

LAURA COVERT MILLER

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CURRENT POSITION

Associate Professor, Pittsburg State University, Pittsburg, Kansas

Aug. 2012-present

EDUCATION

Doctorate of Philosophy: Gerontology

University of Nebraska-Omaha, Omaha, NE

Jan. 2009-May 2017

Dissertation: The Relationship Among Personality, Physical and Sedentary Activities Among Adults 50 and Over

Masters of Science: Therapeutic Recreation

Graduate Assistant Instructor

Thesis: Motivations for Participating in Low Impact, High Impact, and Water Aerobics.

Northwest Missouri State University, Maryville, MO

Dec. 2006

Bachelor of Science Double Major

Therapeutic Recreation and Corporate Recreation and Wellness

Aug. 2005

Associates of Arts: General Studies

Highland Community College, Highland, KS

May 2003

PROFESSIONAL EXPERIENCE

Wellness Coordinator/ Group Exercise Instructor

Immanuel Communities, Omaha, NE

June 2011-July 2012

Personal Trainer, Group Exercise Instructor, & Care Provider

Community Rehab and Home Health, Omaha NE

Nov. 2010-June 2011

Personal Trainer and Group Exercise Instructor

SCAPE Fitness, Omaha, NE

Nov. 2010-July 2012

CTRS, Personal Trainer, Group Exercise Instructor & Educator

WellBound Health and Fitness, Omaha, NE

Jan. 2007-Nov. 2010

Assistant Fitness Center Director

Northwest Missouri State University, Maryville, MO

Aug. 2005-Dec. 2006

TEACHING EXPERIENCE

Pittsburg State University – College of Education – Department of Health, Human Performance, and Recreation, Pittsburg, KS

• **Associate Professor**

August 2012 - Present

- Methods and Leadership
- Introduction to Gerontology
- Research in Recreation
- Adult Health and Development
- Program Design & Leadership
- Intervention in Therapeutic Recreation
- Internship in Recreation
- Assessment and Documentation in TR
- Interventions in TR
- Adapted PE
- Theory of Therapeutic Recreation Program Design

- Trends and Issues in TR
- Activities for the Ages Workshop
- HHP 440-50: Trendsetters: Putting Activity Trends in your Setting

DEPARTMENTAL, COLLEGE, AND UNIVERSITY COMMITTEES

Departmental

- Program Coordinator/Director, Recreation Major Coordinator. December 2016 - Present
- Committee Chair, Undergrad. Recreation Curriculum Evaluation Commit. October 2016 - Present
- Committee Chair, Recreation Advisory Board. January 2013 - Present
- Committee Member, Exercise Science Search Committee. August 2019 – Present
- Committee Member, Physical Education Search Committee. January 2020 – Present
- Committee Member, Exercise Science Search Committee. August 2017 - March 2018
- Committee Chair, Therapeutic Recreation Search Committee. August 2014 - May 2016

College

- Committee Member, College of Education Diversity Committee. August 2016 - Present
- Committee Member, College of Education Constitution Committee. August 2017 - May 2019
- Committee Chair, College of Education Diversity Committee. August 2015 - August 2016
- Committee Member, College of Education Constitution Committee. August 2015 - May 2016
- Committee Member, College of Education Planning Committee. August 2012 - May 2013
- Committee Member, College of Education Instructional Support Search Commit. Feb. 2013 - April 2013

University Service

- Committee Member, University Diversity Council. September 2019 - Present
- University Senate Service, Faculty Senate. August 2018 – May 2020
- Committee Member, University Committee on Student Learning. December 2017 - Present
- Program Coordinator, Gerontology Minor Coordinator. December 2017 - Present
- Committee Member, Campus Recreation Advisory Board. August 2013 - Present
- Committee Chair, Writing Across the Curriculum. August 2016 - May 2017
- Committee Member, Campus Recreation Search Committee. January 2017 - April 2017
- Secretary, Writing Across the Curriculum. August 2015 - May 2016
- Committee Chair, Continuing Studies Committee. August 2015 - May 2016
- Committee Member, Faculty Senate. August 2013 - May 2015
- Committee Member, Faculty Senate Executive Board. August 2014 - May 2015

INVITED PROGRAMS

- **LEADERSHIP PSU** August 2017 – May 2018
 - This program is designed to provide leadership training to selected PSU faculty and staff who exhibit potential in taking on leadership roles. Participants must be nominated to be a part of the program.

PROFESSIONAL ORGANIZATIONS

- International Council on Active Aging. February 2017 – Present
- American Therapeutic Recreation Association. August 2015 – Present
- Kansas Recreation and Parks Association. January 2013 – Present
- Kansas Association for Health, Physical Education, Recreation & Dance. January 2013 – Present

SCHOLARSHIP

PRESENTATIONS

Covert Miller, L. M., Oral Presentation, Faculty Professional Development Day, CTLT Pittsburg State, PSU campus, "Community Connections and Benefits for Classroom Engagement", Session, Academic, Local. (August 2019).

