



FACULTY

- Dr. John Oppliger, Chair
- Ms. Sarah Ball
- Dr. Allison Barry
- Dr. Mike Carper
- Dr. Laura Covert-Miller
- Dr. Scott Gorman
- Ms. Shelly Grimes
- Dr. Rick Hardy
- Dr. Robert Hefley
- Dr. Janice Jewett
- Dr. Cole Shewmake
- Dr. Julia Spresser

GRADUATE ASSISTANTS

- Josh Hudiburg
- Mohan Perumal
- Abbey Sommerauer
- Jose' Speer
- Brooke Wells-Lee

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Pittsburg State University

Health, Human Performance, and Recreation

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FLEXIBLE

From Merriam-Webster Dictionary

Flexible—flex.i.ble—adjective

Capable of bending easily without breaking

Able to be easily modified to respond to altered circumstances or conditions

(Of a person) Ready and able to change so as to adapt to different circumstances

If the Corona virus has taught us anything, it's how to be flexible. The HHPR Department faculty had to be flexible and change to alternative delivery of their courses the week before Spring Break due the virus.

The HHPR students also had to be flexible, completing their classes by alternative methods, moving home, losing jobs, & developing different workout habits and athletic practice regiments.

The HHPR Chair & Administrative Assistant continued to work diligently with their faculty and students... by loading up office equipment, files, printers, etc. to work in another location; while holding regular weekly meetings and coming to campus when required.

We made it through Spring Break, enrollment, and the end of the semester by being FLEXIBLE...bending but not breaking; modifying to altered conditions; and changing to adapt to different circumstances.

The HHPR Department will still continue to hold online classes during the summer session and is hopeful to re-open in the fall. We appreciate the willingness of the administration, faculty, staff, and students to be F-L-E-X-I-B-L-E.

Corona Virus — You Can't Keep A Good Gorilla Down!

Chair's Message

Dr. John Oppliger

Welcome to the spring edition of the HHPR Newsletter!

Due to COVID-19, this edition is a few weeks late, but good people figure out a way to adapt and overcome and that is all I have to say about that.

In our Alumni Spotlight, we decided to feature Dr. Rob Hefley who is also retiring at the end of this summer. Dr. Hefley has been a devoted member of the HHPR family for many years and Pittsburg State University means more to him than can possibly be expressed. One can't think about the HHPR Department without him. He has done so much for so many over the years that he is one of those professors whom former students go out of their way to stop in and pay a visit. In addition to teaching, Dr. Hefley served as chair of the department for ten years and continued to build on the qualities of student friendliness and quality programming that have always been associated with the department. He has been a valued friend and colleague and I will forever be grateful for all he has done for my professional career.



It is with sadness that we let all of you in the HHPR family know that Dr. Sandra Bauchmoyer passed away in February. "Sandy," as so many students respectfully called her, was an incredible person who, above all else, thought of herself as a teacher. I'm sure what most students will remember about her is the gifted ability to share her depth and breadth of knowledge by creating excitement and interest in every class on every day.

This is another large newsletter and we tried to include as many photos of interest as possible. Students from each degree program continue to make us proud and were involved in numerous community and professional endeavors. Students and faculty accomplishments were many despite the cancellations of department events and professional conferences in which both faculty and students were to present.

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. Robert Hefley announced his retirement as a professor in HHPR effective the end of July, 2020. His association with Pittsburg State began in 1973 as an undergraduate student majoring in Physical Education. He completed his BSSED in 1976 and added a MSSED in Physical Education in 1980. Dr. Hefley enjoyed working as a teacher, coach, professor, and administrator in his career that spanned 44 years. In that time period he held teaching jobs at every level from elementary, middle school, high school, university, and graduate school. Dr. Hefley especially enjoyed his experiences in higher education teaching at three great universities including the University of Arkansas, Clemson University, and 29 years at his beloved alma mater Pittsburg State University.

Dr. Hefley treasures his association and support with colleagues and staff he worked with through the decades...especially from Administrative Assistant, Melva Wilbert, Dr. John Oppliger, Susan Downing, along with the current and past HHPR faculty at PSU. He also appreciated the support he received from many other higher administrators, faculty, and staff across the university.

He enjoyed the students and loved working with them in and out of the classroom. Seeing them grow and mature professionally, and excel in their teaching and coaching gave Dr. Hefley a huge measure of satisfaction, especially when visiting student teachers and witnessing PE classes playing H-Ball (a game he developed and taught in his classes). Dr. Hefley hopes that in some way he represented the mentorship and role modeling he received from PSU's iconic educators, Dr. Bill Dickey, Dr. Tom Bryant, Dr. Jerry Stockard, and Dr. Sandra Bauchmoyer.

