 179 participants from the community that came out to have fun doing activities such as face painting and bean bag toss. Thank you to all who participated in this event!





# K.R.P.A.



The Kansas Recreation and Park Association Convention was held in Hutchinson, KS in February this year.

Students attending were: Elijah McGill, Sarah Linville, Victoria Smith, and Joe Riggins.

## Rec Advisory Board Meeting

The Recreation Advisory Board Meeting was held on May 3rd at the Student Rec Center. About 30 people from the university and surrounding community attended with Dr. Laura Covert- Miller presiding. The Advisory Board is made up of faculty, students, personnel, and area and community recreation professionals. The board was updated on events from this past school year and heard from current students and graduates regarding their programs. Speakers included Megan McBee, Corporate Fitness Works Intern, (Audio presentation) Ashten Clark, Pittsburg Parks & Rec Department (PPRD), Tami Burt, Dance Certificate student, and Lucas Arnold, Kansas Game Warden.







# O.K. Kids Day



Outdoor Kansas Kids Day was held on May 4th at Lakeside Park. This event is a collaboration between Pittsburg Parks and Recreation and the Program and Design Class within the Recreation Program. PSU students were responsible for planning and running the event. The theme for the event this year was Star Wars.



# Dr. Hardy's Sport Policy & Governance

Dr. Hardy's Sport Policy & Governance (REC 455) class drove to Kansas City on April 17th to tour Sporting Kansas City's Stadium, Children's Mercy Park, and the Kansas Speedway. Funding for the trip to help offset student's costs was provided by the Student Government Association's Professors Beyond the Classroom Grant Dr. Hardy received in 2018. The class was given a behind the scenes tour of each facility and were introduced to the unique design and maintenance issues that each facility deals with during both in season and out of season operations.

Children's Mercy Park is a soccer-specific stadium which is located in Kansas City, Kansas, and is the home of Sporting Kansas City Soccer Club. The stadium is located near the Kansas Speedway and it opened during the 2011 season of Major League Soccer on June 9, 2011. The stadium has a seating capacity of 18,467 seats, which can expand to 25,000 for concerts. *(Wikipedia)*

The Kansas Speedway, sitting on 1200 acres and owned and operated by the International Speedway Corporation, is a 1.5-mile tri-oval that currently hosts two NASCAR Race weekends per year. Those two race weekends alone, each generate approximately the same economic



impact as the NFL Super bowl generates in a week. The infield of the speedway is large enough to fit Arrowhead Stadium, Kaufman Stadium, and the parking lot between the two, Sporting Kansas City's Children's Mercy Park and the Kansas City T-Bones' Community America Ballpark within it while barely touching the inside of the track.



# Ready. Set. Field Trip!





# SHAPE America Convention



Faculty from HHPR were accepted to share a presentation at the National SHAPE America Conference in Tampa, FL April 9–13, 2019. Faculty presentation was entitled “Elementary Fitness Activities From Around the World”. Each presented an activity from a country other than the US. Faculty presenting were (from left to right): Dr. Cole Shewmake (South Korea), Ms. Shelly Grimes (Japan), Ms. Sarah Ball (Norway), Dr. Julia Spresser (Brazil), Dr. Janice Jewett (Liberia), and Dr. Rick Hardy (Scotland). Dr. Oppliger & Dr. Gorman were unable to attend due to family emergencies.





**TAMPA, FLORIDA**  
**APRIL 9 - 13**  
**2019**





# HHPR Happenings



Dr. Julia Spresser had the honor of carrying the Mace at the Fall 2018 Commencement for the College of Education. Congratulations, Dr. Spresser!

Levi Wyrick, double-sport athlete in football and track, was presented the All American Award at the home basketball game on February 16th.

**Congratulations!**



Camille Wallace (Therapeutic Recreation) was spotlighted on the PSU Honor's College's Instagram account (@pittstatehonors): "Camille will graduate this spring with a degree in Therapeutic Recreation. She is currently interning at the Madonna Rehabilitation Hospital in Lincoln, NE where she works to rehabilitate children and adults through a variety of fun and educational activities such as sled hockey. After graduation, she will begin the entry-level doctorate program for Occupational Therapy at KU Medical Center in Kansas City, MO. She is so excited to have had such great experiences in her field, and she cannot wait to become an Occupational Therapist!"





