



FACULTY

- Dr. John Oppliger, Chair
- Dr. Allison Barry
- Dr. David Boffey
- Dr. Mike Carper
- Dr. Laura Covert—Miller
- Dr. Scott Gorman
- Ms. Shelly Grimes
- Dr. Rick Hardy
- Dr. Shelby Hutchens
- Dr. Janice Jewett
- Dr. Cole Shewmake
- Dr. Julia Spresser

ADMINISTRATIVE ASSISTANT

- Susan Downing

GRADUATE ASSISTANTS

- Halle Brin
- Elizabeth Hayes
- Libby VanRheen
- Karissa Winkel

INSIDE THIS ISSUE:

Transformations	1
Chair's Message	2
Alumni Spotlight	3-4
HHPR Happenings	5-7
Remembering Dr. Dickey	8-9
Exercise Science News	10-13
Physical Education News	14-17
Dance News	18-22
Dance Symposium	23-26
Recreation News	27-33
Camping	34-35
Conventions	36-39
Spring Break	40
Sports Med Academy	41
Student Employees	42
Major of the Year	43
Graduate/Research Awards	44-45
Scholarships	46-47
HHPR Major Info	48-51
Graduates	52
Endowment	53
Summer Classes	54

Pittsburg State University

Health, Human Performance, and Recreation

VOLUME 1
ISSUE 25
SPRING 2022

EDITED BY:
ALYX VANRHEEN
HALEE HARPENAU

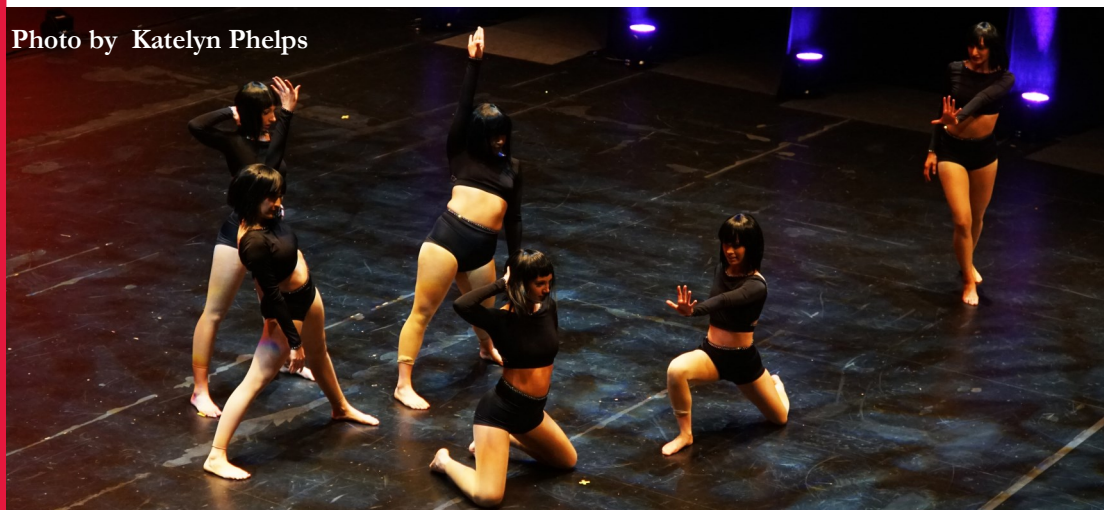
"Transformations"

Photo by Brandon Ngo



College... it's a transformative time and experience! You'll walk through the ups and downs, opportunities and threats and more that we often experience in college and...in life! This show was proudly brought to you by the Minor in Dance Program in the Department of Health, Human Performance, and Recreation and the College of Education. The show featured students experiencing their first time ever in a dance class, let alone on the stage! Talk about a transformation that involves courage and getting out of your comfort zone! In addition, we have students who have danced for years in the show and some have even choreographed their own dances! Between 400-500 people enjoyed the show!

Photo by Katelyn Phelps



Chair's Message

Dr. John Oppliger

Welcome to the Spring 2022 edition of the HHPR Department Newsletter. We continue to follow the safety policies of the university, but for the most part the pandemic is behind us and we are about back to normal. We think you will enjoy this large issue of the newsletter. This is a service-oriented department that strives to give students real-world opportunities. While we may miss a few, we try to cover events we think will be of interest to readers. Therefore, Dr. Shelby Hutchens, who has extensive knowledge in social media, has volunteered to serve as the department's Social Media Manager. In addition to his regular podcasts, please check out the links below, we are sure you will be impressed:



Facebook: <https://www.facebook.com/pittsburgstatehhpr>

Instagram: <https://www.instagram.com/pittstatehhpr/>

YouTube: <https://www.youtube.com/channel/UCLEAStd9irKJLhD1pkvEvWQ>

Spotify: <https://open.spotify.com/show/3DchiHXnTxpL6S861CJrMC?si=1ee605f0eec642ee>

We would like to thank retiring President Steve Scott for his service to the university. An active advocate for wellness and physical activity, he has always supported this department, its students, faculty, and degree programs.

Dr. Allison Barry (Exercise Physiology Professor) came to us in the fall of 2018 and has accepted an appointment at the University of South Dakota. We wish her well and continued success.

With sorrow we want to let alums know that long-time department chair and athletic director Dr. Bill Dickey passed away on April 7.

Exercise Science has a new emphasis area and several equipment purchases have upgraded the Applied Physiology Labs even further. The Firefighter study continues and a graduate assistant completed a strong thesis. Physical Education majors are back to visiting area schools and Recreation Services, Sport, and Hospitality Management majors participated in Special Olympics, TRiffic Field Day, and the Camping trip.

We could write an additional newsletter to cover all the Dance activities. We have included many photos detailing research projects and the symposium.

We have another outstanding graduate featured in our Alumni Spotlight and also shine a light on the various awards, recognitions, and happenings involving students and faculty.

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

Davida Fontelroy

Hi, I am Davida Fontelroy and a 2021 Pittsburg University graduate! I earned a Bachelor of Science in Recreation Services, Sport, and Hospitality Management with an emphasis in Community and Worksite Wellness. Choosing this major was one of the best decisions I have made in my life, as there are so many ways to utilize my degree. There are often stories told about people who graduate college, but seldom work in the profession of the achieved degree; this story is not one of them.