In retirement Dr. Hefley plans to relocate to the southeast coast near as many golf courses as he can get. He will maintain his love and support for HHPR and Pittsburg State University. He also plans on spending as much time as possible with his sons Brad and Wes (both public school PE teachers/coaches), their families, and his grandchildren.

The HHPR Department wishes Dr. Hefley a long, healthy retirement.

Congratulations!



NAKHE

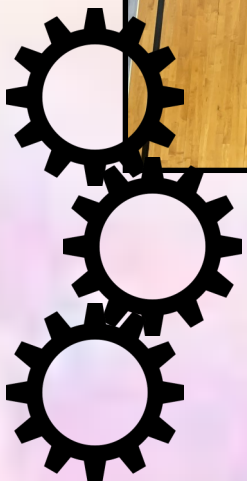
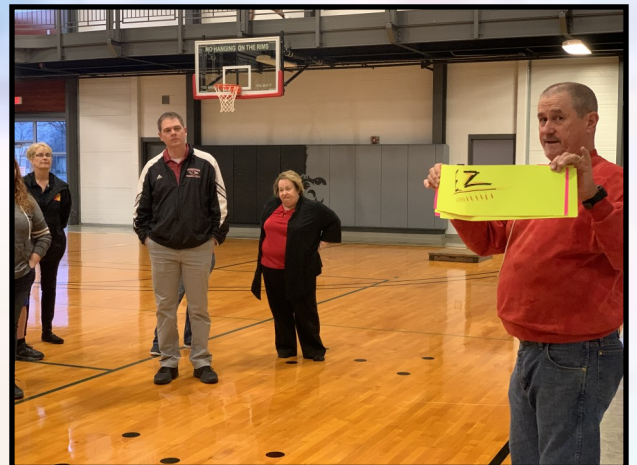
LEADING BEYOND THE CAMPUS

DRIVING CHANGE AS EXPERTS



Several HHPR faculty attended the National Association for Kinesiology in Higher Education Convention in Indian Wells, CA this past January. Drs. Rick Hardy, John Oppliger, and Cole Shewmake shared their presentation, *"Strategies to be Utilized by Rural University Kinesiology Departments to Successfully Grow Their Brands"*.

PSU Leadership Day



PSU Leadership Day was held on Friday, January 24th in the SRC. Drs. Rick Hardy & Scott Gorman were among the presenters.



KRPA

Kansas Recreation & Park Association



Recreation Faculty and students attended the Kansas Recreation and Park Association (KRPA) Conference and Trade Show in Topeka February 10-12th. The group attended various sessions and activities. Dr. Janice Jewett shared two presentations at the conference.

Pictured above are: Brooke Wells-Lee, Janice Jewett, Laura Covert-Miller, Rick Hardy, Evan Sigg, Sarah Ball, and Josh Hudiburg who made up the *Job Opening: Recent Grads Welcome Panel*.

EXERCISE SCIENCE NEWS



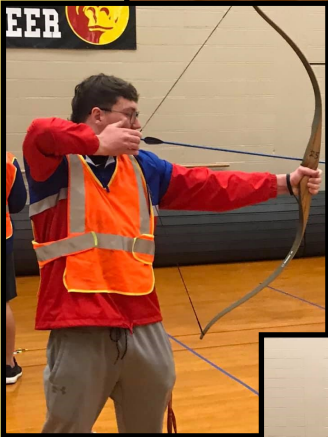
Mohan Perumal, Exercise Science Graduate Assistant, presented his Firefighter Study Research at the Capitol Research Summit in Topeka February 26th. Congratulations Mohan!



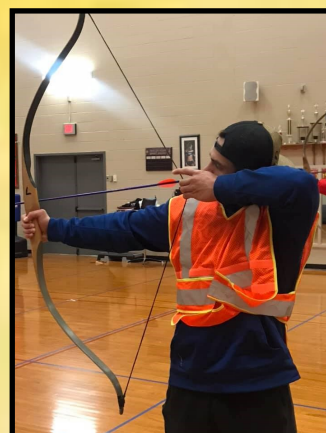
The Capitol Graduate Research Summit at the Capitol in Topeka was held on February 26, 2020, and the Kansas Undergraduate Research Day at the Capitol was held on March 4, 2020. All Regents Universities took part in these events. Pittsburg State University was represented at both events by several students. What a great opportunity for students and for higher education!

The participants, from left, were: Pawan Kahol (Graduate Dean) Felipe de Souza (Chemistry), Amy Hammesfahr (Biology), J. Choi (Chemistry), Lynn Rogers (Kansas Lieutenant Governor), Mohan Perumal (HHPR), Raghunath Narayanam (Chemistry), and Sakshi Bhati (Communication).