# RUMBLE IN THE JUNGLE



Faculty and Grad Assistants from the HHPR Department, share their perspective of Pitt State to future students at Rumble in the Jungle and Crimson & Gold Days.





# Camping



Dr. Gorman's Camping and Outdoor Recreation classes put their outdoor skills to the test with a field trip to Roaring River in April. Students enjoy repelling at the end of the semester.





# STUDENT EMPLOYEE OF THE YEAR



Kaylah Ailes was awarded the Student Employee of the Year by President Steve Scott at the ceremony April 8th. Ailes was nominated by members of the HHPR Department. Nominees were judged on the specific characteristics as they related to Attributes, Expectations, Leadership/Style, and Impact. Kaylah has been with the HHPR Dept. for 3 years and will graduate in May with a Bachelor of Arts in English. Congratulations, Kaylah!

## HHPR APPRECIATES OUR STUDENT EMPLOYEES!

Kaylah Ailes  
Zaw Aung  
Tami Burt  
Lakin Hardman  
Julie Keating  
Samantha Kopp  
Tara Land

Frank Mancuso  
Teale McKinzie  
Trace Mosby  
Mohan Perumal  
Abby Schoech  
Liz Schroeder  
Andrea Vietti

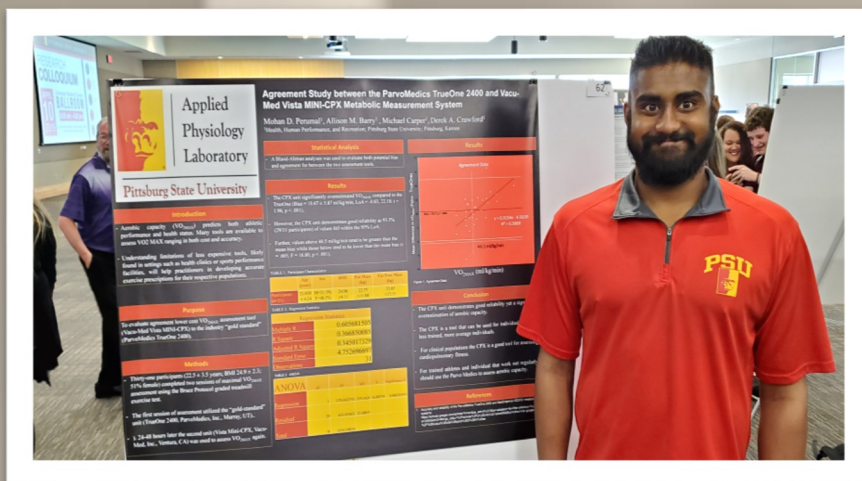
“The secret of success is to do the common things uncommonly well.”

- Thomas J. Watson



# Research Colloquium

## Mohan Perumal



“I presented a poster over the agreement study that we conducted during the Fall 2018 semester. It was over the agreement between the lower cost  $\text{VO}_{2\text{MAX}}$  assessment tool (Vacu-Med Vista MINI-CPX) to the industry “gold standard” (ParvoMedics TrueOne 2400). We found that the Mini-CPX is an adequate tool for estimating  $\text{VO}_{2\text{MAX}}$  of the general untrained population. When dealing with trained populations or when looking for a more precise measurement the TrueOne 2400 is the best tool to be used.”



## Samantha Kopp

“The research I presented was about the changes in fat mass, fat free mass (FFM), cardiorespiratory fitness and grip strength across college students. The data was collected from the Lifetime Fitness courses offered at PSU over a 5 year span. Research has shown that traditional college students are more physically fit at the beginning of their freshman year compared to their senior year. The results demonstrated that college-aged students have both an increase and decrease in measures of fitness and body composition with grip strength and FFM.”



# Graduate School and Research Awards Banquet



**Teaching:** Samantha Way

**Scholarship:** Katherine Pinto,  
Logan Wright

**Service:** Cooper Sax, Troy  
Quenzer, Colby Chevalier

**Research:** Dreu White,  
Brooke Wells-Lee

These ladies received 1st place in their Division (Creative Works) at the Research Colloquium. From left to right: Sierra Reinhart, Brooke Wells-Lee, and Heather Burger





# Major of the Year



Justice Hylton  
Physical Education



Mohan Perumal  
Exercise Science



Andrea Vietti  
Recreation



Levi Wyrick  
Physical Education

These students were awarded our Majors of the Year for their outstanding performances. Faculty from each discipline spoke on behalf of nominees.