I enrolled in classes at Labette Community College (LCC) in the summer of 2017. LCC taught me the foundations of education and business. I graduated with an Associate Degree in Accounting. I almost continued to pursue Accounting at Pittsburg State University until I found out about the Health, Human Performance, and Recreation Department.



During my senior year at Pittsburg State, I became a virtual intern for Benevilla, in Surprise, Arizona. Benevilla is a non-profit organization that strives to enrich the lives of seniors, individuals with disabilities, children, and families. My main job was to create engaging activities that encompassed the seven dimensions of wellness. I also attended several board and leadership meetings to understand the administrative components to Benevilla. I applied all of the lessons I learned in college to ensure my internship was a success. Benevilla definitely taught me how important it is to “be the need you want to see in the community!”



After graduation, I became a Qualified Intellectual Disabilities Professional in Illinois. I managed four Community Integrated Living Arrangement (CILA) homes.

Continued on page 4

ALUMNI SPOTLIGHT



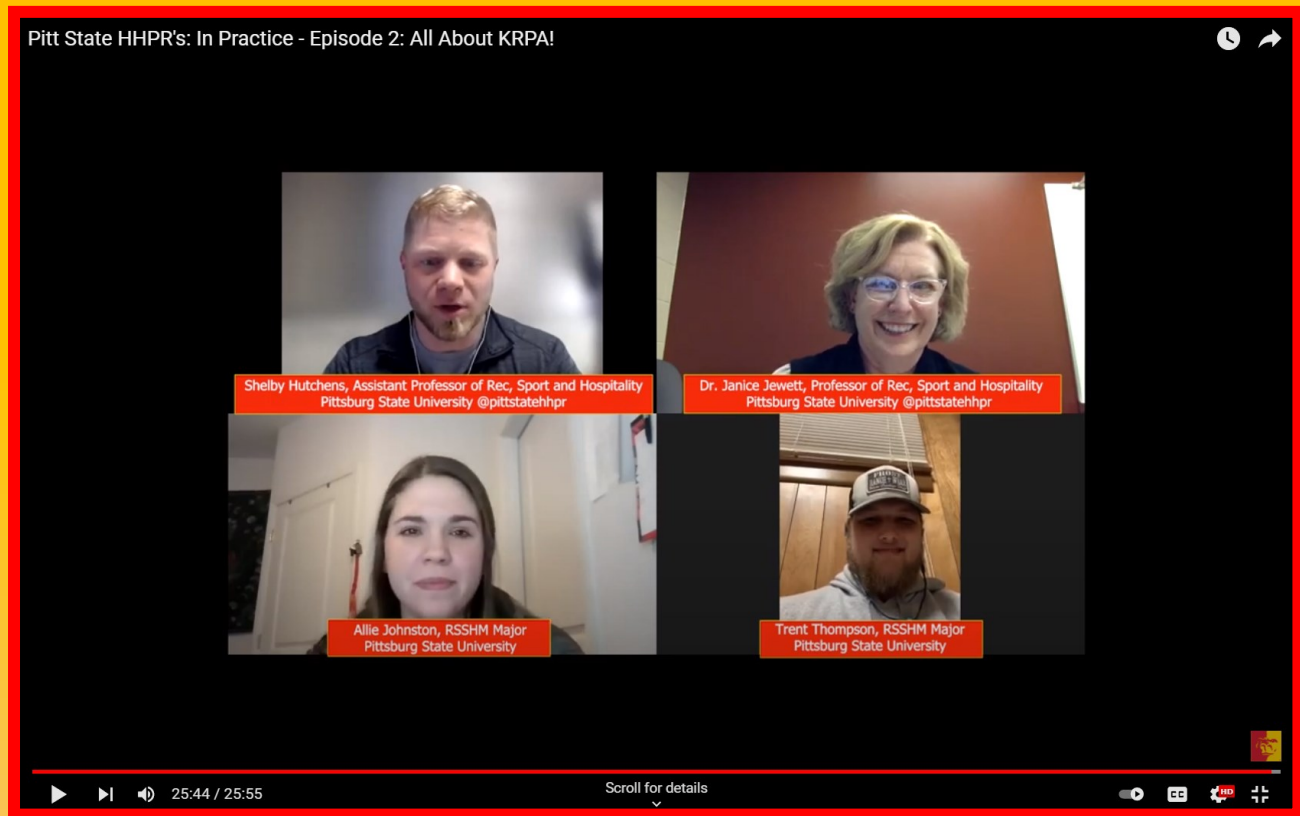
My job was to create personalized plans and goals to support individuals with disabilities. Some goals included learning how to cook and practicing healthier eating habits, while others worked on participating in community events. The ultimate goal is for individuals to gain optimal independence within the community. Many of the individuals had a history of maladaptive behaviors, but as the activities increased, the maladaptive behaviors decreased. The fun part of my job was getting to know each person being served and evaluating the progress they made over time, including the small steps!

After four months, I was promoted to Program Director for Illinois Mentor Community Services by Sevita. I currently manage the day-to-day operations for eight CILA homes which include hiring and training staff members, creating and implementing person-centered plans, building relationships within the community, and maintaining state compliance. Every day is different, so I have learned to be flexible and

adaptable. My position is very rewarding because every day, I get to be the need I want to see in the community!

What's next for me? I am currently in the planning process of running my own personal care home that focuses on recreation. I believe that recreation is a vital part of life that is often forgotten during the monotonous stages of "Adulting". Labette Community College, Pittsburg State University, Benevilla, and Illinois Mentor Community Services by Sevita, have all prepared me for my next great endeavor, and for that, I am truly thankful!

HHPR Happenings



Dr. Shelby Hutchens started a podcast for the HHPR Department this semester! He has interviewed many faculty and students from the university as well as members of the community. The link to our podcast is below:

<https://www.youtube.com/channel/UCLEAStd9irKJLhD1pkvEvWQ>



HHPR Happenings



Mrs. Shelly Grimes teaches fitness classes for the KC Chiefs Fit Gym. A surprise guest, KC Wolf, made an appearance!



Congratulations to Ryan Metcalf (left center) for being awarded a \$10,000 grant by Casey's for his Physical Education classes. The grant will be used to purchase an electronic game wall. Ryan is an alum and received degrees in Recreation, Physical Education, and the Masters program.