PHYSICAL EDUCATION NEWS



Bull's Eye



Michelle Grimes' Theories I Class enjoyed their unit on Archery.

PHYSICAL EDUCATION NEWS

Dr. Julia Spresser's Theories III Class taught several students at Meadowlark Elementary in Pittsburg, Gymnastics during the spring semester.



RECREATION NEWS

GEEKS FOR KIDS



THANK YOU
THANK YOU



Drs. Laura (College of Education) and David Miller (College of Technology), and two students from the College of Technology Engineering Technology Program volunteered for a non-profit organization in Kansas City, Geeks for Kids. This organization builds electric adapted cars for children with mobility impairments. Volunteers started building cars to give to kids in May.

RECREATION NEWS



Students in Dr. Covert-Miller's Adapted Physical Education Class completed functional fitness assessments with Special Olympics athletes for the start of the Unified Fitness Program with Special Olympics athletes. The functional fitness assessments were part of Dr. Covert-Miller's research project, which had to be postponed due to COVID-19 restrictions.



HHPR HAPPENINGS



Shelly Grimes received the Professors Beyond the Classroom Grant during Apple Day Convocation in March. This \$1,000 grant was used for the Play 60 Program, which advocates for young students to engage in physical activity and live healthier lives!
#play60

SURVEY SAYS...

In April of 2020, Dr. Covert-Miller sent out a survey to adults ages 65 and older to collect information on their physical activity patterns during the COVID-19 pandemic. Data is being collected until June 15, 2020.

With this collected data, it is hoped information can help identify resources to maintain physical and social activities for individuals who are in isolation.



Excellence in Teaching Award



From the time Laura Covert-Miller became a university faculty member in the Health, Human Performance, and Recreation Department at Pittsburg State University, she's been driven by the desire to think outside the box and provide experiential learning for her students.

It's why she created TR-iffic Field Days for special needs populations, in which her Therapeutic Recreation students learn by doing while at the same time give back to the community.



It's also why she takes them to retirement communities and partners with local Parks & Recreation personnel for community-based surveys.

This semester, she's faced an adjustment in the face of moving such classes online during a global pandemic. So have her students. But her positive attitude at this time is indicative of her teaching style all of the time.



"Great teachers understand the power of education in the life of a student and will do everything they can to harness that power," said James Truelove, dean of the College of Education. "Laura exemplifies this on a daily basis."

That attitude is one of several reasons she's been chosen for the College of Education's Excellence in Teaching Award, an annual award given to faculty in each of the university's four colleges and funded by the PSU Foundation.

Teaching philosophies

Covert-Miller earned undergraduate and graduate degrees from Northwest Missouri State, and knew then that she wanted to teach at the university level. But first, she wanted experience.

"I thought that was vital in order to teach students what they'll be doing in the field," she said. She worked with older adults at an Omaha, Nebraska, wellness center, and with special populations, for four years. She worked in retirement communities. And, she was a personal trainer and group exercise leader for a physical therapy company.

While in the last stage of earning her PhD from the University of Nebraska Omaha, she was offered a job at Pittsburg State. Here, she met her husband, who teaches in the Mechanical Engineering Technology program, and she honed her two teaching philosophies. ***The first: learn by doing.***

"Learn by doing — that's PSU's motto, and definitely my motto," she said. "I wanted our students, once they graduated from our program, to have enough experience to put them at the top of the field. I wanted their potential employers to see they already have experience with various populations in the recreation process to put them above other applicants."

The second: getting comfortable with being uncomfortable.

"They'll be working with populations in which they have little experience," she said. "It is our responsibility to make all of our clients/participants/residents/consumers comfortable around us in order to successfully do our jobs. We need to be able to adapt to any situation and keep our clients engaged. If we can achieve that, the rest will be easy." When students implement interventions with community members, when both their knowledge and confidence increase, when they've passed the CTRS exam, or when they come back to be guest speakers in classes, she feels a sense of accomplishment.

"It's all about the students — that's why I do what I do," she said. "I care about them dearly and want to see them succeed."

Congratulations Dr. Covert-Miller!

Graduate School and Research Awards Banquet

Due to the corona virus, the Graduate Banquet had to be cancelled. The HHPR Department would like to recognize the following graduate assistants for their outstanding contributions.

Teaching

Abbey Sommerauer
Brooke Wells-Lee

Scholarship

Josh Hudiburg
Lorie Stonebarger

Service

Jose' Speer
Kori Dodson

Research

Mohan Perumal

Congratulations!