Dr. Oppliger presented the awards.

## Congratulations!



# Scholarship Recipients

Scholarship recipients, their advisors, and donors attended a luncheon hosted by the COE Dean's Office.



Pictured above:  
Brittane Knepper

Pictured right:  
Aleigh Grimes



Pictured above:  
Braylen Wilson

<u>Scholarship Name:</u>	<u>Recipients:</u>
Scott F Davis Scholarship	Libby Van Rheen
	Kelsey Kirby
Nadine Sheffield Fitness Scholarship	Jessica Fuentez
Shelley Grimes Scholarship	Alexandria Grimes
Pepsi Scholarship	Evan Hutcheson
Karl B. Larson & Rowena Sohosky Larson Scholarship	Ashley McDonald
Helen Messenger Scholarship	Brittane Knepper
Joseph A. Russell Memorial Scholarship	Seth Jones
Weickert & Cichowski Endowed Scholarship	Brittany Emerson
	Camilla Roy
Matthew Nutter Memorial Scholarship	Shawn Davidson
M.L. (Lee) and Noretta Caldwell Scholarship	Braylen Wilson



# Oh, Baby!

Congratulations to the following HHPR Department Faculty and Staff on their new additions to their families!



Ms. Shelly Grimes welcomed a granddaughter, Oakleigh Grace Randall, on October 1, 2018. Oakleigh's mom, Aleigh Grimes, is a PE major.

HHPR GA, Dreu White, welcomed a daughter, Amaya Brielle White, on February 12, 2019.





Dr. Julia Sprester welcomed a new grandson, Asher Sprester, on November 14, 2018.

He is able to roll over and laugh and loves to stand up and give smiles.

What a cutie!



Susan Downing welcomed two new grandsons on December 10, 2018. The twins, Case McCrae Heiskell and Griffin Brooks Heiskell, keep Granny Sue busy!

Dr. Cole Shewmake welcomed a new son, Thaddeus Jones Shewmake, on January 8, 2019.



Dr. Derek Crawford welcomed Maxwell Blake Crawford on March 26th at 7:45 PM. He weighed 6 lbs, 11 oz and was 20.25 inches long.



## Indoor Conference Champion

HHPR Student Secretary, Trace Mosby, had the honor of receiving the Indoor Conference Champions trophy on behalf of the Pittsburg State University Track team at Northwest Missouri.

The team won the conference by 1 point.

Trace won the Heptathlon scoring 19 points for the team.

**Congratulations!**



## Pedicab Built for Community

Dr. David Miller's Manufacturing and Mechanical Engineering Technology students designed and built a wheelchair accessible pedicab for Live Well Crawford County. Dr. Laura Covert-Miller assisted with the design of the pedicab. Live Well intends to use the pedicab to provide bike rides to Pittsburg community members who may not be able use a bike themselves.

## All-Conference Rugby Team

Josh Watson, Recreation Major, was named one of the 13 players to the Gateway 7s All-Conference Squad on April 15th. He is the first student from Pittsburg State University to receive this honor.

**Congratulations!**







# Department of Health, Human Performance, & Recreation

## Pittsburg State University



Include

# Dance

in your Future!



A Dance Minor can lead to careers and training such as:

Studio Director

Studio Manager

Dance Team Coach

Dance Program Instructor

Stage Presence and Movement

Enhanced Use of Rhythms and Dance in the Classroom



For more information:



@pittsburgstatehhpr

Visit: <https://www.pittstate.edu/education/hhpr/index.html>

@pittstatehhpr







## Department of Health, Human, Performance, & Recreation

**Pittsburg State University**

Interested in a Career in the Medical,  
Wellness, or Athletic Fields?

Make Exercise Science your Pre-Professional Degree  
for entrance to:

Physical/Occupational Therapy  
School  
Chiropractic College

Athletic Training Program  
Medical School  
Pharmacy School



**For more information:**



@pittsburgstatehhpr

Visit: <https://www.pittstate.edu/education/hhpr/index.html>

@pittstatehhpr







# Department of Health, Human Performance, & Recreation

**Pittsburg State University**

Interested in Hospitality Management /  
Event Planning Careers?