Covert Miller, L. M., Oral Presentation, Pittsburg Kiwanas, Kiwanas, Pittsburg KS, "The World of Therapeutic Recreation", Other, Non-Academic, Local. (June 2019).

Covert, L. M., Oral Presentation, Midwest Therapeutic Recreation Symposium, Northwest Missouri State, Kansas City MO, "The TR Internship Experience: Bridging the Gap", Conference, Non-Academic, Regional, Accepted. (April 2019).

Covert, L. M. (Author & Presenter), Ball, S. (Author & Presenter), Jewett, J. L. (Author & Presenter), Hardy, R. (Author & Presenter), Oral Presentation, Kansas Recreation and Parks Annual Conference, Kansas Recreation and Parks Association, Hutchinson, Kansas, "Applied Learning: Beneficial Partnerships Between Universities and Parks and Recreation Departments", Conference, Academic, State, peer-reviewed/refereed, published in proceedings, Accepted. (February 2019).

KAHPERD Annual Conference, Emporia, Kansas, "Creating an Inclusive Environment Through Physical Activity: Adapted PE & TR", (October 2018).

Activity Directors of Missouri Annual Conference, Lee Summit, MO, "Drumming and Dancing with Residents: Incorporating Physical Activity", (September 2018)

Kansas City Missouri Area Activity Director's Chapter, Independence, MO, "Unique Physical Activity for Older Adults" (June 2018).

Midwest Therapeutic Recreation Symposium, Independence, MO, "Advancing the Profession Through Assessment" (April 2018).

KRPA Annual Conference, Wichita, KS, "The Internship Experience: Different Perspectives", Conference. (January 2018).

"Integrating Individual Characteristics with Physical Activity: The Role of Personality", International Council on Active Aging, Orlando, FL, October 2017 (International)

"Promoting and Providing Resources for TR: Creating Special Events", (with Sarah Ball), Midwest Therapeutic Recreation Symposium, St. Louis, MO, April 2017

Chair Yoga (with Janice Jewett), Kansas Recreation and Parks Association Conference, Manhattan, KS Jan. 2017(State)

"Physical Activity and Mental Illness", (with Derek Crawford) Southeast Kansas Chapter NAMI, Pittsburg, KS, Oct. 2016, (Local)

"Brain Games and Icebreakers", Midwest TR Symposium, St. Louis, MO, April, 2016 (Regional)

"Incorporating Physical Activity into Your Day", PATHWAYS, Pittsburg, KS October, 2015 (Local)

"Physical Activity for Older Adults", Pittsburg Lions Club, Pittsburg, KS, April 28, 2015 (Regional)

"Funercise. Putting the Fun in Physical Activity" Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity, St. Louis, MO, April 21, 2015 (Regional)

“Icebreakers and Brain Stimulators” Kansas Recreation and Parks Association conference, Topeka, KS January 2015 (State)

“Issues Roundtable” Kansas Association for Health, Physical Education, Recreation, and Dance, Pittsburg, KS, Oct. 2014. (State)

“Sharing is Caring” Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity, St. Charles, IL. April 15, 2014. (Regional)

“Creativity in the Classroom”, Kansas Association for Health, Physical Education, Recreation, and Dance, Emporia, KS, Nov. 6, 2013. (State)

“Actively Engaging Older Adults and Special Populations”, Nebraska Recreation and Parks Association Educational Institute, South Sioux City, NE, Sept. 17, 2013. (State)

“Actively Engaging the Older Adults, And We’re Not Talking About Bingo!”, Our State of Obesity Symposium, Pittsburg, KS, July 26, 2013. (State)

“Older Adults Exercise Implications for the TR Professional”, Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity, St. Louis, MO, April 16, 2013. (Regional)

“Issues in HPERD”, (with Rob Hefley, John Oppliger, and Bill Stobart) Kansas Association for Health, Physical Education, Recreation, and Dance, Lawrence, KS, Nov.1, 2012. (State)

PUBLICATIONS

Covert Miller, L. & Blaskewicz Boron, J. (2019) Relationship Between Personality Traits and Adults Ages 50 and Over. Journal of Physical Activity and Aging. (In review)

Covert, L. (2018) Steps to Ensure Successful Aging. KAHPERD Journal

“Incivility in the College Classroom”, (co-author Bill Stobart) (2013) Kansas Association of Health, Physical Education, Recreation and Dance, 85(2), p.31 – 33.

“Will Educators Carry Guns in the Future?” (co-author Bill Stobart) (2012) Kansas Association of Health, Physical Education, Recreation and Dance, 85 (1), p. 41 – 42.