Congratulations to Marcus Bowman (left) for being named Regional Coach of the Year for Women's Wrestling. Assisting Marcus is his father, Mike Bowman. Both Marcus & Mike received Physical Education degrees from the HHPR Department.



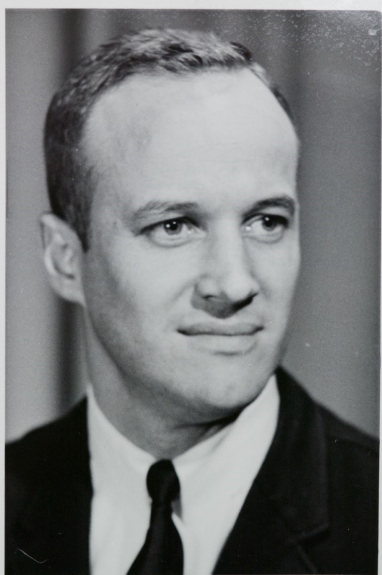
HHPR Happenings



Dr. Rick Hardy was promoted to Associate Professor and awarded tenure effective Fall 2022. Dr. Hardy teaches in the Recreation Services, Sport & Hospitality Management discipline, primarily Sport Management courses.

Congratulations!

Remembering Dr. Bill Dickey



Friends and family said good-bye to Dr. Bill Dickey in April. A long-time educator and administrator, Dr. Dickey was chair in the Department of Health, Physical Education, and Recreation from 1970-1985. Below are notes from department chairs serving after Dr. Dickey.

Dr. Bill Dickey, a long time friend and colleague, will be missed by me and many other friends and educators who were fortunate to cross paths with him during his career of service and leadership. I first met Dr. Dickey at the University of Arkansas when he was finishing requirements for his Doctorate and I was just starting mine. A few years later, I received a call from him encouraging me to apply for a position at what is now Pittsburg State University in the Department of HPER. I accepted the position, which turned out to be a great decision for me as Bill became a wonderful friend and leader for me and the Department. He was a terrific mentor, encouraging all of us to be the best we could be and to care about our students and each other. From a personal standpoint, he was a great partner and teammate in the many racquetball, softball, golf, and basketball contests that we participated in, as you might expect from former athletes in our field. His example, encouragement, and mentorship forged other leaders in the Department, including me, Dr. Hefley, and Dr. Oppliger. We are each indebted to him and are fortunate he was a part of our professional lives. —Dr. Tom Bryant (HPER Department Chair 1985-1993; Retired PSU President)

I don't remember too many things during my nineteenth year on earth. But one thing I will always remember was my first meeting with Dr. Bill Dickey on a late summer day in 1973. I transferred from a larger instate university that left me somewhat disillusioned about college. I thought I would give it one more try at an institution called Kansas State College of Pittsburg (KSCP). I was notified that I was to report to meet a professor named Dr. Dickey to get my course schedule worked out for the coming fall semester. I am sure my knock on his door was very meek. I was not expecting to meet someone who would have so much influence on my life's path. He welcomed me in and I knew immediately that this individual was very different from professor's I had at my previous university. Dr. Dickey was a man who was very cordial and made me feel relaxed immediately. But he was also very much to the point and professional. It was not a long encounter. But my initial meeting with Dr. Dickey made much more of an impression on me than I did on him I am sure. And how so?

I believe that every student and colleague that interacted with Dr. Dickey, no doubt had a similar experience as myself. I can best express it this way to those of you reading this, but never had the pleasure or opportunity to meet him. He was a man who had a distinct presence about him. It was something just innate to his manner and personality. When he walked into a classroom the environment changed dramatically. As students, we set up straighter in our chairs. Our focus was much sharper and our minds keen on listening. Dr. Dickey was a man we wanted to please because doing so raised our own stature as well. When you saw him coming your way down the Weede hallways, your head raised a bit and you walked taller and hoped to portray the respect you had for this iconic professor, administrator and friend. For the next almost fifty years, when I was lucky enough to encounter Dr. Dickey, those same expressions of admiration to him, and respect were always present.

Dr. Dickey had so many contributions to the department, athletics, Pittsburg State, the community and state he served. To his beautiful wife Dee, sons Steve (who I student taught at Pittsburg High School in 1976)) and Mike, daughter Kathy, grandchildren who have excelled so much, and great grandchildren, we all loved Dr. Dickey. His presence will never leave us. We loved him because he loved us. —Dr. Robert Hefley (Retired HPER Department Chair 1993-2004)

Remembering Dr. Bill Dickey

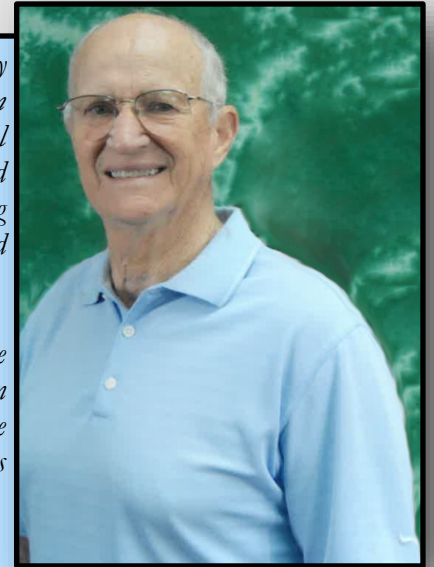
With the passing of Dr. Bill Dickey on April 7, the department, college, university, and community lost a long-time friend. He had an enviable abundance of life experiences. He graduated from Emporia State University, where he received his Bachelor and Master degrees in Physical Education. While attending Emporia State, he participated in basketball, baseball, and track, and signed a Major League contract with the then, Brooklyn Dodgers as a pitcher. Following graduation, he taught high school biology at Mulvane and Derby, Kansas, where he coached basketball. Later, he was inducted into the Emporia State University Sports Hall of Fame.

Bill also attended Oklahoma State University where he coached under the legendary Henry Iba. He attended the University of Arkansas where he received his Doctorate in Education. He was then hired as a professor at Kansas State Teachers College in Pittsburg (later renamed Pittsburg State University). He wasn't here long and he became both the Chair of this department as well as Athletic Director. He remained in this position for twenty-three years.

Later in his career, Bill moved to Alamosa, Colorado, where he served as a Professor, Chairman of the Health and Physical Education Department, and Athletic Director for 13 years.