A degree in **Hospitality Management** can lead to careers such as:

Hotel/Resort Management

Wedding Coordinator

Event Planner

Regional Restaurant Managers

Cruise Director

CVB Management



**For more information:**



@pittsburgstatehhpr

Visit: <https://www.pittstate.edu/education/hhpr/index.html>

@pittstatehhpr





# Congratulations to our Graduates!

## Exercise Science

Michael Austin  
John Brackett  
Joseph Bush  
Paige Colburn  
Tanim Dillon  
Joseph Fiscus  
Kiley Franke  
Jace Hale

Elizabeth Hall  
Emillio Hibbs-Estrada  
Samantha Kopp  
Lindsay Mehaffy  
Mohan Perumal  
Hannah Pintar  
Lauren Regier  
Renee Rhodes

Taylor Roberts  
Jenna Schroeder  
Trevor Shalkoski  
Abby Welcher  
Ashton Wood

## Recreation

Maria Beardsley  
Efticia Berry  
Cole Brecheisen  
Lexi Cole  
Gage Cowan  
Peyton Cravens  
Madison Handy  
Raenia Hill  
Joshua Hudiburg  
Michaela Lebar  
Taya Leech  
Omar Lewis

Megan McBee  
Jordon Nelson  
Benjamin Ortiz  
Hannah Pyle  
Ashley Ramos  
Bailey Seward  
Brooklyn Simbeck  
Kylee Smith  
Victoria Smith  
Kendyl Vandervoort  
Andrea Vietti  
Camille Wallace

Alyssa Williams  
Brent Wilson  
Brittany Worthington  
Tyler Wright

## Dance

Corrie Belton  
Heather Burger

## Physical Education

Joshua Baker  
Sarah Jewett

Robert Saint  
Ryan Walker

## Graduate

Klayton Bridges  
Colby Chevalier  
Michael Geha  
Devin Hinnant  
Erika McKenzie  
Derek McKnight  
Haley Miller

Katherine Pinto  
Casey Powell  
Troy Quenzer  
Cooper Sax  
Blake Smith  
Samantha Way  
Dreu White

Carlie Wilhelmi  
Holly Wofford  
Logan Wright

Student Secretary— Kaylah Ailes (English)

John Brackett was commissioned as 2LT Military Police Officer on May 10th



# A special THANKS to those who gifted the HHPR Endowment

Andrew and Shanna Albright

Bob Ahrens

John and Amanda Allen

Missy Chaplin

Dr. Mary Coplen

Ron and Susan Downing

Steve and Lori Erwin

Stephen Foster

Scott and Beth Gorman

Michelle Grimes

Richard and Stephanie Grinage

Rob Hefley

Clark Howard

Tom and Eloise Kipp

John and Kathy Oppliger

Matthew and Stacy Osterthun

Pamela and Guy Owings

Duane and Sheryl Rankin

Cole and Jennifer Shewmake

Marian Simpson

Gary Thompson

Kevin Woods

Products Plus Incorporated (Tommy Ayers, Owner)



# **2019 Summer Classes**

## **Held in Student Recreation Center:**

Lifetime Fitness Concepts  
First Aid & CPR  
Camping and Outdoor Education  
Tp: F A S T Workshop

## **Online:**

Lifetime Fitness Concepts  
Scientific Foundations of Coaching  
Elem School Phys Ed & Health  
Practicum in Hlth Human Perf.  
Kinesiology  
Adapted Physical Education  
Physiology of Exercise  
Motor Development  
Internship  
Intro to Therapeutic Rec  
Personal Training/Fitness Mgmt  
Sport Operations  
Practicum in Adapted Physical Education  
Pre-Internship Seminar  
Asmt Motor Dysfunction Spcl Pop  
Methods/Materials for Teaching Adapted PE  
Scientific Princ/Strngth Cond.  
Foundations of Hum Perf & Wellns  
Fin & Mrktg Sport & Leisur Ser  
Sport/Leis Facility Dev & Opert  
Sem: Trends & Issues  
Biomechanics  
Advanced Exercise Physiology  
Research and Thesis  
Methods of Research

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