BOOK CHAPTERS

Aging and Therapeutic Recreation, Introduction to Therapeutic Recreation textbook, July 2016, Sagamore Publishing

WORKSHOPS

Physical Activity in Ages K – 6, Online, June 2020

FAST Workshop, Pittsburg, KS June 2019

Trendsetters: Putting Activity Trends into your Settings, Pittsburg, KS June 2016

Activities for the Ages, Pittsburg, KS June 2015

Bingo and Beyond: Actively Engaging the Older Adult, Pittsburg, KS, June 2014

Creativity in the Classroom, Pittsburg State University, Pittsburg, KS, June 2013

GRANTS

Covet Miller, L. (P.I) Special Olympics University Grant. Applied for funding to support research among Special Olympics athletes in the state of Kansas. \$29,000.

Covert Miller, L. (P.I.) Pritchett Trust Grant. Applied for funding to support research among Special Olympics athletes in the state of Kansas.

ONGOING RESEARCH

Fitness Levels of Older Adults in Southeast Kansas (On-Going).

Project Title: Assessing Fitness Levels of Older Adults in Southeast Kansas

Summary: The focus of this study is to examine the physical activity levels, cardiorespiratory fitness (i.e., how well your heart, lungs, and muscles work together during exercise), balance, flexibility, strength, and bone health in adults ages 60 and over. During this research project, student researchers will be responsible for learning and implementing graded exercise tests, functional fitness and balance assessments and administering questionnaires to older adults. The lead faculty researcher will be responsible for completing DEXA scans on the hip, bone, and potentially forearm on research participants. The assessments completed will allow older adults in Southeast Kansas to gain valuable information about their fitness levels and bone health in order to remain healthy and independent. This project is a starting point for further research in creating effective physical activity interventions for older adults specifically in the Southeast Kansas area. In addition, this research has the possibility to serve as a catalyst to improve physical activity levels in, not only our local older adult population, but those around the country.

Health Effects of a Unified Fitness Program on Pittsburg State Students (On-Going).

Assessing health practices among college students before and after completing a unified fitness program

Health Effects of a Unified Fitness Program on Special Olympic Athletes (On-Going).

Studying the effects of a unified fitness program on Special Olympics athletes. Specifically looking at functional fitness assessments.

Therapeutic Biking Effects on Older Adults in the Pittsburg KS area (Planning).

Therapeutic biking is a program being brought to Pittsburg KS through Live Well Crawford County. In partnership with Live Well Crawford County, research will be completed investigating the effects of a therapeutic biking program on residents living in assisted living facilities in Pittsburg, KS.

CERTIFICATIONS

Certified Therapeutic Recreation Specialist

August 2006 - Present

PROFESSIONAL HONRS/AWARDS

Pittsburg State, College of Education Excellence in Teaching award

April 2020

Sigma Sigma Sigma

October 2018

Professor of the Month

Kansas Association on Health, Physical Education, Recreation and Dance

September 2018

Vicki J. Worrell Service Award

Do the Gorilla Thing

May 2017

Pittsburg State Gorillas in Your Midst Student Organization

Recreation Professional of the Year

Oct. 2015

Kansas Association of Health, Physical Education, Recreation and Dance

SERVICE/VOLUNTEER

Committee Member, Kansas Parks and Recreation Wellness Branch	December 2017 - Present
Committee Member, KRPA Young Professionals	January 2017 - August 2018
Committee Member, Southeast Kansas Alzheimer's Association Walk Committee	January 2020 - Present
Committee Member, Pittsburg Salvation Army Board.	January 2019 - Present
Committee Member, Southeast Kansas Regional Management Team for Special Olympics	Sept.2018 - Present
Board Member, Live Well Crawford County Executive Board	January 2018 - Present
Committee Chair, Age Well,	November 2017 - Present
Committee Member, Wildcat Extension Program Development Committee	April 2017 - Present
Volunteer, Endeavor Games	June 2017
Guest Speaker, Pittsburg Lions Club	June 2017
Guest Speaker, Southeast Kansas Chapter of National Alliance of Mental Illness	September 2016
Guest Speaker, Aging with Attitude	April 2016

MASTER'S THESIS

Brittany Worthington, Master's in Psychology	May 2021
Thesis Title:	
Thesis Committee:	

DOCTORAL SCHOLARLY PROJECTS

Candice Morris, Doctor of Nursing Practice, Pittsburg State University	October 2019 – Nov. 2020
Project Title: Fall Risk Prevention in Rural Communities	
Doctoral Project Committee:	
Jason Heflin, Doctor of Nursing Practice, Pittsburg State University	October 2019 - Present
Project Title:	
Doctoral Project Committee:	