When deciding to retire, Bill and his lovely wife of 65 years, Dee, moved back to Pittsburg. However, he never would quite slow down. He served as principal for one year at St. Mary's Colgan Junior and Senior High Schools and served as an adjunct instructor in this department on numerous occasions. When the department was short a faculty member due to a retirement or sabbatical, the immediate solution was to "call Dr. Dickey and see if he is free this semester!" The wide-array of courses he could teach always made him a perfect fit.

I'm not the only one to say this, but it seemed like all who knew Dr. Dickey viewed him as a wonderful man who cared deeply about young people and sincerely wanted them to succeed in life. He always had time to visit with students and I can only hope he realized they were just as fond of him. I remember the first time I met him I felt comfortable and knew I was going to like him, that somehow, he would have an impact on my life for years to come. I was correct. He encouraged me to pursue a doctorate. When I eventually returned to PSU I valued the visits he would make to my office. We would discuss sports, the state of the profession, life in general, and he always wanted to know if I was OK, to make sure I wasn't stressed, and to avoid letting trivial issues get me down. I miss him, but know I'm a better person for knowing he cared about me. —Dr. John Oppliger (Current HHPR Department Chair)



An opportunity at a department gathering to snap a picture of the HHPR Department Chairs is now a treasure.

Exercise Science News

New Emphasis Area in Human Performance/Strength and Conditioning

Beginning in August 2022, a new emphasis area in Human Performance/Strength and Conditioning will be included as part of the Exercise Science program. The new emphasis will concentrate on preparing undergraduate students to work with athletes as strength and conditioning coaches at the secondary, collegiate, and professional levels. It will also prepare students to successfully apply to master's or doctoral-level graduate programs in strength and conditioning and/or sports science. The Exercise Science program at PSU has been recognized by the National Strength and Conditioning Association (NSCA) as an Education Recognition Program (ERP) since 2011. This recognition has been bestowed on the Exercise Science program for its continued success in meeting the educational guidelines recommend by the NSCA. The ERP purpose is to support students during their educational journey by exposing students to industry connections which can only be found through the NSCA. This new emphasis area will be offered alongside the current Clinical/Pre-Professional Emphasis, which prepares undergraduate students to complete master's or doctoral-level degrees as Physical and/or Occupational Therapists, Physician Assistants, Medical Doctors, and other health care professions. To find out more about the Exercise Science program at PSU, please visit Exercise Science Undergraduate Degree (<https://academics.pittstate.edu/academic-programs/health-human-performance-and-recreation/exercise-science-degree.html>)

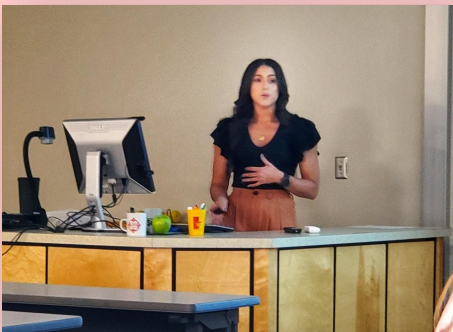


Exercise Science News



Graduate Assistant, Halle Brin, along with Dr. Allison Barry, presented to firefighters in Fargo, ND, ways to program personal workouts, scale exercises, and different ways to continually progress to improve their overall fitness. This educational presentation was part of a current study involving two Midwest fire departments where exercise perceptions, and behaviors were assessed through a survey. This survey covers topics including exercise goals and plans, self-efficacy, and barriers to exercise. Additionally, the firefighters received an exercise packet containing several different exercises with scaling and advanced options to use as a resource when building their workouts.

Graduate Assistant, Halle Brin's Thesis Defense



Halle Brin's thesis covered an 8-week High-Intensity Functional Training (HIFT) study involving middle-aged women. Workouts comprised of aerobic and resistance-based exercises, such as squats, pushups, pullups, burpees, etc. Additionally, participants completed a pre-, post-, and 4-week post-intervention questionnaire to assess any changes in their perceptions and beliefs towards exercise. The questionnaire comprised topics including their perceived barriers towards exercise, their perceived severity of illnesses, and any benefits they believe will result from exercising.

Halle successfully defended her thesis in March in front of HHPR and other PSU faculty, family (including her father pictured right), and friends. Halle's post-graduation plans include attending Kansas State University for a doctoral program.

Exercise Science News



As part of in-class projects, Exercise Science students conduct and monitor training sessions in the newly renovated Human Performance Laboratory.



Exercise Science senior, Emily Hanenberg and Dr. David Boffey assess squat velocity with a Tendo device. Emily will start a GA position in Strength and Conditioning at Dallas Baptist University in the Fall of 2022.

Photos courtesy Sam Clausen

Exercise Science News



Students use new Rogue free weight equipment in the HPL for classes in the new emphasis, Human Performance /Strength and Conditioning. Students learn and teach technique, technology, and programming during classes and research projects.



Students measure heart rate and blood pressure on Rogue echo bikes during recovery and high-intensity workouts.

Physical Education News



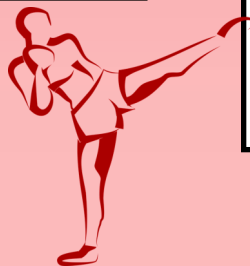
Dr. Julia Spresser's Theories III Class visited Meadow Lark Elementary in Pittsburg and taught gymnastics to the students. All enjoyed being back in the classroom!



Dr. Julia Spresser teaches Zumba two days a week as an activity class for HHPR.



Captain Erick Leon, Military Science Professor, teaches a Kickboxing Class for the HHPR Department & incorporates some unique moves!



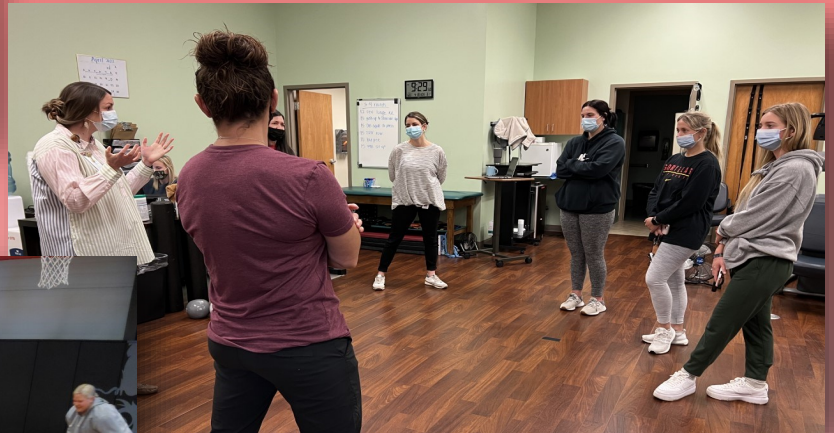
Physical Education News



Dr. Janice Jewett's Group Fitness Instruction Class visited the CHCSEK and learned about the organization and their Medical Fitness Department!