Scholarship Recipients

Due to the corona virus, the reception to honor scholarship recipients and donors was cancelled. Our department would like to recognize the following students for receiving scholarships for the 2020-2021 academic year.

A very special THANK YOU to our donors!

SCHOLARSHIP NAME:

Diversity Scholarship

Karl B. Larson & Rowena Sohosky

Larson Scholarship

Helen Messenger Scholarship

Joseph A. Russell Memorial Scholarship

Tom & Koeta Bryant Putting Students First
Scholarship

Shelly Grimes Fitness Scholarship

Mildred Lusebrink & Phillip & Rose
Lusebrink-Summers Scholarship

Nadine Sheffield Scholarship

Weickert & Cichowski Endowed Scholarship

Pepsi Scholarship

Evelyn Triplett Scholarship

RECIPIENTS:

David Fontelroy

Sydney Krull

Baylie Sigmund

Alexandra Grimes

Sorel Peterson

Page Hiebert

Page Hiebert

Baylie Sigmund

Kylee Bohle

Grace Herron

Bralyn Wilson

Camilla Roy

Libby VanRheen

Bailey Dillman

Lauren Roberts

MAJOR OF THE YEAR RECIPIENTS



Morgan Selemaea
Physical Education Major of the Year



Brock Crews
Exercise Science Major of the Year

Pictured on the next two pages are the Outstanding Majors of the Year in the HHPR Department. Recipients are chosen by faculty in each discipline based on specific criteria.

Due to the Coronavirus, the Major of the Year Ceremony was cancelled. Plaques were mailed and recipients sent pictures of their awards so they can be properly honored in this newsletter.



Congratulations



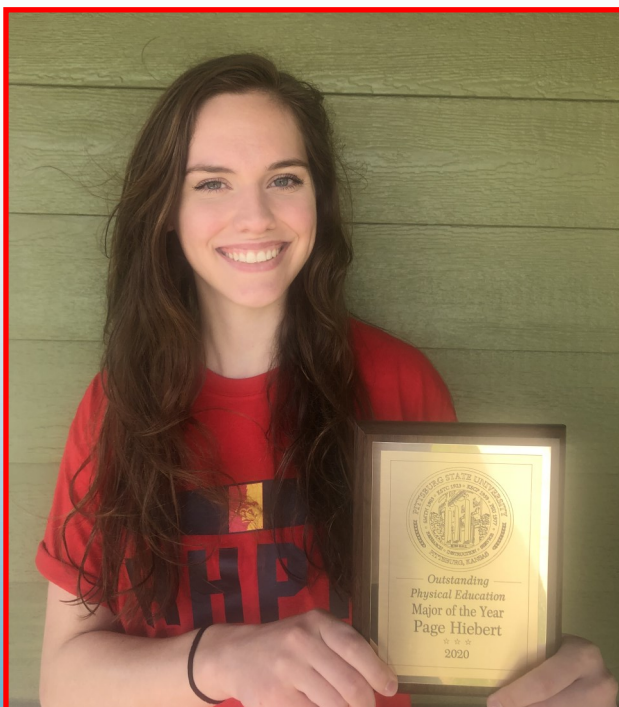
Major of the Year Recipients



**Davida Fontelroy,
Recreation Major of the Year**



**Halle Brin
Exercise Science Major of the Year**



**Page Hiebert
Physical Education Major of the Year**



Congratulations!

STUDENT EMPLOYEES



Teale McKinzie was nominated by Ms. Shelly Grimes for the Outstanding Student Employee of the Year Award. Teale taught several aerobic classes for the HHPR Department over the last three years. Teale was an Exercise Science major & graduated in May 2020.

Congratulations and Thank You Teale!

The HHPR Department wishes to recognize all of our student employees for 2019-2020.

THANK YOU!

Zaw Aung
Kerestin Beaty
Halle Brin
Tami Burt
Katrina Froebe
Lakin Hardman
Emily Hanenberg
Page Hiebert
Colter Hullings
Evan Hutcheson
Julia Keating

Kelsey Kirby
Tara Land
Teale McKinzie
Alaina Purdon
Marissa Peabody
Sierra Reinhart
Kimberly Ruhl
Abby Schoech
Edin VanAnne
Libby VanRheen
Cassidy Westhoff

Remembering Sandy Bauchmoyer



The HHPR Department was saddened to learn of the passing of retired professor, Dr. Sandra Bauchmoyer in February. Dr. Bauchmoyer taught at PSU for 40 years, retiring in 2014. Her services have yet to be rescheduled, due to the virus. Her obituary is below:

Dr. Sandra L. Bauchmoyer, 73, of Pittsburg, KS passed away Sunday February 16, 2020 in Tulsa, OK. Sandy was born on February 18, 1946, in Basil, Ohio to Elmer T. "Bud" Bauchmoyer and Virginia A. "Ginnie" Doomy. She was also preceded in death by her brother, Robert W. "Billy" Bauchmoyer, her beloved Grandmothers Lucy Bauchmoyer and Myra Doomy, Uncles Max and Robert Doomy and her Aunt Mitzie Doomy. She is survived by her Aunt Carol Doomy, cousins Karen (Micah) Zapata, Chuck Doomy, Christina Roberts and Bud (Mary) Hughes. She is also survived by her dear friends: Karren Drysdale, Becky Browne, Mickey Cross, Sue Leland, Sharon Drysdale, Kelly Dodd and her beloved fur baby, Lucy.



Sandy began her tenure at Pittsburg State University in Pittsburg, Kansas as a Professor in the Health and Physical Education Department in 1974. She taught undergraduate and graduate classes until her retirement in 2014. She earned her Bachelor of Science in Education degree from [Ohio State University](#), Master in Education degree from Bowling Green State University and Doctor of Philosophy degree from the [University of Iowa](#). She was well liked and a respected Professor and was known as Dr. B by many of her students.

She was a life long learner and enjoyed volunteering at the Humane Society of Pittsburg caring for dogs. In 2006, Sandy was recognized as a multi-sport female athlete at Ohio State University and received a varsity letter when female athletes were finally recognized. She was a diver, competitive swimmer, basketball player, and a member of the synchronized swimming team.

KAPHERD Vicki J Worrell Service Award also recognized Sandy in 2000 for her teachings in First Aid/CPR and the work she did for the American Red Cross in the community. Sandy was very athletic and loved to swim, explore the outdoors, Tai Chi, tell stories and jokes, and spend time with her family, friends, and all her dogs. She was a huge dog lover and over the years had more than a dozen dogs in her lifetime. She is now connected with them at the rainbow bridge and they are all running and playing in the dog park together. Sandy was a wonderful, giving person and will be greatly missed by many friends at PSU and in the Pittsburg Community.



Congratulations to our Graduates!

Exercise Science

Carly Adams
Halle Brin
Brock Crews
Kaitlin Dierking
Ryan Graves
Danielle Grisolano
Benjamin Hessman
Mitchell Hodson

Evan Hutcheson
John Kaiser
Austen Kern
Kelsey Kirby
Lisha Lamb
Jillian Lattimer
Brett McDonald
Teale McKinzie

Jared Page
Jaycie Polhlopek
Lydia Richardson
Christopher Taylor
Spencer Turnbull
Jared Vincent
Samuel Winger

Physical Education

Jacob Carpenter
Caden Hendricks
Chloe Holman
Justice Hylton
Jacob Theis
Douglas Wolfe

Recreation

Morgan Augustine
Shawn Davidson
Tristan Hicks
Shelby Jones
Dayne Jung

Dance Certificate

Megan Auman
Morgan Auman
Danielle Brunetti

Hospitality Management Certificate

Elienor Pruitt

Graduate

Emily Carson
Jalee Dollarhide
Christopher Dougan
Bonnie Giammarella
Kal Hamm
Meghann Kannett
Elizabeth Masters
Caleb McKay

Ian Messier
Taylor Nill
Jessica Osborne
Brian Peery
Joseph Sallaj
Cory Shovick
Lorie Stonebarger
Jeff Vesta

Danny Weaver
Brooke Wells-Lee
Alexandria Winter
Daryn Young

Student Secretaries— Sierra Reinhart & Kimberly Ruhl

Commissioned 2nd Lieutenant/US Army—Justice Hylton & Jared Page

A special THANKS to those who gifted our HHPR Endowment

Andrew and Shanna Albright
Bob Ahrens
John and Amanda Allen
Tommy and Jill Ayers
Scott Barry
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
Robert 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
Michael and Jo Slaughter
Gary Thompson

2020 Summer Classes

Online:

Lifetime Fitness Concepts
Scientific Foundations of Coaching
Elementary School PE & Health
Kinesiology
Adapted Physical Education
Physiology of Exercise
Motor Development
Intro to Therapeutic Recreation
Personal Training/Fitness Management
Special Investigations
Foundations of Human Performance & Wellness
Foundations of Recreation & leisure
Finance & Marketing Sport & Leisure Services
Sport/Leisure Facility Development & Operations
Trends & Issues
Advanced Exercise Physiology
Research & Thesis
Methods of Research
Internship

Check out our website for more information:

<https://www.pittstate.edu/education/hhpr/>