Students in the Group Fitness Instruction Class led exercises to participants at the Pittsburg Family YMCA Senior Health Fair this semester. Students participating included Anna Holman, Ally Luck, Morgan Rohr, and Kinsley Stewart. The students led exercises that could be completed with the assistance of a chair and that emphasized active daily living skills of pushing, pulling, unilateral movement, squatting, and rotational movement.



At left, students in Dr. Cole Shewmake's Elementary School PE & Health Class did class presentations on elementary activities. This one was called "Sharks & Lifeguards" and involved the parachute.



Physical Education News



Pictured on the next two pages are students in Dr. Laura Covert-Miller's Adapted PE Class implementing therapeutic activities with consumers of New Hope Services. The goal of these activities during a six-week time period helped consumers get active and create relationships with each other & Pitt State students.

Physical Education News



Dance News



Dance Minor, Neal Zoglmann taught Tap Dance to 3 & 4 year old children at The Family Resource Center.





Dance News



Students in Dr. Janice Jewett's Dance Appreciation classes worked with children in the Panda Room at The Family Resource Center teaching them rhythm and dance. Dances included the Chicken Dance, Macarena, Hand Jive, and more! The Pandas even taught the college students some moves!





Dance News



Dance Appreciation students worked with 2nd graders at George Nettles Elementary School this semester. Students were taught The Cupid Shuffle, Cha-Cha Slide, Macarena, Virginia Reel, YMCA, and a Freeze Dance during the 2nd grade Physical Education Class. A special treat included PSU Physical Education student teacher, Marcos Valadez, who was in charge of the classroom while the PSU students were there.





Crimson and Gold Dance Team Attends UDA Nationals



The Pittsburgh State Crimson and Gold Dance team traveled to Orlando, Florida to attend UDA Nationals at ESPN Wide World of Sports. They made it to the finals with their pom routine and placed 8th in the nation of Division II Pom.

Student secretary/Recreation major Halee Harpenau and Graduate Assistant, Elizabeth Hayes (right) performed with the team.



ACDA

American College Dance Association



Seven students attended the American College Dance Association Conference in Marshall, MO. Students were able to attend sessions, perform a dance, and teach dance classes to participants.



Graduate Assistant Elizabeth Hayes choreographed a piece called "Stall." Performers were Gracie Cox, Halee Harpenau, Carissa Marrone, & Grace Gibbs.



Elizabeth Hayes taught two Jazz classes at the ACDA conference. One class is pictured to the right.



Dance Symposium

Photos by Brandon Ngo

Performers:

Sandeep Aleti
 Abigail Bryden
 Taylor Butcher
 Kassi Burns
 Megan Caulfield
 Kenzie Coester
 Gracie Cox
 Hailey Denton
 Martha Elimo
 Grace Gibbs
 Breonna Goodwin
 Halee Harpenau
 Jordan Haworth
 Alexis Hoftiezer
 Anna Holman
 Anna Holmes
 Amber Kenneback
 Celine Khau
 Ellie Lewis
 Kassandra Lewis
 Carissa Marrone
 Darcy McDonald
 Hayley Monday
 Katie Nelson
 Jolene Nirschl
 Cassidy Pankratz
 Sarah Paxson
 Trevor Pendergraft
 Makayla Pilcher
 Mailys Pupier
 Margaret Ressa
 Nina Cardenuto Di Rienzo

Antwan Squire
 Alyssa Strader
 Dani Torgler
 Amanda Trowbridge
 Julia Vastamaa
 Ellie Wheeler
 Karissa Winkel
 Emily Winter
 Neal Zoglmann





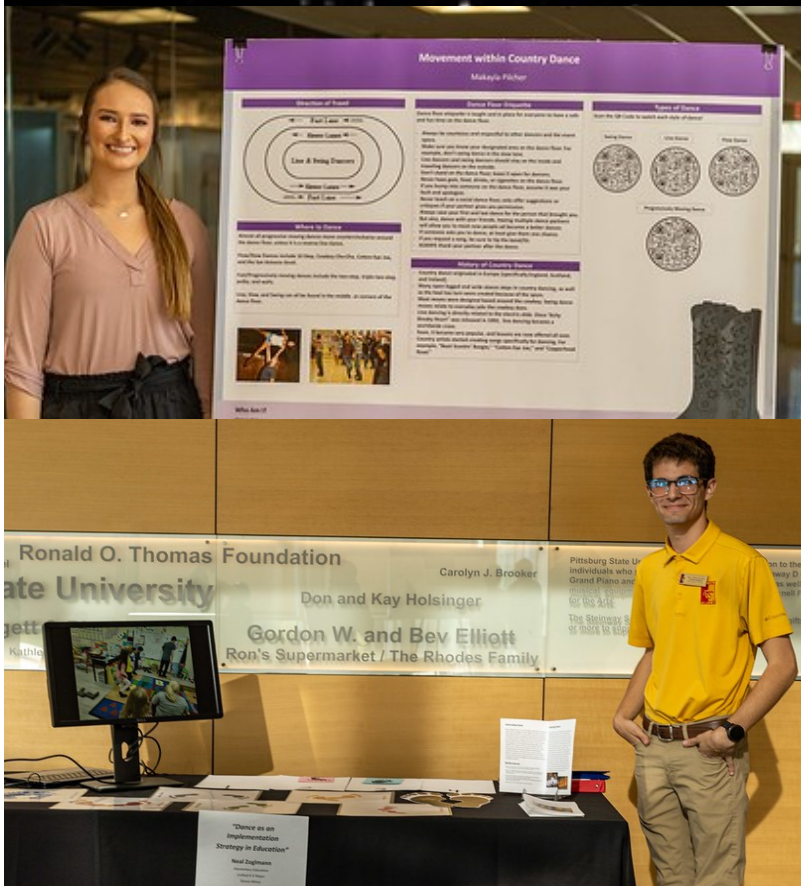
Dance Symposium Photos

Photos by Brandon Ngo



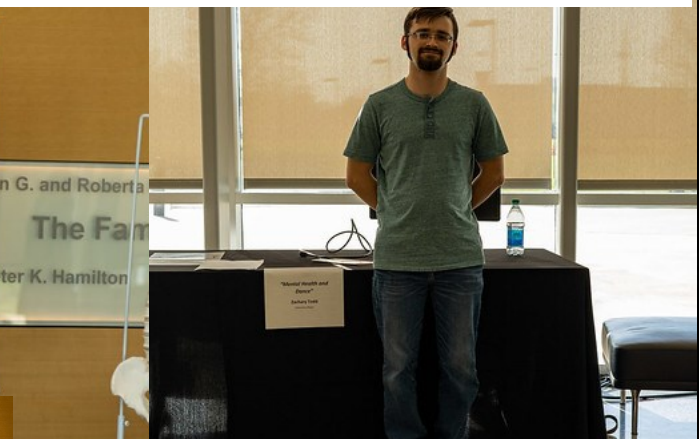
Dance Symposium Photos

Photos by Katelyn Phelps



RESEARCH PRESENTATIONS

Photos by Brandon Ngo



Recreation News



Marissa Poppe & Greyson Allen from Peak Sports Management worked with Dr. Shelby Hutchens' Sport Operations Class this semester. During their visit, students developed and presented sponsorship propositions and gained a greater understanding of how sponsorship works in collegiate athletics!



Students in Dr. Shelby Hutchens' Intro to Therapeutic Recreation Class were taught how to play Goalball, an adaptive sport for individuals who are blind.

Recreation News

Dr. Covert-Miller received funding from Special Olympics North America to complete fitness assessments on Kansas Special Olympics athletes who are competing in the USA Games. Athletes throughout the state are taking part in the assessments. Dr. Covert-Miller and Special Olympics Kansas collaborated to complete the assessments. Through this funding, she was able to purchase assessment equipment for the Ability Lab, hire undergraduate research assistants, and travel to locations throughout the state to conduct the assessments. This research will help to identify measures to keep Special Olympics athletes healthy and active through their lifetime.

**Special
Olympics**



Students from Mrs. Shelly Grimes' PE Class watched Special Olympics and were able to get their picture with Special Olympics World Champion, Chevi Peters!



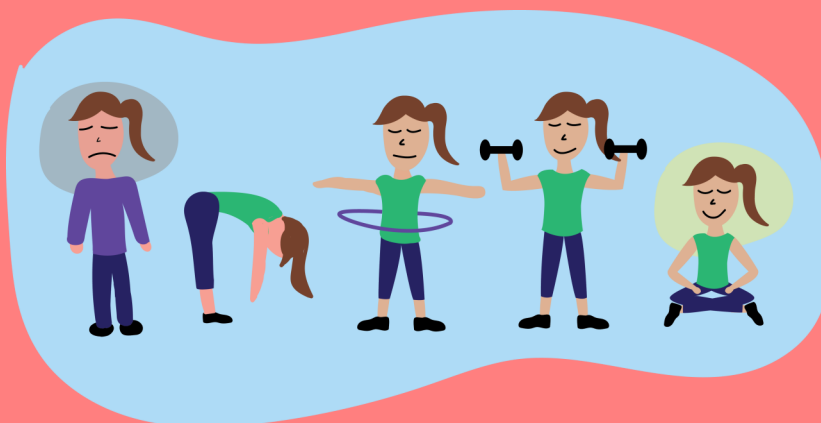
Two Ability Lab assistants are doing a three-minute step test assessment with an athlete from Special Olympics Kansas. Dr. Laura Covert-Miller and student lab assistants went to Jefferson West High School (Maize KS) this semester to complete fitness assessments on athletes who will be going to the USA Games in June.



Dr. Laura Covert Miller, Libby VanRheen, left, and the Therapeutic Recreation program received a big **THANK YOU** from Erin Fletcher, Director of Grants and Development, from Special Olympics Kansas. Their collaborations have included fitness research on SOKS athletes, unified fitness and basketball, and many other programs. Through the partnerships, SOKS athletes have benefitted along with PSU students who had the opportunities to work with such great athletes of all ages.

Recreation News

The Recreation Services, Sport and Hospitality Management Program officially completed its national accreditation in the Fall of 2021. The program is accredited through the Council on Accreditation Parks, Recreation, Tourism, and other related fields. The RSSHM Program is the only true academic recreation program accredited in the state of Kansas. The reviewers complimented the faculty on their student focused learning and experiences provided in the department.



Dr. Laura Covert-Miller and Graduate Assistant Libby VanRheen, collaborated with Lakemary, a center located in Paola, KS, that provides services to individuals with intellectual and developmental disabilities and to adolescents in their psychiatric residential treatment facility, to develop programming for their Wellness Warriors Program. In this collaboration, Dr. Covert-Miller and Ms. VanRheen were asked to complete fitness assessments on Lakemary's clients and to create an eight-week physical activity program. Ms. VanRheen was responsible for selecting the assessments, training the Lakemary staff and the Ability Lab undergraduate research assistants on the assessments, working with the student research assistants on creating the programming, and entering and analyzing the data.

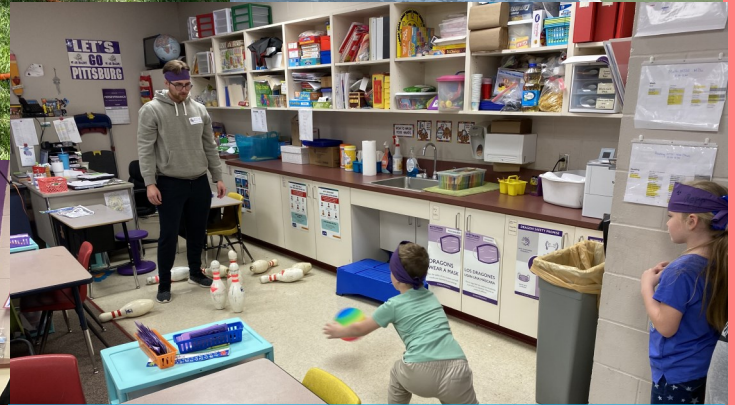
Recreation News



Students in Dr. Laura Covert-Miller's Program and Design Class created and implemented a field day at George Nettles Elementary School.

Recreation News

Students in Dr. Laura Covert-Miller's Program and Design Class created and implemented sport-based activities at Lakeside Elementary.



Students in Dr. Laura Covert-Miller's Program and Design Class created and led carnival games at Westside Elementary School.



TR-iffic Day of Play



Over 100 area students and 200 volunteers had a great time with the fun activities provided by our Therapeutic Recreation students in the HHPR Department at the Plaster Center for TR-iffic Day. This annual event was developed by TR students in 2018 and cancelled in 2020. Everyone was glad to be back at the Plaster and enjoying the event in person!

OK Kids Day



Outdoor Kids (OK) Day was held at Lakeside Park. Students in Dr. Laura Covert-Miller's Program and Design Class collaborated with Pittsburg Parks and Recreation to put on the event. Over 200 kids attended the event. Activities included building bird houses, archery, canoeing, kids games, and a scavenger hunt.



Dr. Scott Gorman's Camping Class



Dr. Scott Gorman's Camping and Outdoor Education class traveled to Roaring River State Park in Cassville, MO in April. Over 40 students enjoyed fishing, hiking, and pitching tents in chilly temperatures.

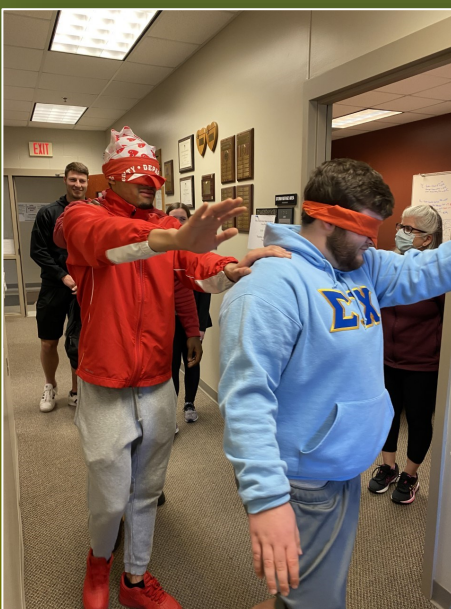


Camping Activities

PAGE 35



Dr. Scott Gorman's camping students spent class time outside playing Bocce and Kan-Jam. They also did a blindfold trust building activity throughout the HHPR Office Complex.



Share The Wealth Convention



Dr. Cole Shewmake, Ms. Shelly Grimes, and Dr. John Oppliger attended and presented a Play60 NFL FLAG Activity at the Share the Wealth Convention in Jekyll Island, Georgia. FuelUp to Play60 is a community and schools-based program designed to promote 60 minutes of physical exercise for ALL school-age children. Participants were introduced to the collaborations Ms. Grimes has with the Kansas City Chiefs organization and how they can connect with NFL teams in their local area.



ACSM Convention



Halle Brin and Baylie Sigmund both had abstracts accepted at Central States ACSM Regional Conference in Fayetteville AR this spring. Accompanying them is Assistant Professor of Exercise Science, Dr. Allison Barry.

Their abstracts were entitled, “The Effects of High-Intensity Functional Training on Perceptions of Exercise in Middle-Aged Females” and “The Effects of the Blastmasks™ On Cardiorespiratory Function in College-Aged Individuals”.

KRPA Convention



Several faculty & students in the Recreation discipline attended and presented at the Kansas Recreation & Park Association Convention. This year's theme was “Back to the Future 2022”.

SHAPE Convention

Dr. John Oppliger, Mrs. Shelly Grimes, and Dr. Cole Shewmake presented FuelUp to Play60 at the national SHAPE America Convention in New Orleans LA. Special assistant was Creed Shewmake. All enjoyed the sights and sounds of New Orleans.



Welcome to the



New Orleans
ERNEST N. MORIAL
CONVENTION CENTER



Midwest Therapeutic Recreation Symposium

Students in the Recreation discipline attended the Midwest Therapeutic Recreation Symposium in St. Charles, MO. Dr. Laura Covert-Miller and Graduate Assistant, Libby VanRheen presented on therapeutic-based physical activities. Therapeutic recreation students assisted with the presentation.





SPRING BREAK



Dave & Laura Miller traveled with friends to Kona and Hilo Hawaii during Spring Break. They saw rainbows and waterfalls among many other beautiful attractions.



Shelly Grimes, her mom, & daughter spent their Spring Break in Chicago.



Elizabeth Hayes, went to New York to see "Phantom of the Opera" and Hugh Jackman in the "Music Man" on Broadway!



Janice & Russ Jewett cheered on the Gorillas at the Indoor Track & Field Nationals and got to babysit their new grandbaby, Sophia!



Cole & Jennifer Shewmake did some hiking in NW Arkansas over Spring Break.

Olathe North High School Sports Med Academy



Dr. Tiffany Dirks (HHPR Alum) directs the Sports Medicine and Exercise Science Academy of Olathe North High School and brought 92 sophomores to learn about Exercise Science and Therapeutic Recreation. The students toured the Plaster Center, and Weede Gymnasium, and also participated in activities related to the fields.



HHPR STUDENT EMPLOYEES



The HHPR Department is honored to have Halee Harpenau and Alyx VanRheen as our student secretaries. Halee & Alyx can work up to 20 hours a week while juggling school, dance, sororities, and family time. We appreciate them for their hard work and dedication.

YOU GUYS ARE THE BEST!

HHPR APPRECIATES OUR STUDENT EMPLOYEES!

Emma Catterson
Jennifer Denton
Chloe DeYoung
Emily Hanenberg
Matt Harman
Halee Harpenau
Zoey Harvey
Grace Johnson
Jessica Jones

Sara Martin
Trey Mooney
Camilla Roy
Peyton Shaffer
Baylie Sigmund
Amanda Trowbridge
Alyx VanRheen
Chandler Wortman
Kyle Zornes

Major of the Year

C O N G R A T S



Aaron Ritchhart
Physical Education



Allie Johnston
Recreation



Keelah Griffith
Recreation



Baylie Sigmund
Exercise Science



Braven Born
SHAPE America Award



Graduate School & Research Awards

PAGE 44

The HHPR Department would like to recognize the following graduate students for their outstanding contributions.

Service

Amanda Piquet

Karissa Winkel

Scholarship

Melissa Martinez

Alexander Munro

Ryan Pippins

Teaching

Elizabeth Hayes

Libby VanRheen

Research

Halle Brin

Graduate Assistant Awards



Libby VanRheen
Teaching



Halle Brin
Research



Melissia Martinez
Scholarship



Karissa Winkel
Service



Elizabeth Hayes
Teaching

Scholarship Recipients

The following students will receive scholarships for the 2022-2023 school year.
CONGRATULATIONS!!!!

Elanor Hendrickson

Shelly Grimes Fitness Scholarship

Helen Messenger Scholarship

Danielle Wrensch

Dr. Evelyn Triplett Scholarship

Jessica Jones

Nadine Sheffield Scholarship

Anna Holman

Karl B. Larson & Rowena Sohosky Larson Scholarship

The College of Education hosted a luncheon for scholarship donors and recipients in the Alumni Center. Pictured were Scott Gorman, Julia Spresser, Shelly Grimes, Elanor Hendrickson, and John Oppliger. Mrs. Grimes sponsors a scholarship in the HHPR Department.



Scholarship Recipients

PAGE 47

The following students will receive scholarships for the 2022-2023 school year.
CONGRATULATIONS!!!!

Allie Johnston

Weickert & Cichowski Endowed Scholarship

Amiah Hampton

Weickert & Cichowski Endowed Scholarship

Isabelle Peters

Weickert & Cichowski Endowed Scholarship

Haidyn Berry

O'Neil Legacy Scholarship

Chandler Wortman

Matthew Nutter Memorial Scholarship



Left are Elanor Hendrickson and Mrs. Shelly Grimes. Elanor was the recipient of the Shelly Grimes Fitness Scholarship.

Congratulations!

DANCE

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

*Studio Director
Studio Manager
Dance Team Coach*

*Dance Program Instructor
Improved Stage Presence & Movement
Enhanced Use of Rhythms & Dance in
the Classroom*



**Health, Human Performance, & Recreation Department
Pittsburg State University**



@pittsburgstatehhpr

For more information:
Visit: <https://pittstate.edu/hhpr>



@pittstatehhpr

Park Ranger Game Warden



Recreation and Sport Management with a Natural History Minor
can lead to these careers:

State Park Ranger
Environmental Educator
Ropes Course Facilitator

National Park Ranger
NAI Certified Interpretive Guide

Game Warden
Conservation Officer
Fishing/Hunting Guide



Jacob Guiot, Kansas Park Ranger



Lucas Warren, Kansas Game Warden



Brittany Thomas, Arkansas Park Ranger



**Health, Human Performance, & Recreation Department
Pittsburg State University**

For more information:

Visit: <https://pittstate.edu/hhpr>



@pittsburgstatehhpr



@pittstatehhpr

Hospitality Management



Hotel/Resort Management

Wedding Coordinator

Event Planner

Regional Restaurant Managers

Cruise Director

CVB Management



**Health, Human Performance, & Recreation Department
Pittsburg State University**



@pittsburgstatehhpr

For more information:
Visit: <https://pittstate.edu/hhpr>



@pittstatehhpr

EXERCISE SCIENCE

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

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

Physical Therapy School
Occupational Therapy School
Chiropractic College
Athletic Training Program

Medical School
Pharmacy School



Health, Human Performance, & Recreation Department
Pittsburg State University

For more information:

Visit: <https://pittstate.edu/hhpr>



@pittsburgstatehhpr



@pittstatehhpr

Congratulations to our Graduates!



Dance

Breonna Goodwin
Cassidy Pankratz
Alaina Purdon
Amber Kennebeck
Emily Winter



Graduate

Halle Brin
Caleb Carr
Markayla Dickie
Janae Gagnon
Antonio Givens
Benjamin Hessman
Tristan Hicks
Joseph Kennard
Ashleigh Kramps
Melissa Martinez
Erika McKenzie
Ronnie Moore
Alexander Munro
Ryan Pippins
Amanda Piquet
Sean Sakurai
Michaela Serrioz
Ela Winder

Exercise Science

Alex Brown
Emily Hanenberg
Hannah Kamin
Baylie Sigmund
Connar Southard
Kinsley Stewart
Charles Wallace
Ashton McCorry

Physical Education

Tanner Edwards
Brandon Guillory
Chase Johnson
Jacob Markovich
Grant Mullins
Tiffany Poyner
Aaron Ritchhart
Tanner Russell
Marcos Valadez

Recreation

Jasmine Brown
Zachary Burch
Hanah Carr
Zachariah Conway
Addison Eaton
Alexander Easley
Jonathon Gilmore
Breonna Goodwin
Keelah Griffith
Luke Hardman
Aaren Hitchcock
Peyton Ingalls
Brianna Mayfield
Audrey Miller
Bennett Scherer
Collin Senf
Josie Smith
Marcus Stepps
Katelynn Taylor
Nathan Woods
Zane Wyrick

A special THANKS to those who gifted the HHPR Endowment

Bob Ahrens

Andrew and Shawna Albright

John and Amanda Allen

Tommy and Jill Ayers

Ariel David Boffey

Tom and Koeta Bryant

Mary Coplen

Missy Clark

Ron and Susan Downing

Kylie Edgecomb

Patrick and Stephanie Forbes

Stephen Foster

Scott and Beth Gorman

Michelle Grimes

Lisa Gunya

Richard and Stephanie Grinage

Gerald and Elizabeth Masters

Deborah Newkirk

Solomon and Amanda O'Neil

Walter O'Neil

John and Kathy Oppliger

Pamela and Guy Owings

Duane and Sheryl Rankin

Marian Simpson

Gary Thompson

Kevin Woods

Randall and Kathleen Wrench

Summer Classes

All classes will be held online:

Lifetime Fitness Concepts
Scientific Foundations of Coaching
Elementary School Physical Education & Health
Practicum in Human Health Performance
Health Movement/Physical Activity K-6 Workshop
(Online Workshop Undergrad & Graduate)
Kinesiology
Adapted Physical Education
Physiology of Exercise
Promotion Rec, Sport/Hospitality
Personal Training & Fitness Management
Practicum in Adapted Physical Education
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
Advanced Exercise Physiology
Research & Thesis
Methods of Research
Internship